



Neighborhood Outreach Access to Health

*Fall*

# Cookbook



# Fall Into Wellness



Autumn is the season of change. And as fall arrives you may find yourself feeling the urge to make some changes as well. Enjoy fall flavors on cooler nights with NOAH's fall recipes. From snacks to desserts and spiced, fall beverages, your fall menus will be festive, packed with flavor. These recipes are from NOAH's nutrition experts so they are also healthier than you might expect.

NOAH's whole person approach to health and wellness means we are here for your health and wellness, mental and emotional wellbeing, resources for the whole family, and with nutritious and delicious recipes.

Try some of these fall recipes, share with your loved ones, and enjoy them anytime.





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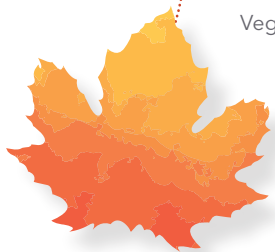
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# Apple Spinach Salad

with Cranberries and Feta

 6 Servings |  20 minutes

## Ingredients

- 12 oz baby spinach, rinsed and dried
- 2 medium apples, (Fuji and/or granny smith) cored and thinly sliced
- ½ red onion finely sliced
- ½ cup walnut halves
- ½ cup cranberries
- 5 oz feta cheese crumbled

## Vinaigrette Dressing

- ¼ cup apple cider vinegar
- 3 Tbsp extra virgin olive oil
- 1 Tbsp honey
- 1 garlic clove, minced
- 1 Tbsp Dijon mustard
- Sea and fresh cracked black pepper to taste

## Preparation

1. Add spinach, apples, red onion, cranberries, walnuts, and half of the feta cheese in a large bowl and toss lightly.
2. Grab a jar with a lid and add all vinaigrette ingredients and close lid. Shake and drizzle over the salad.
3. Garnish with the remaining cheese and serve.

**Notes:** If you don't have any spinach, you can use romaine or micro-greens. This salad pairs well with grilled fish or chicken.



 6 Servings |  35 minutes

## Ingredients

### Meatballs

- 1 lb ground turkey
- 1/3 cup white onion, finely diced
- 1 large egg
- 1/4 cup whole wheat flour
- 1/3 cup rolled oats
- 1 Tbsp sriracha
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 Tbsp minced garlic
- 1 green onion, finely chopped for garnish
- 1 Tbsp toasted sesame seeds for garnish

### Sauce

- 1/4 cup soy sauce, or coconut aminos
- 2 Tbsp sriracha, more if you like it spicy
- 2 Tbsp red chili paste
- 2 Tbsp honey

# Asian Baked Turkey Meatballs

## Preparation

### Meatballs

1. Preheat oven to 400°. Spray a baking sheet with cooking spray and set aside.
2. Grab a large bowl and place ground turkey and all other meatball ingredients and mix until combined, but don't overmix.
3. Using a tablespoon, scoop a heaping portion of the mixture into your hand. Slightly roll mixture together to form a ball and place on baking sheet and repeat with all the mixture.
4. Bake meatballs for 25 to 28 minutes or until the top begins to turn golden brown.

### Sauce

1. In medium-large bowl add all sauce ingredients. Mix together well.
2. When the meatballs are out of the oven, let them cool for a few minutes. Then place them in the bowl with the sauce and toss to fully cover the meatballs.
3. Slightly toast the sesame seeds by placing them in a small non-stick pan on medium heat. Move the pan in a circular motion until lightly toasted, then remove from heat until ready to serve.

**Notes:** If you're serving these by themselves, insert a toothpick in the tops of each one. Sprinkle on the sesame seeds and scallion and serve hot. If eating as a main dish, cook your sides accordingly and plate. Top with turkey meatballs and garnishes and serve.



 4 Servings |  10 minutes

## Ingredients

- ¼ cup olive oil
- 2 Tbsp apple cider vinegar
- 1 Tbsp maple syrup or honey
- 1 Tbsp whole-grain mustard
- ½ cup feta cheese, crumbled
- 2 cups mixed greens
- ½ cup pomegranate seeds
- 4 fresh figs cut into wedges
- Salt and pepper to taste

# Autumn Salad with Figs

## Preparation

1. In a jar with lid, pour oil, vinegar, maple syrup, and mustard and seal with the lid. Shake to mix and set aside.
2. Arrange the greens on a platter. Top with figs, pomegranate seeds, feta cheese crumbles, and lightly pour half of the dressing over the top and serve.



 8 Servings |  25 minutes

## Ingredients

- 1 baguette cut into ½-inch slices at a slight diagonal
- 1 jar apple butter, about 9 oz
- 6 oz brie
- 2 large Granny Smith apples, cored and thinly sliced
- 1 tsp fresh lemon juice
- 1 cup whole walnuts or pecans, coarsely chopped
- Honey

# Brie, Apple, and Honey Crostini

## Preparation

1. Preheat oven to 350°.
2. Spread apple butter on one side of the baguette slices, about 2 tsp per slice. Lay bread on a large baking sheet.
3. Thinly slice brie and place on top of each baguette slice. Bake in oven for 6 to 8 minutes or until the brie melts.
4. Place apple slices in a bowl and toss with lemon juice to keep them from turning brown.
5. Remove crostini from the oven and top with apple slices. Drizzle the tops with honey and place ½ cup walnuts on top (the honey will keep them in place).



 4 Servings |  50 minutes

## Ingredients

- 2 tsp olive oil
- 1 tsp ground cumin
- ½ tsp ground coriander
- ¼ tsp grated ginger
- 2 cloves garlic, minced
- 1 cup dry lentils, rinsed
- 3 cups water
- Salt and pepper to taste
- 2 cups pumpkin, diced
- 2 cups fresh baby spinach leaves

## Vinaigrette Dressing

- 1 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- 1 Tbsp Dijon mustard
- 1 Tbsp maple syrup or honey
- ½ tsp ground cumin
- ¼ tsp coriander
- 2 Tbsp sun-dried tomatoes patted dried and chopped
- Salt and pepper to taste

# Pumpkin and Lentil Salad

## Preparation

1. Preheat oven to 425°
2. In a large saucepan over medium heat, add oil, cumin, coriander, ginger, and garlic. Cook until garlic is fragrant.
3. Add lentils to the saucepan along with water and stir everything together. Bring lentils to a boil and reduce heat to low and partially cover with a lid. Simmer for 30 minutes or until lentils are soft.
4. While lentils are cooking, line a baking sheet with parchment paper and place pumpkin in a single layer and drizzle with oil, salt, and pepper. Roast the pumpkin at 425° for 25 minutes or until tender.
5. Once the lentils are cooked, drain off water and pour in a serving bowl. Season with salt and pepper and let them cool.
6. Whisk together all vinaigrette ingredients and pour over lentils. Add the roasted pumpkin to the bowl and incorporate. Place on top of baby spinach leaves and serve.

**Notes:** When picking the pumpkin to use, be sure to get an edible pumpkin rather than a decorative one.



 4 Servings |  40 minutes

## Ingredients

- 1 cup raw pumpkin seeds, rinsed and dried
- 1 Tbsp extra virgin olive oil
- 1 tsp salt
- 1 tsp chili powder
- ½ tsp garlic powder
- ½ tsp cayenne pepper

# Spicy Roasted Pumpkin Seeds

## Preparation

1. Preheat oven to 350°. Line a large, rimmed baking sheet with parchment paper.
2. In medium bowl, mix the pumpkin seeds, oil, and the seasonings.
3. Spread the pumpkin seeds in a single layer on the prepared baking sheet. Roast until golden, stirring the seeds halfway through, about 20 minutes. Watch to make sure they don't burn.
4. Serve immediately - spicy roasted pumpkin seeds are wonderful when warm. Keep completely cooled leftovers in an airtight container at room temperature for 2-3 days. When ready to eat again, simply warm in microwave for a few seconds



 6 Servings |  55 minutes

# Autumn Roasted Root Vegetables

## Ingredients

- 2 turnips
- 2 russet potatoes
- 2 sweet potatoes
- 3 medium carrots, use the colorful variety if you can find them
- 4 red beets
- 2 yellow onions
- 4 radishes
- 2 Tbsp olive oil
- Zest of 1 orange
- 4 Tbsp orange juice (fresh squeezed preferable)
- 2 Tbsp fresh grated ginger; leave the skin on for extra nutrients
- 2 Tbsp fresh grated turmeric; leave the skin on for extra nutrients
- 2 cloves garlic, minced
- 1 tsp ground coriander
- ½ tsp salt
- ½ tsp black pepper
- ½ cup fresh parsley leaves, finely chopped for garnish

## Preparation

1. Preheat the oven to 350°.
2. Clean all vegetables and chop everything into 1-2-inch cubes. For smaller items, cut them into halves.
3. Place all vegetables in a large bowl and add olive oil, orange juice, orange zest, turmeric, ginger, garlic, coriander, and salt and pepper. Toss to coat vegetables well.
4. Line two baking sheets with parchment paper. Spread the vegetables in a single layer and roast for 35 minutes, flipping them over about half way through.
5. Place vegetables in a large serving dish and top with the parsley. If you choose to add honey or maple syrup, you can drizzle over the top and serve immediately.

**Notes:** If you want to sweeten this dish up a bit more, add 1 to 2 Tbsp maple syrup or honey.



# Butternut Squash Ravioli

 6 Servings |  2 Hours

## Ingredients

### Squash filling

- 2 cups butternut squash, peeled and chopped
- ½ cup onion, chopped
- 5 cloves garlic, peeled
- 1 Tbsp finely chopped fresh sage
- ¼ tsp nutmeg
- Salt and pepper to taste
- 1 Tbsp maple syrup or honey
- 2 oz grated Parmesan cheese

### Fresh pasta

- 2 cups flour
- 4 eggs
- 1 Tbsp olive oil
- \*Ice cube tray

### Brown butter sauce

- 2 Tbsp lemon juice
- 1 Tbsp fresh sage leaves, sliced into thin ribbon strips
- 5 Tbsp unsalted butter
- Salt and pepper to taste
- ½ cup toasted pecans
- 1 oz grated Parmesan cheese

## Preparation

1. Preheat oven to 400°.
2. Line a baking sheet with parchment paper and add squash, maple syrup, nutmeg, onion, garlic, oil, salt and pepper and toss to incorporate all ingredients. Bake in single layer until squash is tender and golden brown, about 30 minutes.

### Make the dough

1. Add flour, eggs and oil to a food processor or mixing bowl. Pulse (food processor) or mix ingredients until dough comes together into a large ball and holds together. Remove dough and wrap in plastic wrap and place in refrigerator to rest for 30 minutes.

### Make the filling

1. Rinse the food processor bowl and add all roasted ingredients along with the sage and parmesan cheese and pulse together until smooth. If you don't have a food processor, use a potato masher or mixer. Set aside to cool.
2. Remove the dough from the plastic wrap and cut 2 oz of dough from the ball and roll out into a large, wide thin sheet of pasta about 12 inches long – the length of your ice cube tray. Make sure to lightly dust both sides of the pasta with flour as you roll out dough to avoid any sticking. **Using the ice cube tray\***, place a pasta sheet over the top of the tray and press the dough down gently into each of the holes (do not tear). Fill each hole with a tablespoon of the squash filling until all holes are filled. Place a second sheet on top of the ice cube tray and press down on all sides of the ravioli. Flip the ice cube tray over to release the pasta and using the tip of a fork, gently press the ends all the way around to seal each ravioli.

### **Cooking the ravioli**

1. To prepare the ravioli, add salt to boiling water. Place a few ravioli into the boiling water and cook until they float to the top and firm up, about 2 to 3 minutes.
2. Gently use a slotted spoon and scoop ravioli out and drizzle with a little olive oil and place on a baking sheet. Repeat steps until everything is cooked.

### **Making the sauce**

1. Place a saucepan on medium heat and gently toast the pecans for about 3 minutes.
2. Add the butter, sage leaves, and salt and pepper to taste. Cook until the butter browns and the sage is fried and crispy.
3. Add Parmesan cheese to the sauce. Turn off heat, add lemon juice and stir.

### **To plate**

1. Place the ravioli into the pan and gently toss to coat the pasta. Pour contents out onto serving dish and top with grated parmesan cheese.



 4 Servings |  30 minutes

## Ingredients

- 21 oz fresh pumpkin purée
- 14 oz russet (about 2) or Yukon Gold (about 5) potatoes, mashed
- 2 cups flour, use gluten free flour blend if desired
- 1 tsp salt
- ¼ tsp nutmeg
- 1 Tbsp olive oil

# Pumpkin Gnocchi

## Preparation

1. Add pumpkin purée, mashed potatoes, flour, salt, and nutmeg to a bowl. Mix ingredients with a spatula into a dough. Gently knead the dough with your hands to smooth out any lumps. Do not over mix dough as it will become tough. Add a little extra flour at a time if needed to hold the dough together.
2. Cut the dough into four equal pieces. Roll each piece into a rope, then cut into 1-inch pieces. Dust gnocchi with a little flour and then press one gnocchi at a time with the backside of a fork (or gnocchi board if you have one). Arrange in a single layer on a lightly floured tray.
3. Bring a large pot of water to a boil. Drop in a handful of gnocchi at a time and cook for about 4 minutes. Remove with a slotted spoon and toss with olive oil, salt, and fresh pepper to taste. Once all the gnocchi is cooked, pour onto a serving platter and garnish with finely chopped parsley leaves and enjoy.



 6 Servings |  1 Hour 15 minutes

## Ingredients

### Roasted Brussels Sprouts

- 3 cups Brussels sprouts, ends and outer leaves removed
- 3 Tbsp olive oil
- ¼ tsp salt

### Roasted Butternut Squash

- 1 ½ lbs butternut squash, peeled, seeded, and cut into 1-inch cubes
- 2 Tbsp olive oil
- 4 Tbsp maple syrup, honey, or agave nectar, divided
- ½ tsp ground cinnamon
- ¼ tsp ground ginger

### Other ingredients

- 2 cups walnuts
- 1 cup dried cranberries

# Roasted Brussels Sprouts

with Butternut Squash and Walnuts

## Preparation

### Roasting Brussels sprouts

1. Preheat oven to 400°. Lightly grease 2 parchment lined baking sheets with olive oil spray.
2. Slice Brussels sprouts in half after rinsed and trimmed. In medium bowl, combine them with olive oil and salt to taste. Place contents onto lined baking sheet and roast for 25 minutes. Turn the Brussels sprouts after 15 minutes to roast other side.

### Roasting butternut squash

1. Keep the oven heated to 400°. Lightly grease 2 parchment lined baking sheets with olive oil spray.
2. In medium bowl, combine olive oil, squash, maple syrup, cinnamon, ginger, and salt to taste. Place contents onto lined baking sheet and roast for 25 minutes. Turn the squash after 15 minutes to roast other side.

### Toasting walnuts

1. Lower oven to 350°. Place whole walnuts on a parchment lined baking sheet.
2. Toast walnuts for about 5 minutes until they reach a dark color and you can smell the nutty flavor. Walnuts can burn quickly so keep a close watch on them.
3. In a large bowl, add Brussels sprouts, squash, walnuts, and cranberries and mix to combine.



 4 Servings |  30 minutes

## Ingredients

- 2 large sweet potatoes
- 1 Tbsp flaxseed oil, olive oil, or walnut oil
- 2 Tbsp water
- 1 small yellow onion, grated
- 3 garlic cloves, minced
- 1 cup panko breadcrumbs
- $\frac{3}{4}$  tsp salt
- Pepper to taste

# Sweet Potato Tots

## Preparation

1. Preheat oven to 400°. Line a baking tray with parchment paper.
2. Place the sweet potatoes on the baking tray and bake for 30 minutes or until fully cooked. Remove from oven and cool for 10 minutes before handling them.
3. Slice the sweet potatoes in half and scoop out the contents into a large mixing bowl, discarding the skin. Let sit for 5 minutes until cool enough to handle.
4. Mix all the ingredients into the sweet potatoes until well mixed. Use a small spoon to create 'tot like' shapes with the palm of your hand.
5. On your baking tray, either add a new piece of parchment or reuse the one from the sweet potatoes. Then arrange the tots on the tray.
6. Bake at 400° for 25 minutes or until outside is crispy and slightly golden brown.
7. Serve hot with your favorite dipping sauce.



 4 Servings |  35 minutes

## Ingredients

- 1 Tbsp toasted dark sesame oil
- 1 Tbsp reduced-sodium tamari or soy sauce
- 1 Tbsp rice vinegar
- 1 Tbsp fresh grated ginger
- 1 Tbsp fresh minced garlic
- 1 Tbsp molasses
- 8 cups large broccoli florets, about 1 lb
- 1 ¼ lbs wild salmon cut into 4 pieces
- 2 tsp toasted sesame seeds
- Salt and pepper to taste

# Ginger Roasted Salmon

## Preparation

1. Preheat oven to 425°. Coat a rimmed baking sheet with cooking spray (rim keeps the glaze from dripping off the sides).
2. In a medium bowl whisk oil, tamari, vinegar, ginger, garlic, and molasses. Taste and add salt and pepper as needed. Set aside.
3. Roast broccoli for 5 minutes. Move it to one side of the pan and place salmon on other side. Brush 2/3 of the glaze over the salmon on both sides. Roast until the salmon is just cooked through, about 8 to 10 minutes.
4. Take sheet out of oven and let it rest. Place salmon and broccoli on a plate and drizzle reserved glaze over the top. Serve with a brown rice or quinoa.

**Notes:** Steamed baby bok choy is a great vegetable to serve with this salmon.



 6 Servings |  7 hour 30 minutes

## Ingredients

- 4 lbs boneless chuck roast
- 2 Tbsp olive oil
- 1 cup paleo beef stock or water
- 1 onion, quartered
- 2 large carrots, peeled and roughly chopped
- 1 sprig thyme, or 1 tsp dried thyme
- 1 sprig oregano, or 1 tsp dried oregano
- 2 bay leaves
- 3 cloves minced garlic
- Salt and pepper to taste
- 2 Tbsp arrowroot

# Paleo Pot Roast

## Preparation

1. Brown meat on both sides in a large pan (use a cast iron one if you have it) with olive oil.
2. Add vegetables, garlic, and herbs to slow cooker and place meat on top. Pour beef broth or water on top and season with salt and pepper.
3. Cook meat on the low setting for 6 to 8 hours, or until done.

### Gravy

1. After the meat is cooked, pour off the broth from the pot roast into a pan on stove top on medium-high.
2. Add arrowroot into a small bowl along with 2 Tbsp. cold water and stir.
3. While whisking the gravy, pour in the arrowroot mixture until the gravy is thickened.

**Notes:** About halfway through the cooking process, carefully flip the meat over and place some of the vegetables on top to hold the moisture in the meat. Slice up the meat as you like and serve with a side of roasted paleo-friendly vegetables and add gravy over the meat!



 6 Servings |  40 minutes

## Ingredients

- 16 oz package whole wheat rigatoni, cooked according to package, reserve 2 cups pasta water before draining
- 1 lb Italian sausage
- 3 Tbsp olive oil, separated
- 1 shallot, peeled and finely diced
- 5 cloves of garlic, minced
- ¼ tsp crushed red pepper flakes, add more if you like spice
- 15 oz can pumpkin puree; do not use pie filling
- 8 oz bag of fresh arugula
- ¼ tsp dried sage
- Salt and pepper to taste

# Pumpkin Pasta

with Italian Sausage & Arugula

## Preparation

1. Cook pasta in a large pot of salted water according to directions on package. Don't overcook – you want an al dente pasta that has a slight bite to it. Before draining pasta, reserve about 2 cups of pasta water and set aside. Once pasta is drained, place in large bowl and drizzle with 1 Tbsp olive oil, toss, and set aside.
2. In a large skillet, brown the Italian sausage over medium-high heat. Break into pieces and move around skillet as it cooks, about 8 minutes. Grab a large plate and 3 paper towels so you can pour the sausage over the top and the towels will absorb any excess oil. Set aside.
3. Add 1 Tbsp of olive oil to the same skillet and sauté shallots for 2 to 3 minutes on medium-high heat. Add garlic and crushed red pepper and stir frequently until ingredients are softened, about 3 minutes.
4. Add arugula to the pan and incorporate with other ingredients until wilted.
5. Turn the heat to low and add the pumpkin puree, sage, and salt and pepper. Slowly stir in pasta water until sauce has reached a creamy consistency.
6. Mix in sausage.
7. Pour sauce mixture over cooked pasta and toss. If sauce is too thick, add a little more pasta water. Season with salt and pepper to taste.

**Notes:** This is a great dairy-free dish. You can add spinach or kale for more greens and remove the sausage for a vegan meal. Top with grated Parmesan cheese or add a 1-inch Parmesan rind to the sauce and let it simmer for a few extra minutes to release that delicious cheesy flavor, then remove rind before adding pasta.



 8 Servings |  1 hour 15 minutes

## Ingredients

- 2 Tbsp olive oil
- 1 medium onion, finely chopped
- 2 lbs sweet potatoes, peeled and cut into ¼-inch cubes
- 28 oz can fire roasted diced tomatoes, drained
- 15 oz can black beans, rinsed and drained
- 3 cups shredded smoked mozzarella cheese
- 1 Tbsp smoked paprika
- 1/8 tsp cayenne powder
- 3 cloves garlic, finely minced
- Salt and pepper to taste
- 1 green onion finely chopped for garnish
- 1/3 cup plain Greek yogurt for topping

# Smoky Black Bean & Sweet Potato Casserole

## Preparation

1. Arrange rack in the middle of the oven and heat to 400°.
2. Coat a 9×13-inch baking dish with cooking spray and set aside.
3. Heat the olive oil in a large pan over medium heat. Add the onion and cook for 8 to 10 minutes or until softened and translucent. Add the sweet potatoes and cook until heated through, about 5 minutes. Transfer mixture to a large bowl.
4. Add the black beans, drained tomatoes, 1 cup of mozzarella, garlic, smoked paprika, cayenne powder, and salt and pepper to taste. Stir to combine. Transfer contents to the prepared baking dish evenly. Sprinkle remaining 2 cups of cheese over the top evenly.
5. Spray large sheet of aluminum foil and place greased-side down over the dish and cover tightly. Bake for approximately 30 minutes. Uncover and bake until sweet potatoes are tender and the cheese is browned and bubbly on top.
6. Take out of oven and let cool for 10 minutes before serving.
7. Serve on a plate and top with green onions and Greek yogurt.

**Notes:** This makes great leftovers if stored in an airtight container for up to 5 days.



 8 Servings |  1 hour 10 minutes

## Ingredients

- 2 ½ lbs sweet potatoes, peeled and cubed
- 3 Tbsp olive oil, divided
- 2 carrots, peeled and chopped
- 2 turnips, peeled and chopped
- 2 stalks of celery, chopped
- 1 yellow onion, peeled and chopped
- 2 Tbsp fresh thyme
- 2 Tbsp fresh rosemary
- 2 ½ lbs ground turkey
- 2 Tbsp tomato paste
- 2 Tbsp all-purpose flour
- 2 Tbsp Worcestershire sauce
- 2 cups low sodium chicken broth
- 4 oz light cream cheese, softened
- 12 oz frozen peas
- 1 egg, beaten
- Salt and pepper to taste

# Turkey and Sweet Potato Pie

## Preparation

1. Preheat oven to 375°. Lightly coat a 9x13-inch baking dish with olive oil and set aside.
2. Put sweet potatoes into a large pot and cover with water. Place over medium-high heat and bring to a boil. Cook until tender, about 25 minutes.
3. While the sweet potatoes cook, heat a large skillet over medium-high heat and add remaining olive oil. Once the oil is hot, add carrots, celery, and onion. Cook until soft and onions are translucent, about 7 to 10 minutes.
4. Add salt, pepper, thyme, rosemary, and ground turkey. Cook until turkey is browned. Be sure to break up turkey as it cooks.
5. Add the tomato paste, flour, Worcestershire sauce, and chicken broth to the skillet. Stir to combine and bring to a simmer.
6. Drain the sweet potatoes and return to the pot. Smash until smooth with a potato masher. Once smooth, add in cream cheese, salt, and pepper. Stir until cream cheese is combined.
7. Beat egg in a small bowl. Add a couple of tablespoons of the sweet potato mixture to the egg and mix to temper. Add egg mixture into the pot of sweet potatoes and mix for a couple of minutes or until egg is fully incorporated.
8. Add frozen peas to the turkey mixture and stir. Pour mixture into your prepared pan. Cover turkey and vegetables with the sweet potatoes, spreading them into an even layer.
9. Bake for 35 minutes until casserole is bubbling and potato crust is set. Remove from oven and let rest 5 to 10 minutes. Serve warm, sprinkled with extra chopped thyme.



 2 Servings |  1 hour 10 minutes

## Ingredients

- 1 cup quinoa
- 12 oz butternut squash (about 1 medium size squash), peeled and diced
- 3 Tbsp olive oil, divided
- 2 Tbsp fresh lemon juice
- 2 tsp maple syrup
- 1 honey crisp apple, cored and thinly sliced
- 1 cup pecans, toasted
- 2 cups fresh kale, finely chopped
- Salt and pepper to taste

# Vegan Grain Bowl

with Butternut Squash

## Preparation

1. Cook quinoa according to package directions and set aside to cool.
2. Preheat the oven to 400°. In a large bowl toss the butternut squash with 1 Tbsp of oil and season well with salt and pepper. Place contents on a parchment-lined baking sheet in a single layer and bake for 20 minutes, stir once during cooking. Set aside to cool.

## Dressing

1. Combine 2 Tbsp olive oil with lemon juice, maple syrup, and salt in a jar with a lid. Seal the lid and shake to fully incorporate.
2. In a large bowl, add all ingredients and toss well. Enjoy!

**Notes:** This dish makes a great lunch or dinner meal with a slice of crusty bread and a refreshing beverage.



 5 Servings |  20 minutes

## Ingredients

- ¼ cup olive oil, divided
- 1 white onion, peeled and finely chopped
- 3 cloves garlic, minced
- 15 oz can black beans, rinsed and drained
- 1 whole (pre-cooked) rotisserie chicken, shredded
- 12 chipotle chilies in adobo sauce
- 2 sweet potatoes, peeled and cut into dice-size pieces
- ¼ cup tomato paste
- ¾ cup quinoa plain or tri-color
- 6 cups low sodium chicken stock (you can also use water)
- 4 yellow or white corn tortillas, cut into thin strips
- ½ cup fresh cilantro leaves, lightly chopped

# Chipotle Chicken Sweet Potato Soup

## Preparation

1. Preheat oven to 200°. Line a baking sheet with parchment paper. Toss tortilla strips in 1 Tbsp. olive oil in bowl and then lay the tortilla strips out evenly on the baking sheet. Bake for 8 minutes, turning over after 4 minutes to brown both sides.
2. Heat the remainder of the oil in a large saucepan with a lid over high heat. Add onion, garlic, chicken, chipotle chilies, and sweet potato. Stir to incorporate and keep contents from browning too quickly. Add shredded chicken and stir for 10 minutes or until the chicken is brown and the sweet potatoes are beginning to soften.
3. Add tomato paste and stir to incorporate for about 2 minutes. Add quinoa and liquid. Cover and bring soup to a boil.
4. Reduce heat to a simmer and cook for 15 minutes or until quinoa and sweet potato are tender.
5. Divide soup into bowls and top with cilantro leaves and a few tortilla strips.

**Notes:** Other great toppings to have on hand are plain Greek yogurt, fresh lime wedges, and avocado slices.



 5 Servings |  55 minutes

## Ingredients

- 6 cups vegetable or chicken broth
- 1 medium yellow onion, finely diced
- 3 carrots, peeled and diced
- 2 celery stalks, diced
- 2 cups fresh kale, stems removed and chopped
- 6 garlic cloves, minced
- 2 cups dry brown lentils, rinsed
- 15 oz canned diced tomatoes with liquid
- 1 inch diameter Parmesan rind
- 1 tsp Italian seasoning
- 1 tsp salt
- 1 tsp pepper
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 15 oz canned cannellini beans, rinsed and drained
- Chopped fresh parsley for topping
- Grated Parmesan cheese for topping

# Lentil Soup

## Preparation

1. Add 6 cups of broth to your pressure cooker. Then add the onion, carrot, celery, kale, garlic, lentils, diced tomatoes with liquid, Parmesan rind and all herbs/spices.
2. Cover and seal your pressure cooker and set it to manual 15 minutes high pressure.
3. It will take about 20 minutes to come to pressure and then 15 minutes for the active cook time - a total of 35 Minutes.
4. Once the timer beeps, carefully quick release the pressure and allow to depressurize before you touch anything. Safely remove the lid and add the cannellini beans. Allow beans to come to the temperature of the soup, about 5 minutes.
5. Pull out the Parmesan rind. Give the soup a quick stir and serve with fresh parsley and fresh grated Parmesan cheese.

**Notes:** This is a vegetarian dish, but is also good with chicken. It's also great over a ½ cup of cooked white/brown rice or quinoa.



 6 Servings |  50 minutes

## Ingredients

- 1 tsp olive oil
- 1 large onion, finely chopped
- 4 cloves garlic, minced
- 1 lb carrots, thinly sliced
- 4 celery stalks, thinly sliced
- 1 lb chicken breast
- 28 oz hominy, rinsed and drained
- 2 quarts low sodium chicken broth, or water
- 1 tsp salt
- ½ tsp pepper
- ½ tsp Mexican oregano, you can also use regular oregano
- 1 cup cilantro, chopped
- 3 green chili peppers, use more or less depending on preference

## Toppings

- Cilantro
- Thinly sliced radishes
- Plain Greek yogurt
- Lime wedges
- Hot sauce (your choice)
- Red bell pepper, finely chopped
- White onion, finely chopped
- Thinly sliced cabbage

# Pozole Verde

with Chicken

## Preparation

1. Using a large soup pot over medium heat, add the olive oil, garlic, onions, celery, and carrots and cook until softened. Stir frequently to avoid burning the garlic, about 5 minutes.
2. Add whole chicken breasts and hominy. Pour in broth or water. Add salt, pepper, and oregano and place a lid on the soup, bringing to a boil. Then simmer on medium heat until the chicken is fully cooked, about 30 minutes.
3. Add cilantro, chilies, and water to a blender and blend until smooth, adding more water if needed. Remove chicken from soup pot and let cool. Then use two forks to shred chicken and add back into soup. Add cilantro and pepper mixture to soup and stir well, adding more salt and pepper to taste.



 4 Servings |  1 hour 10 minutes

## Ingredients

- 2 Tbsp unsalted butter
- 2 Tbsp olive oil
- 1 medium onion, diced
- 1 butternut squash, (about 2 lbs) peeled, seeded, and cubed
- 4 red or golden apples, cored and chopped
- 2 tsp salt
- 1 ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp ground ginger
- ¼ tsp cayenne pepper
- ¼ tsp fresh or dried sage
- ¼ tsp pepper
- 2 cups low sodium chicken or vegetable broth

# Roasted Butternut Squash, Apple, and Sage Soup

## Preparation

1. Pre-heat oven to 400° and line a baking sheet with foil.
2. Put squash and apples in a zip lock bag or bowl. Cover in olive oil, salt, and pepper and shake to coat evenly.
3. Spread squash and apples on baking sheet in an even layer and roast for 25 to 30 minutes or until tender.
4. In large soup pot, over medium heat, add butter and onion. Cook until onion is translucent, about 5 to 6 minutes.
5. Add broth, cumin, coriander, ginger, cayenne pepper, and fresh sage and stir.
6. Add roasted squash/apple mixture to the pot and begin pureeing with a handheld blender until smooth.
7. Stir in butter and mix until creamy. Season with salt and pepper to taste.
8. Serve in a bowl and garnish with chopped sage and some bread on the side!



 4 Servings |  30 minutes

## Ingredients

- 1 lb. ground turkey
- 1 onion, minced
- 6 garlic cloves, minced
- 1 qt/ 4 cups chicken stock
- 15 oz can crushed tomatoes
- 2 Tbsp tomato paste
- 1 tsp salt
- 1 bunch kale, remove stems and finely chop
- 10 oz bag fresh tortellini
- 1 cup heavy cream
- Fresh grated Parmesan cheese
- ¼ tsp red pepper flakes
- Fresh basil leaves, torn

# Tortellini Soup

with Ground Turkey and Kale

## Preparation

1. Heat a large soup pot over medium-high heat.
2. Add the ground turkey, onions, and garlic to the pot and sauté until the onions are soft and translucent, about 5 minutes. Drain off any excessive fat.
3. Add the chicken stock, crushed tomatoes, and tomato paste. Whisk until tomato paste is fully incorporated.
4. Bring to a boil, season with salt and simmer for 15 minutes.
5. Add the kale, tortellini, and heavy cream.
6. Simmer for 3 to 5 minutes until the kale is wilted and the pasta is tender.
7. Serve with Parmesan cheese, fresh basil leaves, and red pepper flakes if desired.



 5 Servings |  1 hour 20 minutes

## Ingredients

- 3 cans cannellini or great northern beans
- 2 Tbsp olive oil
- 1 ½ cups diced onion
- 1 cup diced carrots
- 1 cup diced celery
- 2 Tbsp chopped fresh garlic
- 6 cups low-sodium chicken or vegetable broth
- 2 dried bay leaves
- 1 Parmesan rind 1x2 inches
- 6 cups chopped fresh kale, stems removed
- 1 can diced tomatoes
- 2 tsp fresh minced rosemary, stems removed
- 2 tsp fresh minced oregano, stems removed
- 3 Tbsp white wine vinegar
- 1 tsp salt
- 1 tsp pepper

# Tuscan White Bean Soup

## Preparation

1. Heat 1 Tbsp oil in a large Dutch oven or pot on medium heat. Add onion, carrot, and celery and cook until starting to soften. Stir in garlic and cook until the onion is translucent and garlic is fragrant, about 8 to 10 minutes.
2. Stir in broth, beans, bay leaves, and Parmesan rind. Increase heat to high and bring to a boil, cooking for 5 minutes. Reduce heat to low and partially cover. Simmer until the beans are slightly tender, 15 to 20 minutes.
3. Stir in kale, tomatoes, rosemary, oregano, vinegar, and salt and pepper.
4. Before serving, discard bay leaves and Parmesan rind. Ladle soup into a bowl and drizzle remainder of olive oil over the top. Serve with a side of whole-wheat crusty bread and enjoy!



 6 serving |  10 minutes

## Ingredients

- 4 cups apple cider
- 1 cup pear nectar
- 3 cups ginger ale
- 2 apples, (Gala or Honeycrisp work best) cored and cut into 1-inch pieces

# Apple Pie Punch



## Preparation

1. Pre-chill apple cider, pear nectar, and ginger ale. Combine these ingredients into a glass pitcher or a decorative punch bowl.
2. Gently toss in the diced apples and give it a slight stir.
3. Serve immediately.



# Apple Pie Smoothie

with Walnuts and Cinnamon

 2 serving |  10 minutes

## Ingredients

- ½ cup almond or oat milk; unsweetened vanilla
- ½ cup plain Greek yogurt
- ⅓ cup rolled oats (can use gluten-free)
- 1 small apple, peeled, cored, and chopped
- 1 medium frozen banana; sliced
- 1 Tbsp maple syrup or honey
- 1 Tbsp almond butter
- 1 tsp vanilla
- 2 tsp ground cinnamon, plus some for garnish
- ½ cup walnuts chopped, plus more for garnish

## Preparation

1. Combine all ingredients into a blender and blend until consistency is smooth.
2. Top smoothie with bits of walnuts and a sprinkle of cinnamon.



 1 Serving |  10 minutes

## Ingredients

- 8 oz brewed coffee or 1-2 shots espresso
- ½ cup unsweetened vanilla almond milk
- 3 Tbsp pumpkin puree
- ½ tsp pumpkin pie spice
- ½ tsp vanilla
- 2 Tbsp honey, maple syrup, or agave nectar
- cinnamon to garnish

**Notes:** Use stevia for a sugar-free version.

# Better Pumpkin Spice Latte

## Preparation

1. Microwave almond milk and pumpkin puree for 30-45 seconds. Add pumpkin spice, vanilla, and sweetener. Use a frother or blender to foam milk mixture.
2. Pour coffee into your favorite large mug and top with the foamy mixture. Sprinkle with cinnamon, smell the amazing aroma, and take a sip!



 1 Serving |  7 minutes

# Caramel Apple Cider Mocktail

## Ingredients

- 1 Tbsp caramel sauce, warm
- 6 oz apple cider, chilled
- 6 oz ginger beer, chilled
- 1 cinnamon stick

## Preparation

1. Pour caramel sauce into the bottom of a glass or clear mug. Slowly add apple cider and top off with ginger beer.
2. Add a cinnamon stick into the glass for garnish and to help stir contents together.



 4 Servings |  10 minutes

## Ingredients

- 3 cups water
- 1 lemon, sliced
- 1-inch piece of ginger, sliced; leave the peel on for added health benefits
- 2-inch piece of turmeric, sliced; leave the peel on for added health benefits
- 1 pinch black pepper [improves absorption of turmeric]
- 1 Tbsp maple syrup or honey
- 4 cinnamon sticks

# Fall Ginger and Turmeric Tea

## Preparation

1. Place a pot on medium high heat and add water. Add ingredients and bring to a boil. Then reduce to a simmer for 8 to 10 minutes.
2. Pour contents into your favorite mug and add a cinnamon stick as a garnish.



 1 Servings |  10 minutes

## Ingredients

- 1 ½ cups unsweetened almond, oat, or soy milk
- 1 Tbsp unsweetened cocoa powder
- ½ tsp ground cinnamon
- ½ tsp allspice
- ¼ tsp vanilla extract
- ⅛ tsp ginger powder
- 1 tsp maple syrup or honey
- 1 pinch cardamon
- 1 pinch ground cloves
- 1 pinch salt

**Notes:** Use stevia for a sugar-free version.

# Healthy Hot Chocolate with Cinnamon

## Preparation

1. In a small bowl, whisk together the cocoa powder, spices, and salt.
2. Place a saucepan over medium-high heat, pour half the milk into the saucepan and add the cocoa powder mixture. Whisk until smooth. Add the rest of the milk and whisk together until frothy.
3. Heat the hot chocolate mixture to your liking. Pour into your favorite mug and top with spices as a garnish.



 6 Servings |  10 minutes

## Ingredients

- 1 apple Honeycrisp, Gala, or Cortland
- ¼ cup peanut butter
- ¼ cup almond slivers
- ¼ cup pecans, sliced
- ¼ cup cacao nibs
- ¼ cup Yogurt chips

# Autumn Apple Rounds

## Preparation

1. Slice into thin rings and remove core.
2. Place apple slices onto a serving dish and spread peanut butter on the top side. The smooth peanut butter works best.
3. Top with almonds, pecans, yogurt chips, and cacao nibs and serve.





 6 Servings |  40 minutes

## Ingredients

- 4 pears use Bosc, Anjou, or Bartlett
- 1 cup fresh cranberries
- ½ cup walnuts, finely chopped
- ¼ tsp ground cinnamon
- ¼ tsp ground ginger
- ¼ tsp nutmeg
- ½ cup maple syrup or honey
- 1 Tbsp lemon juice, fresh squeezed
- cinnamon sticks for garnish
- 1 tsp powdered sugar for garnish

# Baked Pears

with Cranberries, Honey, and Walnuts

## Preparation

1. Preheat oven to 375°. Line a baking sheet with parchment paper and set aside.
2. Rinse, dry, and cut pears in half lengthwise. Carefully core each pear with a small spoon. Slice a small piece off the backside of the pear to help it lay flat on the baking surface and keep the filling from falling out.
3. In a small bowl add the rest of the ingredients and stir to incorporate well. Using the same spoon you used to core the pears, place a spoonful of mixture into the hollowed out area of each pear.
4. Bake for 25 minutes or until the pears are tender.
5. Place pears on a large decorative plate and sprinkle with a light dusting of powdered sugar and add a few cinnamon sticks for garnish.





 2 Servings |  40 minutes

## Ingredients

- 3 Tbsp raisins
- 3 Tbsp walnuts, finely chopped
- ¼ tsp grated orange zest
- ¼ cup orange juice, fresh squeezed is best
- 1 Tbsp butter
- ¼ cup maple syrup or honey
- ¼ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp ground ginger
- 2 large baking apples, Honeycrisp, Pink Lady, Jonagold, or Braeburn

# Baked Spiced Apples

## Preparation

1. Combine raisins, nuts, and orange zest in a small bowl and set aside.
2. In a small saucepan bring maple syrup (honey), orange juice, butter, and spices to a boil. Reduce heat and simmer for 2 minutes, stirring occasionally.
3. Rinse and dry apples. Cut the top off and core the apples. Place them on a baking sheet lined with parchment paper.
4. Add the saucepan contents to the bowl of raisins, nuts, and orange zest and stir to incorporate. Pour the mixture over the apples making sure to fill up the center. Add the apple tops to the apples and pour any remaining ingredients along the sides of the apples.
5. Bake at 350° for 35 minutes or until apples are tender. Let stand for 10 minutes and serve warm.





 24 Servings |  30 minutes

## Ingredients

### Cookies

- ¼ cup unsalted butter
- ½ cup powdered erythritol or stevia (sugar substitute)
- ½ cup pumpkin puree
- 1 egg
- 1 Tbsp vanilla extract
- 3 cups blanched almond flour
- 2 tsp cinnamon
- 2 tsp pumpkin pie spice
- ½ tsp nutmeg
- ½ tsp baking powder (gluten-free or regular)
- ¼ tsp salt

### Frosting (optional)

- 6 Tbsp powdered erythritol or stevia
- ¼ cup heavy cream
- ¼ tsp vanilla extract
- ¼ tsp pumpkin pie spice

## Keto Low Carb

# Pumpkin Cookies

## Preparation

1. Preheat the oven to 350°. Line two baking sheets with parchment paper.
2. In a large bowl, beat the butter and erythritol/stevia until fluffy and fully incorporated.
3. Add the pumpkin puree, egg, and vanilla and beat for 2 to 3 minutes or until blended.
4. Gently add in the almond flour, cinnamon, nutmeg, pumpkin pie spice, baking powder, and salt and mix for another 1 to 2 minutes. Scrap the sides of the bowl and give the mixture one last blend to be sure all ingredients are fully incorporated. *Recommended: cover dough and chill in the refrigerator so cookies don't lose their shape when they bake.*
5. Using a tablespoon or medium cookie scoop, scoop balls of dough and put on your lined cookie sheet about 2 inches apart. You can slightly flatten cookies with the back of a spoon or use the bottom of a drinking glass.
6. Bake cookies for 15 to 20 minutes until golden brown.

### Frosting

1. In a small bowl whisk the frosting ingredients until smooth. If it's too thick, add a teaspoon of cream at a time until you get a spreadable consistency and set aside.
2. When the cookies are done, allow them to cool to room temperature.
3. Spread a teaspoon of frosting on top of each cookie and sprinkle a little cinnamon on top and enjoy!

**Notes:** These are crowd favorites, so best bet is to double batch these and freeze some for later.



 22 Servings |  10 minutes

## Ingredients

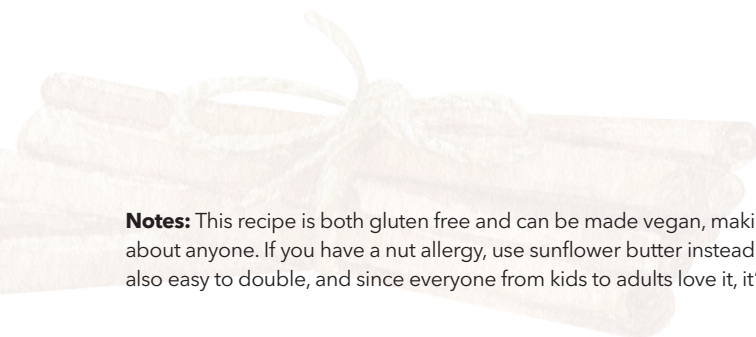
- 2 ¼ cups old fashioned or rolled quick oats
- ½ tsp salt
- 1 tsp pumpkin pie spice
- 1 tsp cinnamon
- ¼ cup chia seeds
- ¼ cup flax seeds
- ¼ cup organic peanut butter or sunflower butter
- ¼ cup maple syrup
- ¼ cup chocolate chips  
you can also use dried cranberries
- ¼ cup finely chopped pumpkin seeds

No Bake

# Pumpkin Bites

## Preparation

1. In a bowl and pour the oats and grind with the back of a spoon to break them up a bit.
2. Add the rest of the ingredients minus the chocolate chips and mix until fully incorporated. You will notice a dough like consistency forming.
3. Add the chocolate chips and mix to incorporate.
4. Roll the mixture into round balls using a tablespoon scoop until the dough is all used up.
5. Place in the refrigerator for about an hour to get firm so they set.



**Notes:** This recipe is both gluten free and can be made vegan, making it a perfect snack for just about anyone. If you have a nut allergy, use sunflower butter instead of peanut butter. This recipe is also easy to double, and since everyone from kids to adults love it, it's a good idea!





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