

1 Ingredients

Grocery List

- 1/2 cup pumpkin
- 1/2 cup milk
- 2 eggs
- 2 teaspoons cinnamon
- 1 teaspoon vanilla
- 6-8 slices of bread
- 1/8 tsp chili flakes
- 4 garlic cloves
- 5 oz spinach
- 1 tsp gochujang
- 3 tsp mayonnaise
- 2/3 cup kimchi
- 4 slices of bread
- 2/3 cup cheddar cheese
- 4 tablespoons everything seasoning.
- 6 garlic cloves
- 2 teaspoon ginger paste
- 1 shallot
- 16 oz turkey
- 1 egg
- 1/2 cup panko breadcrumbs
- 4 medium-to-large carrots
- 1/4 cup General Tso's or Hoisin Sauce
- 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

2 Recipe One

Figure 1: Kimchi Grilled Cheese



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

Instructions

1. In a frying pan, heat 2 tablespoons olive oil with chili flakes.
2. Add spinach and cook until wilted.
3. Mix gochujang and mayonnaise in a small bowl and spread on one side of each slice of bread. Sprinkle with everything seasoning and press it into the bread.
4. Build sandwiches by layering spinach, kimchi, and cheese between two slices of bread.
5. Fry in butter until golden brown on both sides.

3 Recipe Two

Figure 2: Meatloaf and Baked Carrots



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

Instructions

1. Preheat oven to 450 degrees. Chop shallot and mince garlic.
2. In a small bowl, mix carrots, 2 tablespoons olive oil, and salt and pepper to taste.
3. In a medium bowl, mix turkey, ginger, two-thirds of the garlic, shallot, egg, panko breadcrumbs, a teaspoon of salt, and a pinch of pepper.
4. Form four mini meatloaves using the turkey mixture and generously brush with sauce.
5. Bake meatloaf and carrots on a rimmed baking sheet for 20 minutes. Sprinkle remaining garlic on carrots and let sit for 2-3 minutes.

4 Recipe Three

Figure 3: Autumn Grain Bowl (Serves 2)



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 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 pepper

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.

5 Breakfast Recipe

Figure 4: Pumpkin Toast (Serves 4)



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 paper

Instructions

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.