



Roasted Acorn Squash and Apples with Quinoa, Kale, and Tahini Maple Dressing

From Edible Perspective (<http://www.edibleperspective.com/home/2013/11/12/roasted-acorn-squash-and-apples-with-quinoa-kale-and-tahini.html>)

For the dressing:

- 1 garlic clove, *peeled + smashed*
- 1/4 cup fresh lemon juice
- 1 tablespoon hemp oil, *or olive oil*
- 3 tablespoons tahini
- 2-3 teaspoons pure maple syrup
- 1/2 teaspoon lemon zest
- salt + pepper to taste

For the squash and apples:

- 3 tablespoons unrefined coconut oil
- 1 1/2 tablespoons pure maple syrup
- 1/8-1/4 teaspoon cayenne pepper
- 2 medium acorn squash
- 2 crispy apples
- salt + pepper

For the kale and quinoa:

- 3-4 teaspoons unrefined coconut oil
- 1 cup uncooked quinoa, *rinsed and drained*
- 2 cups water
- 5-6 cups chopped lacinato/dino kale



- 1 1/2 teaspoons minced garlic
- salt + pepper to taste
- 1 tablespoon fresh lemon juice

For the dressing: Combine the smashed garlic, lemon juice, and oil in a jar. Seal and shake vigorously. Let sit for 10 minutes. Shake once more then remove the garlic. Add tahini, maple syrup, lemon zest, and a big pinch of salt and pepper. Seal and shake until smooth. Taste and adjust salt/pepper/maple syrup if needed. Set aside. Store leftovers in the fridge for up to 1 week.

For the squash and apples: Preheat your oven to 400* F. In a small pan combine the coconut oil, maple syrup, and cayenne over medium-low heat and stir until melted. Take off the heat. Slice squash into appx. 1/4-inch round slices, using a large and sharp knife. Discard ends. Cut seeds out from each slice and place squash rings on 2 large baking sheets. Brush the oil mixture over both sides of the squash rings. Sprinkle with salt and pepper. Place in the oven for about 30-36 minutes, flipping once halfway through until desired doneness is reached. A few minutes later slice the apples into 1/4-inch thick slices, removing any seeds/core. Place on a baking sheet and toss to coat with remaining oil/maple mixture. Place in the oven during the last 7-10 minutes of squash roasting. Roast for 7 minutes to maintain a nice crunch.

For the kale and quinoa: As soon as the squash is in the oven heat a pot over medium with 2 teaspoons of coconut oil. Once hot add the quinoa and stir for 2-3 minutes. Add the water then raise heat to medium-high. Bring to a boil, stir, then reduce heat to simmer and cover for 15 minutes. Remove from the heat and keep covered. After placing your apples in the oven to roast place a large pan over medium heat and melt 1-2 teaspoons of coconut oil. Once hot add the garlic and stir for about 30 seconds, then add the kale and stir frequently for about 3-5 minutes until wilted. Fluff the quinoa with a fork and combine in the pan with the quinoa. Sprinkle with a good amount of salt and pepper and add the lemon juice. Stir to combine.

To assemble: Place quinoa on a large platter then place roasted squash rings on top then the apples and sprinkle with sliced almonds. Top with dressing or let guests take individual servings and dress themselves. *I prefer to trim away the outer skin as I eat acorn squash, but serve/eat how you please.*

Curried Butternut Squash Soup

Modified from Allrecipes.com (<http://allrecipes.com/recipe/77981/butternut-squash-soup-ii/>)

Ingredients:

- 2 tablespoons butter
- 1 small onion, chopped
- 1 stalk celery, chopped
- 1 medium carrot, chopped
- 2 medium potatoes, cubed
- 1 medium butternut squash - peeled, seeded, and cubed
- 1 (32 fluid ounce) container chicken stock, vegetable stock, or just even water
- salt and freshly ground black pepper to taste
- Pinch of curry powder

Directions:

Melt the butter in a large pot, and cook the onion, celery, carrot, potatoes, and squash 5 minutes, or until lightly browned. Pour in enough of the chicken stock to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes, or until all vegetables are tender.

Transfer the soup to a blender, and blend until smooth. Return to pot, and mix in any remaining stock to attain desired consistency. Season with salt, pepper, and curry powder.

Pumpkin Pie Croissant

From *Just a Pinch Recipes* (<http://www.justapinch.com/recipes/dessert/other-dessert/pumpkin-pie-croissant.html>)

Ingredients:

- 2 tubes of refrigerated crescent rolls
- 1/2 8 oz. block of cream cheese
- 1 c canned pumpkin (not pumpkin pie filling)
- 1 1/2 tsp pumpkin pie spice
- 3 Tbsp sugar

Directions:

Roll each crescent roll out and cut lengthwise in 2.

Mix together the pumpkin pie filling with the cream cheese, spices and sugar. Beat together until fluffy and creamy.

Spread 1 tablespoon (or more) of the filling along the crescent roll and roll it up.

Mix together 4 Tablespoons of sugar and 1 Tablespoon Pumpkin Pie Spice; Roll each pumpkin pie croissant in it.

Bake at 375 F degrees for 15-18 minutes.