

# Fall Recipes

## Apple Cinnamon Oatmeal

### Ingredients

- 1 Tbsp. salted butter
- 1 apple, cut into 1/2-in. cubes (about 2 cups)
- 3 Tbsp. brown sugar
- 1 tsp. ground cinnamon
- 1 cup old-fashioned oats
- Pinch kosher salt
- 1/4 cup warm heavy cream or milk, to serve



### Directions

- In a medium saucepan, melt the butter. Add the apple, 2 tablespoons of brown sugar, and cinnamon. Cook until the apples are softened, 2-3 min. Remove a quarter of the apples to a small bowl.
- In the saucepan with the remaining apples, add the oats, salt, the remaining 1 tablespoon of brown sugar, and 2 cups of water. Bring the mixture to a simmer and cook, stirring occasionally, until the oats are softened, 3-5 more min.
- To serve: divide the oatmeal between two bowls and top each with the heavy cream. Top with the reserved apples and sprinkle with brown sugar, cinnamon, and walnuts, if you like.

## Sweet Potato Pancakes

### Ingredients

- 1 3/4 cup all-purpose flour
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 2 Tbsp. packed brown sugar
- 1 tsp. kosher salt
- 1 tsp. cinnamon
- 1/4 tsp. ground nutmeg
- 1/4 tsp. ground ginger
- 1 3/4 cup buttermilk
- 2 small sweet potatoes, roasted and pureed until smooth (about 3/4 cup puree)
- 2 large eggs
- 1 tsp. pure vanilla extract



### Directions

- In a large bowl, whisk together flour, baking powder, baking soda, brown sugar, salt, cinnamon, nutmeg, and ginger.
- In a separate bowl, whisk buttermilk and sweet potato puree, then add eggs and vanilla.
- Add wet to dry ingredients and stir until just combined.
- Melt butter in a skillet or griddle over medium heat. When butter is foamy, reduce heat to medium-low and ladle batter into skillet.
- Cook until bubbles start to form in batter and pancake is golden underneath, ~3 minutes.
- Flip and cook other side until golden, ~3 minutes.
- Serve with butter, toasted pecans, and maple syrup.

# Turkey Salad

## Ingredients

- 4 cups chopped turkey (about 1 1/4 lb.)
- 1 cup chopped celery (from about 2 stalks)
- 1/2 cup chopped shallots
- 2 Tbsp. chopped dill
- 1/2 cup mayonnaise
- 1 Tbsp. apple cider vinegar
- 1 tsp. celery salt
- Black pepper for taste



## Directions

- In a medium bowl, combine turkey, celery, shallots, and dill. Add mayonnaise, vinegar, and celery salt; season with pepper. Stir until turkey is coated.
- Make Ahead: Salad can be made 4 days ahead. Store in an airtight container and refrigerate.

# Butternut Squash Soup

## Ingredients

- 2 Tbsp. extra-virgin olive oil
- 1 large yellow onion
- ½ tsp. sea salt
- 1 (3-pound) butternut squash, peeled, seeded, and cubed
- 3 garlic cloves, chopped
- ½ Tbsp. minced fresh rosemary
- 1 tsp. grated fresh ginger
- 3 to 4 cups vegetable broth
- Freshly ground black pepper



## Directions

- Chop veggies.
- Sauté onion until translucent
- Add the squash, and cook until soft.
- Stir in garlic, and ginger.
- Pour in the broth and simmer until the squash is tender, ~20 min.
- When the squash is soft, transfer the soup to a blender.
- Blend until smooth and creamy.
- Garnish with chopped parsley and pepitas, and enjoy!

# Stuffed Spaghetti Squash

## Ingredients

- 1 (2.5 - 3 pound) spaghetti squash, cut in half lengthwise and seeds removed
- 3 Tbsp. water, divided
- 1 (5 oz.) package baby spinach
- 1 (10 oz.) package frozen artichoke hearts, thawed and chopped
- 4 oz. reduced-fat cream cheese, softened
- $\frac{1}{2}$  cup grated Parmesan cheese, divided
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. ground pepper



## Directions

- Place squash cut-side down in a microwave-safe dish; add 2 tablespoons water. Microwave, uncovered, on high until tender, ~10-15 min.
- Cook spinach in a large skillet over medium heat. Cook, stirring occasionally, until wilted, 3-5 min. Drain and transfer to a large bowl.
- Position rack in upper third of oven; preheat broiler.
- Use a fork to scrape the squash from the shells into the bowl. Place the shells on a baking sheet. Stir artichoke hearts, cream cheese,  $\frac{1}{4}$  cup parmesan, salt and pepper into the squash mixture. Divide it between the squash shells and top with the remaining  $\frac{1}{4}$  cup parmesan. Broil until the cheese is golden brown. Sprinkle with crushed red pepper and basil, if desired.

# Avocado Sweet Potato Tacos

## Ingredients

- 1 medium sweet potato, cubed
- Extra-virgin olive oil
- 1/2 tsp. chili powder
- 4-6 tortillas
- 1 cup black beans, cooked, drained, and rinsed
- Lime slices, for serving
- Salt & pepper



## Directions

- Preheat oven to 400° F and line a large baking sheet with parchment paper.
- Toss the sweet potatoes with olive oil, chili powder, salt & pepper, and spread onto the baking sheet. Roast for 20 min., or until golden brown.
- Sauce: In a small food processor, combine the yogurt, avocado, garlic, lime juice, salt and pepper. Pulse until smooth. Taste and adjust seasonings. Chill until ready to use.
- Assemble tacos and season with salt, pepper, and squeezes of lime.

## AVOCADO YOGURT SAUCE

- 1/2 cup whole milk Greek yogurt
- 1 small avocado
- 1/2 garlic clove
- Juice of 1 lime
- Sea salt & fresh black pepper

# Pumpkin Chocolate Smoothie Bowl

## Ingredients

- 1 cup soy milk
- 1 Tbsp. cacao
- $\frac{1}{2}$  cup pumpkin puree, canned
- 2 bananas, large, ripe and frozen
- 1 tsp. pumpkin spice



## Directions

- In a blender, add milk, cacao, pumpkin purée, frozen ripe bananas, and pumpkin spice.
- Blend for 1-2 minutes or until smooth and creamy.
- Transfer to a bowl and finish by adding your favorite toppings (optional). Cacao nibs, crushed plain almonds, pomegranates seeds and raspberries.

# Rose and Cardamom Chia Pudding

## Ingredients

- 2 1/2 cups non-dairy milk, such as almond or coconut milk
- 1/2 cup chia seeds
- 1/3 cup honey
- 2 Tbsp. rosewater
- 1 teaspoon ground cardamom



## Directions

- Put the non-dairy milk, chia seeds, honey, rosewater and cardamom in a medium mixing bowl and stir until the honey has dissolved, about 30 seconds. Cover with plastic wrap and refrigerate for at least 4 hours.
- If it's too thick for you, add additional non-dairy milk, 1/4 cup at a time, until the desired consistency is reached. Add additional honey if it's not sweet enough for your taste.

# Pumpkin Energy Bites

## Ingredients

- 1/2 cup rolled oats
- 1/2 cup ground flax seed
- 1/2 cup pepitas (shelled pumpkin seeds)
- 1/2 cup mini dark chocolate chips
- 1/2 cup 100% pumpkin puree
- 1/4 cup natural peanut butter
- 1/4 cup honey (or pure maple syrup)
- 1/2 tsp. pumpkin pie spice
- 1/4 tsp. ground cinnamon



## Directions

- Place all ingredients in a bowl and stir until well combined.
- Taking a tablespoon at a time form into balls.
- Place on cookie sheet or in storage container.
- For a firmer energy bite, place in the fridge for 1-2 hours before eating.
- To store, keep in a sealed container in the fridge for up to 1 week.

# Pumpkin Sage Hummus

## Ingredients

- 15 oz. can chickpeas garbanzo beans
- 15 oz. can pumpkin
- 1/4 cup olive oil extra virgin
- 2 Tbsp. tahini
- 3 fresh sage leaves
- 1 tsp. cumin
- 1 tsp. garlic powder
- 1/4 tsp. cinnamon
- 1/4 tsp. salt
- Paprika to sprinkle



## Directions

- Place the chickpeas in a small bowl of water and gently rub to remove the skins.
- Place the chickpeas in a microwave-safe bowl and heat for 30 seconds on high.
- Place the chickpeas, pumpkin, 3 tablespoons of oil, tahini, cumin, garlic powder, cinnamon, cayenne pepper, and salt into a food processor. Blend for 1 minute or until smooth.
- Place into a bowl and garnish with 1 tablespoon olive oil, some roasted pepitas and a sprinkling of paprika for color.
- Finely mince the 3 sage leaves and add for additional garnish.