Quickbites ~

Fall or autumn - whatever you call it - is also a traditional harvest time. So we've filled this Quickbites with fall-inspired ideas, recipes and cooking techniques that make the most of the season's bounty.

We start with Go Crazy for Kale, a hearty green that's popping up everywhere. Whether you already love it, or have shied away so far, you'll find great ways to enjoy this healthy, leafy vegetable in soups, juices and even cornbread.

Not a big fan of cooked veggies? Our Veggie Sides for 1 PointsPlus® Value may convert you. The recipes are simple but the flavors are terrific - so you can add something especially delicious to your dinner without adding a lot of time or PointsPlus® value to your day.

Another great veggie, and a real crowd pleaser, is the humble carrot. In Carrots: Get Your Dose of Vitamin A, we tell you how to store, clean and prepare this vitamin packed veggie.

And last, but not least, a quick kale side that might even become a new favorite at your Thanksgiving table. Our Kale with Red Onion and Cranberries is full of color and flavor, and has PointsPlus® value per serving of just 4!

Enjoy!

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