

Nutty Roasted Squash with Lentils

INGREDIENTS

- 3 acorn squash
- 2 tablespoons olive oil, divided
- 8 tablespoons butter
- 1/4 cup fresh sage, chopped
or 1/2 teaspoon dried sage
- 3 cloves of garlic, pressed,
divided
- 1 3/4 teaspoons salt, divided
- 3/4 teaspoon pepper, divided
- 1 medium onion, finely
chopped
- 2 tablespoons fresh thyme
leaves
- 1/2 cup apple cider
- 1 cup lentils
- 2 cups water or stock
- 1 teaspoon apple cider vinegar
- 1/2 cup pecans
- 1 orange, zested and juiced
- 1 cup Parmesan cheese,
shredded

DIRECTIONS

Prepare the squash:

1. Preheat oven to 400° degrees. Prepare a baking sheet with parchment paper.
2. Slice the squash in half, scrape out seeds and stringy pulp. Place the squash halves, cut side up, on the prepared baking sheet. Drizzle squash with 1 tablespoon of oil, rubbing into the cut flesh, and then turn cut-side down on baking sheet.
3. Bake at 400° for 30-40 minutes, until tender.

Prepare the sage butter:

1. In a medium saucepan over low-medium heat, cook the butter until bubbly and starts to darken in color. Stirring constantly; turn the heat down if browning too quickly.
2. Stir in the chopped sage and one pressed clove of garlic. Continue stirring and cook for 2-4 minutes until the butter turns a light tan color.
3. Remove butter mixture from the heat; stir in 1/4 teaspoon salt and 1/4 teaspoon pepper. Pour into a heat-proof bowl and set aside.

Prepare the filling:

1. In a medium saucepan over medium-high heat, add vegetable oil, onion, garlic, and thyme. Cook, stirring frequently, until onions are tender, about 5 minutes.
2. Add the apple cider, water/stock,
3. Add the lentils, stirring to coat with the onion mixture, increase the heat to high, and bring to simmer. Simmer until the lentils are tender, about 25-30 minutes.
4. 1 1/2 teaspoons salt and 1/2 teaspoon pepper to the prepared lentils, to taste.
5. Add pecans, orange juice, orange zest, and apple cider vinegar - stirring to combine.
6. Spoon filling into the baked squash, sprinkle with Parmesan cheese, and serve.



Roasted Squash Winter Salad

INGREDIENTS

SALAD

- 5 cups butternut squash, cubed
- 1 tablespoon maple syrup
- 1 tablespoon fresh rosemary, chopped
- 3 cups Brussels sprouts, shredded
- 1 shallot, thinly sliced
- 1 teaspoon fresh thyme
- 2 tablespoons olive oil, divided
- salt and pepper, to taste
- 3 cups cooked farrow
- 1/2 cup fresh parsley, chopped
- 1/2 cup dried cranberries
- 1/4 cup pumpkin seeds

DRESSING

- 1/4 cup olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon maple syrup
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- 1/4 teaspoon salt

DIRECTIONS

1. Preheat oven to 400-degrees. Line two baking sheets with parchment paper or spray with vegetable oil spray.
2. On prepared baking sheet, toss to combine cubed butternut squash, maple syrup, rosemary, 1 tablespoon of oil, and salt and pepper to taste.
3. On second prepared baking sheet, toss to combine shaved Brussels sprouts, shallot, 1 tablespoon of oil, and salt and pepper to taste. Roast for 15-20 minutes until tender and edges begin to darken - it is okay to have some extra crispy looking bits.
4. In a large bowl, toss together roasted squash and Brussels sprouts and the remaining salad ingredients.
5. Whisk together dressing ingredients in a medium bowl and pour over salad, tossing until well combined.
6. Serve warm or chilled.

Recipe inspiration from Shoemaker, Caitlin. "Fall Farrow Salad With Butternut Squash and Brussels Sprouts." From My Bowl, 7 Oct. 2022, frommybowl.com/fall-farrow-salad-butternut-squash.



Butternut Squash Red Curry

INGREDIENTS

- 4 cups butternut squash, cubed
- 2 tablespoons olive oil, divided
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 2 tablespoons red curry paste, to taste
- 1/2 teaspoon turmeric
- 1 13.5-ounce can coconut milk
- 1/2 cup vegetable broth
- 1 15-ounce can chickpeas, drained and rinsed
- 1 tablespoon fish sauce
- 1 tablespoon coconut sugar
- 1 lime, juiced
- 2 cups baby spinach
- 1/2 cup chopped cilantro
- 4 cups cooked Jasmin rice

DIRECTIONS

1. Preheat oven to 400-degrees. Line a baking sheet with parchment paper or spray with vegetable oil spray.
2. On baking sheet, toss the butternut squash with 1 tablespoon of oil and salt and pepper to taste. Roast for 20-30 minutes until tender.
3. In a large skillet over medium-high heat, add oil and onions. Cook for 5 minutes, until tender.
4. Add garlic and ginger to the onions, cooking until fragrant, about 1 minute.
5. Stir in red curry paste and turmeric, stirring to coat onion mixture and lightly toast.
6. Add coconut milk, broth, and chickpeas; stir to combine.
7. Bring mixture to a boil and then simmer gently for 15-20 minutes.
8. Stir in the fish sauce, coconut sugar, lime juice, roasted squash, and spinach -- cooking for 2-3 minutes more until the spinach has softened.
9. Serve with chopped cilantro and cooked rice.

Recipe inspiration from "Butternut Squash Curry with Chickpeas." From Nora Cooks, 21 Oct. 2021, from www.noracooks.com/butternut-squash-curry/.



Tex-Mex Spiralized Squash

INGREDIENTS

- 1 large butternut squash peeled
- 2 tablespoons olive oil, divided
- salt and pepper, to taste
- 1 15-ounce can chickpeas, drained and rinsed
- 1 10-ounce package frozen corn, thawed
- 1 5-ounce can chipotle peppers in adobo sauce, chopped
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 1 green bell pepper, diced
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 teaspoon dried oregano

DRESSING

- 2 limes, zested and juiced
- 1 ripe avocado, chopped
- 2 tablespoons olive oil
- 1/2 cup chopped cilantro
- 1 clove garlic, minced
- 2 tablespoons water
- salt and pepper

DIRECTIONS

1. Preheat oven to 400-degrees. Line a baking sheet with parchment paper or spray with vegetable oil spray.
2. Cut squash into noodles with spiralizer, cut noodles into reasonable lengths.
3. In a medium bowl, mix together chickpeas with chopped peppers, remaining adobo sauce, and drizzle of olive oil (about 1.5 teaspoons).
4. On baking sheet, spread out chickpea mixture and roast for 15 minutes.
5. In bowl used for chickpeas, toss butternut noodles with another drizzle of olive oil (about 1.5 teaspoons), paprika, and salt and pepper to taste. Add to baking sheet with chickpeas after they've cooked for 15 minutes.
6. Cook both chickpeas and butternut noodles an additional 15 minutes until chickpeas have roasted and noodles are tender. Toss together when done.
7. In a medium skillet over medium-high heat, add 1 tablespoon olive oil, bell pepper, and onion and cook until tender, about 5 minutes. Add in garlic and oregano, cooking for minute until fragrant.
8. Blend together dressing ingredients, set aside.
9. Assembles bowls with butternut noodles mixture topped with pepper-onion mixture. Drizzle bowls with dressing and serve.

Recipe inspiration from "Tex-Mex Spiralized Butternut Squash with Crispy Chipotle." From Inspiralized from inspiralized.com/tex-mex-spiralized-butternut-squash-with-crispy-chipotle-chickpeas/.



Sheet Pan Spaghetti Squash Noodles

INGREDIENTS

- 1 medium spaghetti squash
- 8 ounces bacon, thick-cut slices
- 1 1/2 pounds chicken breasts, boneless and skinless
- 3 tablespoons olive oil, divided
- salt and pepper, to taste
- 1 pint cherry tomatoes
- 1/2 teaspoon garlic powder

DRESSING

- 1 cup mayonnaise
- 1/2 cup canned coconut milk
- 1/4 cup flat-leaf parsley, chopped
- 2 cloves garlic, minced
- 2 tablespoons fresh chives, chopped
- 2 tablespoons fresh dill, chopped
- 1 lemon, juiced (about 1.5 tablespoons)
- 1/2 teaspoon onion powder
- 1/2 teaspoon fine sea salt

DIRECTIONS

1. Preheat oven to 400-degrees. Line a baking sheet with parchment paper or spray with vegetable oil spray.
2. Microwave spaghetti squash for 5 minutes until easier to cut in half. Scoop out seeds and then cut into 1/2-to-3/4-inch rings. Drizzle both sides with olive oil and add salt and pepper, to taste. Place rings on prepared baking sheet.
3. Arrange bacon slices and chicken breasts on the other half of the baking sheet. Drizzle chicken with olive oil and add salt and pepper, to taste.
4. Roast squash and chicken for about 30 minutes, flipping the bacon and chicken over half-way through.
5. When bacon is crispy, chicken cooked through, and squash is tender remove from oven. Transfer bacon, chicken, and squash to a plate.
6. Add tomatoes to the hot roasting pan, stirring to with the rendered bacon fat, and broil for 2-3 minutes.
7. Chop bacon and chicken into bit sized pieces.
8. Using a fork, pull noodle-like strands of the squash from the edge of the squash and transfer to a bowl.
9. In a bowl, whisk together dressing ingredients.
10. Prepare bowls with a base of spaghetti squash noodles, topping of bacon, chicken, tomatoes and a dollop of dressing.

Recipe inspiration from "Chicken, Bacon, & Ranch Noodles." From Danielle Walker, 16 Feb 2022, from daniellewalker.com/chicken-bacon-ranch-squash-noodles/.

