

Fresh Fall Produce



Food and Nutrition Administration
U.S. DEPARTMENT OF AGRICULTURE

Fresh fall produce such as apples, squash, and leafy greens can add natural sweetness, crunch, and color to many meals. Combine with a lean protein—like cooked chicken, fish, beans, or bison—for a balanced, nutrient dense dish.

How To Use Them

Fresh fall produce can be eaten raw in salads, roasted for warm dishes, or added to soups and grain bowls. Mix sweet fruits with crunchy vegetables and add protein for a more filling and satisfying meal.

How to Store Them

Store whole produce in a cool, dry place or in the refrigerator depending on the item. Refrigerate cut produce and use within 3-5 days. Wash fresh produce before preparing.

Why Eat Them?

Fall produce provides fiber, vitamins A and C, and antioxidants. Eating a variety of colorful fruits and vegetables and pairing with quality protein sources helps support overall health.

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Fall Harvest Power Salad

Makes 4 servings

Ingredients

- 4 cups mixed greens (such as spinach, romaine, or iceberg lettuce)
- 1 medium apple or pear, diced
- 1 cup diced roasted sweet potatoes or squash (such as acorn or butternut)
- 1 cup cooked diced chicken or other protein of choice (such as fish, beans, or bison)
- ½ cup cooked wild rice
- ¼ cup raisins or fruit and nut mix, chopped
- 3 tablespoons olive oil or vegetable oil
- 1 tablespoon balsamic vinegar, apple cider vinegar, or lemon juice
- ½ tablespoon honey or maple syrup
- ¼ teaspoon ground black pepper
- ⅛ teaspoon salt

Directions

Wash hands with soap and water.

1. In a large serving bowl, combine greens, diced apple or pear, roasted squash or sweet potato, cooked chicken*, cooked wild rice, and dried fruits and nuts.
2. In a small bowl or jar, whisk oil, vinegar or lemon juice, honey, black pepper, and salt.
3. Pour dressing over salad and toss gently to combine.
4. Serve immediately or refrigerate for up to 24 hours. If preparing ahead, add dressing just before serving for best texture.

**Chicken should reach a final internal cook temperature of 165°F as measured with a food thermometer before adding to the salad.*

