

Middle Eastern Spaghetti Squash *V *v *gf

- ✓ 1 large Spaghetti Squash
- ✓ 2 tbsp butter/vegan butter
- ✓ 2 cloves garlic, minced
- ✓ 1 tsp ground cumin
- ✓ ½ tsp ground coriander
- ✓ 1/8 tsp ground cayenne
- ✓ ¾ tsp salt

Preheat oven to 350

Cut squash in half and remove seeds. Place squash face down on baking pan and bake 45 minutes or until tender. Let cool.

Melt butter in a sauté pan and sauté garlic for 2-3 minutes over medium heat. Add in other spices, stir, and sauté another 2 minutes.

Scoop squash out from skins once it has cooled enough to hold, and place in mixing bowl.

Pour in butter with garlic and spices and toss together so the squash is evenly coated.

Serve hot.

"Cream" of Broccoli Soup *V*v*gf

- ✓ 1 head broccoli fine chopped
- ✓ 1 sm onion, chopped
- ✓ 2-3 cloves garlic, minced
- ✓ 1/4c Nutritional yeast
- ✓ 2 med baking potatoes, fine chopped
- ✓ 1 ½ c milk of choice
- ✓ 16 oz vegetable broth

In a large saucepan, add vegetable broth, chopped onion, garlic, onion, and potatoes. Cook over medium heat about 10-15 minutes until potato is tender. Add in broccoli and nutritional yeast and cook another 5 minutes.

If you have an immersion blender, run that through the soup until it is about ½ pureed. If you don't, remove half of the soup and run it through a blender or food processor to puree.

Return to pot and add milk. Heat through and serve hot.

Horseradish beet sauce V gf

Spicy sweet treat to top your favorite dishes with!

- ✓ 1 ½ c peeled and grated horseradish root
- ✓ 3 large roasted beets, peeled and chopped
- ✓ 1/4c apple cider vinegar
- ✓ 1 tsp local honey
- ✓ Salt to taste

Put everything into a blender or food processor and pulse until all is pureed together. Place in a glass jar overnight in the refrigerator and it's ready to use the next day. (You can use it earlier but the flavors will be better the next day)

Dutch oven Maple roasted root vegetables and dumplings*V *gf

- ✓ 1 large sweet potato, peeled and chopped
- ✓ 5 carrots, peeled and chopped
- ✓ 5 parsnips, peeled and chopped
- ✓ 2 medium turnips, peeled and chopped
- ✓ 2 inches ginger, grated
- ✓ 1/4c maple syrup
- ✓ 1tsp cinnamon
- ✓ 1/4c olive oil

Dumplings

- ✓ 4 c flour of choice.
- ✓ 1 tsp baking soda
- ✓ ¼ c sugar in the raw
- ✓ ¼ tsp salt
- ✓ 1 egg
- ✓ ½ tsp maple extract
- ✓ 3 tbsp plain yogurt
- ✓ Water

Preheat oven to 350. You can do this with a regular casserole dish but if you have a Cast Iron Dutch Oven it will be the best in the world. Put Dutch oven in your oven to pre-heat while you prep your vegetables.

Peel (or don't peel) and chop all of the veggies. Toss with ginger, maple syrup, cinnamon, and olive oil and place in oven. Bake covered for 30 minutes.

While veggies are baking, begin to prep your dumplings. Blend dry ingredients and add wet. Bring in water a bit at a time until batter is about muffin batter consistency.

After vegetables have baked for 30 minutes, remove from oven and drop spoonfuls of dumpling batter around in a circular pattern so that the edges just touch and it covers the surface of the dish. Put the lid back on and bake another 10 minutes. Take lid off and bake 3-5 more minutes.

Serve hot.

Mediterranean Eggs *v *gf

This is another fun warm way to get some veggies in with your breakfast.

- ✓ 4 eggs
- ✓ 1/4c chopped zucchini
- ✓ 1/4c chopped tomato
- ✓ 1/4c cooked lentils
- ✓ 1/4tsp turmeric
- ✓ 1/4 tsp cumin

Scramble eggs in a bowl with veggies, lentils and spices. Cook in a medium size pan over med heat until cooked through to your desired texture.

Serve with a side of Naan or other flat bread.