

Cauliflower Stuffing

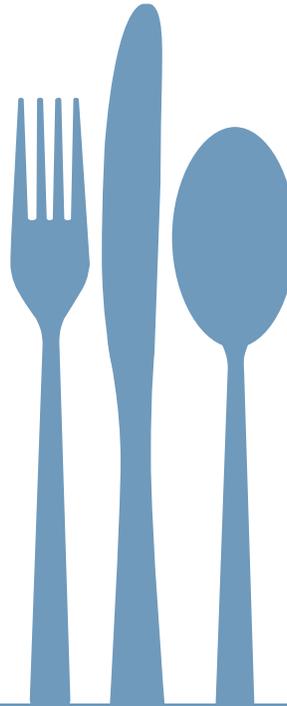
DIRECTIONS

1. In a large skillet, add onion, carrot and celery with olive oil and sauté until soft.
2. Add cauliflower and mushrooms, cook until tender.
3. Add parsley, rosemary, and sage and pour broth over and cover with a lid. Cook until totally tender and liquid absorbed (usually 15 minutes).



INGREDIENTS

- 1 onion, chopped
- 2 large carrots, chopped
- 2 celery stalks, chopped
- 1 small cauliflower, chopped
- 1 cup mushrooms, chopped
- 1/4 cup fresh parsley, chopped
- 2 Tbsp. fresh rosemary
- 1 Tbsp. fresh sage
- 1/2 cup vegetable broth
- Olive oil



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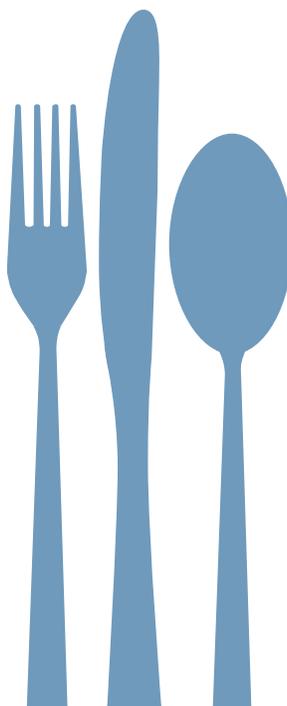
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Butternut Squash and Cranberry Quinoa Salad

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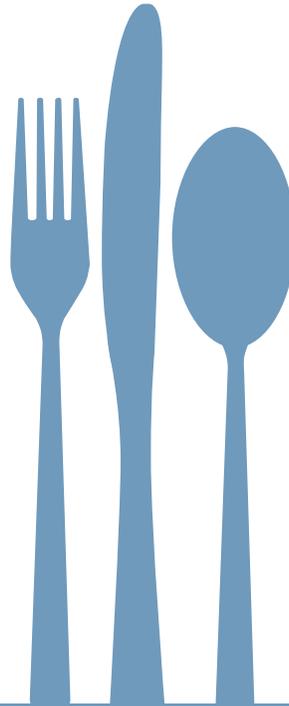
1. Preheat oven to 400 degrees and toss chopped butternut squash with olive oil. Arrange on a baking sheet and roast for 20 minutes.
2. Cook quinoa according to package.
3. Make the vinaigrette dressing.
4. Combine all salad ingredients and toss with the dressing.



INGREDIENTS

DRESSING: 1/2 cup olive oil, 1/4 balsamic vinegar, 1 tsp. honey, 1 tsp. Dijon mustard, 1 clove minced garlic

SALAD: 3 cups butternut squash, 1 cup uncooked tricolor quinoa, 1/3 cup dried cranberries, 1/3 cup red onion, 3 Tbsp. toasted pumpkin seeds, black pepper and olive oil



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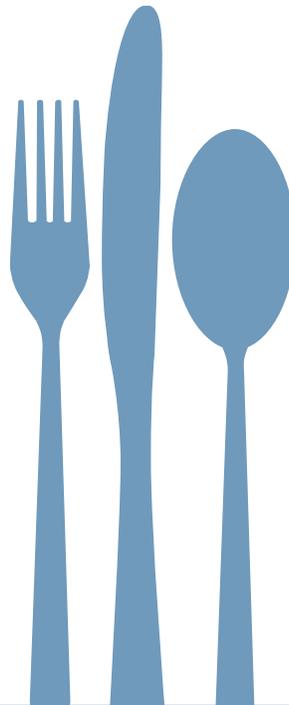
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Fall Harvest Salad with Pumpkin Dressing

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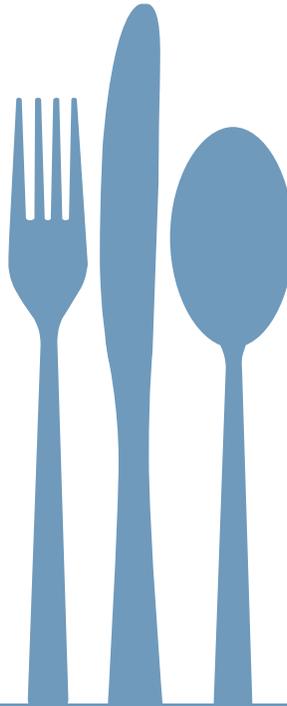
1. Combine dressing ingredients.
2. Slice squash in 1/2" thick rounds, seasoning with cinnamon and tossing with maple syrup and olive oil, roast at 400 degrees for 20 minutes.
3. Once cooled, cut squash into bite sized pieces and mix salad together. Toss and serve.



INGREDIENTS

DRESSING: 1.5 cup plain Greek yogurt, 2 Tbsp. apple cider vinegar, 2 Tbsp. olive oil, 1 Tbsp. maple syrup, 1/3 cup pumpkin puree, 1 tsp. minced garlic, 1/4 tsp. dried thyme, 1/4 tsp. cinnamon

SALAD: 1 acorn or butternut squash (roasted), 1 apple thinly sliced, 1/2 cup toasted pecans, 1/4 cup dried cranberries, 1 pkg. mixed greens



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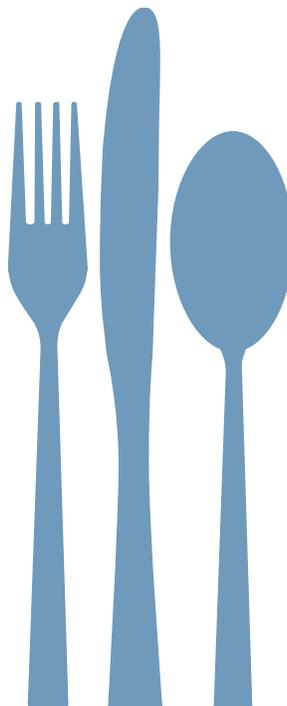
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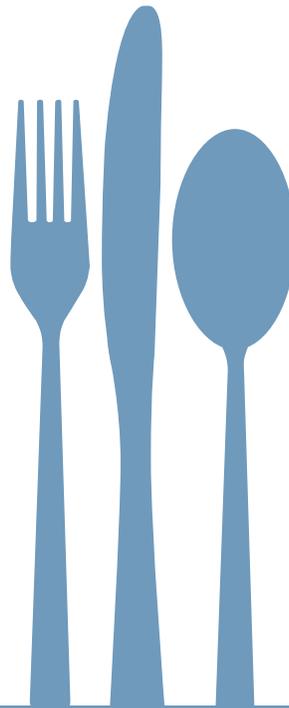
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Herb Roasted Root Vegetables

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Wash and peel the vegetables, use a mandolin slicer to slice the vegetables.
3. In separate bowls, toss with lemon juice and olive oil. Sprinkle generously with herbs of choice.
4. Arrange the vegetables in a baking dish and line them up so the vegetables are standing.
5. Roast in oven for 40 minutes.



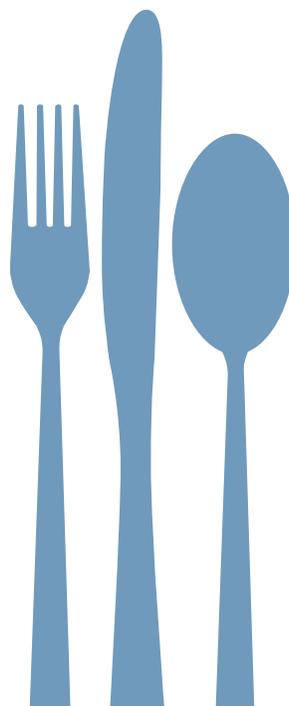
INGREDIENTS

- 2 parsnips or turnips
- 2 purple beets
- 2 golden beets
- 1 medium butternut squash
- Olive oil
- 2 tsp. lemon juice
- 1/2 cup loosely packed herbs

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