

Yakisoba Spaghetti Squash

Ingredients

- 1 small spaghetti squash (about 1½ pounds)
 - ½ cup white onion, diced
 - 2 cups shiitake mushrooms, sliced
 - 2 scallions, finely chopped
 - 1 cup coleslaw mix of carrots and cabbage
 - 1 tablespoon canola oil
- For the sauce:**
- ¼ cup low sodium tamari or soy sauce
 - 3 tablespoons worchestershire sauce
 - 2 teaspoons rice vinegar
 - ½ teaspoon white pepper

Serves 4

Directions

1. Preheat oven to 400°F. Cut spaghetti squash in half and scoop out the seeds with a spoon. Brush with olive oil and roast on a baking sheet, cut side down, for 35-45 minutes, or until tender. Set aside to cool.
2. Mix sauce ingredients in a small bowl and set aside.
3. In a large wok or skillet, heat oil over medium-high heat. Add onion and cook until it begins to brown and become translucent, about 5 minutes, stirring occasionally. Add coleslaw mix and cook for 2 minutes. Add shiitake mushrooms and cook for 2 minutes.
4. Use a fork or metal spoon to scrape the flesh into strands. Add spaghetti squash to the pan, along with green onions and sauce, and stir until sauce is evenly distributed.



Note

Recipe as pictured includes tofu. To prepare this way, press and drain 1 container of firm tofu. Cook in a little extra oil until sides begin to brown, then proceed with the step 3. Another option is to add edamame or your choice of protein.

Sweet Potato Mash



Ingredients

- 6 cups sweet potatoes, peeled and diced
- 3 tablespoons extra virgin olive oil
- ½ teaspoon salt

Serves 4-6

Directions

1. Steam sweet potatoes for about 10 minutes, or until tender.
2. In a food processor, add about half of the sweet potatoes and puree with olive oil and salt. Add the remaining sweet potatoes and puree until smooth. Serve warm.

Tip

Add more flavor with fresh thyme, cinnamon, and/or nutmeg if desired.

Note

Sweet potatoes can also be mashed by hand, or by using an immersion blender.

Carrot Apple Soup

Serves 6



Ingredients

- 1 tablespoon canola oil
- 1 small yellow onion, diced (about 1 cup)
- 2 garlic cloves, minced
- 1 tablespoon ginger, minced
- 1 ½ pounds carrots, peeled and chopped
- 1 large apple, peeled and chopped
- 4 cups vegetable broth
- Salt and pepper to taste
- Pinch of nutmeg, optional
- Olive oil to garnish, optional

Directions

1. Heat canola oil in a stock pot over medium heat. Add onion and cooking until softened and translucent, about 5 minutes. Add garlic and ginger and cook until fragrant, about 1 minute. Add carrots and apple and cook for 5 minutes, stirring occasionally.
2. Add vegetable broth and bring to a boil. Reduce heat to low and simmer, uncovered, until carrots and apple are softened, about 20 minutes.
3. Blend the soup using one of the following methods, then add nutmeg and salt and pepper to taste:
 - a. Immersion blender – insert immersion blender into the carrot and blend until smooth
 - b. Blender or food processor – let cool for several minutes, then puree in batches until smooth. To avoid big mess, do not fill blender or food processor more than halfway. If possible, leave lid ajar to allow steam to escape.
4. Serve warm – reheating in stock pot if necessary. Garnish with a drizzle of olive oil if desired.

Roasted Brussels Sprouts

Ingredients

- 1 pound Brussels sprouts, trimmed and halved
- 2 Tablespoons olive oil
- 3 cloves garlic, minced
- ½ teaspoon salt
- ¼ teaspoon black pepper

Serves 4

Directions

1. Preheat oven to 400°F.
2. Toss Brussels sprouts with olive oil, garlic, salt and pepper. Pour onto a baking sheet and spread in an even layer. Roasted for 30-40 minutes, shaking pan every 10 minutes or so, until tender on the inside and crisp and deep golden brown on the outside.



Tip

Do not crowd the pan. More space between pieces = better results. Use two pans if necessary.