

Pumpkin Granola

DIRECTIONS

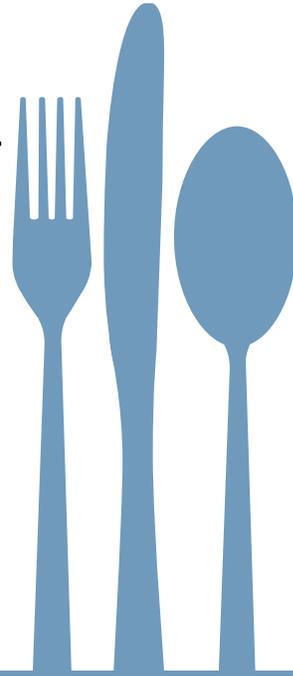
1. Preheat the oven to 325. Line a baking sheet with parchment paper.
2. Combine dry ingredients, except pepitas and cranberries.
3. Combine wet ingredients and whisk until smooth.
4. Pour wet ingredients onto dry, mix and evenly spread onto baking sheet.
5. Bake for 20 minutes. Stir. Bake for another 15 minutes.
6. Remove from sheet and stir in pepitas and cranberries.



CABARRUS
HEALTH
ALLIANCE

INGREDIENTS

- 5 cups rolled oats
- 1 tsp. pumpkin pie spice
- 1 tsp. cinnamon
- 1/4 tsp. nutmeg
- 3/4 cup brown sugar
- 1/2 cup pumpkin puree
- 1/4 cup applesauce
- 1/4 cup maple syrup
- 1 tsp. vanilla extract
- 3/4 cup dried cranberries
- 1/2 cup pepitas



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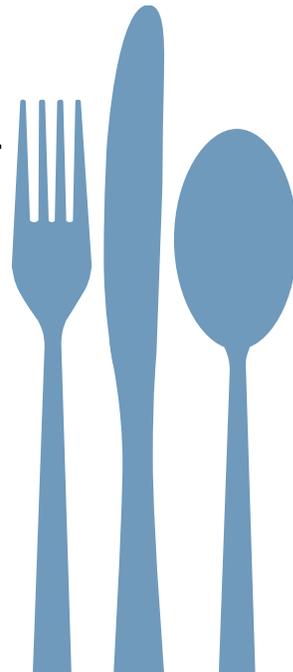
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Autumn Minestrone

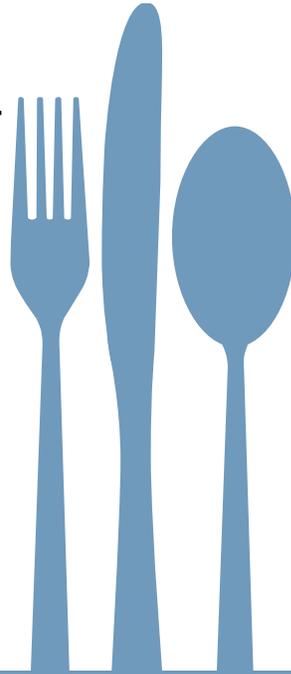
DIRECTIONS

1. Heat olive oil and add onions, carrots and garlic and sauté.
2. Stir in broth, potatoes, zucchini, tomatoes, and seasonings.
3. Bring to a boil and stir in pasta if adding.
4. Cover and reduce heat and simmer until tender (15 minutes).
5. Stir in kale and beans, cook 5 minutes longer.
6. Remove bay leaves and serve with Parmesan cheese (optional).



INGREDIENTS

- 2 carrots, diced
- 1 yellow onion, chopped
- 1 tbsp. olive oil
- 3 cloves minced garlic
- 6 cups vegetable broth
- 2.5 cups diced Yukon gold potatoes
- 2.5 cups diced butternut squash
- 1 zucchini, sliced
- 14.5 ounce canned diced tomatoes
- 1 tsp. dried rosemary
- 1 tsp. dried thyme
- 2 bay leaves
- 2/3 cup dry ditalini pasta (optional)
- 2 cups kale, chopped
- 14.5 ounce can white or red kidney beans



Autumn Minestrone

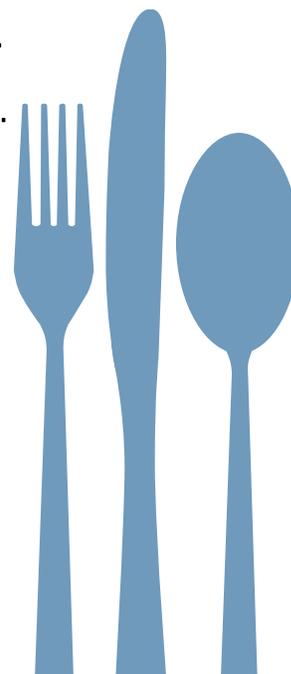
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Fall Quinoa Breakfast Bowl

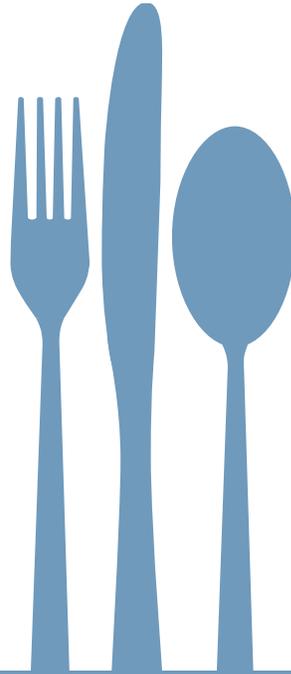
DIRECTIONS

1. Cook quinoa according to directions.
2. Add amount of milk of choice.
3. Add desired toppings.



INGREDIENTS

- 1/2 cup uncooked quinoa
- 1 cup water
- 1-3 Tbsp. milk of choice
- 1 Tbsp. maple syrup
- 1 Tbsp. almonds
- 1 Tbsp. pumpkin seeds
- 1 tsp. chia seeds
- 1/2 sliced pear
- 1/2 sliced apple
- 1/4 tsp. nutmeg



Fall Quinoa Breakfast Bowl

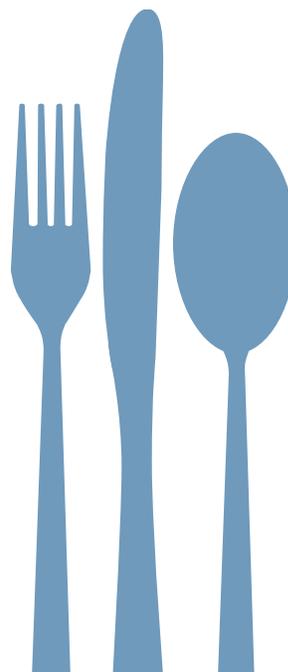
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Spiralized Zucchini and Squash Casserole

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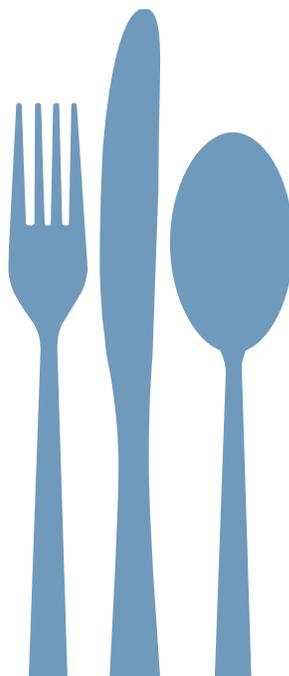
1. Turn broiler on high.
2. Combine cheese, basil, garlic and pepper in a bowl.
3. Spiralize vegetables (or use a vegetable peeler) and arrange in nests on broiler-safe pan.
4. Drizzle nests with olive oil and spoon 2 tbsp. of filling in each.
5. Broil for 6-8 minutes until browned.



CABARRUS
HEALTH
ALLIANCE

INGREDIENTS

- 1 cup whole milk ricotta cheese
- 1/2 cup shredded Parmesan cheese
- 1/4 cup fresh basil
- 1 minced garlic clove
- 1/2 tsp. black pepper
- 2 squash
- 2 zucchini
- 2 tbsp. olive oil



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