

## Recipe Roasted butternut squash kale salad

Prep Time: 25 min

Cook time: 25 min

Total time: 50 min

Servings= 4 ( as a main dish) or 8 ( as a side)

### Description:

This hearty fall salad combines caramelized cabbage, roasted spiced squash, fresh kale ribboned carrots, and protein-packed legumes. Perfect as a vibrant side or a satisfying main course, it's an easy way to elevate seasonal produce.

### Ingredients:

- Salad
  - 1 small green/red cabbage or ½ of a large cabbage head
  - 1 small butternut or acorn squash
  - 1 can of legumes of choice (chickpeas, black beans, kidney beans, etc)
  - 2-3 large carrots
  - 3-4 cups chopped kale
  - Oil of choice
  - 1 tsp ground cumin
  - 1 tsp black pepper
  - ½ tsp red pepper flakes
- Dressing
  - Vinegar of choice or juice of 2 lemon
  - ¾ tsp Dijon mustard
  - ¾ dried oregano
  - ½ tsp red pepper flakes
  - 3 tbsp Oil of choice
  - 3 garlic cloves
  - 1 tsp of honey/maple syrup/ agave syrup

- Instructions

1. Preheat oven to 450 F/ 230 C
2. Wash the cabbage then trim the bottom stem. Slice the cabbage in half. Cut into 1-inch thick wedges. Spread the cabbage out on a rimmed baking sheet, drizzle with 2 tablespoons of oil, and sprinkle with 1 teaspoon of salt and pepper to taste. Rub cabbage with your hands, getting the oil and seasonings into the crevices.
3. Peel the butternut squash. Cut in half vertically and scoop out the seeds. Using a sharp knife cut squash into small ¼-inch thick chunks. Transfer squash slices to a bowl, and toss with 1 tablespoon of oil, honey/maple/or agave syrup, cumin powder, red pepper flakes, 1 teaspoon salt, and black pepper to taste. Spread out on a separate rimmed



baking sheet with as little overlap as possible (you might need to add a few pieces to the pan with the cabbage). If using one tray toss vegetables 3-4 times throughout the cooking process to allow for even cooking.

4. Peel and cut carrots into thin slices, if in a time crunch, use a peeler to create thin ribbons of carrots.
5. Roast the cabbage and squash for 15 minutes. Flip each cabbage piece using a spatula and toss the squash around. Continue roasting for 10 to 13 minutes, or until the cabbage edges are browned and the squash is nicely browned and tender.
6. While vegetables are roasting prepare the dressing. Add garlic, vinegar, honey/maple/or agave syrup, mustard, red pepper flakes, and oregano to a bowl. Whisk to combine, then stream in the oil, whisking as you go. Season with  $\frac{1}{4}$  teaspoon salt and pepper to taste. Or, add all of the ingredients to a jar, close the lid, and shake up the jar until the dressing is emulsified
7. Assemble the salad: Add the kale, carrots, and chickpeas(or any legume on hand) to a large bowl. Pour some of the dressing on top and toss with tongs or forks. Add the roasted squash and cabbage, add a bit more of dressing, and gently toss. For optional crunch add in whole or sliced nuts of your choice. This salad is best served at room temperature or warm, lastly enjoy.

## BUTTERNUT SQUASH SOUP

*Vegetarian*

Prep Time: 10 minutes

Cook Time: 50 minutes

Servings: 6

Description: Butternut soup is a rich, smooth soup made from butternut squash, a sweet and nutty-tasting winter squash. The squash is typically cooked with onions, garlic, and broth, then blended into a smooth texture. It's warm, satisfying, and great for chilly days.

### Ingredients

- 2 tablespoons extra virgin olive oil (Vegetable oil or other is fine)
- 1 large onion, chopped (Can be any kind of onion)
- ½ teaspoon sea salt (Or any kind of salt)
- 1 butternut squash, peeled, seeded and cubed
- 3 cloves of garlic, chopped
- 1 tablespoon chopped fresh sage (Can be replaced with thyme)
- ½ tablespoon minced fresh rosemary
- 1 teaspoon grated fresh ginger (Can be finely minced)
- 3 to 4 cups vegetable broth/stock (Can be replaced with water)
- Ground black pepper



### Instructions

1. In a large pot, heat the oil over medium heat. Add the chopped onion, salt, and ground black pepper. Saute onions for 5 minutes or until soft.
2. Add the cubed squash and cook for 10 minutes, stirring occasionally, or until it begins to soften. To cube the squash, start by cutting it in half with a knife. Scoop out the seeds from both halves using a spoon. Then, slice the squash into strips. Lay the strips flat and cut them across to create cubes.
3. Add chopped garlic, sage (or thyme), rosemary and ginger into the pot. Stir and cook until garlic turns a little brown (about 30 seconds to 1 minute) then add 3 cups of the broth/stock (or water).
4. Bring to a boil and cover large pot with a lid, reducing heat to simmer.
5. Cook squash for 20 to 30 minutes or until tender. To check if the squash is tender, poke it with a fork. If the cubes can be easily mashed or squished, then it's ready.
6. Let the soup cool slightly. *IF* you do not have a blender, crushing the cubed squash with a fork or serving spoon could also work. If your soup is too thick, add up to 1 cup more broth/stock (or water) and stir until it is to your liking.

*(OPTIONAL IF YOU HAVE A BLENDER)*

7. Let cool slightly and pour the soup into a blender and blend until smooth. If your soup is too thick, add up to 1 cup more broth/stock (or water) and blend.

Butternut Squash Soup can be served with toasted bread or chopped parsley.

## Beef Stir Fry

*Prep time: 15 minutes*

*Cook time: 10 minutes*

*Servings: 4*

**Description:** Tender strips of beef are quickly stir-fried with crisp vegetables like bell peppers, carrots, and onions. The beef is seared till golden brown and coated in a savory sauce made with soy sauce, garlic, and a touch of sweetness. It's a fast, easy dish full of vibrant flavors and satisfying textures.

**Items from the pantry:** onions, garlic, carrots, sweet peppers

### Ingredients

- 2 tablespoons vegetable oil
- 1 pound beef sirloin, cut into 2-inch strips (or any protein of your choice, if using frozen protein thaw overnight in your fridge before using)
- 1 ½ cups fresh or frozen broccoli
- 1 red bell pepper, cut into matchsticks
- 2 carrots, thinly sliced
- 1 green onion, chopped
- 1 teaspoon minced garlic
- 2 tablespoons soy sauce
- 2 tablespoons sesame seeds, toasted
- (optional) any fresh or frozen vegetables of your choice



### Steps:

1. Prepare the Protein: Cut your meat or chosen protein into bite-sized chunks.
2. Heat the Oil: In a large wok or skillet, heat 2 tablespoons of vegetable oil over medium-high heat.
3. Cook the Protein:
  - If using beef or tofu, cook for 4-5 minutes, stirring occasionally, until browned.
  - If using chicken, cook for 8-10 minutes, until golden and fully cooked through. Once cooked, move the protein to the side of the pan.
4. Cook the Vegetables:

Add your vegetables (like broccoli, bell peppers, carrots, and green onions) to the center of the pan. Stir and cook for 3-4 minutes.

  - If you're using frozen vegetables, cook for 8-10 minutes or until they become soft.
5. Add Garlic: Stir in the minced garlic (or garlic powder) and cook for another 1 minute.
6. Combine Protein and Vegetables: Stir the cooked protein back into the pan with the vegetables.



7. Season: Add soy sauce and sesame seeds (if using), and continue stirring for 2-3 more minutes until everything is well mixed and the vegetables are tender.
8. Serve: Plate your stir-fry on top of rice or your favorite grains and enjoy!