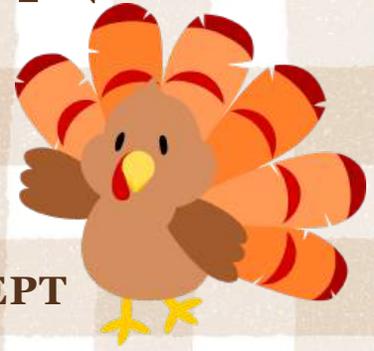


# FALL NUTRITION NEWSLETTER



FALL 2025 | RCHSD CLINICAL NUTRITION DEPT

With fall comes cooler weather, pumpkin patches, apple picking, and new in-season produce. In this Fall's Nutrition Newsletter, you can find recipes and inspiration for how to use seasonal produce such as sweet potatoes, squash, apples, and pumpkin!

Along with these tasty recipes, you can find information about the additional benefits of these ingredients.

## Recipes:



Sweet Potato Chili



Fall Squash Salad



Apple Quinoa & Oat Granola



Easy Pumpkin Oatmeal Cookies



Curried Butternut Squash Soup



Zack's Spaghetti Squash



# SWEET POTATO CHILI

BY SHELBY BLEDSOE, RD, IBCLC  
(ADAPTED FROM *THE PIONEER WOMAN*)



## About the Recipe

There are so many benefits from the ingredients in this dish! This is a fiber-rich meal with various veggies and beans, cooked slowly, which may support digestive comfort and regularity.

The bell peppers and onions contain phytonutrients—naturally occurring plant chemicals and compounds that help support the immune system—while sweet potatoes are considered a rich source of vitamin A to support vision health.

This meal uses a variety of prepacked/canned foods, which can be excellent for convenience and ease. By rinsing and draining the beans, and choosing a low-sodium broth, you can also help decrease salt intake if needed.

## Ingredients

- 2 Tbsp olive oil
- 2 large, sweet potatoes, chopped
- 1 medium yellow onion, chopped
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 poblano pepper (optional), seeded and chopped
- 4 cloves garlic or 1 Tbsp minced garlic
- 1 Tbsp chili powder
- 2 tsp ground cumin
- 1 1/2 tsp salt, more to taste
- 1 tsp dried oregano or Italian seasoning
- 1/2 tsp black pepper, more to taste
- 1 (28 oz) can fire-roasted diced tomatoes
- 2 (15 oz) cans black beans, drain and rinse
- 1 (15 oz) can pinto beans, drain and rinse 3 cups broth (beef or vegetable)



# SWEET POTATO CHILI

## Directions

1. In a large Dutch oven, heat oil over medium heat. Add the sweet potatoes and cook for 5–7 minutes, stirring occasionally, until golden-brown. Then add the onion, bell pepper, and poblano and cook over medium heat for 10 minutes, until softened. Stir in the garlic, chili powder, cumin, salt, oregano, black pepper, and other seasonings desired.
2. Stir in tomatoes, beans, and broth. Bring to a boil over medium-high heat, then reduce to a simmer. Cover and cook for ~15 minutes, stirring occasionally, until the flavors meld and potatoes are tender.
3. Add more salt, black pepper, and seasonings to taste.
4. Cool, serve with toppings you'd like, and enjoy!



**Servings per recipe:** 10

**Per serving (without toppings):** 140 calories, 23 g carbohydrate, 5 g protein, 3 g fat, 7 g fiber, 40% vitamin C, 4% calcium, 23% iron, 17% potassium



# Fall Squash Salad

(Adapted from *Cookie and Katie*)

By Kelsey Theisen, RD,  
CNSC, CLEC

## About this Recipe

Both delicata squash and pomegranate are fall seasonal produce. Delicata squash is a good source of vitamins A and C, which are both antioxidants and play a key role in immune function (and wound healing!). Pomegranates are high in fiber, antioxidants, and a good source of vitamin C and folate. Due to being a potent antioxidant, pomegranate has been touted to have many benefits, such as having antiatherogenic, antihypertensive, and anti-inflammatory properties.

If you take prescription medications, discuss with your provider before eating pomegranate as there may be food-drug interactions.

## Ingredients

### For the Salad

- 1 medium Delicata squash
- 1/2 Tbsp olive oil
- Pinch of salt
- 2.5 ounces (about 2.5 heaping cups) arugula or mixed greens
- Seeds (arils) from 1/2 pomegranate (~1/2 cup)
- 3 Tbsp pumpkin seeds (or other seeds/nuts)
- Croutons (*Optional*: Make these from sourdough bread in recipe!)

### For the Dressing

- 1 1/2 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 1 tsp maple syrup
- 1/2 tsp Dijon mustard
- Salt and pepper to taste



# Fall Squash Salad

(Adapted from *Cookie and Katie*)



## Directions

1. Preheat oven to 425°F. Wash the outside of the squash. Cut the squash in half lengthwise and scoop out the seeds and fibrous strands. Turn the squash flat on cutting board for stability and cut into 1/2-inch-wide sections the short way across (should be the shape of a C when cut). In a bowl, toss squash with drizzle of olive oil and a pinch of salt. Place in single layer on a baking sheet and bake for ~30–35 minutes or until the squash is lightly brown, flipping halfway.
2. For the dressing: In a small bowl, whisk together the olive oil, balsamic vinegar, maple syrup, and Dijon mustard. Add salt and pepper to taste.
3. Once the squash has cooled for a few minutes, toss together with arugula, pomegranate seeds, pumpkin seeds, dressing and croutons in a large bowl and serve!
4. I like to make my own croutons from sourdough bread! Cut sourdough bread into 1" cubes, toss with olive oil and a little salt and pepper, and bake at 350°F for ~15–20 minutes until golden brown.

**Servings per recipe:** 3

**Per serving (without croutons):** 185 calories, 9 g carbohydrate, 3.5 g protein, 13 g fat, 3 g fiber, 22% vitamin C, 6% calcium, 17% iron, 15% potassium



# Apple Quinoa & Oat Granola

By Edgar Doolan, MS, MS, RDN

(Adapted from *Eating Bird Food*)

## About the Recipe

I eat yogurt (and granola) pretty much every day. The crunchiness and sweetness give this daily morning snack the variety that I look forward to.

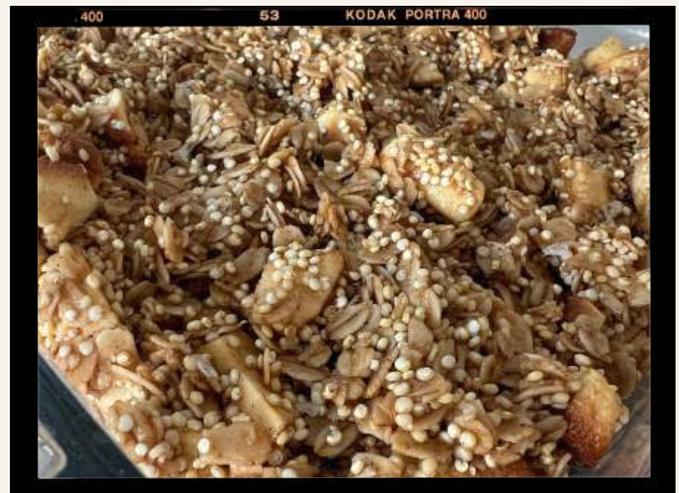
Occasionally, however, I like to change flavors and since fall is all about things warm with a hint of spice I decided to explore adding apples, cinnamon, and quinoa (for even more crunch!).

This granola recipe offers fiber, a touch of protein, and is good source of carbohydrates for energy. Plus, the volume per serving helps with maintaining that sense of fullness and satisfaction you want from a morning treat.



## Ingredients

- 2 cups old fashioned rolled oats
- 1 cup quinoa
- 1/3 cup honey
- 1/3 cup melted coconut oil
- 1 cup chopped dried apples, divided
- 1 tsp cinnamon
- 1/2 tsp vanilla
- 1/2 tsp sea salt, divided (1/4 tsp mixed in, 1/4 tsp sprinkled on top)



# Apple Quinoa & Oat Granola



**Servings per recipe:** 14

**Per serving:** 175 calories, 26 g carbohydrates, 3 g protein, 7 g fat, 3 g fiber, 6% iron, 2% potassium

## Directions

1. Pre-heat your oven to 325°F.
2. Line a medium-sized baking sheet (10 x 15 inches) with parchment.
3. In a large mixing bowl, combine oats, quinoa, and ½ cup of chopped dried apples. Set aside.
4. In a pot on medium heat, combine honey and coconut oil. Let mixture heat until it starts to bubble, stirring continuously. Once bubbling for 30 seconds, remove from heat and stir in ¼ tsp salt, cinnamon, and vanilla.
5. Pour honey mixture into the bowl with the dry ingredients and mix until well-coated.
6. Pour entire mixture onto parchment-lined baking sheet and lightly press the so it's even. Top with the remaining ½ cup of dried apple chunks.
7. Bake the mixture in your oven for 15 minutes. Turn off the oven and toss to allow for even baking for another 5 minutes.
8. Place the baked granola on a cooling rack. Once cooled to room temperature, sprinkle the remaining ¼ tsp sea salt evenly on top before storing.

# Curried Butternut Squash Soup

BY SAMMÉ FUCHS, RDN, CSPCC, CNSC, CLEC

Recipe adapted from *Bon Apétit*



## ABOUT THE RECIPE

When the crisp fall air rolls in, there is nothing like a warm, hearty bowl of soup. This plant-based, curried butternut squash is full of flavor and nutrition.

Butternut squash, the star of this recipe, is high in many beneficial nutrients, particularly beta-carotene, which we convert to vitamin A and plays a role in eye health and cell renewal. A single serving (1 cup, cubed) of butternut squash provides more than 100% of the daily requirement of vitamin A for adults. Butternut squash is also a great source of vitamin C, and a good source of thiamin, niacin, vitamin B6, folate, pantothenic acid, and fiber.

## INGREDIENTS

- 1 large butternut squash (about 3 pounds), peeled, halved lengthwise, cut into 3/4-inch slices
- 1 small onion, quartered
- 1 Fresno chile, halved
- 4 large garlic cloves, unpeeled
- 1/4 cup plus 1 Tbsp virgin coconut oil, melted
- 3 Tbsp curry powder
- 1 tsp kosher salt
- 1/2 tsp freshly ground pepper
- 1 1/2 cup coconut milk
- 2 cups low-sodium vegetable broth (may use water in place of broth)



# Curried Butternut Squash Soup



## DIRECTIONS

- Preheat oven to 450°F.
- In a large bowl, toss squash, onion, chile, garlic, coconut oil, curry powder, salt, and pepper (coconut oil may solidify after tossing and that's OK). Arrange in a single layer on baking sheet and roast, tossing occasionally to prevent burning, until squash and onion are browned and tender, 40–50 minutes.
- While the veggies are roasting, prepare and combine topping ingredients. Cover and set aside.
- Carefully remove baking sheet from oven. Peel garlic, then purée garlic, squash, onion, chile, coconut milk, and vegetable broth (or water) in a blender until smooth, adding more broth or water if needed. Season with salt and pepper to taste.
- Portion into bowls and spoon topping over the soup.

**Make Ahead:** This soup can be made up to 3 days ahead and reheated

**Freezer:** This soup freezes very well! Portion into individual servings and freeze for up to 3 months

**Servings per recipe:** 6

**Per serving:** 321 calories, 31 g carbohydrates, 4 g protein, 19 g fat, 10 g fiber, 142% vitamin A, 53% vitamin C

## TOPPINGS (OPTIONAL)

- 1/3 cup cilantro, chopped
- 1/4 cup unsweetened coconut flakes, toasted
- 1/4 cup pumpkin seeds (pepitas), toasted
- 2 tsp finely grated orange zest

# Easy Pumpkin Oatmeal Cookies



By Analia Garcia, RD

Adapted from *Nourished by Nic*

## About the Recipe

Pumpkin oatmeal cookies are a healthier treat because they combine nutrient-rich pumpkin with whole-grain oats. Pumpkin is packed with vitamins C and A, antioxidants, and potassium. These nutrients can help support eye health, immunity and heart health. Enjoy this easy healthy cookie, perfect for the fall season.

## Ingredients

- 1 cup pumpkin puree
- 1 tsp vanilla extract
- 1/3 cup maple syrup
- 1 egg
- 2 cups oats
- 1 tsp baking powder
- 1 tsp cinnamon
- 1/2 tsp ginger
- 1/4 tsp salt
- 1/2 cup chocolate chips (opt for other options like pecans or walnuts)



# Easy Pumpkin Oatmeal Cookies



## Directions

1. Preheat oven to 350°F.
2. Line cookie tray with parchment paper.
3. Whisk pumpkin puree, vanilla extract, maple syrup, and egg together in medium bowl.
4. Combine oats, baking powder, cinnamon, ginger, and salt, then mix well.
5. Mix in chocolate chips and any other mix-ins of choice like nuts or raisins.
6. Drop 1–2 tablespoons of dough and press down.
7. Bake for about 12–15 minutes until golden brown.

**Servings per recipe:** 12

**Per serving:** 127 calories, 22 g carbohydrate, 3 g protein, 3 g fat, 2 g fiber, 11% vitamin A, 1% vitamin C, 6% iron, 3% potassium

# Zack's Spaghetti Squash

By Rose Sellman, RD



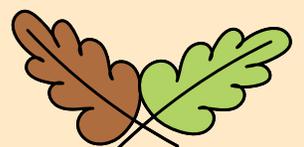
## ABOUT THIS RECIPE

Spaghetti squash is a high-fiber and low-carb alternative to traditional spaghetti and is a great way to increase your vegetable intake. It is also a naturally gluten-free option for spaghetti.



## INGREDIENTS

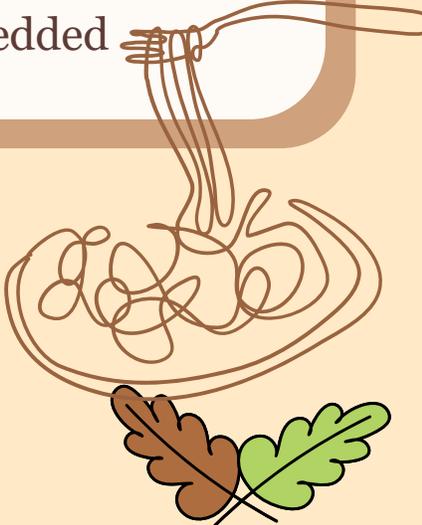
- 1 medium spaghetti squash
- 1/2 medium white onion
- 2 Tbsp olive oil
- 2 cloves garlic
- 1 Tbsp white vinegar
- 2 cups grape tomatoes
- 2 cups freshly grated parmesan
- 1 Tbsp salted butter
- 2 Tbsp heavy cream
- 1 cup whole milk
- Salt and pepper to taste
- Optional: Chopped fresh basil for garnish



# Zack's Spaghetti Squash



## DIRECTIONS

1. Preheat oven to 400°F.
  2. Cut spaghetti squash in half the long way and remove the seeds with a spoon, coat inside with a thin layer of olive oil and salt.
  3. Cook spaghetti squash at 400°F with the open side down, for 30 minutes or until soft.
  4. Dice and sauté onion in a frying pan until golden brown and soft with 2 Tbsp olive oil and 2 minced cloves of garlic.
  5. Deglaze pan with 1 Tbsp white vinegar.
  6. Cut the grape tomatoes into quarters and add to pan, cook until soft.
  7. Add butter, cream, and milk to pan and bring to light simmer.
  8. Slowly mix in freshly grated parmesan, leave enough to top finished pasta with if desired.
  9. Once parmesan is melted, add salt and pepper to taste.
  10. Use a fork to scrape the spaghetti squash to remove the spaghetti-like inside.
  11. Add spaghetti squash noodles to the pan and mix with sauce.
  12. Serve and top with chopped fresh basil and shredded parmesan.
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**Servings per recipe:** 4

**Per serving:** 500 calories, 45 g carbohydrates, 20 g protein, 30 g fat, 8 g fiber, 49% vitamin C, 62% calcium, 12% iron, 20% potassium