



Eating Well: Recipes With Fall Flavors

Healthy Seasonal Recipes

Healthy foods with no flavor sometimes don't let us enjoy each meal we intake. These healthy recipes are packed with fall flavors and produce like kale, apples, Brussels sprouts and more! From breakfast to dinner, recipes like Apple Spice Muffins and Cheesy Kale & Spinach Stuffed Pork Chops are hearty, delicious and the perfect way to celebrate a new season.



Spinach Salad with Warm Maple Dressing

Pure maple syrup, as opposed to artificially flavored and colored "pancake" syrup, is an extraordinary cooking ingredient. Here it adds body as well as rich flavor to the dressing, providing a perfect counterpoint to the smoked cheese.

Ingredients

- 2 tablespoons chopped pecans
- 1 10-ounce package fresh spinach, torn, or 12 cups baby spinach
- 1 cucumber, peeled, seeded, and cut into 1/4 -inch slices
- 2 teaspoons extra-virgin olive oil
- 1 shallot, finely chopped
- 1/4 cup cider vinegar
- 2 tablespoons pure maple syrup
- Salt & freshly ground pepper, to taste
- 1/4 cup shredded smoked cheese, such as Gouda or Cheddar

Directions

1. Toast pecans in a small dry skillet over low heat, stirring often, until fragrant, 2 to 3 minutes. Transfer to a small bowl and let cool.
2. Toss spinach and cucumber in a salad bowl.
3. Heat oil in a small skillet over medium-low heat. Add shallot and cook, stirring, until softened, about 4 minutes. Add vinegar and maple syrup and bring to a boil. Season with salt and pepper.
4. Immediately pour the dressing over the spinach and cucumber. Toss well and sprinkle with cheese and toasted pecans.



Baked Oatmeal with Pears

This comforting baked oatmeal is perfect for cozy week-end mornings and doubles as a make-ahead breakfast that you can meal-prep for healthy grab-and-go meals all week.

Ingredients

- 2 cups old-fashioned oats
- 1/2 cup walnuts, chopped
- 2 teaspoons ground cinnamon
- 1 teaspoon baking powder
- 3/4 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 2 cups unsweetened almond milk or 2% milk
- 1 cup low-fat plain Greek yogurt
- 1/4 cup pure maple syrup
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon vanilla extract
- 2 pears, diced small
- 1/3 cup low-fat plain Greek yogurt

Directions

- Preheat oven to 375 degrees F. Coat a 9-inch-square baking dish with cooking spray.
- Mix oats, walnuts, cinnamon, baking powder, salt, nutmeg, and cloves in a large bowl. Whisk almond milk (or milk), 1 cup yogurt, maple syrup, oil, and vanilla in a medium bowl.
- Pour the wet ingredients into the dry ingredients. Gently mix in pears. Transfer the mixture to the prepared baking dish.
- Bake until golden brown, 45 to 55 minutes. Top each serving with 1 tablespoon of the remaining yogurt, if desired.

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