

FOCUS ON FALL'S

# POWER FOODS

Fall's vibrantly colored produce is delicious in seasonal dishes from soups and stews to casseroles, side dishes and more. See what these vegetables and fruits have to offer, how to pick the best at the market and how to keep them fresh once you bring them home.

**Facts Up Front**  
helps busy shoppers by summarizing important nutrition information in a clear, simple and easy-to-use format on the front of food and beverage packages. In this voluntary labeling program, the facts are straight from the FDA-regulated Nutrition Facts panel on the side or back of food packages.



1 Apples

An apple is nature's perfect snack—and so versatile in the kitchen in main dishes, salads, desserts and more. A good source of soluble fiber and vitamin C, apples also have phytochemicals that help prevent heart disease.

**Shopping Tip:** Choose apples that have smooth skin and feel firm and heavy.

**Storage Tip:** Store apples in the refrigerator. Firmer, juicier apples like Gala and Fuji will last longer than softer varieties like Golden Delicious.



2 Squash

Nothing says "fall" quite like winter squash, with its creamy texture and sweet flavor. Add cubes to soups or roast it along with other root vegetables for a hearty side. One cup of cooked winter squash delivers more than 200 percent of the recommended daily value for vitamin A, plus it's a source of vitamins B<sub>6</sub> and K, potassium and folate.

**Shopping Tip:** Choose squash that is very hard and has part of the stem still attached. If you buy precubed squash, make sure the pieces are dry, firm and vivid in color.

**Storage Tip:** Store whole squash in a cool spot with good air circulation (not the refrigerator, but a cool pantry or cellar) for up to a month.



3 Pears

Pears can be sweet or savory. Try oven-roasted pears for a decadent dessert. Or roast wedges and puree them in a silky squash soup. A medium pear has 100 calories and 6 grams of fiber, much of it the soluble kind that may help to lower blood cholesterol.

**Shopping Tip:** Most pears don't change in color when ripe, so go by touch: ripe pears are soft when gently pressed near the stem.

**Storage Tip:** Let sit at room temperature, or in a brown bag with a ripe banana (which stimulates ripening). Store ripe pears in the coldest part of the refrigerator.



4 Brussels Sprouts

Tender, sweet and just a little nutty, Brussels sprouts add a delightful crunch to a meal. The vegetable is packed with vitamins A, C and K, as well as dietary fiber and potassium, and works well roasted, sautéed or baked.

**Shopping Tip:** Look for tight, firm, small deep-green heads without yellowed leaves or insect holes. Preferably the sprouts should still be on the stalk.

**Storage Tip:** Remove damaged outer leaves and store fresh, unwashed sprouts in an airtight plastic bag in the vegetable bin of the refrigerator. Use within a few days.



5 Broccoli

Fiber- and antioxidant-rich broccoli is an excellent source of vitamins C, K, A and the B vitamin folate. Raw broccoli offers the most health benefits, but quick-cooking methods (e.g., steaming) preserve its sweet crunch and most of its nutrients.

**Shopping Tip:** Look for dark green spears with tight buds and no yellowing.

**Storage Tip:** Store in the refrigerator for about a week. If the florets start to

**QUICK RECIPE**

**BROCCOLI SLAW**

Using a 12- to 16-ounce bag of shredded broccoli slaw makes this recipe come together quickly.

1. Cook 4 slices turkey bacon in a large skillet over medium heat, turning frequently, until crisp, 5 to 8 minutes. (Alternatively, microwave on High for 2½ to 3 minutes.) Drain bacon on paper towels. Chop coarsely.

2. Whisk ¼ cup low-fat or non-fat plain yogurt, ¼ cup reduced-fat mayonnaise, 3 tablespoons cider vinegar, 2 teaspoons sugar, ½ teaspoon salt and pepper to taste in a large bowl. Add 1 8-ounce can low-sodium sliced water chestnuts, rinsed and coarsely chopped, ½ cup finely diced red onion (½ medium), bacon and broccoli; toss to coat. Chill until serving time.

**MAKES:** 8 servings, ¾ cup each.  
**PER SERVING:** 80 calories; 4 g fat (1 g sat, 1 g mono); 9 mg cholesterol; 9 g carbohydrate; 3 g protein; 3 g fiber; 297 mg sodium; 181 mg potassium.

