



# Enjoying Fall Flavors

Don't forget about fresh garden produce just because the summer has ended. Many delicious and nutritious fruits and vegetables are available to choose from during the fall season. Look for local products at your community farmers' market and good deals at your grocery store.

apples	cranberries	mushrooms	rutabagas
beets	grapes	parsnips	spinach
broccoli	kale	pears	sweet potatoes
cabbage	kohlrabi	pumpkins	turnips
cauliflower	lettuce	raspberries	winter squash



The Kansas Food Assistance Program promotes good health by providing extra grocery money all year long to people of all ages, including senior adults.

Call 1-888-369-4777 toll free to find out if you qualify for food assistance.



## Potato Spinach Casserole

6 servings, 2 1/2" x 4" each

### Ingredients:

12 ounces frozen country style hash brown potatoes, thawed  
1/2 cup chopped green pepper  
1/2 cup (about 1/2 medium) finely chopped onion, divided  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper, divided  
12 ounces canned evaporated skim milk  
3/4 cup egg whites or egg substitute  
1/2 cup shredded reduced-fat sharp Cheddar cheese  
1/2 cup shredded reduced-fat Monterey Jack cheese  
5 ounces frozen chopped spinach (or 1 cup packed fresh chopped)  
1/2 cup chopped tomatoes

### Directions:

1. Press hash browns with paper towels to absorb moisture.
2. In a large bowl, combine hash browns, green pepper, 1/4 cup onion, salt and 1/4 teaspoon black pepper.
3. Spray an 8-inch square baking dish with nonstick cooking spray. Press potato mixture into bottom.
4. Bake in a preheated 425°F oven until lightly browned around the edges, about 20-25 minutes.
5. In a large bowl, stir together evaporated milk, egg whites, 1/4 teaspoon pepper, cheeses, spinach, remaining 1/4 cup onion and tomatoes.
6. Reduce oven temperature to 350°F. Pour mixture over potato crust. Bake uncovered until center is set, about 40 to 45 minutes.
7. Cover and let stand 10 minutes. Cut and serve.

**Nutrition Facts** (2 1/2" x 4"): calories 160; fat 4g; carbohydrate 20g; protein 13g; cholesterol 10mg; sodium 470mg.