Fall/Winter Seasonal Vegetables
Fall 2025
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Kale and Sweet Potato Quinoa Salad

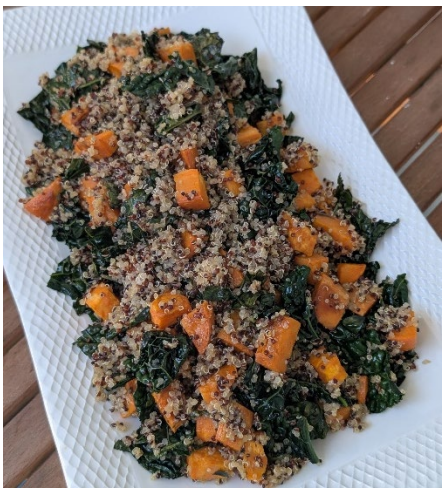
Serves 6 **Time** 50 minutes **Vegan** **Common Allergens** Soy, sesame, may contain wheat

Ingredients

- 1 cup tricolor quinoa (or red or white)
- 2 cups water
- 2 medium sweet potatoes, peeled and cut into ½ inch chunks
- 1 bunch kale
- 2 tablespoons extra virgin olive oil, divided

Dressing

- 1 ½ tablespoons rice vinegar
- 1 ½ tablespoon reduced sodium tamari
- 1 ½ tablespoon toasted sesame oil
- 2 cloves garlic, minced



Instructions

1. Preheat oven to 375°F. Optional: line a baking sheet with a silicone baking mat or parchment paper.
2. Toss sweet potato with 1 tablespoon olive oil and place onto the baking sheet, bake 20-25 minutes, until tender, stirring once or twice.
3. Rinse quinoa and place in a saucepan with water. Bring to a boil, then reduce heat to a simmer, cover, and cook for 15 minutes. Let stand for 10 minutes with lid on, until water is absorbed and quinoa is tender. Fluff with a fork.
4. Wash kale, remove stems, and roughly chop. Heat remaining olive oil in a large skillet over medium low heat. Cook, stirring occasionally, until all leaves are bright green and tender, about 10 minutes.
5. In a small bowl, combine all ingredients for the dressing. Combine kale, sweet potatoes, and quinoa in a large bowl and toss with dressing. Serve warm or cold.

Maple Glazed Breakfast Squash

Serves 6-8 **Time** 40 minutes **Vegan** **Common Allergens** Check toppings

Ingredients

- 1 (3-pound) kabocha squash, or other winter squash such as butternut or red kuri
- 2 tablespoons maple syrup
- 2 tablespoons canola or neutral-tasting oil
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- pinch of nutmeg
- pinch of allspice

Topping options:

- Yogurt, non-dairy if preferred
- Granola
- Dried fruit
- Maple syrup
- Ground cinnamon

Instructions

1. Preheat oven to 425°F. Line a baking sheet with parchment paper.
2. Optional: To make the squash easier to cut, poke several holes in it with a fork. Microwave it on a plate for 5 minutes. Carefully remove it with oven mitts and allow to cool until you can easily handle it.
3. Cut squash in half and remove the seedy center. Cut each half into 1-inch thick wedges.
4. Whisk together maple syrup, oil, and spices in a large bowl. Add the squash pieces toss with the mixture, using a basting brush to coat all sides. Allow excess mixture to drip off, then place onto the prepared baking sheet, leaving space between each piece. Avoid having excess maple syrup mixture on the pan since it will burn and create a lot of smoke.
5. Bake for 25-30 minutes until caramelized and tender, turning once. Check for doneness by inserting a fork, which should go in with little resistance.
6. Serve squash slices with toppings of your choice. The skin is edible but you can also remove it.

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Persimmon Salad with Pomegranate & Walnuts

Serves 4-6 **Time** 30 minutes **Vegan** **Common Allergens** Tree nuts
Recipe from New York Times

Ingredients

- 2 ounces walnuts, about ½ cup
- 2 tablespoons sugar
- ½ teaspoon coarse sea salt
- 1 small shallot, minced
- 2 tablespoons sherry vinegar
- Salt and pepper
- 3 tablespoons walnut oil
- 3 medium Fuyu persimmons, peeled
- 8 ounces salad greens, such as radicchio and butter lettuce
- ½ cup pomegranate seeds

Instructions

1. Heat oven to 350°F. Make the sugared walnuts: Line a baking sheet with a silicone baking mat or parchment. Put walnuts in a small bowl. Pour very hot water over walnuts for 1 minute, then drain. Add sugar and salt. Mix to coat nuts evenly, then spread them on the baking sheet. Bake for 7 to 10 minutes, until crisp and caramelized. Cool, then break walnuts apart.
2. Make the Vinaigrette: Put shallots in a small bowl. Add a pinch of salt and the sherry vinegar. Let mixture steep for 10 minutes. Whisk in walnut oil. Season to taste with salt and pepper. Set aside.
3. Core and cut persimmons into ½-inch-thick wedges and transfer to a low, wide salad bowl. Salt persimmons lightly, then dress with vinaigrette. Add salad greens and gently toss with hands to coat leaves, pulling persimmon pieces to the top. Scatter pomegranate seeds over the top, along with any collected juices. Garnish with sugared walnuts and serve.

Note

- Use a spoon to remove the firm leafy tops from the persimmon. Do not use a knife, which can slip. Get under it with a teaspoon and it pops off easily. Once the top is removed, cut in half from top to bottom. They are usually seedless but occasionally contain a black seed that should be removed.
- Sugared walnuts may be prepared up to 5 days ahead; store in the cupboard in an airtight container.
- Sherry vinegar can be substituted with white wine vinegar or rice wine vinegar. Red wine vinegar can be used, but use a little less since it has a stronger flavor.
- Walnut oil can be substituted with extra virgin olive oil, but it will have a less nutty flavor. Other nut oils may also work well.