



Fall Harvest Skillet

SERVING: 1.5 CUPS
YIELD: 8

PREP TIME: 10 MIN
TOTAL TIME: 30 MIN

Ingredients

- 2 cups Quinoa, cooked
- Cooking Oil Spray
- 1/2-pound Ground Beef
- 1 tsp Pepper
- 1/2 cup Beef Broth Unsalted, divided
- 1 large Sweet Potato, chopped
- 1/2 Yellow Onion, chopped
- 2 cups Brussels Sprouts, halved
- 1 can Chickpeas, drained and rinsed
- 1/2 tbsp Minced Garlic
- 1 pkg Frozen Spinach
- 1 tsp Thyme Leaves, seasoning
- 1 tsp Rubbed Sage, seasoning
- 1/2 cup Feta Cheese, crumbled

How to Cook 1 Cup Quinoa to Produce 2 Cups

1. BOIL 2 cups water or unsalted broth.
2. RINSE Quinoa.
3. ADD Quinoa and stir. Reduce heat to medium heat. Cover.
4. Simmer 15-17 minutes

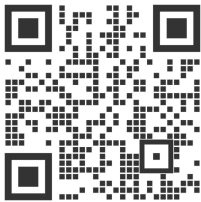
Nutrition Facts

8 servings per container	
Serving size	1.5 cups (0.0g)
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 220mg	10%
Total Carbohydrate 28g	10%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 3mg	15%
Potassium 380mg	8%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Directions

1. Cook quinoa according to package directions.
2. Place ground meat into skillet on medium to high heat to brown. Once done, set aside in bowl and cover.
3. Place same skillet back on the burner over medium-high heat and add 1/4 cup broth and stir. Add sweet potato and onion. Heat about 5 minutes.
4. Add 1/4 cup broth, brussel sprouts, chickpeas, and minced garlic. Cover and cook about 5 minutes.
5. Add 1/2 cup vegetable broth, add frozen spinach, ground beef, quinoa and seasonings to skillet. Cover and cook about 5 minutes.
6. Top with feta cheese and serve immediately. Enjoy!

*Cost information includes lower cost ingredients found at local grocery store 11/14/22.



Cost Per Recipe	Cost Per Serving
\$11.59	\$1.45

SEASONAL PRODUCE GUIDE

This guide can give you insight into the seasonality of fruits and vegetables throughout the year, to help you plan your menu. Seasonal produce in your area will vary by growing conditions and weather.



VEGETABLES		WINTER			SPRING			SUMMER			FALL		
PRODUCT	YEAR-ROUND AVAILABILITY	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV
Artichokes													
Arugula													
Asparagus													
Basil													
Beans (Green)													
Beets													
Broccoli													
Brussels Sprouts													
Cabbage													
Carrots	YES												
Cauliflower	YES												
Celery	YES												
Chile Peppers													
Chives													
Corn													
Collard Greens													
Cucumbers													
Cultivated Mushrooms	YES												
Eggplant	YES												
Fennel													
Garlic	YES												
Ginger	YES												
Green Onions	YES												
Herbs	YES												
Horseradish													
Kale													
Leaf Lettuce													
Lettuce	YES												
Okra													
Onions	YES												
Parsley	YES												
Parsnips													
Peas													
Potatoes	YES												

*Green indicates Peak Season months

Source: <https://snaped.fns.usda.gov/seasonal-produce-guide>

Learn more at usfoods.com/produce-resources or by scanning this QR Code.

