

AUTUMN BITES

15 family favorites for fall



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meet your publix dietitian team

Publix dietitians share their extensive knowledge and keen understanding of food and nutrition with all of their business areas, departments, and stores.

They provide nutritional guidance in product development to Publix's internal buyers, work with the corporate chefs on recipe development, and manage the monthly health content and nutritional database system.

They are responsible for managing the Better Choice shelf tags program and Publix wellness icons to help customers achieve their health goals. They also stay on the cutting edge of nutrition guidelines and wellness trends, helping Publix continue to offer the best options for their customers. All of the dietitians are members of the Academy of Nutrition and Dietetics and the Florida Academy of Nutrition and Dietetics.

Visit publix.com/wellness/publix-dietitians to learn more.

Pictured above (left to right):

Nicole Cochran, MS, RDN, LDN

Aria Hetzendorfer, RDN, LDN

Shannon McManus, RDN, LDN

Liz Chapman, MS, RDN, LDN

Anastasia Kyriakopoulos, RDN, LDN



fall produce

peak of the season!

Apples	Mango
Asparagus	Mushrooms
Avocados	Parsnips
Bananas	Pears
Beets	Persimmons
Bell peppers	Pineapple
Broccoli	Pomegranate
Brussels Sprouts	Potatoes
Carrots	Pumpkins
Cauliflower	Raspberries
Celery	Spinach & Kale
Citrus	Sweet Onions
Cranberries	Sweetpotatoes
Eggplant	Tomatoes
Figs	Turnips
Grapes	Winter Squashes
Green Beans	

Fill your basket with peak-of-the-season fresh produce, enjoying the vibrant colors and rich flavors that only autumn can provide.





asparagus & goat cheese frittita

PREP TIME: 5 MINUTES

COOK TIME: 30 MINUTES

SERVINGS: 4

INGREDIENTS

- 1 bundle **Ayco® asparagus**, woody ends removed
- 10 eggs
- 1 cup low-fat milk
- 1 tsp. all-purpose seasoning
- 1/2 cup sweet onions, diced
- 2 oz goat cheese, crumbled
- Green salad, to serve (optional)

DIRECTIONS

1. In a small bowl whisk together the eggs, milk, and seasoning until combined.
2. Heat a large-sized oven-proof skillet over a medium heat. Spray with olive oil spray.
3. Add the onion and cook for 3 minutes, stirring occasionally, until soft.
4. Preheat the oven to 400°F.
5. Add the asparagus to the pan and cook for 5-6 minutes (depending on thickness of spears), stirring occasionally, until crisp-tender.
6. Pour in the egg mixture over the asparagus.
7. Remove from the heat, sprinkle the goat cheese on top and then transfer to the preheated oven. Bake for 15 to 20 minutes or until the eggs are set.
8. Let cool slightly and serve warm, cut into wedges, with a green salad, if desired.





chiquita banana blueberry pancakes

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES

SERVINGS: 4

INGREDIENTS

- 3/4 cup all-purpose flour
- 3/4 cup whole wheat flour
- 1 3/4 Tbsp. baking powder
- 2 Tbsp. sugar
- 1/2 tsp. cinnamon
- 1/2 tsp. salt
- 1 cup fat-free milk
- 3 Tbsp. canola oil
- 1 large egg
- 1 **Chiquita® banana** sliced
- 1/2 cup blueberries
- 2 tsp. maple syrup

DIRECTIONS

1. Sift flours, baking powder, sugar, cinnamon and salt in large bowl. Add milk, oil and egg, and mix until moistened.
2. Heat griddle or skillet over medium heat; spray with cooking spray. Spoon 1/4 cup pancake mixture onto skillet. Add sliced bananas and blueberries, and cook 2-3 minutes, or until pancakes begin to bubble. Flip and cook 1-2 minutes, or until done.
3. Top with maple syrup.





ambrosia apple arugula salad with beets & blue cheese

PREP TIME: 5 MINUTES

SERVINGS: 2

INGREDIENTS

- 2 HERO® Ambrosia Gold® apples, thinly sliced
- 2 cups fresh arugula
- 1/4 cup red onion, thinly sliced
- 1/2 bell pepper, chopped
- 1/2 cup ready-to-eat beets, sliced
- 1/2 cup radishes, sliced
- 1/4 cup blue cheese crumbles
- 1/4 cup dried cranberries
- Cilantro for garnish
- Fresh lemon juice for dressing

DIRECTIONS

1. Combine ingredients together and top with fresh lemon juice or your favorite dressing.





fall harvest snack board

PREP TIME: 15 MINUTES

SERVINGS: A CROWD!

INGREDIENTS

- 14 oz. bag of **Crunch Pak Mixed Apple Slices**
- 1 pear, sliced
- 1 wedge Brie cheese
- 1 block Cheddar cheese, sliced
- Grapes
- Crackers of your choice
- Almonds or other nuts
- Pretzels
- Fig jam

DIRECTIONS

1. Arrange ingredients on a large tray or cutting board and enjoy!





Tropical smoothie

PREP TIME: 10 MINUTES

SERVINGS: 1

INGREDIENTS

- 1 ½ cup **Del Monte Gold® Pineapple**, diced
- ½ freshly squeezed orange juice
- 1 cup coconut milk
- 1 Tbsp. chia seeds
- Ice

DIRECTIONS

1. In a blender, combine ice, pineapple, orange juice, coconut milk, and chia seeds
2. Blend until smooth
3. Serve and garnish with an extra piece of pineapple

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rotisserie chicken with sunflower crisp chopped salad

PREP TIME: 10 MINUTES

COOK TIME: 25 MINUTES

SERVINGS: 4

INGREDIENTS

- 1 (10.9-ounce) package **Fresh Express® Sunflower Crisp Chopped Kit®**
- 1 large butternut squash, peeled & cut into 1-inch cubes
- 1 rotisserie chicken
- 1 tsp. Italian seasoning
- 1 tsp. salt
- 2 Tbsp. olive oil

DIRECTIONS

1. Toss butternut squash in a bowl with Italian seasoning and olive oil. Arrange in a single layer on a sheet pan. Sprinkle with a little salt.
2. Bake for 25 minutes or until tender. Remove from oven and cool.
3. Place the greens from the Fresh Express® Sunflower Crisp Chopped Kit® into a large bowl; add the butternut squash and mix well. Toss with the salad dressing. Add the toppings; toss to combine.
4. Serve with the rotisserie chicken.





synergy pomelo pink lemonade spritz mocktail

INGREDIENTS

- 2 oz. sparkling lemonade
- 2 oz. green tea
- 8 oz. **SYNERGY Pomelo Pink Lemonade**
- 1 tsp. of honey
- Edible glitter
- Topped with grapefruit

DIRECTIONS

1. Add all ingredients to a cocktail shaker and shake the mixture for 10 - 15 seconds.
2. Pour into glass over ice.
3. Garnish with grapefruit and optional sparkler.

SYNERGY is safe for children*, supports microbiome diversity, and can be a better-for-them alternative to sugary juices & soda. Children aged 10 and below should limit intake to about 4 to 6 ounces per day. *If you are unsure of introducing something new to your child's system, we recommend consulting your healthcare professional or pediatrician before consuming.

SYNERGY[®]
Raw Kombucha



almond and pear overnight oats

PREP TIME: 10 MINUTES

OVERNIGHT TIME: 8 HOURS

SERVINGS: 1

INGREDIENTS

- 1/2 medium pear chopped
- 1/3 cup rolled oats
- 1/3 cup plain nonfat Greek yogurt
- 1/3 cup almond milk
- 1 Tbsp. almond butter
- 2 tsp. chia seeds
- 1 tsp. honey
- 1/8 tsp. cinnamon
- 1 Tbsp. **Mariani Nut Company** sliced or slivered almonds

DIRECTIONS

1. Combine pears, oats, yogurt, milk, almond butter, chia seeds, honey and cinnamon in mason jar or airtight container. Place lid on jar and shake to mix well. Refrigerate at least 8 hours or overnight.
2. Top with almonds for serving.





caramel apple banana bites

PREP TIME: 15 MINUTES

SERVINGS: 2

INGREDIENTS

- 1/4 cup **Marzetti™** caramel dip
- 1 Granny Smith apple cut into 2" pieces
- 1 medium banana cut into 2" pieces
- 2 Tbsp. mini dark chocolate chips

DIRECTIONS

1. Microwave caramel dip on HIGH for 15 seconds, or until thin.
2. Slide one piece apple and one piece banana onto each skewer. Carefully spread caramel on fruit and sprinkle with chocolate chips. Place in fridge and let set 10 minutes before serving.





vegan buddha bowls

PREP TIME: 10 MINUTES

COOK TIME: 2 MINUTES

SERVINGS: 1

INGREDIENTS

- ¼ **Mission®** avocado, sliced
- ¼ cup cooked grains quinoa, couscous, or brown rice
- 5 oz chickpeas drained and rinsed - about 1/3 of a can
- ¼ cup blueberries
- 1 mandarin peeled and sliced
- ¼ red onion sliced
- ¼ cup shredded carrots
- Dressing of choice

DIRECTIONS

1. Place the greens in the bottom of your bowl.
2. Add remaining ingredients.
3. Top with dressing or lime juice if desired.





plant-based steak sandwich with vegan aioli

PREP TIME: 10 MINUTES

SERVINGS: 1

INGREDIENTS

- 1 package of **Nasoya® Plant-Based Steak**
- Sourdough bread
- Arugula
- Caramelized sweet onions

Aioli

- 1/2 cup vegan mayonnaise
- 2-3 Tbs. **Nasoya® vegan kimchi**, finely chopped
- 1 clove garlic, minced
- 1 tsp. lemon juice or apple cider vinegar
- 1/2 tsp sesame oil

DIRECTIONS

1. Lightly toast the bread until it's golden and slightly crispy.
2. Gently mix kimchi aioli ingredients together in a bowl. Generously spread on both halves of the toasted bread.
3. Heat plant-based steak according to instructions and add to sandwich along with arugula and caramelized onions





crisp apple & spinach harvest salad

PREP TIME: 5 MINUTES

SERVINGS: 1

INGREDIENTS

- 1/2 Rainier Fruit® Honeycrisp apple, cut into chunks
- 2 cups fresh spinach
- 1/4 cup bell pepper, diced
- 1/8 cup red onions, sliced
- 1 Tbsp. pomegranate seeds
- 1 - 2 Tbsp. cinnamon toasted almonds
- Squeeze of fresh lemon juice for dressing



DIRECTIONS

1. Mix ingredients together and top with either a squeeze of fresh lemon juice or your favorite dressing.





grape tomato & peach burrata salad

PREP TIME: 10 MINUTES

SERVINGS: 4

INGREDIENTS

- 1 ½ -2 cups **SUNSET® Angel Sweet® tomatoes**, approx. 1 pint, cut in half
- 2-3 peaches sliced into wedges
- 1 cup grapes cut in half
- ½ cup blueberries
- 1 sweet onion sliced thin
- 8 ounces burrata cheese at room temperature
- ½ lemon
- Fresh herbs - we used thyme, rosemary and basil
- Salt and pepper to taste
- Bread for serving if desired

DIRECTIONS

1. In a large bowl add all the fruits and vegetables, besides the lemon and herbs
2. On a large platter, place half the burrata cheese on each end
3. Add the fruits and vegetables from the bowl to the plate
4. Squeeze the juice from the lemon onto the salad
5. Sprinkle on your favorite fresh herbs, salt & pepper. Serve with bread if desired





chicken cacciatore flatbread

PREP TIME: 5 MINUTES

COOKTIME: 10 MINUTES

SERVINGS: 2

INGREDIENTS

- 2 Naan flatbreads
- 6 oz cooked chicken breast, chopped
- 1 bag Village Farms heavenly villagio marzano® tomatoes
- 1 small red bell pepper, sliced thin
- 1 tbsp olive oil
- 2 tbsp white onion, chopped fine
- 2-3 cloves garlic, chopped fine
- 2 tsp fresh oregano
- 1 tsp fresh thyme
- 1 tbsp parsley, chopped
- 1 tbsp basil, chopped
- 2 tbsp parmesan cheese
- 1 tbsp kosher salt
- 2 tsp fresh black pepper

DIRECTIONS

1. Preheat oven to 425F
2. Chop $\frac{1}{4}$ bag of tomatoes and slice the remaining.
3. Place pan on medium heat, add olive oil and onions and cook for 1 min.
4. Add garlic, half the salt and pepper, thyme, and oregano. Stir and simmer for 2 mins.
5. Add chopped tomatoes, chicken, and half of sliced tomatoes to pan. Cook on low 8-10 mins to a thick consistency. Set aside 5 mins to cool.
6. Spread mixture on flatbread. Add remaining tomato slices on top.
7. Bake for 5 mins! Top with fresh parmesan cheese and basil. Enjoy!

Village
farms®

Greenhouse Grown



autumn mandarin fruit salad

PREP TIME: 20 MINUTES

SERVINGS: 8

INGREDIENTS

- **3 Wonderful® Halos Mandarins**
peeled, segmented
- 3 kiwi peeled, chopped
- 1 apple chopped
- 1 pear chopped
- ¼ cup pomegranate arils
- 1 lime juiced
- 2 Tbsp. honey
- ½ tsp. poppy seeds
- Fresh mint for garnish

DIRECTIONS

1. Combine mandarins, kiwi, apples, pears and pomegranate arils in large bowl.
2. Mix lime juice, honey and poppy seeds in small bowl. Pour over fruit and mix well.
3. Garnish with fresh mint.



halos



Have you listened to our **Healthy Family Podcast?**

We chat with experts, fellow parents, friends, and more covering all of the hot topics in the world of healthy, food, and family. **Our topics range from food and nutrition and mental and physical health too.** Tune in where ever you listen to your favorite podcasts.



We especially love that Amanda's not shy about discussing what she feels are her own shortcomings, and the bloggers, doctors, and dietitians she talks to offer her valuable advice in an engaging way; This isn't a boring lecture series about all the things they think you should be doing. The tone will make the listener feel less alone in their struggles to feed their children.

