

Kohlrabi Quiche

DIRECTIONS

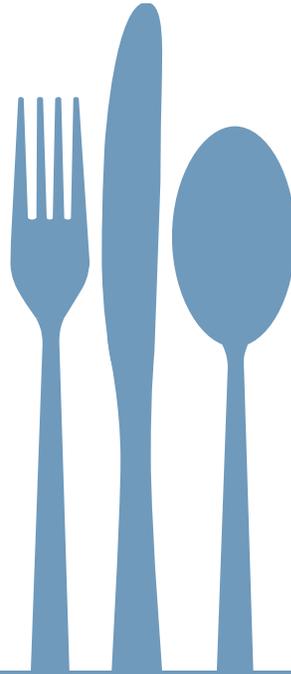
1. Preheat oven to 375 degrees.
2. Peel the outer layer of kohlrabi and grate it, let drain as much as water out as possible. Grate the carrots.
3. Crack and whisk the 9 eggs.
4. Add together with remaining ingredients, including eggs.
5. Spray with non-stick spray a 9" quiche dish or pie pan or similar and pour into. Bake for 30-40 minutes.



CABARRUS
HEALTH
ALLIANCE

INGREDIENTS

Kohlrabi, 2 cups finely
grated
Carrots, 2 cups finely grated
Eggs, 9
Fresh rosemary, 2 Tbsp.
Green onions, 1/4 cup
Black pepper
1/2 cup cooked turkey
sausage (optional)



Kohlrabi Quiche

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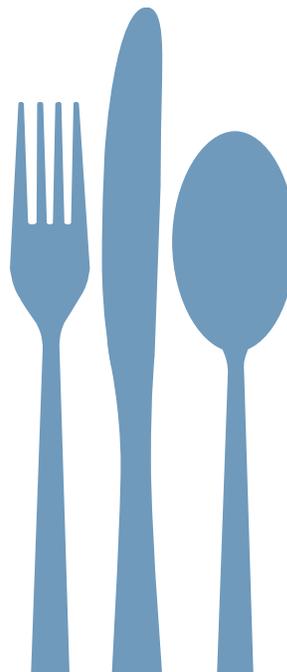
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Black pepper
1/2 cup cooked turkey
sausage (optional)



Roasted Acorn Squash

DIRECTIONS

1. Preheat the oven to 375 degrees.
2. Halve the squash, scrape out insides and slice into 1/2" half moons.
3. In a large bowl, toss together the rest of ingredients and lay on a baking sheet. Bake for 30 minutes or until tender and cheese has crisped.



CABARRUS
HEALTH
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INGREDIENTS

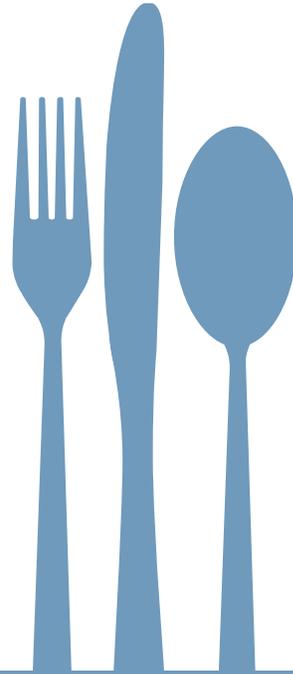
Acorn squash

Olive oil, 2 tbsp.

Parmesan cheese,
grated, 1/4 cup

Garlic powder, 2 tsp.

Black pepper



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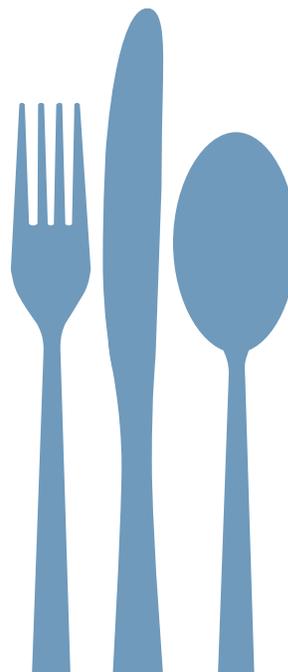
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Garlic powder, 2 tsp.

Black pepper



Jicama Mango and Pear Salad

DIRECTIONS

1. Add all ingredients into a large bowl and mix.



INGREDIENTS

Jicama, 2 cups

julienned

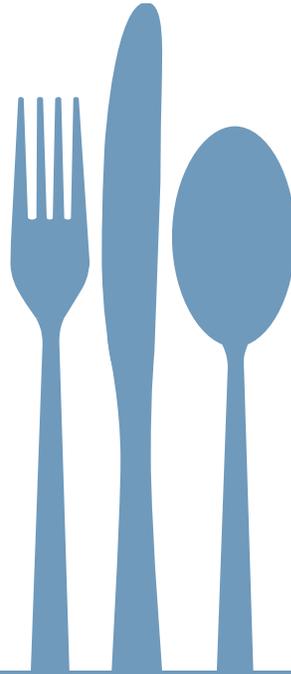
Mango, 1 julienned

Asian pear, 2

julienned

Lemon juice, 1 lemon

Fresh mint, 3 Tbsp.



Jicama Mango and Pear Salad

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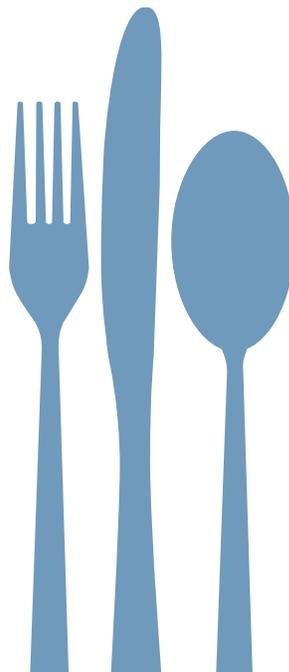
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julienned

Lemon juice, 1 lemon

Fresh mint, 3 Tbsp.



Bok Choy Salad

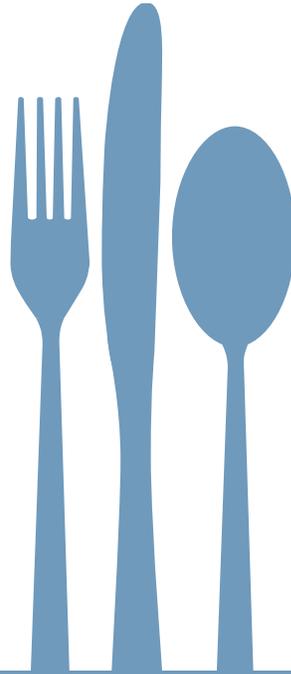
DIRECTIONS

1. Make the dressing 1" fresh grated ginger, 2 garlic cloves, minced, 1 Tbsp. lemon juice, 2 Tbsp. white wine vinegar, 1 tsp. soy sauce, 1/4 cup sesame oil and red pepper flakes to taste.
2. Combine all of the salad ingredients.



INGREDIENTS

- Head bok choy, chopped
- Green onions, chopped
- Bell pepper, one chopped
- Carrot, one shredded
- Roasted plain peanuts, 1/4 cup



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