

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



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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	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



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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*



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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

