

1 Ingredients

- 1/2 cup cranberry juice
- 1 cup spinach
- 1/2 tsp ginger paste
- 2 clementines
- 1/3 cup watermelon
- 1.5 cups of some combination of blueberry, blueberry, blackberry, and strawberries
- 1 tsp of honey
- 1 2 oz can of anchovies
- 1 vidalia onion
- 5 garlic cloves
- 1/2 cup red wine (optional)
- 1 small can of tomato paste
- 2 tablespoons butter
- 1 large can of peeled tomatoes
- 2 tablespoons honey
- 3 tsp italian seasoning
- 1/8 tsp red pepper flakes
- 1 pound pasta (e.g., rigatoni or penne)
- 1 pound of ground beef or sausage
- 1 large container of ricotta cheese
- 1/2 cup grated parmesan cheese
- 1 egg
- 8 oz mozzarella
- 1/2 cup quinoa
- 1 delicata squash
- 1 package of baby broccoli or broccolini
- 2 tablespoons tahini
- 1 tablespoon maple syrup
- 1/2 teaspoon apple cider vinegar
- 1/8 cup raisins
- 1/8 cup pumpkin seeds
- 1/2 teaspoon ginger
- 3/4 teaspoon paprika
- pinch of cayenne
- pinch of cinnamon, nutmeg, or clove
- olive oil
- salt and pepper
- 14 oz Thai stir fry noodles
- 2 limes
- 2 tablespoons tamari (or regular soy sauce)
- 1/4 cup sweet and sour sauce
- 2 bell peppers
- 4 garlic cloves
- 1 package extra-firm tofu
- 1/4 cup roasted peanuts
- 2 eggs

2 Recipe One

Figure 1: Baked Ziti



2.1 Ingredients

- 1 2 oz can of anchovies
- 1 vidalia onion
- 5 garlic cloves
- 1/2 cup red wine (optional)
- 1 small can of tomato paste
- 2 tablespoons butter
- 1 large can of peeled tomatoes
- 2 tablespoons honey
- 3 tsp italian seasoning
- 1/8 tsp red pepper flakes
- 1 pound pasta (e.g., rigatoni or penne)
- 1 pound of ground beef or sausage
- 1 large container of ricotta cheese
- 1/2 cup grated parmesan cheese
- 1 egg
- 8 oz mozzarella

2.2 Instructions

1. Dice onion and mince garlic.
2. Heat 2 tablespoons olive oil in a sauce pan. Add anchovies and cook until they break down.
3. Add onions and garlic to the pan and cook until soft.
4. Add red wine and simmer for 3-5 minutes (optional).
5. Add tomato paste and butter, and cook until fully combined.
6. At peeled tomatoes, stir breaking up tomatoes.
7. Once simmering, add honey, 2 tsp italian seasoning, pepper flakes and continue to stir.
8. Brown meat in a frying pan with 1 tsp italian seasoning.
9. Prepare pasta according to package instructions. Save 1 cup of pasta water in case you need to loosen the sauce.

10. Drain meat and put in a large bowl. Mix in ricotta, egg, half the mozzarella, half the parmesan, and a pinch of salt and pepper. Add in half the tomato sauce and all of the pasta.
11. Add mixture to a 9x13 glass pan. Top with remaining tomato sauce, mozzarella cheese, and parmesan.
12. Bake in the oven at 375 degrees for 35 minutes.

3 Recipe Two

Figure 2: Autumn Grain Bowl (Serves 2)



3.1 Ingredients

- 1/2 cup quinoa
- 1 delicata squash
- 1 package of baby broccoli or broccolini
- 2 tablespoons tahini
- 1 tablespoon maple syrup
- 1/2 teaspoon apple cider vinegar
- 1/8 cup raisins
- 1/8 cup pumpkin seeds
- 1/2 teaspoon ginger
- 3/4 teaspoon paprika
- pinch of cayenne
- pinch of cinnamon, nutmeg, or clove
- olive oil
- salt and pepper

3.2 Instructions

1. Preheat oven to 425F.
2. Cut squash in half lengthwise and dig out seeds. Cut cleaned squash in half moons about 1/2 inches thick. Place half moons in a bowl with 1 tablespoon of olive oil, ginger, paprika, cayenne, cinnamon, and salt and pepper to taste. Stir to spread seasoning and then place on 1/2 of an oiled baking sheet.
3. Cut broccoli into single stems. Place on the other half of the oiled baking sheet and drizzle with olive oil and add salt and pepper.
4. Put baking sheet in the preheated oven for 15 minutes.
5. Combine 1 cup of water with quinoa and some salt. Bring to a boil, lower heat, cover, and cook until water absorbs.
6. Take baking sheet out of oven, flip squash and bake 5 more minutes.
7. Mix tahini, maple syrup, vinegar, 1 tablespoon of water.

8. Top quinoa with broccoli and squash. Sprinkle raisins and pumpkin seeds on top, and drizzle with tahini sauce.

4 Recipe Three

Figure 3: Pad Thai



4.1 Ingredients

- 14 oz Thai stir fry noodles
- 2 limes
- 2 tablespoons tamari (or regular soy sauce)
- 1/4 cup sweet and sour sauce
- 2 bell peppers
- 4 garlic cloves
- 1 package extra-firm tofu
- 1/4 cup roasted peanuts
- 2 eggs

4.2 Instructions

1. Boil Thai noodles according to package instructions. Rinse under cold water and coat with oil.
2. Drain tofu, cut into bite-sized pieces, and season with salt and pepper.
3. Thinly slice peppers, mince garlic, chop peanuts.
4. Squeeze 2 tablespoons lime juice into a small bowl. Mix in tamari and sweet and sour sauce.
5. Heat oil in a frying pan over medium heat. Cook tofu until golden brown (5-10 minutes). Move to a paper towel lined plate.
6. In the same pan, add oil and cook bell peppers until tender. Add to the plate with the tofu.
7. In the same pan, add oil and garlic. Cook 1-2 minutes until browned.
8. Add noodles and sauce and cook about 3-5 minutes, until noodles absorb some sauce.
9. Move noodles to one side of the pan. Add a little oil and two eggs. Scramble the eggs until almost set, then stir them into the noodles.
10. Mix in tofu, peppers, and peanuts.
11. Season with salt and pepper to taste. Serve with lime wedges.

5 Breakfast Recipe

Figure 4: Berry Melon Smoothie



5.1 Ingredients

- 1/2 cup cranberry juice
- 1 cup spinach
- 1/2 tsp ginger paste
- 2 clementines
- 1/3 cup watermelon
- 1.5 cups of some combination of blueberry, blueberry, blackberry, and strawberries
- 1 tsp of honey

5.2 Instructions

1. In a blender, combine 1/2 cup of water, cranberry juice, spinach, ginger, and clementines until smooth.
2. Add watermelon and berries, and blend until smooth.
3. Serve in mason jars!