



6

Delicious **Fall Recipes**

This collection of healthy recipes includes simple, delicious options featuring fall produce.



Roasted Vegetable Salad with Lentils

SERVINGS: 6

PREPPING TIME: 20 MIN

COOKING TIME: 1 HR

Ingredients

- 1 medium butternut squash, peeled, seeded and diced into 1/2 inch pieces
- 2 carrots, peeled and diced into 1/2 inch pieces
- 2 parsnips, peeled and diced into 1/2 inch pieces
- 3 small beets, peeled and diced into 1/2 inch pieces
- 2 Tbs olive oil
- 1 tsp thyme, dried
- 1 tsp rosemary, dried
- 1 1/2 cups lentils, canned, drained and rinsed
- 2 cloves garlic, smashed and peeled
- 1/4 cup parsley, chopped
- 6 scallions, chopped
- salt and black pepper, to taste

Ingredients: Dressing

- 1/4 cup Sherry Vinegar
- 2 Tsp. Dijon Mustard
- 1/2 cup olive oil
- Salt, to taste

Directions

Prep

1. Preheat oven to 400° F.
2. Line 2 baking sheets with parchment paper.
3. Prepare vegetables according to instructions.

Make

1. Place squash, carrots, parsnips, and beets in a large bowl. Toss with two tablespoons of olive oil salt, thyme, and rosemary.
2. Roast until vegetables are just fork tender, about 30-40 mins.
3. Meanwhile, drained and rinse canned lentils. Add to a large bowl with garlic, salt, and pepper.
4. Add roasted vegetables and toss with enough dressing to coat.
5. Garnish with fresh parsley and scallions.

Make: Dressing

- Add all dressing ingredients to a mason jar with a lid and shake to combine.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	377	Total Fat 19.3g	29%	Total Carbohydrates 39g	13%
		Saturated Fat 2.8g	13%	Dietary Fiber 9g	36%
		Trans Fat 0.0g		Total Sugars 8g	
		Cholesterol 0mg	0%	Protein 6g	
		Sodium 460mg	19%		
Vitamin D 0mcg 0% · Calcium 135mg 13% · Iron 3mg 16% · Potassium 1077mg 22%					

* The percent 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.



Butternut Squash and Corn Soup

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 45 MIN

Ingredients

- 1 medium onion, chopped
- 1 tsp rosemary, fresh, chopped
- 2 cloves garlic, minced or pressed
- 2 cups butternut squash, peeled and cubed
- 2 Tbs olive oil
- 1 tsp turmeric, ground
- 3 cups chickpeas, canned, drained and rinsed
- 4 cups vegetable broth
- 2 cups corn, frozen, defrosted
- salt, to taste
- black pepper, to taste

Directions

Prep

1. Chop onion, and rosemary, and mince the garlic.
2. If you purchase a whole butternut squash, peel, and cube. You can also use pre-cut or frozen.

Make

1. Add olive oil to a large soup pot and over medium heat sauté onion until soft and fragrant.
2. Add turmeric, garlic, and rosemary and stir for about 1 minute to coat the onions.
3. Add the rest of the ingredients, except the corn, and cover with vegetable broth.
4. Reduce heat and simmer with the lid on for 20 minutes, stirring occasionally.
5. Transfer half of the soup to a blender, purée until smooth and add it back to the pot along with the corn.
6. Stir and season with salt and pepper to taste.
7. Garnish with a drizzle of olive oil and a sprinkle of red pepper flakes if desired.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	273	Total Fat 3.8g	5%	Total Carbohydrates 42g	13%
		Saturated Fat 0.3g	1%	Dietary Fiber 10g	39%
		Trans Fat 0.0g		Total Sugars 10g	
		Cholesterol 0mg	0%	Protein 11g	
		Sodium 272mg	11%		
Vitamin D 0mcg 0% · Calcium 68mg 6% · Iron 2mg 9% · Potassium 406mg 8%					

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Pumpkin Spice Blender Oats

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN

Ingredients

- 1/2 cup oatmeal, old fashioned
- 1 Tbs flax meal
- 1/2 tsp baking powder
- 1 tsp pumpkin pie spice
- 1/4 cup pumpkin, canned
- 1 egg
- 1/4 almond milk, unsweetened (or milk of choice)
- 1 Tbs maple syrup

Directions

Prep

1. Preheat oven to 350°F.
2. Grease 8-ounce ramekin.

Make

1. Add all ingredients to a blender and blend until smooth.
2. Pour into a greased ramekin and stir in chocolate chips.
3. Place ramekin on a small baking sheet and bake for 12–15 minutes.
4. Let cool for 5–10 minutes.
5. Top with yogurt of choice, if desired [nutrition facts are without yogurt].

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories 349 per serving		Total Fat 11.4g	17%	Total Carbohydrates 51g	17%
		Saturated Fat 2.5g	12%	Dietary Fiber 8g	33%
		Trans Fat 0.0g		Total Sugars 17g	
		Cholesterol 186mg	62%	Protein 14g	
		Sodium 131mg	5%		
Vitamin D 2mcg 16% · Calcium 325mg 32% · Iron 4mg 23% · Potassium 649mg 13%					

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Pumpkin Pie Bean Dip

SERVINGS: 6

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN

Ingredients

- 1/2 lemon, juiced and zested
- 2 Tbs tahini
- 1 clove garlic, crushed
- 1 1/2 cups white beans, drained and rinsed
- 2 Tbs olive oil
- 1 1/2 cups pumpkin purée
- 1/4 tsp cayenne pepper
- 1/2 tsp salt
- 1 tsp sage, fresh, chopped
- 2 Tbs pumpkin seeds

Directions

Prep

1. Zest and juice lemon.
2. Drain and rinse beans.

Make

1. Place the lemon juice, lemon zest, tahini, garlic, white beans, olive oil, pumpkin puree, cayenne pepper, salt, and sage in a food processor. Pulse until smooth adding some water to thin if necessary.
2. Transfer to a bowl and allow to sit for 15 minutes before garnishing with pumpkin seeds and serving.
3. Serve with raw vegetables.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories 173 per serving		Total Fat 7.8g	12%	Total Carbohydrates 21g	7%
		Saturated Fat 1.2g	5%	Dietary Fiber 5g	21%
		Trans Fat 0.0g		Total Sugars 2g	
		Cholesterol 0mg	0%	Protein 7g	
		Sodium 422mg	18%		
		Vitamin D 0mcg 0% · Calcium 75mg 7% · Iron 3mg 17% · Potassium 468mg 9%			

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Pumpkin Bolognese

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 1 HR

Ingredients

- 1 spaghetti squash, large
- 2 Tbs olive oil, divided
- 8 oz turkey, ground
- 1/2 onion, medium, chopped
- 1 carrot, medium, peeled and chopped
- 8 oz mushrooms, chopped
- 2 cloves garlic, minced
- 1/2 tsp oregano, dried
- 1/2 cup tomato paste
- 1, 15 ounce can pumpkin purée
- Water
- salt and pepper
- 1/4 cup parsley, fresh, chopped

Directions

1. Preheat oven to 400° F.
2. Carefully cut spaghetti squash in half length wise. Scoop out the seeds.
3. Wash and chop all vegetables.
4. Rub half of the olive oil into the inside of the spaghetti squash halves. Place squash cut side down on a rimmed baking sheet and roast for 45 minutes or until a knife can easily pierce the skin. Allow to cool at room temperature until cool enough to handle, then use a fork to scrape out the insides.
5. While the squash is cooking, heat the remaining olive oil in a medium pan over medium heat. Add the ground turkey and cook until browned about 5 minutes.
6. Add the onion and carrot and cook until carrot becomes tender about 5 minutes. Add the mushrooms and cook until most of the liquid has evaporated about 3 minutes. Add the garlic and oregano and cook for an additional minute.
7. Stir in the tomato paste and pumpkin puree. Allow to simmer for a few minutes before adjusting consistency by adding 1/4 cup of water at a time. More water will yield a thinner sauce.
8. Season with salt and pepper and serve over roasted spaghetti squash. Garnish with parsley.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	299	Total Fat 13.2g	20%	Total Carbohydrates 34g	11%
		Saturated Fat 2.6g	12%	Dietary Fiber 9g	34%
		Trans Fat 0.1g		Total Sugars 16g	
		Cholesterol 42mg	13%	Protein 17g	
		Sodium 113mg	4%		
Vitamin D 0mcg 3% · Calcium 119mg 11% · Iron 4mg 24% · Potassium 1173mg 24%					

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Shaved Brussels Sprout Salad

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

Ingredients

- 2 lb Brussels sprouts, shaved
- 2 pears, chopped
- 1 cup pomegranate arils (1 small pomegranate)
- 1/3 cup pecans, raw, roughly chopped

Dressing

- 1/4 cup olive oil
- 1/4 cup tahini
- 1 lemon, juiced (for 1/2 Tbs juice)
- 2 tsp Dijon mustard
- 2 tsp maple syrup
- 2 Tbs cold water
- salt and black pepper, to taste

Directions

Salad

1. Using a food processor, shave the Brussels sprouts.
2. Seed the pomegranate (if necessary).
3. Roughly chop the pecans.
4. Chop the pears.

Dressing

1. Combine the shaved Brussels sprouts, pears, pomegranates, and pecans in a bowl.
2. To make the dressing, combine all ingredients in a mason jar and shake to emulsify. If necessary add more water to thin the dressing. Season to taste with salt.
3. When ready to serve the salad, drizzle the dressing over the salad ingredients and toss to combine.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	308	Total Fat 18.7g	28%	Total Carbohydrates 34g	11%
		Saturated Fat 2.4g	11%	Dietary Fiber 10g	40%
		Trans Fat 0.0g		Total Sugars 15g	
		Cholesterol 0mg	0%	Protein 8g	
		Sodium 92mg	4%		
Vitamin D 0mcg 0% · Calcium 121mg 12% · Iron 3mg 15% · Potassium 802mg 17%					

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