

# Best Fall Foods and Holiday Recipes

Autumn brings more than changing leaves and cooler weather - now is also the time where holiday parties and gatherings with friends and family are abundant. And with parties come the need to find tasty appetizers and side dishes to share at the table. At Winchester Gardens, we've pulled together a few of our favorite fall appetizers. These recipes feature the best fall foods in season for nutrition and taste. Try them out and bring them to the next family gathering or happy hour with friends!

## Fall Appetizer Recipes

[Pumpkin Cinnamon Crescent Rolls](#) - If you're in a pinch for time, these appetizers take less than a half hour to pull together from start to finish and are sure to delight a crowd. Although on the sweeter side, the seasonal pumpkin adds nutritional value to this dish. Besides being packed with vitamins and minerals, pumpkin may boost your immunity.

[Shaved Brussels Sprouts Salad](#) - Brussels sprouts may get a bad rap, but this fall vegetable is tasty and filling when prepared the right way. Not only are brussels sprouts 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 features heart-healthy ingredients like walnuts, blueberries and avocados.

[Cucumber Hummus Bites with Pickled Ginger](#) - This sushi-inspired appetizer is a light snack and easy to pull together. The finished product looks beautiful and simply needs to be added to a plate and served at a party. Ginger is the seasonal ingredient featured in this dish and can help nausea and reduce muscle pain and soreness.

[Cheese and Grape Skewers](#) - These cheese- and almond-covered grapes on toothpicks are quintessential finger food served at a holiday party. Although it may take some time to pull together, the end result is a sweet and creamy treat. And, to make it even better, grapes offer a wealth of health benefits due to their high nutrient and antioxidant contents.

[Garlic Parmesan Cauliflower Bites](#) - Cauliflower is a low-calorie vegetable rich in nutrients, including choline that is essential for learning and memory.

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Cauliflower has taken the place of one of the best alternatives to carb-heavy foods, and this recipe highlights why this works. These bites are filled with flavor and are perfect as grazing food at a happy hour.

[Stuffed Mushrooms](#) - Stuffed mushrooms are a classic party appetizer, and this recipe truly hits the spot. Mushrooms offer an earthy flavor, perfect for warm, cozy fall foods. Plus, they pack a serious punch in terms of nutritional value, promoting a healthy complexion and hair, increased energy and overall lower weight.

## Get a Taste of the Best Seasonal Foods at Winchester Gardens

We at Winchester Gardens are committed to quality service, and our dining team is no exception. Our chefs ensure the freshest, most nutritionally beneficial ingredients are offered by focusing menus around seasonal produce. And, we offer designated Happy Hours with fun cocktails and delicious hors d'oeuvres. We'd love for you to join us for a meal - [contact us](#) today to schedule your personal tour.