

1 Ingredients

[[1]]

[1]	"1 pound 80/20 ground beef"	"4 brioche buns"
[3]	"4 slices of cheddar cheese"	"pickle chips"
[5]	"1 tomato"	"1 red onion"
[7]	"shredded lettuce"	"1 pound pasta (rigatoni or penne)"
[9]	"1 cup mayonnaise"	"1 can black olives"
[11]	"1 white onion"	

[[2]]

[1]	"1/2 cup quinoa"
[2]	"1 delicata squash"
[3]	"1 package of baby broccoli or broccolini"
[4]	"2 tablespoons tahini"
[5]	"1 tablespoon maple syrup"
[6]	"1/2 teaspoon apple cider vinegar"
[7]	"1/8 cup raisins"
[8]	"1/8 cup pumpkin seeds"
[9]	"1/2 teaspoon ginger"
[10]	"3/4 teaspoon paprika"
[11]	"pinch of cayenne"
[12]	"pinch of cinnamon, nutmeg, or clove"
[13]	"olive oil"
[14]	"salt and pepper"

[[3]]

[1]	"1 large Vidalia onion"	"6 garlic cloves"
[3]	"12 oz bag of peas"	"1 pound regular or mezzis rigatoni"
[5]	"1/2 cup grated parmesan cheese"	"Italian seasoning and chili flakes"

[[4]]

[1]	"1/2 cup pumpkin"	"1/2 cup milk"	"2 eggs"
[4]	"2 teaspoons cinnamon"	"1 teaspoon vanilla"	"6-8 slices of bread"

2 Recipe One

Figure 1: Burgers with pasta salad



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|----------------------------------|-------------------------------------|
| [1] "1 pound 80/20 ground beef" | "4 brioche buns" |
| [3] "4 slices of cheddar cheese" | "pickle chips" |
| [5] "1 tomato" | "1 red onion" |
| [7] "shredded lettuce" | "1 pound pasta (rigatoni or penne)" |
| [9] "1 cup mayonnaise" | "1 can black olives" |
| [11] "1 white onion" | |

- [1] "Boil pasta according to package instructions. Place in a large bowl and cool to room temperature."
- [2] "Dice onion and drain olives."
- [3] "Combine pasta, onion, olives and mayonnaise. Season with salt and pepper to taste."
- [4] "Refrigerate over night."
- [5] "Thinly slice the tomato and red onion."
- [6] "Mix ground beef with salt and pepper."
- [7] "Create 4 evenly-sized patties. Put a dimple in the middle so it cooks to a consistent thickness."
- [8] "Lightly toast the bun."
- [9] "Build the burger by layering the burger, sliced tomato, onion, and pickles. Add ketchup, mustard, and

3 Recipe Two

Figure 2: Autumn Grain Bowl (Serves 2)



- [1] "1/2 cup quinoa"
- [2] "1 delicata squash"
- [3] "1 package of baby broccoli or broccolini"
- [4] "2 tablespoons tahini"
- [5] "1 tablespoon maple syrup"
- [6] "1/2 teaspoon apple cider vinegar"
- [7] "1/8 cup craisins"
- [8] "1/8 cup pumpkin seeds"
- [9] "1/2 teaspoon ginger"
- [10] "3/4 teaspoon paprika"
- [11] "pinch of cayenne"
- [12] "pinch of cinnamon, nutmeg, or clove"
- [13] "olive oil"
- [14] "salt and paper"

- [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."
- [3] "Cut broccoli into single stems. Place on the other half of the oiled baking sheet and drizzle with olive oil."
- [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 is absorbed."
- [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 craisins and pumpkin seeds on top, and drizzle with tahini sauce."

4 Recipe Three

Figure 3: Pasta and Peas (Serves 4)



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|--------------------------------------|--------------------------------------|
| [1] "1 large Vidalia onion" | "6 garlic cloves" |
| [3] "12 oz bag of peas" | "1 pound regular or mezzi rigatoni" |
| [5] "1/2 cup grated parmesan cheese" | "Italian seasoning and chili flakes" |
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| [1] "Chop onion and mince garlic." | |
| [2] "Boil and cook pasta according to package instructions, reserve 1 cup pasta water if it finishes before" | |
| [3] "Cook onion and garlic in 2 tablespoons olive oil until translucent, 5-7 minutes. Season with salt, pep" | |
| [4] "Add frozen peas to onions and garlic." | |
| [5] "Add two ladles of pasta water to onion, garlic, and peas and simmer." | |
| [6] "Add drained pasta back into the stock pot, drizzle with olive oil, and season with Italian seasoning." | |
| [7] "Mix onion, garlic, and peas into the stock pot with pasta. Mix in parmesan cheese." | |
| [8] "Serve with additional parmesan cheese." | |

5 Breakfast Recipe

Figure 4: Pumpkin Toast (Serves 4)



- [1] "1/2 cup pumpkin" "1/2 cup milk" "2 eggs"
- [4] "2 teaspoons cinnamon" "1 teaspoon vanilla" "6-8 slices of bread"
- [1] "Mix pumpkin, milk, eggs, cinnamon, and vanilla in a medium bowl."
- [2] "Dip a slice of bread, coat in pumpkin mixture, and cook in a generous amount of butter."
- [3] "Repeat until pumpkin mixture runs out."
- [4] "Serve with syrup, berries, and/or whipped cream."