

# 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]]

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|--|--|
| [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"                          |  |

[[3]]

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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" |

[[4]]

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|----------------------------|----------------------|-----------------------|
| [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

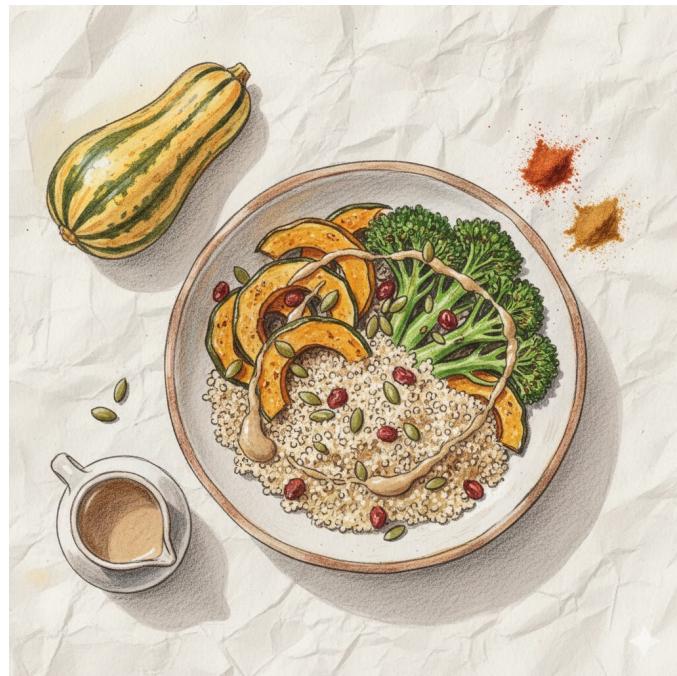
Figure 1: Burgers with pasta salad



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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

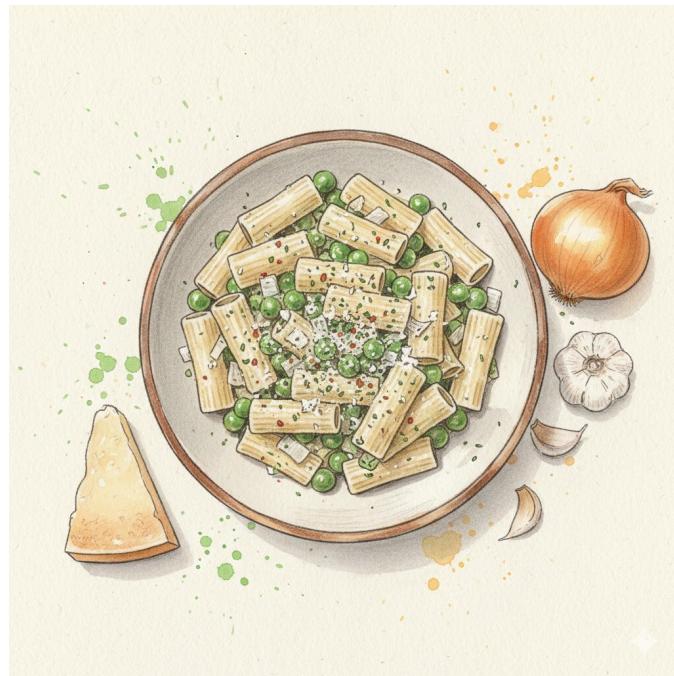
Figure 2: Autumn Grain Bowl (Serves 2)



- [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."

## 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" |
- [1] "Chop onion and mince garlic."  
[2] "Boil and cook pasta according to package instructions, reserve 1 cup pasta water if it finishes before pasta is done."  
[3] "Cook onion and garlic in 2 tablespoons olive oil until translucent, 5-7 minutes. Season with salt, pepper, and Italian seasoning."  
[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."