



LIVING UP WELLNESS
JILL ROBERTS
DIETITIAN NUTRITIONIST

Fall Inspired Recipes

Jill Roberts

<http://www.livingupwellness.com>

Hi,

Welcome to your own personal cookbook! On the next pages you will find a collection of delicious fall-inspired recipes I put together just for you. These recipes will keep you inspired and help you eat more nutrient-dense foods.

How to Use

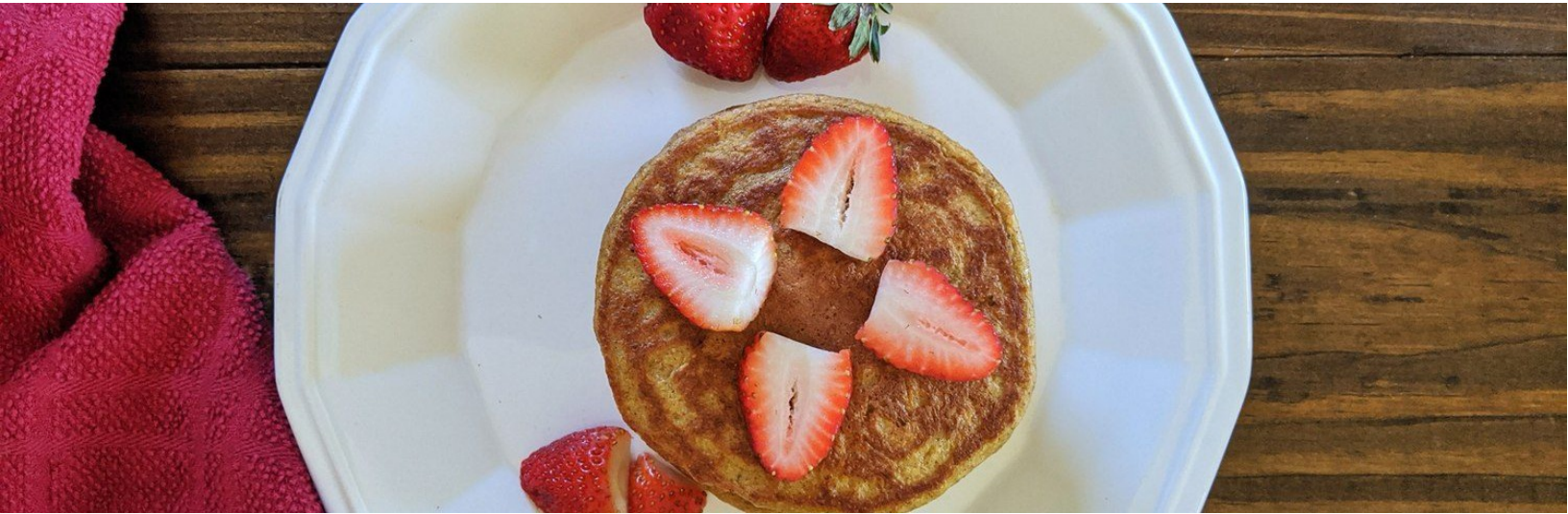
All of these recipes have been selected as great fall recipes. You'll have nutrient dense options such as chicken vegetable soup with wild rice, stuffed acorn squash, bison pumpkin chili plus, new fall-inspired recipes that pack the flavor but not the calories. To sweeten up the deal, I've given you several fruit inspired treats that will satisfy any sweet tooth such as pumpkin muffins and pumpkin pie overnight oats.

Recipe Tips

On each recipe, you'll see total time, number of servings, ingredients and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance. For example, you might need to dice up your veggies. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

Leftovers

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.



Healthy Pumpkin Pancakes

5 servings

10 minutes

Ingredients

1 1/2 cups Old Fashioned Rolled Oats
6 Eggs (large)
1 cup Cottage Cheese (whole milk)
1/2 cup Pureed Pumpkin
2 tps Baking Powder
2 tps Pumpkin Pie Spice
1/2 tsp Cinnamon
2 tps Coconut Oil
1 cup Strawberries (or your favorite fruit)

Nutrition

Amount per serving	
Calories	169
Fat	5g
Saturated	3g
Monounsaturated	1g
Carbs	23g
Fiber	4g
Sugar	4g
Protein	8g
Cholesterol	7mg
Sodium	329mg
Vitamin A	3878IU
Vitamin C	18mg
Calcium	161mg
Iron	2mg
Vitamin E	0mg
Folate	15µg
Vitamin B12	0.2µg
Magnesium	14mg

Directions

- 1 For 3 of the eggs, separate the whites from the yolks. Save the yolks for another use. Add egg whites, 3 whole eggs, cottage cheese, oats, baking powder, pumpkin pie spice and cinnamon into a blender and process until the batter is relatively smooth (don't overmix, this will make the pancakes dense)
- 2 Heat a pan or griddle to low-medium heat and drizzle 1/2 tsp coconut oil or enough to slightly coat the griddle.
- 3 Once hot, slowly pour out enough batter to make a pancake that is 4" round (about 3 tbsp). The batter is thick and you may have to use your spatula to spread a little.
- 4 Cook until little bubbles form and the bottom is beginning to lightly brown. Flip the pancakes and cook for two minutes on other side or until done. Store in container with lid to keep warm while cooking the rest of the pancakes. Add additional coconut oil as needed if pancakes begin to stick.
- 5 For serving, place two pancakes on each plate, top with fruit and drizzle with nut butter, if using.

Notes

Serving: 1 serving equals 2 pancakes, makes about 9 medium 4 inch pancakes.

Toppings: Add fresh fruit slices such as strawberries, blueberries or bananas sprinkled with cinnamon. Make it extra special by heating up the sliced fruit on the pan/griddle for 2-3 minutes, this softens them up and makes them much sweeter.

Peanut butter or Almond Butter Syrup: In microwave, melt 1/4 cup almond or peanut butter in 30 second intervals until melted. Drizzle over pancakes and top with fruit.

Thick batter: Batter should be thick, however, if it's too thick, add 2 tbsp at a time of unsweetened almond milk/milk and blend until just incorporated.



Pumpkin Muffins

24 servings

30 minutes

Ingredients

2 cups Pureed Pumpkin (not pumpkin pie)
1 tsp Pumpkin Pie Spice
1/2 tsp Cinnamon
1/2 tsp Sea Salt
1 tsp Vanilla Extract
4 Egg
1/4 cup Unsweetened Applesauce
3 1/2 cups Whole Wheat Pastry Flour
2 tsps Baking Soda
1/2 cup Honey
2 scoops Vanilla Protein Powder (optional)

Nutrition

Amount per serving	
Calories	108
Fat	2g
Saturated	0g
Monounsaturated	0g
Carbs	21g
Fiber	3g
Sugar	6g
Protein	5g
Cholesterol	31mg
Sodium	184mg
Vitamin A	3224IU
Vitamin C	1mg
Calcium	20mg
Iron	2mg
Vitamin E	0mg

Directions

- 1 Preheat oven to 350 F.
- 2 In a medium bowl combine the dry ingredients: whole wheat flour, baking soda, protein powder (if using)
- 3 In a separate bowl, mix your wet ingredients: pumpkin puree, eggs, vanilla extract, cinnamon, salt, pumpkin spice, applesauce, honey
- 4 Pour dry ingredients into the wet ingredients and gently stir until just combined (overmixing will make dense, chewy muffins).
- 5 Place paper or silicon cupcake liners in muffin tins. Distribute batter into each muffin cup, filling up to 3/4 full.
- 6 Place on middle rack and bake for 20-22 minutes, or until a toothpick inserted into muffin comes out with no liquid batter. (Times vary by oven)



Pumpkin Pie Overnight Oats

4 servings

15 minutes

Ingredients

- 2 cups Plain Greek Yogurt (2%)
- 1 cup Unsweetened Almond Milk (or any nut milk)
- 2 cups Pureed Pumpkin
- 2 cups Old Fashioned Rolled Oats (or 1 cup steel cut oats)
- 1/4 cup Honey
- 1 tsp Cinnamon
- 1 cup Strawberries (sliced)
- 1/4 cup Pecans (optional)

Nutrition

Amount per serving	
Calories	448
Fat	15g
Saturated	3g
Monounsaturated	6g
Carbs	65g
Fiber	10g
Sugar	26g
Protein	19g
Cholesterol	17mg
Sodium	117mg
Vitamin A	19828IU
Vitamin C	34mg
Calcium	415mg
Iron	4mg
Vitamin E	2mg
Folate	26µg
Vitamin B12	0µg
Magnesium	52mg

Directions

- 1 To each of 4 bowls: add 1/2 cup rolled oats (or 1/4 cup steel cut oats), 1/2 cup pumpkin puree, 1/2 cup Greek yogurt, 1 Tbsp honey, 1/4 cup milk, 1/4 tsp pumpkin spice and mix until combined.
- 2 Top with sliced strawberries and 1 tbsp per bowl of pecans. Cover and refrigerate for 8 hours or overnight. Serve cold or microwave for 1 minute.

Notes

No strawberries: Add banana slices, blueberries or raisins

No pecans: Add walnuts or almonds instead. For nut-free, add 1 tbsp chia seeds to each bowl.



Slow Cooker Beef Stew

6 servings

4 hours

Ingredients

2 tbsps Extra Virgin Olive Oil
 2 lbs Stewing Beef (sliced into bite-size pieces)
 1/4 cup Red Wine Vinegar
 2 cups Baby Carrots
 1 Sweet Onion (diced)
 2 1/2 cups Mushrooms (sliced)
 1 cup Beef Broth
 1/2 tsp Dried Thyme
 1 tsp Sea Salt
 1/2 tsp Black Pepper
 1/4 cup Brown Rice Flour

Directions

- 1 Add all ingredients except the brown rice flour to the slow cooker and mix well. Cover and cook on low for 4 to 6 hours, or until beef is tender.
- 2 Remove lid and stir in brown rice flour. Continue to stir until liquid thickens.
- 3 Ladle into bowls and enjoy!

Notes

Leftovers: Store in the fridge up to 3 days or freeze.

More Carbs: Serve it with roasted potatoes, rice or quinoa.

Add Greens: Stir in chopped kale or baby spinach just before serving.

Nutrition

Amount per serving	
Calories	311
Fat	12g
Saturated	4g
Monounsaturated	7g
Carbs	16g
Fiber	3g
Sugar	6g
Protein	35g
Cholesterol	95mg
Sodium	645mg
Vitamin A	7681IU
Vitamin C	8mg
Calcium	64mg
Iron	4mg
Vitamin E	1mg
Folate	26µg



Slow Cooker Chicken Soup

6 servings

6 hours

Ingredients

- 1 Yellow Onion (diced)
- 4 stalks Celery (diced)
- 3 Carrot (medium, chopped)
- 1 tbsp Rosemary (fresh)
- 8 ozs Chicken Breast (boneless, skinless)
- 1 lb Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 6 cups Water (or broth)

Nutrition

Amount per serving	
Calories	161
Fat	4g
Saturated	1g
Monounsaturated	1g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	24g
Cholesterol	99mg
Sodium	137mg
Vitamin A	5253IU
Vitamin C	3mg
Calcium	59mg
Iron	2mg
Vitamin E	1mg
Folate	22µg
Vitamin B12	0.5µg
Magnesium	40mg

Directions

- 1 Add all ingredients to the crock pot and cook on low for 6-8 hrs.
- 2 Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

Notes

More Carbs: Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

Leftovers: Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months.

Omit pasta and potatoes if you plan to freeze.



Slow Cooker Spaghetti Squash & Meatballs

4 servings

4 hours

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1/4 cup Brown Rice Flour
- 1 Egg (whisked)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tbsp Oregano (divided)
- 3 cups Crushed Tomatoes
- 1 tsp Sea Salt (divided)
- 1 tsp Black Pepper (divided)
- 1 Spaghetti Squash (medium)

Nutrition

Amount per serving	
Calories	388
Fat	18g
Saturated	4g
Monounsaturated	9g
Carbs	33g
Fiber	6g
Sugar	8g
Protein	27g
Cholesterol	130mg
Sodium	1028mg
Vitamin A	953IU
Vitamin C	29mg
Calcium	144mg
Iron	5mg
Vitamin E	4mg
Folate	59µg
Vitamin B12	1.5µg
Magnesium	110mg

Directions

- 1 In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
- 2 In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, half the sea salt and half of the black pepper. Mix well and then submerge your turkey meatballs into the sauce.
- 3 Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Add the remaining salt and pepper. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
- 4 Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
- 5 Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

Notes

No Ground Turkey: Use any type of ground meat.

Cheese Lover: Sprinkle with parmesan cheese.



Slow Cooker Butternut Squash & Ginger Soup_Living Up Wellness

5 servings

4 hours

Ingredients

8 cups Butternut Squash (peeled, seeds removed and chopped)
 1 1/2 tbsps Ginger (peeled and grated)
 1 tbsp Curry Powder
 3 cups Bone Broth
 2 tbsps Apple Cider Vinegar
 1 tsp Sea Salt
 4 scoops Collagen Powder

Nutrition

Amount per serving	
Calories	151
Fat	0g
Saturated	0g
Monounsaturated	0g
Carbs	28g
Fiber	5g
Sugar	6g
Protein	13g
Cholesterol	1mg
Sodium	822mg
Vitamin A	23811IU
Vitamin C	47mg
Calcium	132mg
Iron	2mg
Vitamin E	4mg
Folate	61µg
Vitamin B12	0µg
Magnesium	80mg

Directions

- 1 Combine all ingredients into the slow cooker. Cook on high for 3 to 4 hours, or on low for 6 hours.
- 2 Using a handheld blender, blend the soup until smooth or until desired consistency is reached. Divide into bowls and adjust salt to taste if needed. Enjoy!

Notes

Serving Size: One serving is equal to approximately 1.5 cups of soup.

Leftovers: Refrigerate in an airtight container up to 5 to 7 days or freeze if longer.

Save Time: Use pre-sliced butternut squash cubes (fresh or frozen).

Optional Toppings: Roasted pumpkin or squash seeds, plain yogurt, coconut cream, or cilantro.

No Curry Powder: Use turmeric instead.

No Vegetable Broth: Use bone broth or almond milk instead.



Bison Pumpkin Chili

4 servings

30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 lb Ground Bison
- 1 Yellow Onion (diced)
- 3 Garlic (cloves, minced)
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1 tsp Paprika
- 1 cup Crushed Tomatoes
- 1 cup Pureed Pumpkin
- 1 cup Water
- 1 1/2 tps Maple Syrup
- 1 tsp Sea Salt
- 4 cups Coleslaw Mix

Nutrition

Amount per serving	
Calories	300
Fat	13g
Saturated	4g
Monounsaturated	6g
Carbs	24g
Fiber	8g
Sugar	12g
Protein	27g
Cholesterol	62mg
Sodium	935mg
Vitamin A	1415IU
Vitamin C	45mg
Calcium	141mg
Iron	8mg
Vitamin E	4mg

Directions

- 1 Heat olive oil in a large skillet over medium-high heat. Add the ground bison, onion and garlic, and saute for about 5 to 7 minutes, or until the meat is cooked through. Drain off the fat.
- 2 Add the chili powder, cumin and paprika. Stir about 1 minute, until fragrant. Add crushed tomatoes, pumpkin, water, maple syrup and salt. Let simmer about 10 minutes.
- 3 Divide coleslaw into bowls. Top with chili and enjoy!

Notes

Optional Toppings: Garnish with toasted tortillas, chopped green onion, avocado, jalapeno slices, cheddar cheese or greek yogurt.

More Veggies: Add bell peppers, corn, peas or any leftovers on hand. Stir in spinach, kale or watercress just before serving.

No Bison: Use extra lean ground beef, chicken, turkey, lamb or venison.

Vegan or Vegetarian: Use mixed beans and/or tofu instead of ground meat.

Leftovers: Refrigerate in an air-tight container for 3 to 5 days or freeze up to 2 months.



One Pan Chicken, Brussels Sprouts & Squash_Living Up Wellness

3 servings

50 minutes

Ingredients

- 1 1/2 cups Butternut Squash (chopped into small cubes)
- 2 cups Brussels Sprouts (trimmed, halved)
- 1 lb Chicken Thighs (boneless, skinless)
- 1 tsp Avocado Oil
- 1 tbsp Rosemary (fresh, chopped)
- 1 tbsp Thyme (fresh, chopped)
- 1/4 tsp Sea Salt
- 1/2 tsp Braggs Aminos

Nutrition

Amount per serving	
Calories	255
Fat	8g
Saturated	2g
Monounsaturated	3g
Carbs	14g
Fiber	4g
Sugar	3g
Protein	33g
Cholesterol	142mg
Sodium	382mg
Vitamin A	7974IU
Vitamin C	66mg
Calcium	74mg
Iron	3mg
Vitamin E	2mg
Folate	62µg
Vitamin B12	0.9µg
Magnesium	74mg

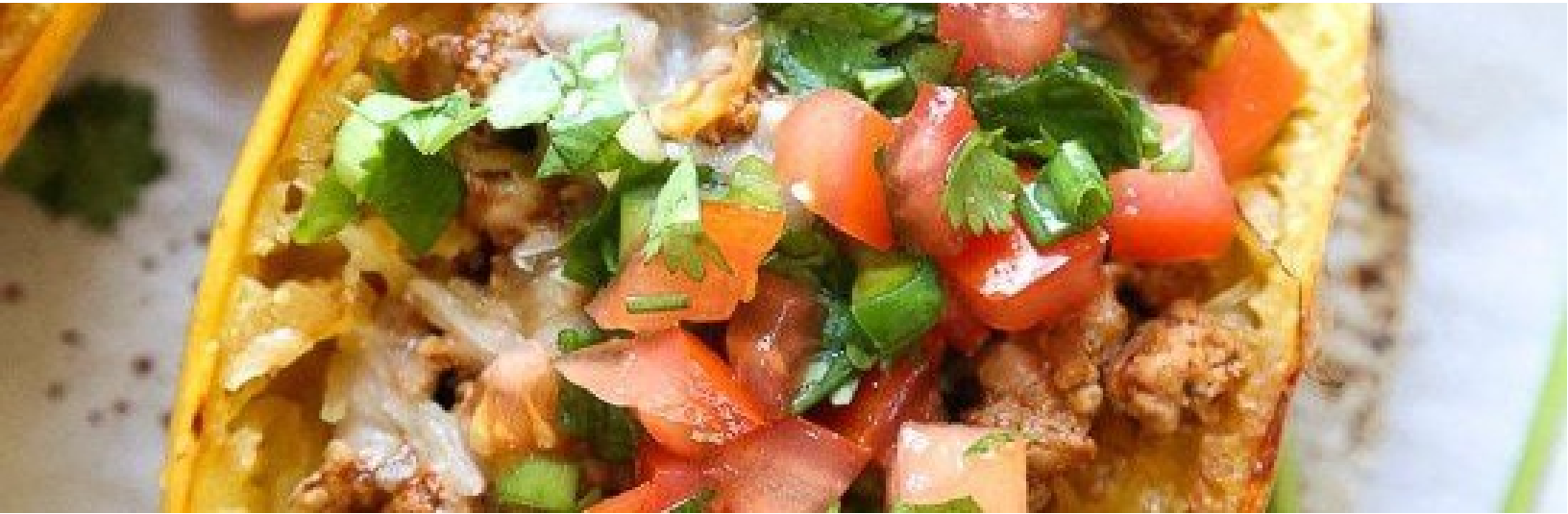
Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the butternut squash, brussels sprouts and chicken to the pan. Drizzle everything with avocado oil, rosemary, thyme and sea salt and black pepper.
- 2 Place in the oven and bake for 35 minutes, flipping the chicken halfway. Remove pan from oven, sprinkle veggies and chicken with 1/2 tsp Braggs Aminos or to taste and toss to distribute evenly. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Fresh Herbs: Use dried herbs instead, reducing the amount used by half.



Turkey Taco Spaghetti Squash Boats

6 servings

1 hour

Ingredients

3 Spaghetti Squash (24 oz each)
 1/2 tsp Olive Oil Spray
 1 lb 93% Ground Turkey
 1 tsp Garlic Powder
 1 tsp Cumin
 1 tsp Kosher Salt
 1/2 tsp Chili Powder
 1/2 tsp Paprika
 1/2 tsp Oregano
 1/2 cup Small Onion (minced)
 2 tbsps Bell Pepper (minced)
 1/2 cup Water
 4 ozs Canned Tomato Sauce (1/2 can)
 3/4 oz Mozzarella Cheese (Shredded, Optional)
 1 cup Chopped Tomato
 1/4 cup Chopped Scallion
 1/4 cup Chopped Fresh Cilantro
 1/2 Jalapeno (minced)
 2 tbsps Fresh Lime Juice
 1/4 tsp Kosher Salt

Directions

1

Preheat oven to 400F degrees. Line a baking sheet with parchment paper (or two if they don't fit). Cut the squash in half lengthwise, and use a spoon to scrape out the seeds and soft yellow strands. Spray the inside of the squash with olive oil and sprinkle lightly with salt and pepper. Place the squash facedown on the baking sheet and bake for 50 minutes or until the flesh easily pierces with a fork.

2

Meanwhile, brown turkey in a large skillet breaking it into smaller pieces as it cooks. When no longer pink add dry seasoning and mix well. Add the onion, pepper, water and tomato sauce and cover. Simmer on low for about 20 minutes.

3

Combine the ingredients for the quick pico de gallo in a medium bowl. Set aside in the refrigerator until ready to eat.

4

Once the squash is cool enough to handle, use a fork to scrape the inside so the strands appear. Spoon scant 1/2 cup meat inside each squash bowl. Top each with 2 tbsp cheese and transfer them to the oven and bake another 5 minutes, until the cheese is melted. Remove from the oven, top with pico de gallo and serve immediately!

Nutrition

Amount per serving	
Calories	230
Fat	7g
Saturated	2g
Monounsaturated	0g
Carbs	28g



Savory Turkey & Vegetable Bake_Living Up Wellness

4 servings

40 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
 1 1/4 lbs Extra Lean Ground Turkey
 1 Yellow Onion (finely chopped)
 2 Garlic (clove, minced)
 1 tbsp Italian Seasoning
 1 tsp Sea Salt
 2 cups Kale Leaves (chopped)
 2 cups Butternut Squash (chopped into 1 cm cubes)
 3/4 cup Organic Coconut Milk (full fat, from the can)

Nutrition

Amount per serving	
Calories	370
Fat	23g
Saturated	11g
Monounsaturated	7g
Carbs	13g
Fiber	3g
Sugar	4g
Protein	28g
Cholesterol	105mg
Sodium	709mg
Vitamin A	8050IU
Vitamin C	25mg
Calcium	105mg
Iron	3mg
Vitamin E	2mg
Folate	35µg
Vitamin B12	1.7µg
Magnesium	57mg

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Heat the oil in a large pan over medium-high heat. Add the turkey to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 3 Add the onions and garlic to the turkey and cook for 3 to 5 minutes until the onions soften. Add the Italian seasonings and sea salt and stir to combine. Add the kale and butternut squash to the pan and cook until the kale wilts down then stir in the coconut milk. Season with additional salt if needed.
- 4 Transfer the turkey and vegetable mixture to a baking dish. Cover with a lid or foil and bake for 20 to 25 minutes or until the squash is tender.
- 5 Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add red pepper flakes or other dried herbs like sage or thyme.

No Butternut Squash: Use a different variety of squash or sweet potato instead.

More Protein: Top with an egg.

No Turkey: Use ground chicken or pork instead.



Buckwheat Sweet Potato Bowl

2 servings

30 minutes

Ingredients

- 2 cups Water
- 1 cup Buckwheat Groats
- 2 tbsps Extra Virgin Olive Oil
- 1 Sweet Potato (chopped into small cubes)
- 1 cup Kale Leaves (chopped)
- 1 tsp Sea Salt
- 1 tsp Dried Basil
- 1/3 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	464
Fat	16g
Saturated	2g
Monounsaturated	11g
Carbs	75g
Fiber	11g
Sugar	3g
Protein	11g
Cholesterol	0mg
Sodium	1237mg
Vitamin A	9909IU
Vitamin C	12mg
Calcium	94mg
Iron	3mg
Vitamin E	2mg
Folate	51µg
Vitamin B12	0µg
Magnesium	209mg

Directions

- 1 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 2 In a separate cooking pan, warm the oil over medium heat. Add the sweet potatoes, kale, sea salt and dried basil. Let it cook, stirring often, for 15 minutes or until soft.
- 3 Transfer the cooked buckwheat into bowls. Top with the sweet potato, kale and cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately 2 cups.

More Flavor: Add diced onions or minced garlic.



Roasted Butternut Squash Harvest Bowl

4 servings

40 minutes

Ingredients

4 cups Butternut Squash (diced into cubes)
2 tbsps Extra Virgin Olive Oil (divided)
3/4 cup Quinoa (uncooked)
1 1/4 cups Water
8 cups Kale Leaves (finely chopped)
1 tbsp Balsamic Vinegar
Sea Salt & Black Pepper (to taste)
1/2 cup Pumpkin Seeds
1/2 cup Dried Unsweetened Cranberries

Nutrition

Amount per serving	
Calories	379
Fat	16g
Saturated	3g
Monounsaturated	8g
Carbs	53g
Fiber	10g
Sugar	14g
Protein	11g
Cholesterol	0mg
Sodium	35mg
Vitamin A	16908IU
Vitamin C	69mg
Calcium	207mg
Iron	6mg
Vitamin E	4mg
Folate	122µg
Vitamin B12	0µg
Magnesium	126mg

Directions

- 1 Preheat oven to 420°F (216°C) and line a baking sheet with parchment paper. Toss the butternut squash in half the olive oil and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
- 2 Combine the quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork and set aside.
- 3 Heat remaining olive oil in a large skillet over medium-low heat. Add kale and saute until wilted (about 3 to 5 minutes). Turn off the heat.
- 4 Add the quinoa, roasted butternut squash and balsamic vinegar to the skillet then toss until well mixed. Season with sea salt and black pepper to taste.
- 5 Divide into bowls and top with pumpkin seeds and dried cranberries. Enjoy!

Notes

No Butternut Squash: Use sweet potato, carrots or beets instead.

Save Time: Use frozen bagged butternut squash.

Leftovers: Keeps well in the fridge up to 3 - 4 days.

Extra Flavour: Toss the butternut squash in cinnamon before roasting.



Stuffed Acorn Squash

4 servings
1 hour 20 minutes

Ingredients

- 2 Acorn Squash
- 1 tbsp Extra Virgin Olive Oil
- 3 tbsps Coconut Aminos
- 1 cup Onion (small diced)
- 3/4 Red Bell Pepper (small diced, red orange or yellow bell pepper)
- 8 ozs Ground Beef (or turkey, 90/10 lean)
- 1 tsp Extra Virgin Olive Oil
- 1 cup Quinoa
- 3 cups Chicken Stock (no salt added or low-sodium)
- 1 tbsp Oregano
- 1 1/2 tsps Dried Thyme
- 1 tsp Garlic Powder
- 1 tbsp Paprika

Nutrition

Amount per serving	
Calories	471
Fat	13g
Saturated	3g
Monounsaturated	6g
Carbs	72g
Fiber	12g
Sugar	12g
Protein	21g
Cholesterol	41mg
Sodium	944mg
Vitamin A	2371IU
Vitamin C	52mg

Directions

- 1 Preheat your oven or grill to 425 degree Fahrenheit.
- 2 Using a sharp knife, cut the acorn squash in half, lengthwise. Using a spoon, scoop out the seeds and stringy attachments. Leave the meaty flesh intact and equally distribute the extra virgin olive oil between the two halves. Next, cover your cookie sheet with foil and place the acorn squash face down onto the cookie sheet. Place in the oven, on the lowest rack and cook for 30 minutes. If cooking on a grill, turn down the element directly under the cookie sheet and maintain a temperature between 400-425 degrees.
- 3 After 30 minutes, remove from oven/grill, carefully flip over the squash and insert a fork into the flesh. When the fork goes in easily it is done, the flesh will have brown roasted spots, this is good, it adds extra flavor. If not quite done, cook for an additional 5 minutes and check. Continue cooking until done.
- 4 Remove from oven, flip so they are flesh side up and drizzle 1 teaspoon of low sodium soy sauce on each half. Cool for 10 minutes.
- 5 While the acorn squash is cooking, dice your onions and bell peppers. In a large skillet over medium high heat, add your ground meat, season with 1/4 teaspoon of salt, 1/4 teaspoon black pepper, 1/2 tablespoon paprika and 1/2 teaspoon garlic powder.
- 6 Cook meat, stirring about every 3 minutes until it begins to brown and no pink remains. Transfer to a plate. Return pan to burner, use any left over oil in the pan, over medium high heat saute onions, bell pepper, 1/4 teaspoon salt, 1/8 teaspoon black pepper, 1/2 tablespoon paprika and 1/2 teaspoon of garlic powder, stir only every few minutes.

The vegetables will brown faster if they are not constantly stirred. Continue to



Savory Squash

4 servings

35 minutes

Ingredients

- 1 Delicata Squash (washed and chopped with skin on)
- 2 cups Butternut Squash (peeled and chopped)
- 1 tsp Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Hazelnuts (roughly chopped)
- 1/4 cup Goat Cheese (crumbled)
- 1 tbsp Parsley (chopped)

Nutrition

Amount per serving	
Calories	156
Fat	8g
Saturated	2g
Monounsaturated	5g
Carbs	21g
Fiber	4g
Sugar	2g
Protein	4g
Cholesterol	3mg
Sodium	39mg
Vitamin A	7918IU
Vitamin C	28mg
Calcium	85mg
Iron	2mg
Vitamin E	2mg
Folate	48µg
Vitamin B12	0µg
Magnesium	73mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the chopped squash to the baking sheet, drizzle with avocado oil, sea salt and pepper and bake for 22 to 25 minutes, or until tender when pierced with a fork. Add the chopped hazelnuts to the baking sheet at the halfway point.
- 3 Remove the squash from the oven and transfer to a platter. Garnish with goat cheese and fresh parsley. Serve and enjoy!

Notes

Nut-Free: Omit the hazelnuts and use pumpkin or sunflower seeds instead.

No Parsley: Omit or use another fresh herb of your choice.

No Avocado Oil: Use extra virgin olive oil or melted coconut oil instead.