



Autumn Seasonal Produce Recipes



Mini Pear Crisps

3 servings

35 minutes

Ingredients

- 1/4 cup Butter (divided)
- 1 cup Oats
- 1/3 cup Maple Syrup (divided)
- 2 tsps Vanilla Extract (divided)
- 2 tsps Pumpkin Pie Spice (divided)
- 1/4 tsp Sea Salt (divided)
- 3 Pear (medium, chopped)

Directions

- 1 Heat half of the butter in a pan over medium-low heat. Add the oats, half of each of the maple syrup, vanilla, pumpkin pie spice, and salt. Mix to combine.
- 2 Cook for five to 10 minutes, stirring occasionally, until the oats are golden brown. Remove from the pan and set aside.
- 3 To the same pan, add the pears along with the remaining butter, maple syrup, vanilla, pumpkin pie spice, and salt. Mix to combine.
- 4 Cook for five to 10 minutes or until the pears are softened or cooked to your liking.
- 5 Divide the cooked pears evenly into small bowls and top each one with the oats. Let cool for at least 10 minutes before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup of pear crisp.

Additional Toppings: Whipped cream, yogurt, or ice cream.



Cinnamon Pear Oatmeal with Walnuts

2 servings

30 minutes

Ingredients

- 2 Pear (large, peeled, sliced)
- 1 1/2 tsps Coconut Oil
- 2 tsbps Maple Syrup (divided)
- 1 tsp Cinnamon
- 2 cups Water
- 1 cup Oats (rolled)
- 2 tsbps Walnuts

Directions

- 1 In a saucepan over medium heat, add the pear, coconut oil, half of the maple syrup, and cinnamon. Stir and bring to simmer.
- 2 Immediately cover the saucepan with a lid and simmer on low heat for about 15 minutes or until the pears are soft. Check occasionally and add a splash of water if necessary.
- 3 Meanwhile, bring the water to a boil in a small saucepan. Add the oats and the remaining maple syrup.
- 4 Reduce to a steady simmer and cook, stirring occasionally for about five minutes or until the oats are tender and most of the water is absorbed.
- 5 Serve the oatmeal with cinnamon pears and walnuts. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Warm up before serving.

Serving Size: One serving is equal to approximately 1 1/2 cups.

More Flavor: Add ginger to the pear mixture.



Slow Cooker Cinnamon Applesauce

8 servings

4 hours

Ingredients

12 Apple (large, cored and diced)
4 servings Cinnamon Stick
1/2 Lemon (juiced)
1 cup Water

Directions

- 1 Add chopped apple, cinnamon, lemon juice and water to the slow cooker and stir well to mix. Cook on high for 4 hours, stirring occasionally. (Note: Peeling the apples is optional but not necessary as they will be pureed in step 2.)
- 2 Remove the cinnamon sticks. Use an immersion blender to puree the applesauce, or transfer to a blender.
- 3 Divide into bowls, add your preferred toppings and enjoy! Refrigerate or freeze leftovers.

Notes

Storage: Refrigerate in an air-tight container up to 10 days, or freeze up to a year.

Leave it Chunky: Skip Step 2. You may want to peel your apples before cooking.

Extra Toppings: Add any combination of nuts, seeds, toasted oats, coconut or dried fruit.

Less Sugar: Use a mixture of naturally sweet apples like Red Delicious, Gala, Fuji, Winesap, McIntosh, Yellow Delicious, Crispin or Cortland.



Roasted Squash, Fennel & Apple Salad

2 servings

30 minutes

Ingredients

2 cups Butternut Squash (peeled, seeds removed, sliced)
1/2 bulb Fennel (large, sliced thick)
1 cup Red Onion (sliced)
1 tbsp Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1/4 fl oz Apple Cider
1 1/2 tsp Apple Cider Vinegar
1/2 tsp Maple Syrup
1/4 Apple (thinly sliced, seeds removed)
2 tbsps Parsley (chopped)

Directions

- 1 Preheat the oven to 425°F (220°C). Line a large baking sheet with parchment paper.
- 2 Place the squash, fennel, and onion on the baking sheet. Drizzle with half of the oil and season with salt and pepper. Cook in the oven for 15 to 20 minutes or until just tender. Let cool.
- 3 Meanwhile, whisk together the apple cider, vinegar, maple syrup, and the remaining oil in a large bowl. Add salt and pepper.
- 4 Add the roasted vegetables, apple slices, and parsley to the bowl. Toss gently to coat. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add toasted pecans or walnuts.

Additional Toppings: Crumbled feta or goat cheese.



Almond Butter & Apple Overnight Oats with Hemp Seeds

2 servings
2 hours 5 minutes

Ingredients

- 1 cup Oats
- 1 1/2 cups Soy Milk
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Hemp Seeds
- 1 tsp Vanilla Extract
- 1/2 tsp Cinnamon (plus more for garnish)
- 2 tbsps Almond Butter
- 1 Apple (medium, chopped)

Directions

- 1 Combine the oats, soy milk, protein powder, hemp seeds, vanilla extract, and cinnamon in a bowl. Stir well to combine.
- 2 Divide the mixture evenly between sealable jars or containers. Refrigerate for two hours until firm.
- 3 Top each evenly with the almond butter and chopped apple. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Honey or maple syrup.



Roasted Cauliflower, Squash & Apple Salad

4 servings

35 minutes

Ingredients

- 1/2 cup Farro (uncooked, rinsed)
- 2 Honeynut Squash (small, seeds removed, chopped)
- 1/2 head Cauliflower (small, cut into small florets)
- 1/4 cup Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 Lemon (medium, juiced)
- 1 Garlic (clove, minced)
- 3 tbsps Parsley (chopped)
- 1 tbsp Fresh Dill (chopped)
- 1 Apple (medium, chopped)

Directions

- 1 Cook the farro according to the package directions and set aside.
- 2 While the farro is cooking, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 3 Add the squash and cauliflower to the baking sheet. Drizzle half of the oil all over and season with salt and pepper. Toss to coat the veggies, then spread them out into an even layer. Roast for 20 to 25 minutes, turning halfway through, or until they are golden brown and fork tender.
- 4 Add the remaining oil, lemon juice, garlic, parsley, dill, salt, and pepper to a jar. Close the lid and shake until emulsified. Set aside.
- 5 Add the cooked farro, roasted veggies, and apple to a large bowl. Shake the jar of dressing again before pouring it over the salad. Toss to combine. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup.

Additional Toppings: Top with feta cheese.

No Farro: Use rice, quinoa, or another grain of choice.



Beet, Burrata & Arugula Salad

4 servings

1 hour

Ingredients

4 Beet (medium, washed)
1/4 cup Extra Virgin Olive Oil
2 tbsps White Wine Vinegar
1 tsp Raw Honey
Sea Salt & Black Pepper (to taste)
8 cups Arugula
8 ozs Burrata
1/2 cup Pumpkin Seeds
1/2 tsp Sea Salt (flaky)

Directions

- 1 Place the beets in a pot and cover with water. Bring to a boil, then reduce the heat to a simmer. Simmer for 25 to 30 minutes or until the beets are fork-tender.
- 2 Remove from the pot, let them cool slightly, then peel the skins and tops off with your hands under running water. Cut the beets into quarters or wedges.
- 3 Meanwhile, in a small bowl, whisk together the oil, white wine vinegar, honey, salt, and pepper. Set aside.
- 4 Divide the arugula, cooked beets, burrata, pumpkin seeds, and dressing evenly into bowls or plates. Top with flaky salt. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Add the dressing when ready to serve.

Serving Size: One serving is approximately 2 1/2 cups of salad and 1/4 cup of burrata.

Additional Toppings: Chopped pecans, walnuts or almonds.

More Flavor: Roast the beets instead of boiling them.



Arugula & Mushroom Frittata

2 servings

25 minutes

Ingredients

3 Egg
6 Cremini Mushrooms (medium,
quartered)
1 cup Arugula (plus extra for garnish)
Sea Salt & Black Pepper (to taste)
1/16 oz Avocado Oil Spray

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Whisk the eggs in a bowl and add in the mushrooms and arugula. Season with salt and pepper.
- 3 Spray a cast-iron pan or an oven-safe dish with oil. Pour the egg mixture into the pan.
- 4 Cook in the oven for 15 to 17 minutes or until the eggs have set. Top with extra arugula, slice the frittata, and enjoy!

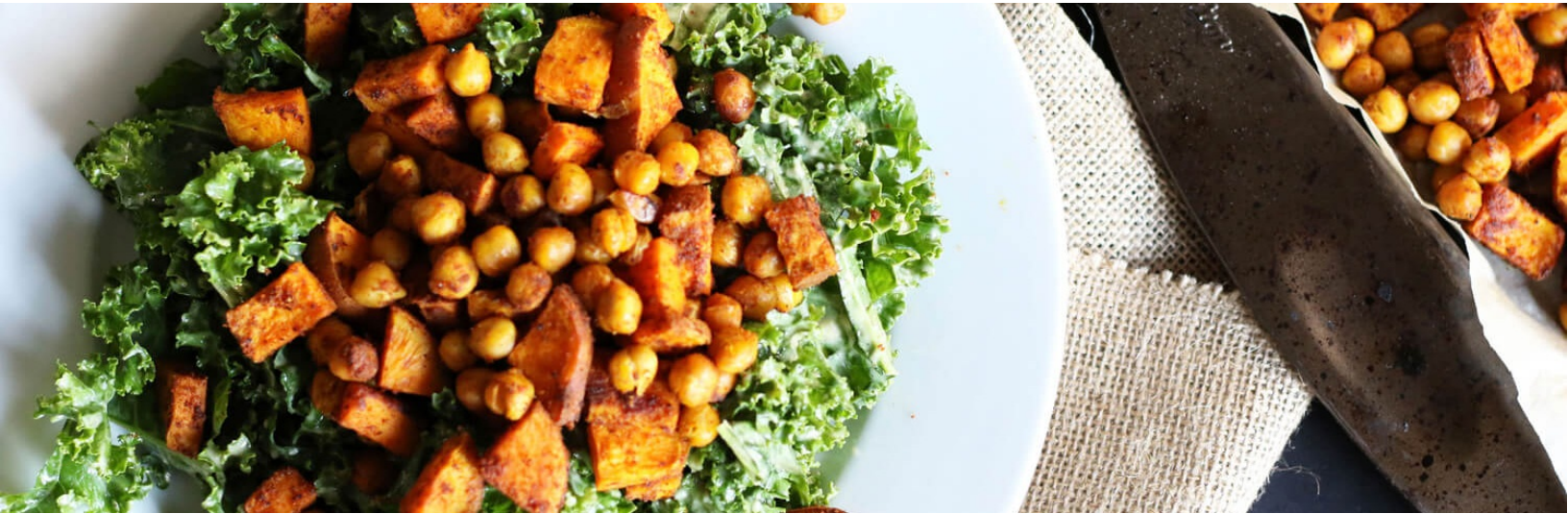
Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: A six-inch (15 cm) cast-iron pan was used to make two servings. One serving is roughly half of the pan.

More Flavor: Add feta or ricotta to the egg mixture.

Avocado Oil Spray: One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato

3 servings

40 minutes

Ingredients

- 1 Garlic (whole bulb)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1 Sweet Potato (diced into half inch cubes)
- 1 1/2 tbsps Coconut Oil (melted)
- 1 1/2 tsps Curry Powder
- 1 tsp Garam Masala
- 1 tbsp Chili Powder
- 1 tsp Paprika
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 2 tbsps Dijon Mustard
- 1/2 tsp Black Pepper
- 1/4 tsp Sea Salt
- 8 cups Kale Leaves (chopped)

Directions

- 1 Preheat the oven to 400°F (204°C). Line a large baking sheet with parchment paper. Peel apart the garlic cloves, leaving the skin on. Place them on one edge of the baking sheet.
- 2 Place your chickpeas and diced sweet potato in a mixing bowl. Add in the coconut oil, curry powder, garam masala, chilli powder and paprika. Mix well and transfer to your baking sheet with the garlic. Bake in the oven for 25 to 30 minutes or until chickpeas are golden brown. Remove from oven and set aside.
- 3 Take your garlic cloves and peel away the skin. Add the remaining garlic flesh into your food processor or blender. Add the olive oil, lemon juice, dijon mustard, black pepper and sea salt. Blend until smooth and creamy.
- 4 Place your kale leaves in a large salad bowl, drizzle desired amount of dressing over top and mix well. Divide into bowls and top with the roasted chickpeas and sweet potato. Enjoy!

Notes

Save Time: Used pre-washed and sliced bagged kale.

No Kale: Use spinach, romaine or any leafy green.

No Sweet Potato: Use diced carrot or beet instead.

Make it Ahead: The dressing and roasted veggies can be made up in advance. Toss the kale in the dressing when ready to eat.



Chicken, Kale & Sweet Potato Skillet

2 servings
20 minutes

Ingredients

8 1/16 ozs Extra Lean Ground Chicken
1 tsp Dried Chives
1/2 tsp Garlic Powder
1/4 tsp Sea Salt (divided)
1 tbsp Coconut Oil
1 Sweet Potato (medium, peeled and diced)
1 cup Kale Leaves (finely chopped)

Directions

- 1 Heat a skillet or pan over medium heat. Add the chicken to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, season with the chives, garlic powder, and half of the salt. Transfer to a bowl and set aside.
- 2 Add the coconut oil to the pan. Add the sweet potatoes and cook for eight to 10 minutes, stirring often, until the sweet potatoes are tender and browned.
- 3 Add the kale and the cooked chicken to the pan with the sweet potatoes and continue to cook for one to two minutes until the kale has wilted and the chicken has warmed through. Season with the remaining salt.
- 4 Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately equal to two cups.

More Flavor: Add other dried herbs and spices to taste.

No Chicken: Use turkey or pork instead.

No Coconut Oil: Use avocado oil or extra virgin olive oil instead.

No Chives: Use another dried herb instead.

Sweet Potato: One medium sweet potato is approximately equal to two cups diced.



Three Sisters Soup

2 servings

30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, diced)
- 1 Garlic (clove, minced)
- 2 tsps Dried Thyme
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 4 cups Vegetable Broth
- 1/2 cup Frozen Corn (thawed)
- 2 cups Butternut Squash (peeled, seeds removed, cubed)
- 1 cup White Navy Beans (cooked, rinsed)

Directions

- 1 Heat a large saucepan over medium-high heat. Add the oil, then the onion and garlic. Sauté for two to three minutes until softened.
- 2 Add the thyme, salt, and pepper. Add the broth, corn, squash, and beans, and bring to a boil.
- 3 Reduce the heat to low. Simmer for 15 to 20 minutes, stirring occasionally, or until the squash is tender. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size: One serving is approximately two cups.

More Flavor: Add a splash of lemon juice.

Additional Toppings: Toasted pumpkin seeds or croutons.

Serve It With: Warm, crusty bread or wild rice.



Three Sisters Salad

3 servings

30 minutes

Ingredients

- 1 1/2 cups Butternut Squash (peeled, seeds removed, cubed)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 1/2 tsps White Wine Vinegar
- 1 tsp Raw Honey
- 2 tbsps Parsley (chopped)
- 2 tbsps Chives (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 cup Corn (cooked)
- 1 cup Black Beans (cooked)

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Spread the squash in a single layer on the prepared baking sheet and coat with half of the oil. Cook in the oven for 20 to 25 minutes, or until tender. Let cool.
- 3 Meanwhile, in a large bowl, whisk together the remaining oil, vinegar, honey, parsley, chives, salt, and pepper.
- 4 Add the cooked squash, corn, and black beans. Toss well to combine. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately one cup of salad.

Make It Vegan: Use maple syrup instead of honey.

More Flavor: Add chopped red onion or a splash of lime juice. Use grilled corn on the cob instead.

Serve It With: Grilled meat, quinoa, or tortilla chips.



Chicken, Sweet Potato & Zucchini Bowls

2 servings

45 minutes

Ingredients

- 1 Zucchini (large, cut into fries)
- 1 Sweet Potato (large, cut into wedges)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 tsp Sea Salt (divided)
- 1 tsp Garlic Powder (divided)
- 1 tsp Oregano (divided)
- 1 Lemon (juiced, divided)
- 2 cups Cauliflower Rice
- 8 ozs Chicken Thighs (boneless, skinless)
- 1/4 cup Cilantro (chopped)

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a bowl, add the zucchini, sweet potato, half of the oil, half of the salt, half of the garlic powder, half of the oregano, and half of the lemon juice. Toss to combine.
- 3 Spread the zucchini and sweet potatoes out in an even layer on the baking sheet, leaving some room for the cauliflower rice. Cook for 20 to 25 minutes, or until browned, flipping halfway through.
- 4 Add the cauliflower rice to the baking sheet for the last two to four minutes of cooking.
- 5 While the veggies are in the oven, season the chicken with the remaining salt, garlic powder, and oregano. Heat the remaining oil in a pan over medium heat. Add the chicken and cook for seven to eight minutes per side, or until cooked through. Remove and let it rest for five minutes before slicing.
- 6 Divide the chicken, zucchini, sweet potatoes, and cauliflower rice evenly between bowls. Drizzle the remaining lemon juice on top. Garnish with cilantro and season with more salt if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 2 1/2 cups of veggies with chicken.

No Cilantro: Use parsley and/or green onions instead.



Zucchini Carrot Muffins

12 servings

40 minutes

Ingredients

8 ozs Unbleached All Purpose Flour
2 tsps Baking Powder
1/4 tsp Sea Salt
2 Egg
1/2 cup Plain Greek Yogurt
1/2 cup Maple Syrup
1/4 cup Unsweetened Almond Milk
2 tbsps Extra Virgin Olive Oil
1 tsp Vanilla Extract
2 Carrot (medium, shredded)
1 Zucchini (medium, shredded,
drained)

Directions

- 1 Preheat the oven to 350°F (175°C) and line a muffin tray with muffin liners.
- 2 Meanwhile, in a large bowl, combine the flour, baking powder, and salt.
- 3 In another bowl, whisk the eggs. Add the yogurt, maple syrup, almond milk, oil, and vanilla extract and whisk until well combined. Add the wet ingredients to the dry ingredients and mix well. Fold in the shredded carrot and zucchini.
- 4 Divide the batter evenly between muffin cups, filling them each about 3/4 full. Bake for 15 to 18 minutes or until firm to the touch and a toothpick inserted comes out clean. Let the muffins cool in the pan for 10 minutes before removing and transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for the first day and then transfer to the fridge in a sealed container for up to one week. Freeze for up to three months.

Serving Size: One serving is one muffin.

No Almond Milk: Use another unsweetened milk of your choosing.

Flour Measurement: Eight ounces of flour is 1 3/4 cups.



Greek Style Roasted Eggplants

2 servings

35 minutes

Ingredients

- 1 Eggplant (large)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tsps Greek Seasoning
- 1/4 cup Tzatziki
- 2 tsps Parsley (chopped)

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Slice the eggplant lengthwise into thin sections, keeping the stem intact to keep the slices connected. Gently fan out the slices.
- 3 Place on the baking sheet. Brush the eggplant with oil and sprinkle with the Greek seasoning. Cook in the oven for 25 to 30 minutes until tender and lightly caramelized.
- 4 Transfer the eggplant to a plate. Spoon the tzatziki on top, sprinkle with parsley, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately half of a large eggplant.

Additional Toppings: Toasted walnut.



Herby Grilled Zucchini & Eggplant with Olives

4 servings

20 minutes

Ingredients

- 1 Eggplant (medium, sliced into rounds)
- 2 Zucchini (medium, sliced lengthwise)
- 3 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Pitted Kalamata Olives
- 1/3 cup Fresh Dill (chopped)
- 1/3 cup Parsley (chopped)
- 1 tsp Oregano

Directions

- 1 Preheat the grill to medium heat. Meanwhile, score the flesh of the eggplant and zucchini in a crosshatch pattern.
- 2 Drizzle 1/3 of the oil over the vegetables and season with salt and pepper. Rub the oil and seasoning thoroughly into the vegetables.
- 3 Grill the vegetables for three to four minutes per side or until fork-tender. Arrange the vegetables and olives on a platter and top with dill, parsley, and oregano. Drizzle with the remaining oil. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups.

Additional Toppings: Feta or goat cheese.



Crispy Roasted Potatoes & Broccolini

4 servings

35 minutes

Ingredients

4 cups Mini Potatoes (halved)
2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
12 ozs Broccolini
1/4 cup Parmigiano Reggiano (grated)

Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
- 2 Place the potatoes on the baking sheet. Toss with half of the oil, salt, and pepper. Transfer to the oven and cook for 10 minutes.
- 3 Add the broccolini to the baking sheet and toss with the remaining oil, salt, and pepper. Use your hands to mix well. Return the baking sheet to the oven and cook for 15 minutes until tender.
- 4 Sprinkle the parmesan over the potatoes and broccolini. Place back in the oven and cook for five minutes until melted. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately one cup of potatoes with one cup of broccolini.

Make It Vegan: Omit the parmesan.

More Flavor: Chili flakes.



Turkey, Potato & Mixed Veggie Hash

4 servings

30 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
2 Russet Potato (large, diced)
Sea Salt & Black Pepper (to taste)
1 Red Bell Pepper (large, diced)
1 Leeks (medium, trimmed, chopped)
1 lb Extra Lean Ground Turkey
1 Garlic (clove, minced)
1/2 tsp Oregano
2 stalks Green Onion (chopped)

Directions

- 1 Heat a cast-iron pan over medium-high heat. Once heated, add the oil. Add the potatoes and season with salt and pepper. Cook for ten minutes or until fork-tender, allowing them to brown on each side before stirring. Add a splash of water if needed.
- 2 Remove the potatoes from the pan. Add the bell pepper and leeks and cook for another two to three minutes, stirring as needed.
- 3 Add the turkey, breaking it up as it cooks. Add the garlic and oregano, and season with salt and pepper. Cook for seven to eight minutes or until the turkey is cooked through.
- 4 Add the cooked potatoes and cook for another two to three minutes. Divide evenly into bowls and top with green onion. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup.

Additional Toppings: Fresh herbs like parsley or cilantro.



Crispy Roasted Brussels Sprouts

4 servings

15 minutes

Ingredients

4 cups Brussels Sprouts (trimmed, thinly sliced)
2 tbsps Avocado Oil
1/2 tsp Sea Salt

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the Brussels sprouts onto the baking sheet and toss with avocado oil. Spread evenly and season with salt. Roast for 10 to 15 minutes or until fork tender and the edges have crisped.
- 3 Transfer onto plates and serve as a side dish. Enjoy!

Notes

No Avocado Oil: Use olive oil, coconut oil or sunflower seed oil instead.

Leftovers: Refrigerate in an airtight container up to 5 days.

Serving Size: One serving is equal to approximately one cup of brussels sprouts.



BBQ Maple Brussels Sprouts

4 servings

20 minutes

Ingredients

4 cups Brussels Sprouts (trimmed, outer leaves removed, halved)
3 tbsps Maple Syrup
2 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Dijon Mustard
1/2 tsp Sea Salt
8 Barbecue Skewers

Directions

- 1 Bring a pot of water to a boil. Blanch the Brussels sprouts for two to five minutes. Drain the water.
- 2 In a large bowl, add the Brussels sprouts along with the maple syrup, oil, dijon mustard, and salt. Toss until well coated.
- 3 Pierce the Brussels sprouts onto the skewers.
- 4 Grill over medium-high heat for about four minutes per side, until tender and slightly charred. Serve onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately two 12-inch skewers.

More Flavor: Marinate the Brussels sprouts for longer. Add black pepper and minced garlic to the marinade. Drizzle any leftover marinade over top of the cooked skewers.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.



Maple Balsamic Roasted Beets & Pears

4 servings

45 minutes

Ingredients

2 Pear (medium, chopped)
3 Beet (medium, chopped)
2 tbsps Balsamic Vinegar
2 tbsps Maple Syrup
1/2 tsp Sea Salt

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a large bowl, toss the pears and beets with the balsamic vinegar, maple syrup, and salt, until well coated. Transfer to the baking sheet. Bake in the oven for 40 minutes, or until fork tender. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1/2 cup.

More Flavor: Add fresh sage or rosemary.

Additional Toppings: Goat cheese, feta cheese, pecans, walnuts, and/or hazelnuts.



Apple, Beet & Carrot Slaw

3 servings
10 minutes

Ingredients

2 Beet (medium-size, peeled, julienned)
2 Carrot (julienned)
2 cups Kale Leaves (shredded)
1 Apple (julienned)
3 tbsps Orange Juice
1 tbsp Lemon Juice
1/8 tsp Sea Salt
1/4 cup Parsley (chopped)

Directions

- 1 In a large bowl add the beets, carrots, kale and apple.
;
- 2 In a small bowl, whisk together the orange juice, lemon juice and sea salt.
;
- 3 Add the dressing to the salad and toss to combine. Top with parsley and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to about 3/4 cup salad.

More Flavor: Add some dijon or honey mustard to the dressing.

Additional Toppings: Top with pumpkin seeds.