

RECIPES



ROAST

Roasted Autumn Harvest Vegetables

Serves 6 large servings, makes about 6 cups

Ingredients

- 1 pound (about 1 small or ½ medium) butternut squash peeled, seeded, and cubed
- 1 pound of red potatoes, quartered
- 1-2 medium red onions, peeled and quartered
- 4 medium carrots, chopped
- 4 cloves garlic, peeled and smashed (can use back of cup)
- 2 tablespoons olive oil
- 1 sprig of rosemary, leaves snipped
- Salt & pepper to taste

Directions

1. Preheat oven to 450°F. Place vegetables in a baking pan (may line with parchment paper for easier cleanup). Toss with oil, salt, pepper, and rosemary.
2. Roast until vegetables are tender and beginning to brown, 40-50 minutes. Toss vegetables a few times during cooking to prevent them from drying out. Serve hot or at room temp.

SAUTÉ

Sautéed Rainbow Chard

Serves 4

Ingredients

- 2 large bunches of rainbow chard, cut crosswise into ½-inch wide strips. Stems may be used or removed, they have a sweet crunchy taste and are delicious sautéed.
- 1 tablespoon olive oil
- 2 cloves garlic, finely chopped
- Salt to taste
- ½ teaspoon balsamic vinegar or lemon (optional)

Directions

1. Place oil in sauté pan. Add garlic and cook on medium-low until garlic is soft, about 2 minutes.
2. Add chard, stir to coat. Sprinkle about 1 tablespoon of water over top, cover and cook until tender, stirring occasionally. This should take around 1-3 minutes if you like the greens to stay slightly firm and about 5-8 minutes if you prefer greens to be cooked down.
3. Remove from heat, add salt and sprinkle vinegar or lemon juice to taste. Serve warm.

Keep it RAW

Cumin Lime Slaw

Serves 6-8

Slaw Ingredients

- 4 cups finely shredded cabbage (about 1 medium)
- 1 ½ cups grated carrots (about 2-3)
- 1 medium onion, diced
- 1 jalapeño pepper, seeded and finely diced
- ¼ cup cilantro (optional), chopped

Dressing Ingredients

- 2 tablespoons vegetable or olive oil
- Zest of 2 limes
- Juice from 2 limes
- 2 tablespoons vinegar (cider, white, or red wine)
- 1 teaspoon ground cumin
- Salt to taste, about ½ teaspoon
- Pinch of cayenne pepper

Directions

1. Place all of the vegetables and herbs in large mixing bowl.
2. In a small bowl, whisk together the dressing ingredients.
3. Pour the dressing on the vegetables and toss thoroughly.

GRILL

Simple Grilled Zucchini & Peppers

Ingredients

- Zucchini, sliced lengthwise into ¼-inch-thick slices
- Bell peppers (ribs and seeds removed), cut into 2-inch-wide pieces
- Olive oil to brush, drizzle or toss
- Salt and black pepper to taste

Directions

1. Heat a grill pan to medium hot. Brush, drizzle or toss zucchini and peppers with olive oil and place on hot grill. Cook until slices are golden brown, about 7-8 minutes on each side (peppers may take a bit longer than zucchini). Sprinkle with salt and pepper to taste.



REINVENT

Kale Chips

Serves 6

Ingredients

- 1 bunch kale
- 2 teaspoons olive oil
- ½ teaspoon salt*

Directions

1. Preheat oven to 350°F. Line a cookie sheet with parchment paper.
2. Remove the thick stems of the kale from the leaves and chop leaves into bite sized pieces. Wash and dry kale thoroughly then toss with olive oil and sea salt.
3. Bake until edges are browned, but not burned, about 10-15 minutes.

**In addition to or in place of salt, try herbs and spices such as paprika, cumin, or basil.*