September is a great month for in season fruits and vegetables. Some of those include

- Apples
- Broccoli
- Carrots
- Onions
- Bell peppers
- Potatoes
- Summer squash
- Pictured below is summer squash and carrots

Here is a recipe that includes many in season vegetables like yellow squash, zucchini, broccoli, and carrots.

**Pasta Primavera**

*This is a hearty veggie packed pasta perfect for a weeknight dinner.*

**Ingredients:**

- 10 oz. Dry Penne pasta
- ¼ cup Olive oil
- ½ cup Medium red onion
- 1 Large carrot, peeled and cut into pieces
- 2 cups Broccoli florets
- 1 Medium yellow squash, or zucchini, cut into quarters
- 3-4 cloves Garlic, minced
- 2 tsp Italian seasoning
- ½ cup Pasta water
- 2 tbsp Fresh lemon juice
- ½ cup Shredded parmesan cheese

**Directions:**

Bring a large pot of water to boil. Cook Penne pasta according to package directions, reserve ½ cup of pasta water before draining. Heat olive oil in skillet over medium-high heat. Add red onion and carrot sauté for 2 minutes then add broccoli and bell pepper, sauté for 2 minutes. Add squash and zucchini then sauté for 2-3 minutes or until veggies are soft. Add garlic, Italian seasoning and sauté for 2 more minutes. Pour veggies into large serving bowl, add drained pasta, toss with lemon juice and add pasta water to thin as desired, add parmesan cheese and serve.

*Adapted from CookingClassy*
September is a great month for in season fruits and vegetables. Some of those include

- Apples
- Broccoli
- Carrots
- Onions
- Bell peppers
- Potatoes
- Summer squash
- Pictured below is summer squash and carrots

Here is a healthy recipe that includes many in season vegetables like bell pepper, mushrooms, broccoli, and carrots.

**Vegetable Chicken Stir Fry Pasta**

*This Asian inspired dish is a great weeknight dinner. It combines fresh vegetables and chicken in a teriyaki sauce.*

**Ingredients:**

- 16 ounces Dry linguine pasta or spaghetti
- 1 tsp Vegetable oil
- 1 pound Chicken breast, cut into bite sized pieces
- 1 Medium onion, cut into small pieces
- 1 Large carrot, peeled and cut into pieces
- 12 oz Mushrooms, sliced or quarters
- 1 ½ cups Broccoli florets
- ½ Red bell pepper, cut into strips
- Salt and pepper to taste
- 1 (12oz) jar Store bought, teriyaki sauce, low sodium

**Directions:**

Cook pasta according to package instructions. Peel and clean vegetables, slice mushrooms, cut broccoli, onion and red pepper. Cut chicken into pieces. In a large skillet, over medium heat, heat 1 tablespoon oil, sauté chicken until fully cooked. Lightly season with salt and pepper and then remove chicken. Sauté vegetables with 2 tablespoons of oil. Cook until tender about 5-8 minutes. Add chicken back into skillet, add teriyaki sauce. Let simmer. Add cooked pasta to skillet and mix. *Adapted from Valentina’s Corner blog*
September: Produce Guide

September is a great month for in season fruits and vegetables. Some of those include

- Apples
- Broccoli
- Carrots
- Onions
- Bell peppers
- Potatoes
- Summer squash
- Pictured below is summer squash and carrots

Here is a easy dessert recipe that includes apples which are going to be in season all fall.

Apples are great cooked or eaten raw.

**Healthy Baked Apples**

*These healthy low-fat baked apples are an easy healthy delicious dessert you can enjoy without guilt.*

**Ingredients:**

- 2 Large apples
- 2 tablespoons Brown sugar
- 1 tablespoon Butter, melted
- ½ teaspoon Cinnamon
- ¼ teaspoon Nutmeg
- 2 tablespoons Quick oats
- 1/3 cup Water

**Directions:**

Preheat oven to 350 degrees. Cut the apples in half around the middle. Remove core and seeds with a small spoon or knife. Place apples in a baking dish. In a small bowl, combine quick oats, brown sugar, butter, cinnamon and nutmeg. Spoon mixture into the centers of your apple halves. Pour water into baking dish. Bake apples for 30-45 minutes or until apples are tender when pierced with the tip of a sharp knife. Serve warm with whipped cream, vanilla yogurt, or low-fat vanilla ice cream.

*Adapted from Simple Nourished Living blog*