

Budget-Friendly Fall Recipes



Adapted from SNAP-ed

<https://snaped.fns.usda.gov/nutrition-education/snap-ed-recipes/fall-recipes>

Fall Veggie Casserole

Makes 8 servings

Ingredients

- 1 medium eggplant, cubed
- 4 tomatoes
- 1 green pepper
- 1 onion
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons vegetable oil
- 1 clove garlic
- 2 tablespoons Parmesan cheese (optional)

Directions

1. Remove the skin from the eggplant. Cut the eggplant into cubes.
2. Chop the tomatoes into small pieces.
3. Cut the green pepper in half. Remove the seeds and cut it into small pieces.
4. Chop the onion into small pieces.
5. Cut the garlic into tiny pieces.
6. Cook the first 8 ingredients in a large skillet until tender.
7. Top with the Parmesan cheese and serve.



Sweet Potato and Apple Bake

Makes 6 servings

Ingredients

- 3 1/2 cups sweet potatoes, cubed
- 2 cups apples (peeled, cored and cut into bite-sized pieces)
- 2 Tablespoons sweetener of choice
- 1/3 cup chopped nuts of your choice
- 2 tablespoons flour
- 2 tablespoons olive or vegetable oil

Directions

1. Preheat oven to 350°F.
2. Put sweet potatoes in baking dish.
3. Add apples.
4. Mix sweetener, nuts, flour, and oil together in a small bowl.
5. Sprinkle over the top of the sweet potato/apple mix.
6. Bake for 20-30 minutes, until the top is golden brown and bubbly.



Spicy Baked Squash

Makes 4 servings

Ingredients

- vegetable cooking spray
- 1 acorn squash
- 1 dash salt
- 2 tablespoons olive or vegetable oil
- 2 Tablespoons sweetener of your choice
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ginger

Directions

1. Preheat the oven to 400 degrees.
2. Coat the baking sheet with vegetable cooking spray.
3. Wash the squash. Cut it in half lengthwise. Remove the seeds. Cut the squash into 1/2-inch slices.
4. Place the squash on the baking sheet. Sprinkle with salt.
5. In a bowl, combine oil, sweetener, cinnamon, nutmeg, and ginger.
6. Spread the spice mixture on the squash.
7. Bake for 20 to 25 minutes, or until tender.

