

Brussels Sprouts Salad

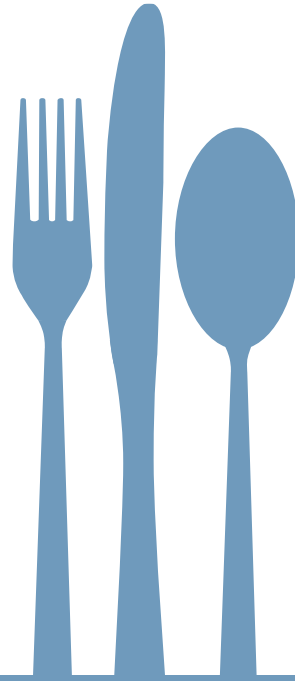
DIRECTIONS

1. *Make dressing with lemons, maple syrup and thyme. Mix well.*
2. *Combine with all other ingredients.*
3. *Add black pepper to taste.*



INGREDIENTS

- 20 large Brussels sprouts (about 3 cups), chopped
- 2 large carrots, chopped
- 1 stalk of celery, chopped
- 4 Tbsp. raisins
- 1/2 cup sunflower seeds
- Juice from 2 lemons
- 1 tsp. maple syrup
- 1 tsp. thyme



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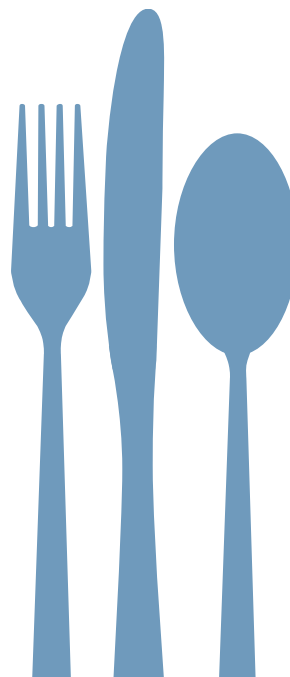
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Warm Sweet Potato and Quinoa Salad

DIRECTIONS

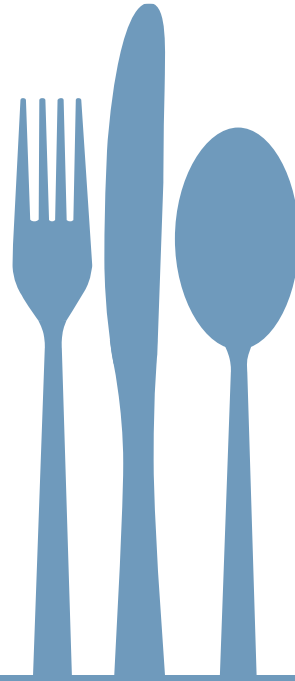
1. Cook quinoa according to package.
2. Heat olive oil in pan, add sweet potatoes and paprika. Cook for 10 minutes, then stir in maple syrup.
3. Add spinach and cook until wilted.
4. Add cooked quinoa.
5. Add red onion and pomegranate.
6. In a small bowl, whisk 1 Tbsp. olive oil with orange juice. Add black pepper to taste. Drizzle over warm salad.



CABARRUS
HEALTH
ALLIANCE

INGREDIENTS

- Olive oil
- 1 medium sweet potato, peeled and chopped
- 1 tsp. paprika
- 1 Tbsp. maple syrup
- 3 cups spinach
- 2 cups cooked quinoa (1 cup dry)
- 1/4 cup red onion chopped
- 1 cup fresh pomegranate arils
- 1/4 cup fresh orange juice



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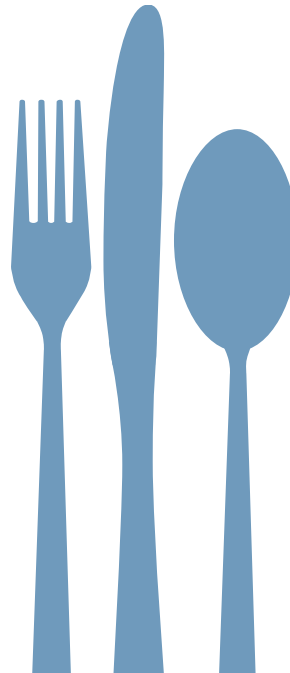
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Rutabaga Fries

DIRECTIONS

1. Preheat the oven to 450 degrees. Line baking sheet with parchment paper.
2. Slice rutabaga in half, then into "fries".
3. Add to bowl and add olive oil and spices, mix to coat.
4. Spread out on baking sheet so none overlap.
5. Bake for 10 minutes, flip and bake for another 10 minutes.

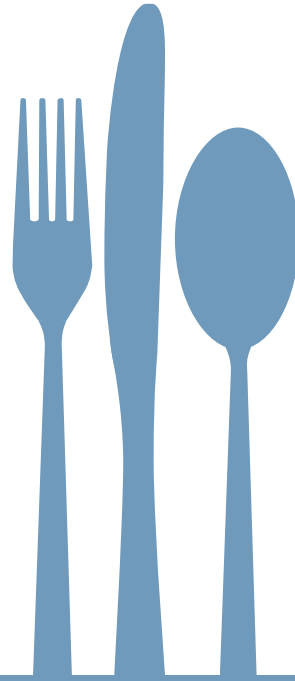
Note: Soaking the rutabaga in cold water overnight allows



CABARRUS
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INGREDIENTS

- Rutabaga, skin removed
- 1/2 tsp. cayenne pepper
- 1/2 tsp. garlic powder
- 1/4 tsp. dried oregano
- 1/4 tsp. black pepper
- 1-2 tbsp. olive oil



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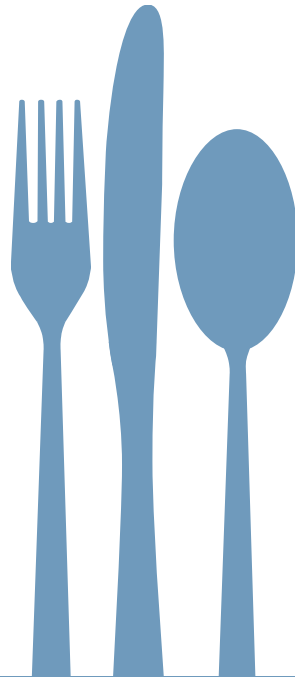
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Butternut Squash and Spinach Lasagna

- *Make the Butternut Squash Filling: 2 cups butternut squash puree + 1 cup ricotta cheese + 1/2 cup milk (more if needed), 1/4 tsp. nutmeg*
- *Make the Spinach Filling: 1 cup cooked spinach (8 ounces uncooked), 1 cup ricotta cheese, 1 cup mozzarella cheese, 2 cloves minced garlic*
- *Cook 10 ounces of whole-wheat lasagna noodles according to package. Preheat oven to 375 degrees.*
- *Spray pan. Spread 1/3 of butternut squash puree, sprinkle with 1/2 cup mozzarella cheese, layer 3 noodles. Spread half of spinach filling, top with 1/2 cup cheese, 3 noodles. Spread 1/3 butternut squash, 1/2 cup cheese,*



How to Make

Butternut Squash

Puree:

Preheat oven to 400 degrees, cut 1 medium butternut squash in half, scrape out seeds, place cut side down on baking sheet with olive oil, bake for 30 minutes, peel skin off, place in food processor to puree



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