

Made From Scratch

Fall Harvest Recipes

The season for fall flavors is upon us! Check out our our favorite fall harvest recipes using apples, eggplant, squash, sweet potatoes, and more.



Acorn squash wedges with walnuts

Ingredients

- 1 tsp canola or corn oil
- 1 medium onion, diced
- 1/4 cup water
- 2 Tbsp chopped walnuts
- 3/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 large acorn squash, seeds, and strings discarded, cut into 4 wedges
- 1 Tbsp plus 1 tsp firmly packed dark brown sugar
- 1 Tbsp light tub margarine
- 1 tsp vanilla extract
- 1/8 tsp salt
- 2 tsp canola or corn oil

Directions

1. Lightly spray the slow cooker with cooking spray. Set aside.
2. In a large nonstick skillet, heat 1 tsp oil over medium-high heat, swirling to coat the bottom. Cook the onion for 3-4 minutes or until beginning to lightly brown, stirring frequently. Transfer to the slow cooker.
3. Stir in the water, walnuts, cinnamon, and nutmeg.
4. Arrange each squash wedge with a cut side down on top of the onion mixture, making sure that a cut side of each squash wedge touches the onion mixture. Cook, covered, on low for 4 hours or high for 2 hours or until the squash is tender when pierced with a fork.
5. Place the squash wedges on plates. Stir remaining ingredients into onion mixture and spoon over squash.



Servings: 1 wedge and 2 Tbsp sauce | **Nutrition facts per serving:** Calories 150; Total fat 7g; Saturated fat 0g; Sodium 102mg; Carbohydrates 22g; Fiber 3g; Protein 2g

Recipe note: Eggplant is a low-carb vegetable that does not significantly raise blood sugar levels. You can use a regular eggplant for this recipe if you do not have baby eggplant.

Grilled cheesy eggplant

Ingredients

- 1 Tbsp olive oil
- 2 baby eggplants, cut in half lengthwise
- 1/8 tsp garlic powder
- 1/8 tsp ground black pepper
- 1/4 cup part-skim mozzarella cheese, shredded
- 1 Tbsp balsamic vinegar
- 2 tsp Parmesan cheese, freshly grated

Directions

1. Preheat grill to medium-high.
2. Drizzle olive oil evenly over the eggplant halves. Sprinkle eggplant evenly with garlic powder and black pepper.
3. Place eggplant halves on grill, cut side down, and cook for 3-4 minutes, until tender.
4. Flip over and spread mozzarella cheese evenly over eggplant. Grill for an additional 3-4 minutes until cheese is melted.
5. Remove eggplant from grill and place it side-by-side on a serving dish. Drizzle evenly with balsamic vinegar and Parmesan cheese.

Servings: 1/2 baby eggplant | **Nutrition facts per serving:** Calories 70; Total fat 5g; Saturated fat 1.3g; Sodium 55mg; Carbohydrates 5g; Fiber 1g; Protein 2g

Sweet potato and apple bake

Ingredients

- 3 1/2 cups canned sweet potatoes, drained (save 2 Tbsp of liquid)
- 2 cups apples peeled, cored, and cut into bite-sized pieces
- 2 Tbsp brown sugar, packed
- 1/3 cup chopped nuts, pecans, walnuts or any other type
- 2 Tbsp flour
- 2 Tbsp butter, melted (unsalted)

Directions

1. Preheat oven to 350°.
2. Put sweet potatoes in a baking dish.
3. Add apples.
4. Pour 2 Tbsp of the sweet potato liquid over the mixture.
5. Mix brown sugar, nuts, flour, and melted butter in a small bowl.
6. Sprinkle over the top of the sweet potato/apple mix.
7. Bake for 20 to 30 minutes, until the top is golden brown and bubbly.



Servings: 3/4 cup | **Nutrition facts per serving:** Calories 230; Total fat 8g; Saturated fat 3g; Sodium 64mg; Carbohydrates 38g; Fiber 4g; Protein 3g

Recipe note: Granny Smith apples work best with this recipe.

Vegetable stew

Ingredients

- 3 cups water
- 1 low-sodium vegetable bouillon cube
- 2 cups white potatoes, cut into 2-inch strips
- 2 cups carrots, sliced
- 4 cups summer squash, cut into 1-inch chunks
- 1 cup summer squash, cut into 4 chunks
- 15 oz low-sodium sweet corn, rinsed and drained
- 1 tsp thyme
- 2 garlic cloves, minced
- 1 green onion stalk, chopped
- 1/2 small green chili pepper, chopped
- 1 cup onion, coarsely chopped
- 1 cup tomatoes, diced

Directions

1. Put water and bouillon in a large pot and bring to a boil.
2. Add potatoes and carrots and simmer for 5 minutes.
3. Add remaining ingredients, except for tomatoes, and continue cooking for 15 minutes over medium heat.
4. Remove 4 chunks of squash and puree in a blender.
5. Return pureed mixture to pot and let cook for 10 minutes more.
6. Add tomatoes and cook for another 5 minutes.
7. Remove from heat and let sit for 10 minutes to allow the stew to thicken.



Servings: 1 1/4 cup | **Nutrition facts per serving:** Calories 104; Total fat 1g; Saturated fat 0g; Sodium 37mg; Carbohydrates 23g; Fiber 4g; Protein 4g

Recipe note: The green chili peppers give this recipe added spice and flavor to this potato, corn and summer squash stew.