

Butternut Squash



CABARRUS
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Butternut Squash Mac and Cheese

Ingredients:

Butternut squash
Vegetable stock
Milk
Garlic
Greek yogurt
Gruyere cheese
Parmesan cheese
Whole-wheat
pasta
Panko
breadcrumbs
Black pepper

Cooking Directions:

1. In a saucepan, add **3 cups** cubed butternut squash, **1.25 cups** of vegetable stock, and **1.5 cups** of milk. Bring to a boil and reduce to simmer and cook until tender (20 minutes).
2. Remove and add into a blender. Add in **2 tablespoons** plain Greek yogurt and black pepper to taste. Blend.
3. Add **1 cup** shredded Gruyere and **1 cup** grated Parmesan cheese into the blender and continue to blend until smooth.
4. Cook **1 pound** of pasta according to package.
5. Combine cooked pasta with blender mixture back in the saucepan with **1/2 cup** panko breadcrumbs.



Apple

Apple Cranberry Walnut Salad

Ingredients:

Salad greens
Red apple
Green apple
Walnuts
Feta cheese
Dried cranberries
Apple juice
Apple cider vinegar
Honey
Olive oil
Black pepper

Cooking Directions:

1. Chop **6 cups** of salad greens (arugula, spinach, kale, etc.).
2. Core and chop **1 red** and **1 green** apple.
3. Add **1 cup** chopped walnuts, **1/3 cup** crumbled feta cheese, and **1/3 cup** dried cranberries.
4. Whisk together **1 cup** apple juice, **4 tablespoons** apple cider vinegar, **2 tablespoons** honey, **1/4 teaspoon** black pepper, and **1/4 cup** olive oil for the dressing.
5. Toss and serve.



Green Beans



Lemon Green Beans

Ingredients

Green
beans
Garlic
Lemon
Olive oil

Cooking Directions:

1. Grate and zest **1/2** of a lemon and squeeze the fresh juice from the lemon into a bowl.
2. Mince **2 cloves** of garlic and add to bowl.
3. Steam **1 pound** of trimmed green beans in water, to desired tenderness, then drain and add to bowl.
4. Add **1.5 tablespoons** of olive oil to the bowl, toss to coat. Add **1 teaspoon** red pepper flake (optional).



Broccoli



Broccoli Quinoa Casserole

Ingredients:

Quinoa
Vegetable stock
Pesto
Cornstarch
Spinach
Mozzarella
cheese
Parmesan
cheese
Broccoli florets
Green onions

Cooking Directions:

1. Preheat oven to 400 degrees.
2. Place **2.5 cups** of uncooked quinoa into a 9x13" baking pan and add **3 chopped** green onions.
3. Steam **12 ounces** of fresh broccoli for 3 minutes.
4. In a separate bowl, mix **4.5 cups** of low-sodium vegetable broth (or water), **2 tablespoons** pesto, and **2 teaspoons** corn starch.
5. Add the mixture to the dry quinoa, along with **2 cups** of fresh, chopped spinach, **1/3 cup** Parmesan cheese, and **3/4 cup** mozzarella cheese.
6. Bake for 30 minutes. Take out, add the 12 ounces of fresh broccoli and mix together. Add **1/4 cup** mozzarella cheese to the top and place back in the oven until cheese has melted (5 minutes).



Sweet Potato



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Sweet Potato & Cauliflower Mash

Ingredients:

Cauliflower
Sweet
potato
Milk
Greek
yogurt
Garlic

Cooking Directions:

1. Peel and cut **2 pounds** of sweet potatoes into 1.5" chunks.
2. In a large pot, steam sweet potatoes and **1 pound** of cauliflower florets with 1" of water in a pot (10-15 minutes or until tender).
3. Place in a large bowl and mash the sweet potato and cauliflower with **3 tablespoons** of milk of choice.
4. Stir in **1/4 cup** plain Greek yogurt and **2 cloves** of fresh minced garlic.
5. Continue to mash until desired consistency is reached.