

# A Day of Meals Featuring Healthy Fall Foods

Leaves are changing colors, the air is getting cooler and a new harvest of fresh fall foods are in season. Food gives us the energy we need to function, and one way to ensure nutritionally beneficial meals is to incorporate seasonal ingredients. This post from Stonebridge at Montgomery gives you a day's worth of healthy fall recipes. Try adding one or more of these meals in your diet plan.

## Healthy Fall Recipes

### Breakfast

[Cranberry Sauce Overnight Oats](#) - Overnight oats are the perfect breakfast meal prep option for those with busy morning schedules; all you have to do is add all ingredients into a jar and refrigerate overnight. This recipe features seasonal cranberries, a super food that is low in calories and high in vitamins C, A and K.

[Four Ingredient Pumpkin Pancakes](#) - Pumpkin is one of the quintessential fall foods. It's hard these days to go into a store without seeing pumpkin flavored anything, from cookies and pie to new variations including pasta and coffee. With only four ingredients, these pancakes allow the pumpkin flavor to truly shine. As an added bonus, pumpkins may help boost your immunity.

### Lunch

[Shaved Brussels Sprouts Salad](#) - Brussels sprouts may get a bad rap, but prepared the right way, this fall vegetable is tasty and filling. Not only are they high in vitamins and minerals, but the added health benefits include the potential to reduce the risk of cancer, decrease inflammation and improve blood sugar control. This dish also features heart-healthy ingredients like walnuts, blueberries and avocados.

[Roasted Mushrooms with Herbed Quinoa](#) - Mushrooms offer an earthy flavor, perfect for warm, cozy fall meals. Paired with herbed quinoa, this light meal is filling and delicious. Plus, mushrooms pack a serious punch in terms of nutritional value. They promote a healthy complexion and hair, increased energy and overall lower weight.

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## Dinner

[Stuffed Chicken with Apple, Fig and Cranberry Stuffing](#) - This delightful dish is a resident favorite at Stonebridge at Montgomery. With this recipe, taken directly from the chefs in our community themselves, you'll experience a variety of fall staples: apples, figs and cranberries. Apples are rich in antioxidants that may help reduce the risk of developing cancer, hypertension, diabetes and heart disease. Plus, there's nothing quite as comforting as stuffing during an autumn day.

[Penne with Roasted Butternut Squash](#): This simple recipe is perfect to whip up on a busy weeknight. Butternut squash is one of the most common varieties of winter squash and filled with vitamins A and C. Even though squash is botanically a fruit, it is predominantly cooked like a vegetable. This is highlighted in this recipe by roasting and pureeing the squash into a tomato-like sauce.

## Enjoy Delicious Dining Featuring Seasonal Foods at Stonebridge at Montgomery

Our chefs at Stonebridge at Montgomery make sure the freshest, most nutritionally beneficial ingredients are used in each dish. We focus our menus based on what's in season, serving you healthy, quality food that you'll love. We'd love for you to join us for a meal - [contact us](#) today to schedule your personal tour.