



### Fall Veggie Casserole

Makes: 8 Servings

#### Ingredients:

- ◆ 5 1/2 cups eggplant, cubes
- ◆ 4 tomatoes
- ◆ 1 green pepper
- ◆ 1 onion
- ◆ 1tsp salt
- ◆ 1/4 tsp pepper
- ◆ 3 tablespoons vegetable oil
- ◆ 1 garlic clove
- ◆ 2 tablespoons parmesan cheese (grated)

#### 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.

Source: [What's Cooking? USDA Mixing Bowl](#)

## Happy and Healthy Halloween



Halloween is just around the corner! It is no longer a holiday that is celebrated for just one day, there are festivities all month long. This can lead to over eating of candy and other treats. Here are a few tips to help keep you and your family healthy.

- ◆ **Make it healthy.** Try making Halloween fun by using fruits and vegetables as snacks instead of candy or desserts. Use fall themed cookie cutters to make pumpkin shaped low fat cheese slices or pancakes and ghosted bananas with raisins for faces.
- ◆ **Plan a head.** Whether you are trick or treating, going to a carnival or party, it is helpful to eat a healthy meal before you arrive. If you are full you are less likely to over eat candy or other treats high in sugar and fat.
- ◆ **Mix it up.** Surprise the trick or treaters by using stickers, pencils and erasers in goodie bags or instead of passing out candy. Also other packaged snacks like pretzels and crackers are another great alternative.

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### Guisado otoñal de verduras

Rinde: 8 porciones

#### Ingredientes:

- 5 ½ tazas de berenjena cortada en cubos
- 4 tomates
- 1 chile morrón verde
- 1 cebolla
- 1 cucharadita de sal
- ¼ de cucharadita de pimienta
- 3 cucharadas de aceite vegetal
- 1 diente de ajo
- 2 cucharadas de queso parmesano (rallado)

#### Preparación:

1. Retírele la piel a la berenjena y córtela en cubos.
2. Corte los tomates en pedazos pequeños.
3. Corte el chile morrón a la mitad. Retírele las semillas y córtelo en pedazos pequeños.
4. Corte la cebolla en pedazos pequeños.
5. Corte el ajo en pedazos pequeños.
6. Cocine los primeros ocho ingredientes en un sartén grande hasta que se ablanden.
7. Espolvoree con el queso parmesano y sirva.

Source: [What's Cooking? USDA Mixing Bowl](#)

## Un Día de Brujas feliz y saludable



¡El Día de Brujas está a la vuelta de la esquina! Ya no es una festividad que se celebra solo un día, hay festejos todo el mes. Esto puede llevarnos a comer dulces y otras golosinas en exceso. He aquí algunos consejos para ayudarlos a usted y su familia a mantenerse sanos.

- ◆ **Hágalo de manera saludable.** Trate de tener un Día de Brujas divertido, pero consuma frutas y verduras como bocadillos en lugar de dulces y postres. Use cortadores de galletas con motivos otoñales para preparar rebanadas de queso bajo en grasa en forma de calabaza o panqueques y plátanos fantasmales usando pasas para hacerles las caras.
- ◆ **Planee con tiempo.** Ya sea que vayan a pedir golosinas de puerta en puerta, a una feria o fiesta, es conveniente comer alimentos antes de salir. Se tiende a comer menos dulces y otras golosinas, con alto contenido de azúcar, cuando se tiene el estómago lleno.
- ◆ **Combínelo.** Sorprenda a los niños que piden dulces regalándoles calcomanías, lápices y borradores en lugar de dulces. También puede regalarles paquetitos de bocadillos como *pretzel* y galletas.

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