

## Recipe:

1

Melt butter in a large Dutch oven over medium-high heat, stirring occasionally, until brown for 4-5 minutes. Reduce heat to medium. Add onion, stir to coat. Cook, stirring occasionally, until softened, for about 8 minutes, adding garlic and sage during the last 2 minutes of cooking time. Add squash and broth. Increase heat to high and bring to a boil. Reduce heat to medium and simmer, stirring occasionally, until the squash is very tender for 30-35 minutes.

2

Transfer half of the squash mixture to a blender. Add 2 tablespoons of sour cream. Secure the lid on the blender. Remove the center piece of the lid to allow steam to escape. Cover the opening with a kitchen towel. Process until smooth for about 30 seconds. (Use caution when blending hot liquids.) Transfer the mixture to a bowl. Repeat with the remaining squash mixture and 2 tablespoons sour cream. Return all the pureed soup to the pot. Stir in honey, cayenne, nutmeg and salt.

3

Combine water and the remaining 1 tablespoon sour cream in a small bowl. Stir until well-blended.

4

Divide the soup evenly among 4 bowls and drizzle with the sour cream mixture.

**Prep Time:** 5 Minutes

**Cook Time:** 1 Hours

**Total Time:** 1 Hours  
5 Minutes

**Servings:** 4

### Ingredients:

*2 honeynut squash (peeled, chopped)*

*1 yellow onion (sliced)*

*4 garlic cloves (sliced)*

*7 cups vegetable broth*

*5 tbsp sour cream*

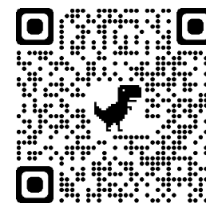
*Unsalted butter*

*2 tsp honey*

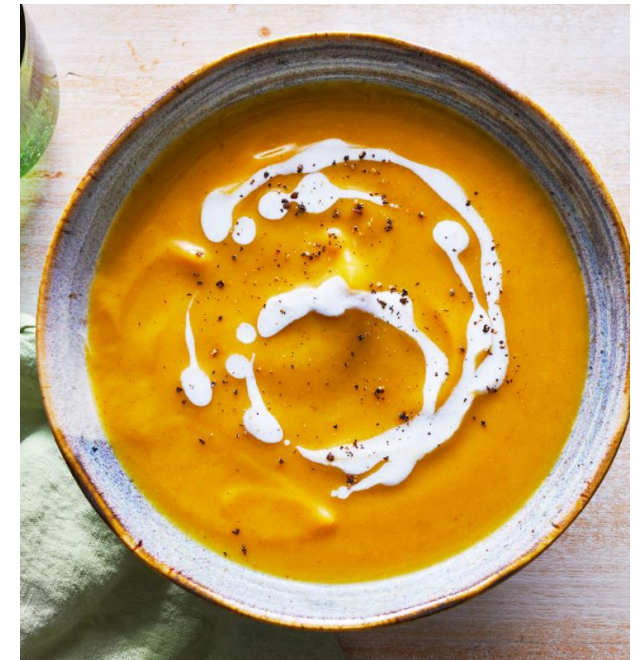
*Chopped sage*

*Cayenne pepper and salt*

*Grated nutmeg*



# HONEYNUT SQUASH SOUP



### Nutritional Information:

Calories: **259kcal** | Carbohydrates: **46g** | Protein: **4g** | Fat: **9g** | Saturated Fat: **5g** | Cholesterol: **23mg** | Sodium: **414mg** | Potassium: **952mg** | Fiber: **12g** | Sugar: **15g** | Vitamin A: **3257IU** | Vitamin C: **21mg**

## Recipe:

- 1** To cook the quinoa, bring 1 cup water to a boil in a small saucepan. Rinse and drain quinoa then add it to boiling water. Reduce heat to a low simmer, cover, and cook for 12-15 minutes, until water is absorbed. Transfer quinoa to a bowl to cool.
- 2** Meanwhile, place pecans in a small skillet over medium-low heat to toast. Cook until fragrant, stirring often. Watch pecans carefully to prevent burning.
- 3** While the quinoa and pecans cool, make the dressing. Whisk together all dressing ingredients.
- 4** To assemble the salad, place the spinach in a large bowl. Add the cooled quinoa, apple slices, cranberries, and toasted pecans. Crumble goat cheese on top. Toss with dressing and serve.

### Ingredients:

#### For the salad:

<i>½ cup uncooked quinoa</i>	<i>½ cup raw pecans</i>
<i>Fresh baby spinach</i>	<i>Apple (thinly sliced)</i>
<i>Dried cranberries</i>	<i>Goat cheese</i>

#### For the dressing:

<i>Lemon juice</i>	<i>Extra virgin olive oil</i>
<i>Honey</i>	<i>Dijon mustard</i>
<i>Kosher salt</i>	<i>Black pepper</i>

**Prep Time:** 15 Minutes  
**Cook Time:** 15 Minutes  
**Total Time:** 30 Minutes  
**Servings:** 4



## SPINACH, QUINOA, AND APPLE SALAD



### Nutritional Information:

Calories: **475kcal** | Carbohydrates: **46g** | Protein: **11g** | Fat: **30g** | Saturated Fat: **7g** | Cholesterol: **13mg** | Sodium: **309mg** | Potassium: **486mg** | Fiber: **6g** | Sugar: **25g** | Vitamin A: **4537IU** | Vitamin C: **21mg** | Calcium: **106mg** | Iron: **3mg**

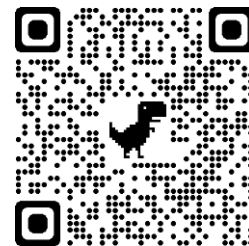
## Recipe:

- 1** Preheat oven to 425°F. Lightly grease a large baking sheet with nonstick cooking oil spray, then set it aside.
- 2** Trim ends of carrots and cut into thirds.
- 3** Melt butter in a pan or skillet over medium-heat. Pour in honey and cook, while stirring, until completely melting the butter. Add the garlic. Cook and stir for 30 seconds until fragrant.
- 4** Add the carrots. Allow sauce to thicken for a further minute, while tossing the carrots. Season with salt and pepper.
- 5** Transfer carrots to baking sheet in a single layer so they cook evenly. Toss to evenly coat.
- 6** Roast for 20 minutes or until carrots are tender. Broil (or grill) for 2-3 minutes on high heat to crisp/char the edges.
- 7** Season with a little extra salt and pepper if desired. Garnish with parsley. Then arrange onto platter and serve.

**Prep Time:** 5 Minutes  
**Cook Time:** 20 Minutes  
**Total Time:** 25 Minutes  
**Servings:** 4-6

### Ingredients:

<i>Carrots</i>	<i>3 tbsp honey</i>
<i>Butter</i>	<i>Salt</i>
<i>Cracked black pepper</i>	<i>Fresh chopped parsley</i>
<i>4 garlic cloves (minced)</i>	



## HONEY GARLIC BUTTER ROASTED CARROTS



### Nutritional Information:

Calories: **281kcal** | Carbohydrates: **35g** | Protein: **2g** | Fat: **15g** | Saturated Fat: **9g** | Cholesterol: **40mg** | Sodium: **306mg** | Potassium: **748mg** | Fiber: **6g** | Sugar: **23g** | Vitamin A: **38530IU** | Vitamin C: **17mg** | Calcium: **88mg** | Iron: **0.9mg**

## Recipe:



- 1** Add all ingredients and ice cubes (if using) into a blender.
- 2** Mix everything on high speed until you get an even, silky texture.
- 3** If the smoothie is too thick, add a little more liquid – milk or water. Blend again until everything is smooth.
- 4** Taste the smoothie and add additional sweetener if the smoothie is not sweet enough. This could be date syrup, raw honey, maple syrup, or stevia.
- 5** Transfer the smoothie into a glass and serve.

### Ingredients:

<i>Apple</i>	<i>Banana</i>
<i>1 tblsp peanut butter</i>	<i>2 tblsp rolled oats</i>
<i>1 cup milk</i>	<i>1 tblsp ground flax seeds</i>
<i>½ tsp vanilla extract</i>	<i>1 tsp cinnamon</i>

**Prep Time:** 5 Minutes  
**Cook Time:** 0 Minutes  
**Total Time:** 5 Minutes  
**Servings:** 1

## APPLE PEANUT BUTTER SMOOTHIE



### Nutritional Information:

Calories: **504kcal** | Carbohydrates: **92g** | Protein: **13g** | Fat: **13g** | Saturated Fat: **2g** | Sodium: **216mg** | Potassium: **956mg** | Fiber: **13g** | Sugar: **54g** | Vitamin A: **667IU** | Vitamin C: **19mg** | Calcium: **374mg** | Iron: **4mg**