

Black Bean Hummus

DIRECTIONS

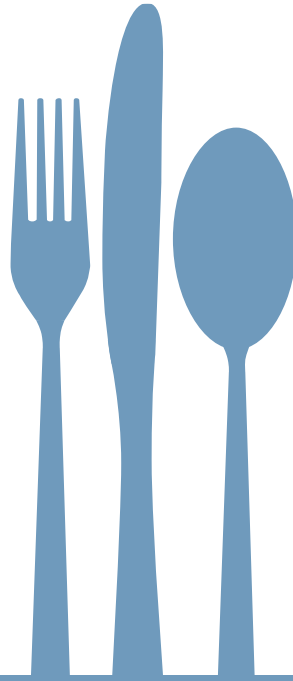
Combine all ingredients into food processor. For spooky hummus, use extra tahini or yogurt to make web design.



CABARRUS
HEALTH
ALLIANCE

INGREDIENTS

- 2 garlic cloves
- 2 15-ounce can of black beans, rinsed and drained
- 2 Tbsp. tahini
- 3 Tbsp. lemon juice
- 1 tsp. cumin
- 1/4 tsp. cayenne pepper
- 3 Tbsp. unsweetened yogurt



Black Bean Hummus

DIRECTIONS

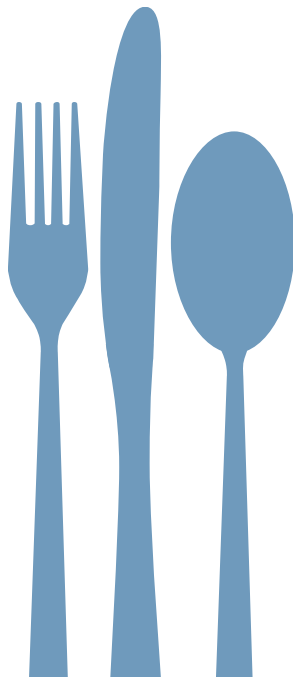
Combine all ingredients into food processor. For spooky hummus, use extra tahini or yogurt to make web design.



CABARRUS
HEALTH
ALLIANCE

INGREDIENTS

- 2 garlic cloves
- 2 15-ounce can of black beans, rinsed and drained
- 2 Tbsp. tahini
- 3 Tbsp. lemon juice
- 1 tsp. cumin
- 1/4 tsp. cayenne pepper
- 3 Tbsp. unsweetened yogurt



Pumpkin Dip

DIRECTIONS

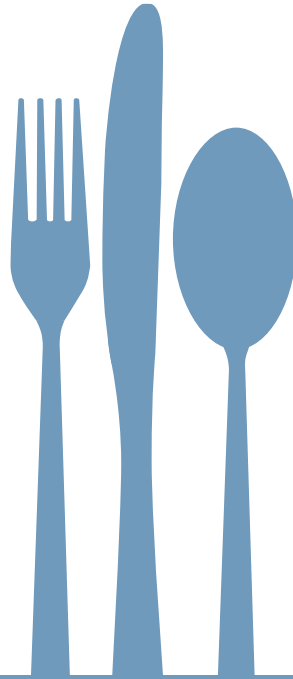
Combine all ingredients into a food processor and blend until smooth.



CABARRUS
HEALTH
ALLIANCE

INGREDIENTS

8 ounces cream cheese
3/4 cup pumpkin puree
2 Tbsp. vanilla Greek yogurt
3/4 tsp. cinnamon
1/4 tsp. nutmeg
1/8 tsp. cloves
1 tsp. vanilla
Vanilla wafers or graham
crackers for dipping



Pumpkin Dip

DIRECTIONS

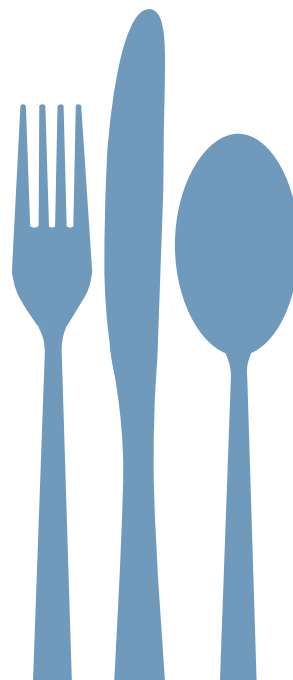
Combine all ingredients into a food processor and blend until smooth.



CABARRUS
HEALTH
ALLIANCE

INGREDIENTS

8 ounces cream cheese
3/4 cup pumpkin puree
2 Tbsp. vanilla Greek yogurt
3/4 tsp. cinnamon
1/4 tsp. nutmeg
1/8 tsp. cloves
1 tsp. vanilla
Vanilla wafers or graham
crackers for dipping



Sweet Potato Brownie Bites

DIRECTIONS

1. Preheat oven to 350 degrees and grease a loaf pan.
2. Melt nut butter and maple syrup.
3. Add to mashed sweet potato and cocoa powder. If using chocolate chips, add too and mix well.
4. Pour into pan, bake for 20 minutes.



CABARRUS
HEALTH
ALLIANCE

INGREDIENTS

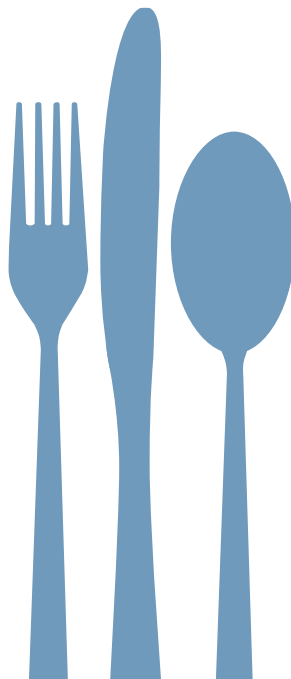
1 cup mashed/pureed
sweet potato

1/2 cup nut butter

2 Tbsp. maple syrup

1/4 cup cocoa powder

Chocolate chips
(optional)



Sweet Potato Brownie Bites

DIRECTIONS

1. Preheat oven to 350 degrees and grease a loaf pan.
2. Melt nut butter and maple syrup.
3. Add to mashed sweet potato and cocoa powder. If using chocolate chips, add too and mix well.
4. Pour into pan, bake for 20 minutes.



CABARRUS
HEALTH
ALLIANCE

INGREDIENTS

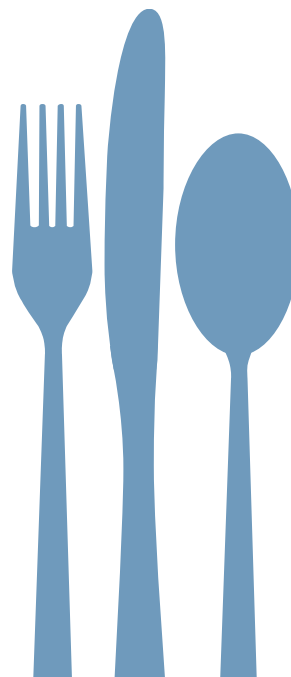
1 cup mashed/pureed
sweet potato

1/2 cup nut butter

2 Tbsp. maple syrup

1/4 cup cocoa powder

Chocolate chips
(optional)



Roasted Fall Vegetables

DIRECTIONS

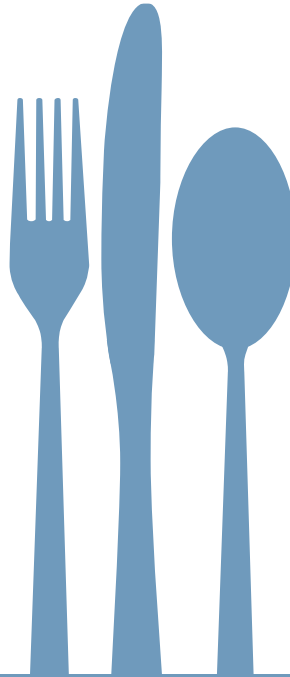
1. Quarter all vegetables. Place in bowl with minced garlic and olive oil, mix.
2. Line two baking sheets with parchment paper.
3. Spread vegetables evenly and sprinkle with black pepper.
4. Roast for 40 minutes at 450 degrees, tossing half way through.



CABARRUS
HEALTH
ALLIANCE

INGREDIENTS

2 pounds red potatoes
1 pound red onions
1 pound carrots
6 garlic cloves
3 Tbsp. olive oil
Black pepper



Roasted Fall Vegetables

DIRECTIONS

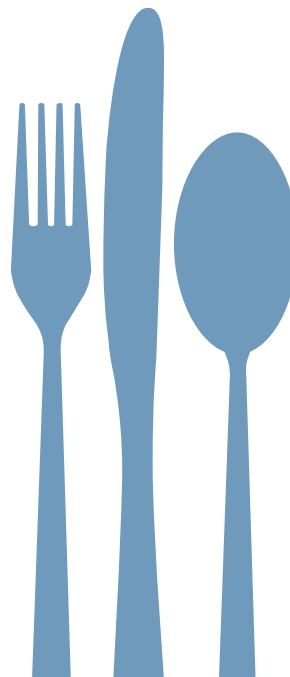
1. Quarter all vegetables. Place in bowl with minced garlic and olive oil, mix.
2. Line two baking sheets with parchment paper.
3. Spread vegetables evenly and sprinkle with black pepper.
4. Roast for 40 minutes at 450 degrees, tossing half way through.



CABARRUS
HEALTH
ALLIANCE

INGREDIENTS

2 pounds red potatoes
1 pound red onions
1 pound carrots
6 garlic cloves
3 Tbsp. olive oil
Black pepper



Roasted Vegetable Ricotta

DIRECTIONS

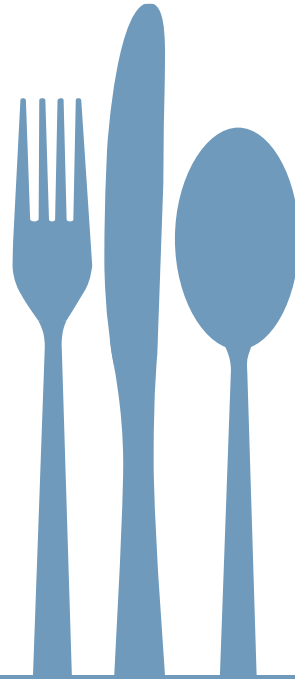
1. Preheat oven to 475 degrees. Brush baking sheet with oil or line with parchment paper.
2. Roll out pizza dough on lightly floured surface.
3. Sprinkle dough with half the mozzarella. Scatter vegetables on top and dollop with ricotta. Sprinkle remaining mozzarella and rosemary.
4. Drizzle with olive oil.
5. Bake for 20 minutes or until bubbling.



CABARRUS
HEALTH
ALLIANCE

INGREDIENTS

- 1 pound pizza dough
- Olive oil
- 6 cups roasted fall vegetables
- 1 Tbsp. fresh rosemary
- 8 ounces shredded mozzarella
- 1 cup ricotta cheese
- (Flour for dusting surface)



Roasted Vegetable Ricotta

DIRECTIONS

1. Preheat oven to 475 degrees. Brush baking sheet with oil or line with parchment paper.
2. Roll out pizza dough on lightly floured surface.
3. Sprinkle dough with half the mozzarella. Scatter vegetables on top and dollop with ricotta. Sprinkle remaining mozzarella and rosemary.
4. Drizzle with olive oil.
5. Bake for 20 minutes or until bubbling.



CABARRUS
HEALTH
ALLIANCE

INGREDIENTS

- 1 pound pizza dough
- Olive oil
- 6 cups roasted fall vegetables
- 1 Tbsp. fresh rosemary
- 8 ounces shredded mozzarella
- 1 cup ricotta cheese
- (Flour for dusting surface)

