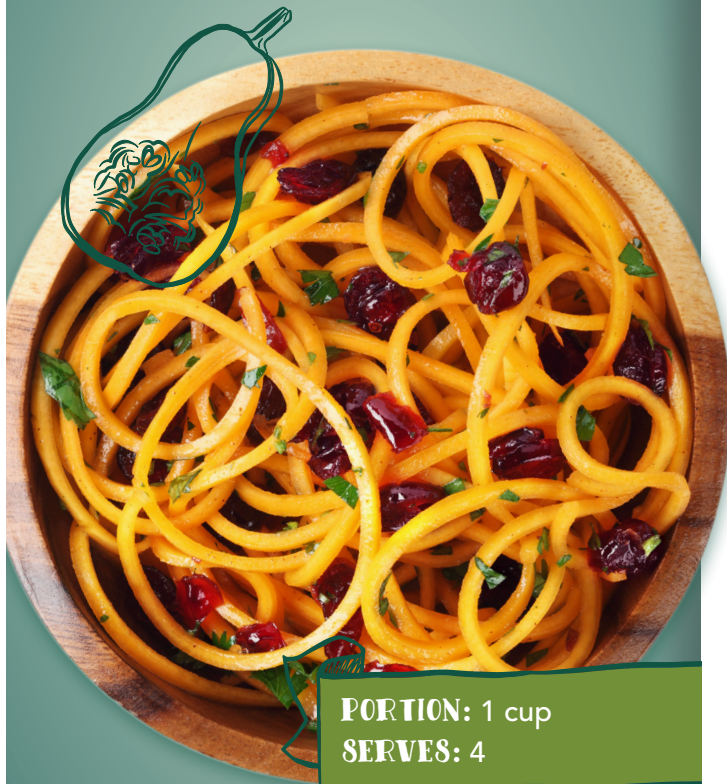


BUTTERNUT Squash Salad

WITH DRIED CRANBERRIES



PORTION: 1 cup
SERVES: 4

SUPERFOOD

INGREDIENTS

9 oz Butternut Squash

1/2 cup Dried Cranberries

1 Tbsp Honey

1/4 tsp Salt

1 Tbsp Olive Oil

1/2 tsp Ground Cinnamon

1/3 cup Unseasoned Rice Wine Vinegar

1/2 tsp Ground Ginger

1/4 tsp Ground Black Pepper

2 Tbsp Fresh Parsley, Chopped

METHOD

1. Wash, dry and peel the squash. Cut in half and remove and discard the seeds. Cut the squash into smaller pieces so you can handle it easier. Place the squash in a spiralizer or grate in a robot coupe. Set aside.
2. Heat the vinegar, honey, oil, and salt in a saucepan over medium heat until the salt has dissolved. Stir in the cinnamon, ginger and dried cranberries. Incorporate well. Remove from heat and let it cool slightly.
3. Toss the squash, parsley and black pepper with the dressing and coat well. Allow to sit in the dressing for 10-15 minutes before serving if you want to soften the squash.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
130	3.5g	0.5g	26g	<1g	2g	120mg

SAUTÉED Butternut Squash

WITH BROCCOLI AND QUINOA



PORTION: 1 1/4 cup
SERVES: 4

SUPERFOOD

INGREDIENTS

2 cups Butternut Squash, Diced

2 Tbsp Olive Oil

2 cups Broccoli Florets

1/2 tsp Ground Black Pepper

2 Tbsp Dijon Mustard

2 Tbsp Garlic Cloves, Chopped

1/4 cup Chicken Broth, RTS

2/3 cup Quinoa, Dry

1 1/3 cup Low Sodium Vegetable Stock

METHOD

1. Spread quinoa evenly inside a medium sauté pan. Heat pan over medium heat and toast until golden brown and popcorn-like smell, about 3 minutes. Remove quinoa from pan and pour into fine mesh strainer. Rinse quinoa with cold running water, while swishing with fingers. Place toasted, rinsed quinoa into medium sauce pan, cover with hot vegetable stock. Bring to a boil and reduce heat to a low simmer. Cover and steam for 15 minutes until soft and fluffy or 10-12 minutes to par-cook.
2. Wash, peel and de-seed the squash. Dice into bite sized pieces. Heat a sauté pan over medium-high heat. Heat the oil and then toss the butternut squash into the oil. Cook for 5-6 minutes, stirring frequently.
3. Next, add the broccoli and toss to coat with oil. Cook for 4-5 minutes and then add the garlic. Brown the garlic slightly and add the salt, pepper, and mustard. Deglaze with chicken broth and toss in the cooked quinoa. Mix well and cook until butternut and broccoli are fork tender.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
170	8g	1g	22g	4g	4g	230mg

ROASTED Acorn Squash

WITH WILD RICE STUFFING



PORTION: 1 each
SERVES: 4

SUPERFOOD

INGREDIENTS

2 tsp Canola Oil

1/8 tsp Ground Black Pepper

1/8 tsp Salt

3 lb Acorn Squash

2 tsp Pure Maple Syrup

1/3 cup Long Grain Wild Rice

2/3 cup Celery, Diced Small

1/3 cup Dried Cranberries

1 tsp Minced Garlic Cloves

2 tsp Canola Oil

1/8 tsp Salt

2 tsp Fresh Thyme, Minced

3/4 tsp Balsamic Vinegar

1/3 cup Diced Onions

2 tsp Extra Virgin Olive Oil

METHOD

1. Use small-medium acorn squash, about 1 ½ pounds each. Wash and cut them in half. Scoop out the seeds and place on a pan with the cut side up. Brush olive oil and maple syrup onto each half. Sprinkle with salt and black pepper. Roast in a preheated 350F oven until tender, about 20 - 30 minutes.
2. Place wild rice in a pot of cold water and bring to a boil, then simmer and cook until 1/3 of the rice opens, about 30 minutes. Drain and set aside.
3. Heat olive oil in a hot pan and sauté onions, celery and garlic until tender. Remove from pan and place in a large bowl; add the remaining ingredients: fresh thyme, dried cranberries, salt, black pepper, olive oil, balsamic vinegar, as well as the cooked wild rice. Mix to incorporate. Stuff into cooked acorn squash (each will hold about ½ cup of stuffing).
4. Return to oven to heat through just prior to serving.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
330	5g	0g	73g	6g	17g	190mg