



New Ways to Eat Fall's 5 Healthiest Foods

 **Sutter Health Plus**
Your Health Plan

1 Apples

Add sliced apples to salads or tortilla wraps; dice them into a homemade turkey meatloaf; stuff a whole apple with raisins, cinnamon and oats and bake for a breakfast or dessert treat.

2 Brussels Sprouts

Roast at a high heat; steam with lemons, mustard and walnut oil.

3 Cauliflower

Steam, then puree with plain Greek yogurt, garlic and a bit of Parmesan; roast with olive oil and garlic.

4 Grapes

Pack a small bag for healthy snacking on the go; freeze and eat as a dessert treat; roast and combine with thyme, mustard and cooking wine as a sauce for lean meats.

5 Sweet Potatoes

Mash and stir in wheat germ to make sweet potato pancakes; bake in the oven and top with salsa, veggies and cheese; dice and stir into hearty soups, stews and chili.