

1 Ingredients

Grocery List

- 1/3 cup chia seeds
- 1 tablespoon maple syrup
- 1 cup almond milk
- 1 cup of vanilla yogurt
- 2 tablespoons apricot jam
- 6 dried apricots
- 1/4 cup pumpkin seeds
- 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 craisins
- 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 paper
- 1 pound tri-color spiral pasta
- 16-oz pre-cut crisp lettuce (e.g., romaine, baby butter leaf)
- 12 ounces grape tomatoes
- 1.5 cups shredded cheddar cheese
- 1 pound of thick cut bacon
- 1 jar of ranch dressing
- 2 green onions
- 1 large poblano
- 2 roma tomatoes
- 1 can of black beans
- 1 tablespoon southwest spice
- 6-8 flour tortillas
- 1 jar of salsa verde
- 4 oz monterey jack cheese
- 2 tablespoons sour cream

2 Recipe One

Figure 1: Autumn Grain Bowl (Serves 2)



Ingredients

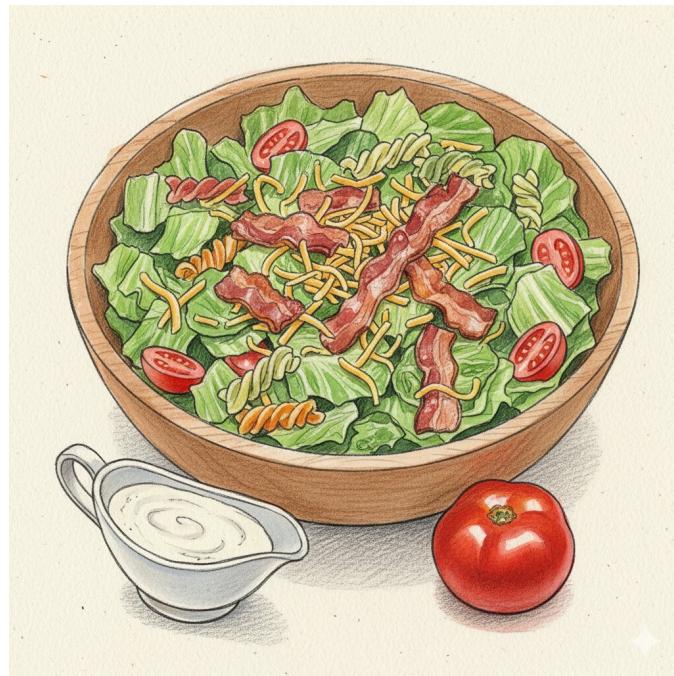
- 2 green onions
- 1 large poblano
- 2 roma tomatoes
- 1 can of black beans
- 1 tablespoon southwest spice
- 6-8 flour tortillas
- 1 jar of salsa verde
- 4 oz monterey jack cheese
- 2 tablespoons sour cream

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 craisins and pumpkin seeds on top, and drizzle with tahini sauce.

3 Recipe Two

Figure 2: BLT Salad (Serves 4)



Ingredients

- 2 green onions
- 1 large poblano
- 2 roma tomatoes
- 1 can of black beans
- 1 tablespoon southwest spice
- 6-8 flour tortillas
- 1 jar of salsa verde
- 4 oz monterey jack cheese
- 2 tablespoons sour cream

Instructions

1. Prepare pasta according to package instructions.
2. Cook bacon to be crispy.
3. Refrigerate pasta and bacon until cold.
4. Halve tomatoes and dice cooked bacon.
5. Add lettuce, tomato, cheese, bacon, and dressing to taste in a bowl and toss.

4 Recipe Three

Figure 3: Enchiladas



Ingredients

- 2 green onions
- 1 large poblano
- 2 roma tomatoes
- 1 can of black beans
- 1 tablespoon southwest spice
- 6-8 flour tortillas
- 1 jar of salsa verde
- 4 oz monterey jack cheese
- 2 tablespoons sour cream

Instructions

1. Dice tomato and poblano. Thinly slice green onions, separating greens and whites. Drain (save liquid) and rinse black beans.
2. Cook poblano in oil over medium heat until softened (5-7 minutes).
3. Add almost all of the southwest seasoning (except a half tsp), tomato, green onion whites, half the black beans, and 1/8 cup black bean liquid. Cook another 5-10 minutes, until peppers are tender.
4. Add remaining beans and a drizzle of oil in a small sauce pan over medium heat.
5. Add 1/4 cup black bean liquid and bring to a simmer.
6. Add 1 tablespoon of butter and cook until melted.
6. Using a silicone masher, mash the black beans and butter until smooth.
7. Spread black bean mixture over tortillas and evenly split filling between tortillas. Roll up tortillas and place them in a 9 x 13 baking dish.
8. Top with salsa verde and monterey jack cheese. Bake at 450 for 5-10 minutes until cheese melts and starts to brown.
9. Combine sour cream and 1/2 tsp southwest seasoning. Mix in 1 teaspoon of water at a time until sauce can be drizzled. Season with salt and pepper to taste.
10. Serve enchiladas with sauce and green onion greens.

5 Breakfast Recipe

Figure 4: Chia Parfait



Ingredients

- 2 green onions
- 1 large poblano
- 2 roma tomatoes
- 1 can of black beans
- 1 tablespoon southwest spice
- 6-8 flour tortillas
- 1 jar of salsa verde
- 4 oz monterey jack cheese
- 2 tablespoons sour cream

Instructions

1. Combine chia seeds, syrup, and milk with a pinch of salt in a 1-pint wide mouthed mason jar.
2. Whisk cover and refrigerate overnight.
3. Dice dried apricots.
4. Split between two 1-pint wide mouthed mason jars. Top with yogurt, apricot jam, dried apricots, and pumpkin seeds.