



# FALL FAVORITES

20 EASY, AUTUMN-INSPIRED RECIPES  
PERFECT FOR THE SEASON





# HAPPY FALL!



It's the most wonderful time of year! From beautiful foliage to apple picking, carving pumpkins, cozy sweaters and warm mugs of coffee, it's just one of my favorite seasons.

And of course, along with the season comes some of my favorite foods. Roasted root vegetables, cider doughnuts, comforting soups and chilis, crisp apples and pears, I could go on and on!

With that said, let's get to some of my favorite recipes!





# RECIPE INDEX



- Pg. 4: whole grain spiced pear pancakes
- Pg. 5: roasted butternut squash & apple soup with parmesan toasted croutons
- Pg. 6: autumn kale & quinoa salad
- Pg. 7: whole grain pumpkin chocolate chip bread
- Pg. 8: tortellini & chickpea italian soup
- Pg. 9: apple crisp baked oatmeal
- Pg. 10: roasted brussel sprout & caramelized onion ravioli
- Pg. 11: whole wheat carrot, apple, raisin muffins
- Pg 12: transitional harvest bounty salad
- Pg. 13: apple pie oatmeal
- Pg. 14: baked pumpkin mac and cheese with roasted brussel sprouts
- Pg. 15: whole grain pumpkin spice banana muffins
- Pg. 16: turkey apple cheddar sandwich
- Pg. 17: big cluster apple pie granola
- Pg. 18: fall harvest barley bowl
- Pg. 19: pumpkin pie spiced whole wheat waffles
- Pg. 20: harvest roasted root vegetables and chicken apple sausage
- Pg. 21: baked apple french toast
- Pg. 22: creamy red lentil, kale & quinoa soup
- Pg. 23: pumpkin pecan pie baked oatmeal



# whole grain spiced pear pancakes



*these whole grain pancakes contain the warm spices of your favorite spice cake and the perfect amount of sweetness from a very ripe pear for a cozy autumn breakfast.*

Prep Time: 5 minutes

Cook Time: 5 minutes

Total Time: 10 minutes

Yield: 12 pancakes

## Ingredients:

- 1 1/4 cup white whole wheat flour
- 1 tablespoon baking powder
- 1 tablespoon granulated sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground all-spice
- 1/4 teaspoon salt
- 1 ripe pear, peeled, cored & chopped
- 1 large egg
- 2 tablespoon canola oil
- 1-2 cups milk, any kind
- Pad of butter for greasing cooking pan

## Directions:

- Preheat a griddle to 250 degrees F or place a large non-stick skillet over medium low heat
- While griddle preheats, add flour, baking powder, granulated sugar, salt and spices to a large mixing whisking to combine.
- To a food processor or blender, add egg, diced pear and canola oil blending until smooth. Add blended egg and pear mixture to the dry ingredients and slowly stream in milk, mixing after every 1/4 cup addition, until you've reached your desired consistency.
- Grease the griddle or non-stick skillet with a small pad of butter. Add 1/4 – 1/3 cup batter to the hot griddle or pan and cook for 1-2 minutes (or until bubbles begin to form around the edges) then flip and cook for another 1-2 minutes.
- Repeat until all batter has been used.
- Top pancakes with butter and syrup and serve with additional sliced pear.



# roasted butternut squash & apple soup with parmesan toasted croutons



*this roasted butternut squash & apple soup has a velvety smooth texture which pairs perfectly with crisp parmesan toasted croutons for a symphony of fall flavors!*

**Prep Time:** 5 minutes

**Cook Time:** 25 minutes

**Total Time:** 30 minutes

**Yield:** 10 muffins

## Ingredients:

- 2 cups vegetable stock
- 1 medium butternut squash, peeled, seeded & cubed (about 4 cups of cubes)
- 1 apple (I recommend Granny Smith), peeled, cored & chopped
- 1 small onion, diced
- 3 cloves of garlic, minced
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 teaspoon salt
- 1/2 cup plain 4% whole milk yogurt
- Freshly ground black pepper, to taste
- 1 loaf of whole grain bread, cut into cubes (crust removed)
- Olive oil
- Fresh parmesan cheese

## Directions:

- Preheat the oven to 425 degrees F.
- Place butternut squash on a baking sheet, drizzle with olive oil and roast for 15-20 minutes. Remove from the oven and set aside.
- Lower heat of the oven to 350 degrees F.
- In a non-stick sauté pan, drizzle 2 teaspoons of olive oil and add garlic and onion. Sauté until just fragrant (about 4-5 minutes) then remove.
- Place all ingredients (including garlic, onion and roasted butternut squash) in a large dutch oven, bring to a boil then reduce heat and allow to simmer for about 30 minutes (or until butternut squash is fork tender).
- While the soup cooks, drizzle the bread cubes with olive oil, a pinch of salt and parmesan. Place in the oven and toast for about 15 minutes. Remove and set aside to garnish soup with later.
- Using an immersion blender or blender or food processor, blend soup ingredients until smooth (note: you may have to process in batches if you are using a smaller blender or food processor).
- Once soup has cooled slightly, fold in yogurt then top with croutons.



# autumn kale & quinoa salad



*there's nothing fancy about this easy kale & quinoa salad – it just comes together quickly and is bursting with fall flavors, plant-based proteins, fiber and heart-healthy fats.*

Prep Time: 5 minutes

Cook Time: 25 minutes

Total Time: 30 minutes

Yield: 10 muffins

## Ingredients:

- 2 large handfuls ready-to-eat kale, stems removed
- 1/2 cup cooked quinoa
- 1/2 a medium apple, washed, cored & sliced thin (I love Envy, Macintosh or Gala here)
- 1/2 a medium pear, washed, cored & sliced thin (I love Bartlett or D'Anjou)
- 2 tablespoons roughly chopped toasted walnuts
- 1–2 tablespoons dried cranberries
- 2–3 tablespoons feta cheese
- Salt & pepper, to taste
- Olive oil & vinegar, or other dressing of choice

## Directions:

- Combine all ingredients, toss with dressing & enjoy!



# whole grain pumpkin chocolate chip bread



*this whole grain pumpkin chocolate chip bread is so easy to pull together and provides a dose of fiber and vitamins A & E with each bite!*

Prep Time: 10 minutes

Cook Time: 60 minutes

Total Time: 1 hour 10 minutes

Yield: 1 loaf

## Ingredients:

- 1 stick of butter, room temperature (or defrosted until soft)
- 1/3 cup granulated sugar
- 2/3 cup + 4 tablespoons packed brown sugar (light or dark)
- 3 large eggs
- 1 teaspoon vanilla extract
- 1 cup canned pumpkin puree
- 2 cups white whole wheat flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 1/4 teaspoons pumpkin pie spice \* (see note)
- 3/4 cup chocolate chips

## Directions:

- Preheat oven to 350 degrees F (175 degrees C).
- Grease a 9×5 inch pan. In a large bowl, cream together butter and sugar until light and fluffy.
- Beat in eggs, one at a time then add vanilla extract and pumpkin, continuing to beat until all ingredients are combined. In a separate mixing bowl, add flour, baking soda, baking powder, salt and pumpkin pie spice, whisking to ensure ingredients are well combined.
- Add dry ingredients to wet and fold gently using a rubber spatula to combine.
- Pour batter into prepared pan and bake for 60-70 minutes or until a toothpick or cake tester inserted in center comes out clean.
- Cool on a wire baking rack for 15 minutes then take a knife and insert it all around the outer edges to ease removal from the pan.



# tortellini & chickpea italian soup



*this vegetarian soup comes together in less than 30 minutes and is hearty, satisfying and packs a load of nutrients and vegetarian-protein.*

Prep Time: 5 minutes

Cook Time: 20 minutes

Total Time: 25 minutes

Yield: 4-6 servings

## Ingredients:

- 1-2 tablespoons olive oil
- 2-3 cloves garlic, minced
- 1/2 medium yellow onion, peeled & diced small
- 2 teaspoons Italian seasoning
- 4 cups low sodium vegetable stock
- 1 cup tomato sauce
- 1 (10-ounce) package refrigerated spinach & cheese tortellini
- 2 large handfuls baby spinach, stems removed
- 2 medium celery stalks, chopped (~1 cup)
- 1 medium carrot, chopped (~1/2 cup)
- 1 15-oz. can chickpeas, drained & rinsed
- 1/3 cup whole milk or heavy cream
- Salt and pepper, to taste
- For topping: freshly shredded parmesan cheese, chopped fresh basil, crusty bread

## Directions:

- Heat olive oil in a large pot or Dutch oven over medium heat. Add garlic and cook for 30 seconds – 1 minute (until just fragrant). Add onion, carrots & celery followed by Italian seasoning, salt & pepper.
- Cover, lower heat to medium-low and cook for 10 minutes until veggies have softened (about 10 minutes). Add vegetable stock and tomato sauce then bring to a boil.
- Once boiling, lower heat and simmer for about 10 minutes, stirring occasionally. Add in tortellini, then cover and cook for ~5-7 minutes (until tortellini is tender).
- Add in spinach, stirring gently until it begins to wilt (~1-2 minutes) then add in chickpeas and whole milk (a non-dairy option will also work).
- Season once more with salt and pepper, as needed.
- Ladle into bowls, then top with freshly shredded parmesan and basil. Serve with a slice of crusty bread.



# apple crisp baked oatmeal



*taking all the flavors of apple pie and apple crisp (including the streusel!) and bringing them to your morning baked oatmeal!*

Prep Time: 10 minutes

Cook Time: 40 minutes

Total Time: 50 minutes

Yield: 6 servings

## Ingredients:

### For the Streusel:

- 1/2 cup white whole wheat flour
- 1/4 cup rolled oatmeal
- 2 tablespoons brown sugar
- 1/4 teaspoon apple pie spice
- 1/8 teaspoon salt
- 1 tablespoon crushed walnuts
- 4 tablespoons room temperature butter

### For the Oatmeal:

- 2 cups rolled oats
- 2 tablespoons chia seeds
- 1 teaspoon baking powder
- 2 tablespoon packed brown sugar
- 1 teaspoon apple pie spice
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 large egg
- 2 teaspoons vanilla
- 2 cups soymilk (or any kind you prefer)
- 2 small apples, washed, cored & cubed
- 1/3 cup roughly chopped walnuts (optional)

## Directions:

### For the Streusel:

Combine everything in a bowl and mix to combine. Set aside.

### For the Oatmeal:

- Preheat oven to 375 degrees F and spray an 8×8 baking dish with cooking spray.
- In a large mixing bowl combine oats, chia seeds, baking powder, brown sugar, apple pie spice, ground cinnamon and salt.
- Whisk to combine. In a smaller mixing bowl combine egg, vanilla and milk whisking to combine.
- Add wet ingredients to dry ingredients and gently fold to combine.
- Fold in apples and walnuts if using, then top with streusel.
- Bake for 30-40 minutes or until a knife comes out clean or with a few wet crumbs and the crisp is just browned.
- Allow to cool for 5-10 minutes then slice and serve.



# roasted brussel sprout & caramelized onion ravioli



*cheesy roasted brussel sprout & caramelized onion ravioli embraces its roots in this dish when combined with roasted fresh brussel sprouts & caramelized onions for an easy weeknight meal.*

**Prep Time:** 5 minutes

**Cook Time:** 20 minutes

**Total Time:** 25 minutes

**Yield:** 2 servings

## Ingredients:

- 1 package brussel sprouts & caramelized onion ravioli.
- 1 lb bag fresh brussel sprouts, washed & halved
- 1/2 medium yellow onion, sliced
- Olive oil or butter
- Salt & pepper
- Freshly shredded parmesan cheese for garnish

## Directions:

- Preheat the oven to 425 degrees F and line a baking sheet with parchment paper.
- Toss brussel sprouts with salt, pepper and a hefty drizzle of olive oil then place on prepared baking sheet and roast in the oven oven for 20-25 minutes or until lightly browned and tender.
- While brussel sprouts roast, cook ravioli according to package instructions.
- Once pasta is cooking, place a non-stick sauté pan over medium heat and add another hefty drizzle of olive oil or butter. Add onions and sauté until they are a nice golden brown color (about 10 minutes). Once cooked to golden brown, remove from heat & set aside.
- Toss cooked ravioli, roasted brussel sprouts and caramelized onions together in a bowl.
- Drizzle with olive oil or toss with butter, salt & pepper and freshly shaved parmesan cheese.



# whole wheat carrot, apple, raisin muffins



*these muffins are quick and easy to make, freeze well and are filled with fiber and flavor! kid & adult-friendly, they're perfect to make over the weekend for you (or your whole family!) to eat all week long.*

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Yield: 12 muffins

## Ingredients:

- 1 1/4 cup whole wheat flour
- 2 tablespoons granulated sugar
- 1 teaspoon ground cinnamon or apple pie spice
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 large eggs, lightly beaten
- 1/4 cup milk
- 1/4 cup canola oil
- 1 teaspoon pure vanilla extract
- 2 large carrots, peeled then finely grated (about 1 cup)
- 1/2 cup shredded, peeled apple (about 1 small apple)
- 1/4 cup + 2 tablespoons raisins

## Directions:

- Preheat oven to 350 degrees F and line a 12-cup muffin pan with paper liners (or spray with cooking spray).
- Combine flour, sugar, cinnamon, baking powder, baking soda and salt in a medium mixing bowl, whisk to combine and set aside.
- In a large mixing bowl combine eggs, milk, oil and vanilla, beating until well combined.
- Using the smallest side of a box grater, grate carrots and apple (or just cut them in chunks toss them all a food processor and pulse until shredded)
- Add dry ingredients to wet and gently fold until just combined (it's ok if there are some flour pockets remaining)
- Gently fold in carrots, apple and raisins.
- Scoop about 1/4 cup worth of the batter into each muffin cup. If topping with brown sugar walnut streusel (see recipe in notes), sprinkle that over the top.
- Bake for 20 minutes or until a toothpick comes out mostly clean or with a few wet crumbs



# transitional harvest bounty salad



*this salad combines produce from both the late summer and early fall harvests in one delicious bowl, making it a perfect meal as we transition into autumn.*

Prep Time: 5 minutes

Cook Time: 25 minutes

Total Time: 30 minutes

Yield: 2 salads

## Ingredients:

- 4-6 large handfuls of arugula
- 1 cup cooked farro
- 4-6 fresh figs, washed, stems removed & halved
- 1 medium apple, washed & thinly sliced
- 1 cup roasted sweet potatoes
- 1/4 cup walnuts
- 2 tablespoons dried cranberries
- 2 large stalks celery, washed & sliced
- 1/4 red onion, finely diced
- 1 15-oz can chickpeas, drained & rinsed
- 1/4 – 1/3 cup crumbled feta cheese
- Salt & pepper, to taste
- Olive oil and vinegar for dressing

## Directions:

- Combine everything in a bowl, dress, toss & enjoy!

## For Roasted Sweet Potatoes:

- Preheat oven to 425 degrees F and line a baking sheet with parchment paper.
- Place cubed sweet potatoes onto the pan in a single layer and drizzle with olive oil then sprinkle with salt and pepper to taste.
- Bake for 20-25 minutes or until tender and lightly browned.



# apple pie oatmeal



*soft cooked apples are blended with creamy oats, apple pie spice and crunchy walnuts for a breakfast version of apple pie containing whole grain oats, heart-healthy fats, fiber and tons of flavor!*

**Prep Time:** 5 minutes

**Cook Time:** 5 minutes

**Total Time:** 10 minutes

**Yield:** 2 bowls

## Ingredients:

### For the Oats:

- 1 cup rolled or old fashioned oatmeal
- 1 tablespoon chia seeds
- 1/2 – 1 teaspoon ground cinnamon
- 1/2 – 1 teaspoon apple pie spice
- 2 cups water or milk
- 1/2 cup chopped apple
- **Toppings:** soft cooked apples and 2-4 tablespoons roughly chopped walnuts

### For the Soft Cooked Apples:

- 4 apples, peeled & sliced
- 2/3 cup water, divided
- 2–3 tablespoons packed brown sugar
- 1 teaspoon apple pie spice
- 1 teaspoon vanilla extract
- 1 teaspoon corn starch
- 2–3 tablespoons butter

## Directions:

- In a non-stick saucepan combine oats, chia seeds, cinnamon, apple pie spice, water or milk and diced apple.
- Turn stove to medium high heat and when oats begin to bubble, begin stirring.
- Lower heat to medium low and continue to stir frequently (turn the heat down if they begin to stick to the sides of the saucepan).
- When the majority of the oats are gelatinous and the apples are fork tender, remove from the heat. If eating immediately, divvy up into two bowls and top each with soft cooked apples and chopped walnuts.

## For the Soft Cooked Apples:

- In a non-stick skillet over medium heat, add butter.
- Once melted, add apples and cook 5 minutes or until just softened.
- Add 1/3 cup water, brown sugar, apple pie spice and vanilla extract, stirring well to full combine and coat the apples.
- Cook another 1-2 minutes.
- With the remaining 1/3 cup of water, add the cornstarch, stirring well to make a slurry.
- Pour mixture into the pan and stir well to combine.
- Turn heat to high and bring to a boil.
- Once boiling, cook for another minute or until the mixture has reached your desired consistency.
- Remove and serve warm with ice cream, toss into oatmeal or on top of yogurt with some granola.



# baked pumpkin mac and cheese with roasted brussel sprouts



*creamy baked pumpkin mac and cheese is combined with roasted brussel sprouts for a delicious fall meal the entire family will love!*

Prep Time: 5 minutes

Cook Time: 25 minutes

Total Time: 30 minutes

Yield: 4-6 servings

## Ingredients:

- 1 box whole wheat pasta
- 2 tablespoons unsalted butter
- 2 tbsp all-purpose flour
- 3/4 cup milk
- 3/4 cup unsweetened canned pumpkin
- 1/2 cup white cheddar cheese
- 1/2 cup shredded parmesan cheese
- Dash of ground nutmeg
- Salt and pepper to taste
- 1 cup panko breadcrumbs
- 2 cups brussels sprouts, sliced in quarters
- 2 teaspoons olive oil

## Directions:

### For the Brussel Sprouts:

- Toss brussels sprouts with olive oil, salt and pepper and roast at 400 degrees F for 15 minutes

### For the Mac & Cheese:

- Turn oven down to 375 degrees F.
- Lightly butter a 9×13 baking pan
- Cook pasta according to package directions
- Melt the butter in a medium pot over medium heat.
- As soon as it begins to brown, add the flour and whisk for 1 minute
- Slowly whisk in the milk
- Continue whisking as you add the pumpkin and cheeses.
- Whisk in nutmeg, salt and pepper.
- Drain the pasta and return it to its pot.
- Add the cheese sauce to the pasta and toss to coat.
- Stir in roasted brussels sprouts
- Transfer pasta to prepared pan and top with panko
- Bake for 20-25 minutes or until the cheese is very bubbly and panko is slightly browned on top.



# whole grain pumpkin spice banana muffins



*these lightly sweetened pumpkin spice banana muffins are so moist and packed with whole grains and protein to help carry you through until your next meal.*

**Prep Time:** 5 minutes

**Cook Time:** 25 minutes

**Total Time:** 30 minutes

**Yield:** 10 muffins

## Ingredients:

- 1 cup white whole wheat flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon pumpkin pie spice (more if you like!)
- 1 5.3 oz. container 2% siggi's pumpkin & spice yogurt (plain yogurt works too)
- 1 medium banana, mashed
- 3/4 cup canned pumpkin
- 2 eggs
- 2 tablespoons maple syrup
- 1 teaspoon vanilla
- Topping: 1/4 cup rolled oats

## Directions:

- Preheat oven to 375 degrees F and grease or line a 12-cup muffin tin
- Combine dry ingredients in a small mixing bowl and set aside.
- Meanwhile, add yogurt mashed banana, pumpkin, eggs, maple syrup and vanilla into a large mixing bowl and use an electric mixer to beat until well combined.
- Slowly add the dry ingredients into the wet carefully folding together until just combined.
- Scoop batter into muffin tins until mostly full.
- Top each with a sprinkle of rolled oats
- Bake for 20-25 minutes or until a toothpick inserted in the middle comes out clean.



# turkey apple cheddar sandwich



*freshly sliced turkey is sandwiched between two slices of whole grain cranberry walnut bread along with melty cheddar, crisp apple, peppery arugula, red onions and honey mustard for a mid-day meal that's perfect for the season!*

**Prep Time:** 5 minutes

**Cook Time:** 4-5 minutes (toasting time)

**Total Time:** 10 minutes

**Yield:** 1 sandwich

## Ingredients:

- 2 slices of whole grain cranberry walnut bread (if you're not into bread making, you can find this in the bakery section of your local grocery store or see if your local bakery has a loaf!)
- 3-4 oz. lower sodium turkey breast (I love Boar's Head)
- 2 slices of white cheddar cheese
- 5-7 rings of red onion
- 5-7 thinly sliced apples or pears (or a mix of both!)
- Handful of arugula
- 1-2 tablespoons honey mustard

## Directions:

- Layer the slices of cheddar onto the bread and toast to allow the cheese to melt & bread to toast (\*see note)
- Spread each side with honey mustard then layer arugula on one side.
- Place thinly sliced apples (or pears or a mix of both, if using) on the other side of the bread on top of the melted cheddar and honey mustard
- On top of the apples layer turkey then onions.
- Sandwich the bread together, slice in half and enjoy!

**Note:** If you want to pack this for lunch, you can skip the toasting. I've never had a problem with toasting bread and then packing it, but if it's not for you, feel free to nix it.



# big cluster apple pie granola



*this big cluster apple pie granola is the perfect way to celebrate one of autumn's best flavors! throw it over yogurt, add it to smoothies or just eat it by the cluster as is!*

**Prep Time:** 5 minutes

**Cook Time:** 20-30 minutes

**Total Time:** 25-35 minutes

**Yield:** 4 cups

## Ingredients:

- 3 cups of old-fashioned rolled oats
- 2-3 tablespoons of brown sugar
- 1/4 teaspoon salt
- 1 1/2 - 2 teaspoons of apple pie spice or cinnamon
- 1/3 cup of honey
- 1/4 cup of canola oil
- 1 teaspoon of vanilla
- 1/2 cup diced dried apple, roughly chopped
- 1/2 cup walnuts, roughly chopped

## Directions:

- Preheat the oven to 300 degrees F and line a rimmed baking sheet with parchment paper (see note).
- In a large mixing bowl, combine oats, brown sugar, salt, and apple pie spice. Mix a few times to disperse ingredients then add in apples and walnuts (pecans would work as well, or a 50/50 mix!)
- In a small mixing bowl, add honey, oil, and vanilla and whisk well.
- Pour the honey mixture over the dry ingredients and mix with a spoon or your hands grabbing small pieces of the mixture and pressing hard to form clusters (I find it's easier with your hands).
- Add the mixture to the prepared baking sheet and use your hands to pinch together more clusters.
- Bake for 25-30 minutes or until granola is lightly browned. NOTE: when you take it out, it will be soft to the touch. that does not mean it's not cooked – it will harden up once it has cooled.

## Notes:

- If you use a small rimmed baking sheet, you can skip forming the clusters. Just tightly pack the granola into the baking sheet and then you can break it up after it has cooled into whatever size clusters you like. Note that you must be able to tightly pack the mixture for clusters to form this way.
- Granola will keep in an airtight container for 3-4 days.



# fall harvest barley bowl



*this easy grain bowl comes together quickly and combines some of my favorite fall flavors! filled with whole grains, fiber, heart healthy fats and protein, it's the perfect way to celebrate the official start of the season.*

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

Yield: 1 bowl

## Ingredients:

- 2 large handfuls arugula
- 1/2 cup cooked pearl barley \*see note #1
- 1/2 cup roasted sweet potatoes \*see note #2 for recipe
- 1/2 cup canned chickpeas, drained & rinsed
- 1 small apple, thinly sliced or diced
- 10 rings thinly sliced red onion
- 1-2 tablespoons apple pie-spiced candied pecans (regular pecans would work as well!) \*see note #2 for recipe
- 1-2 tablespoon dried cranberries
- 1-2 (or more!) tablespoons crumbled goat cheese
- Salt & pepper, to taste
- Olive oil & apple cider vinegar to dress (or other dressing of choice)

## Directions:

- Combine everything into a bowl, toss and enjoy!

## Notes:

- I find barley to be wonderful when cooked in a vegetable or chicken broth. It brings so much more flavor to the dish!
- You can find both of these recipes on this post!



# pumpkin pie spiced whole wheat waffles



*these soft and fluffy whole wheat waffles are bursting with pumpkin flavor. they pair perfectly with syrup or peanut butter and freeze well for up to 2 months!*

**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Total Time:** 15 minutes

**Yield:** 5 waffles

**Ingredients:**

- 1 and 1/4 cups whole wheat flour
- 3 teaspoons baking powder
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1 teaspoon pumpkin pie spice
- 1 beaten egg
- 1 cup soymilk
- 1/3 – 1/2 cup canned pumpkin puree
- 2 tablespoons canola oil

**Directions:**

- Preheat waffle iron (or if you don't have one, preheat a skillet and make them into pancakes!)
- In a medium mixing bowl, combine dry ingredients
- In a separate large mixing bowl, combine wet ingredients
- Add wet ingredients to dry and gently fold to combine
- Add 1/3 cup of the batter to pre-heated waffle iron and cook until just browned.
- Allow to cool for 1-2 minutes before serving



# harvest roasted root vegetables and chicken apple sausage



*this dish brings together a delicious medley of autumn roasted vegetables, chicken apple sausage, crunch walnuts and tart dried cranberries. done in 30 minutes and less than 10 ingredients!*

Prep Time: 5 minutes

Cook Time: 40-50 minutes

Total Time: 45 - 55 minutes

Yield: 4 servings

## Ingredients:

- 4 chicken apple sausages, sliced (I like Applegate Farms and Aidell's)
- 1 butternut squash peeled, cored and cubed
- 1 rutabaga peeled, cubed
- 2 cups brussel sprouts, halved
- 1 teaspoon ground cinnamon
- 1-2 tablespoons olive oilSalt and pepper to taste
- Optional: dried cranberries and walnuts

## Directions:

- Preheat oven to 400 degrees F
- Line 2 baking sheets with parchment paper drizzled with ~1 teaspoon olive oil. Place butternut squash and brussel sprouts on one prepared pan and drizzle with a little more olive oil (1-2 teaspoons).
- Sprinkle the butternut squash with cinnamon and toss gently to coat.
- Sprinkle brussel sprouts with salt and pepper to taste and toss gently to coat.
- Place rutabaga on the second prepared baking sheet and drizzle with another 1-2 teaspoons olive oil, then sprinkle with salt and pepper, to taste. Toss to coat.
- Cook rutabaga on bottom oven rack for 40-50 minutes (or until tender and just browned), tossing halfway through to ensure even browning.
- Cook butternut squash and brussel sprouts on the middle oven rack for 20-30 minutes (or until brussel sprouts are lightly browned and butternut squash is tender)
- Remove butternut squash and brussel sprouts from the pan and place sliced chicken sausage on the same pan.
- Put in the oven for 10-12 minutes, flipping halfway through, until both sides are lightly browned.
- Combine all together and sprinkle with (optional) dried cranberries and walnuts.



# baked apple french toast



*whole grain bread and crisp apples are combined with warm spices and brown sugar for all the flavor of an apple pie, baked right into your morning meal! 7 ingredients and about 30 minutes and you'll have a dish the entire family will love!*

**Prep Time:** 5 minutes

**Cook Time:** 30-40 minutes

**Total Time:** 40 - 45 minutes

**Yield:** 4-6 servings

## Ingredients:

### For the French Toast:

- 1 loaf whole grain bread, cut or torn into 2" cubes
- 8-10 eggs
- 1 teaspoon vanilla
- 2 teaspoons apple pie spice
- 2 tablespoons brown sugar
- 1 1/2 cups milk
- 1-2 apples, peeled & diced (peeling is optional, I peel my apples so Owen can eat this too)

### For the Streusel (optional, but highly recommended!):

- 1/2 cup white whole wheat flour
- 1/4 cup rolled oatmeal
- 2 tablespoons brown sugar
- 1/4 teaspoon apple pie spice
- 1/8 teaspoon salt
- 2 tablespoon crushed walnuts
- 4 tablespoons room temperature butter

## Directions:

- Preheat oven to 350 degrees F and grease a 9×13 inch baking dish with cooking spray.
- In a large mixing bowl, add eggs, vanilla, apple pie spice, brown sugar and milk. Whisk until well combined.
- Layer half the bread into the pan and sprinkle with half the apples. Repeat with remaining bread cubes and apple.
- Pour egg mixture over the entire dish.
- Meanwhile, combine streusel ingredients in a small mixing bowl then sprinkle over the top.
- Bake for 30 to 40 minutes or until the edges of the bread are just golden brown.
- Allow to cool for 5 minutes before serving.



# creamy red lentil, kale & quinoa soup



*red lentils combine with kale, quinoa and creamy yogurt for a delicious vegetarian meal that's as comforting as it is easy to make!*

**Prep Time:** 10 minutes

**Cook Time:** 25 minutes

**Total Time:** 35 minutes

**Yield:** 4-6 servings

## Ingredients:

- 1 tablespoon olive oil
- 1/2 yellow onion, minced
- 3-4 large carrots, peeled & chopped
- 3-4 stalks celery, washed & chopped
- 1 shallot, peeled & minced
- 3 cloves garlic, peeled & minced
- 1 jalapeno pepper, washed, seeded (if desired, to reduce heat) and finely chopped
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground turmeric
- 1 teaspoon ground cumin
- Salt & pepper, to taste
- 4 cups low sodium vegetable broth
- 1 cup water
- 28 oz. can diced tomatoes
- 1 cup red lentils
- 1/2 cup uncooked quinoa
- 1-2 cups roughly chopped kale leaves, stems removed (baby spinach would also work here)
- 1/3 cup plain or lactose-free siggi's, plus more for serving
- 1/3 cup fresh cilantro leaves, roughly chopped, plus more for serving

## Directions:

- Place a large stock pot over medium heat and add 1 tablespoon olive oil. Next add minced onion, chopped carrots and celery to the pot and cook until just tender (~7-8 minutes).
- Once tender, add minced garlic, shallot and jalapeno and cook another 1-2 minutes until fragrant.
- Add ginger, turmeric, cumin, salt and pepper to the pot and stir to combine. Then add broth, water,
- tomatoes, lentils and quinoa. Stir then turn the heat to high, bringing the mixture to a boil. Once boiling, lower the heat to a simmer, cover the pot and cook for 20-30 minutes, until soup has thickened.
- Uncover, turn the heat back up to medium and add chopped kale. Cook for another 1-2 minutes, stirring, or until kale has wilted.
- Remove from heat, stir in yogurt and fresh cilantro leaves. Add additional salt & pepper as needed then serve!



# pumpkin pecan pie baked oatmeal



*red lentils combine with kale, quinoa and creamy yogurt for a delicious vegetarian meal that's as comforting as it is easy to make!*

**Prep Time:** 5 minutes

**Cook Time:** 30 minutes

**Total Time:** 35 minutes

**Yield:** 4-6 servings

## Ingredients:

- 2 cups rolled oats
- 1/2 cup pecans, roughly chopped
- 1 teaspoon baking powder
- 2 tablespoons chia seeds
- 1 teaspoon pumpkin pie spice
- 1/2 - 1 teaspoons ground cinnamon (more or less to your liking)
- 1/4 teaspoon salt
- 4 tablespoons brown sugar
- 1/2 cup pumpkin puree
- 1 1/4 cups of plain unsweetened soymilk
- 1 large egg
- 2 teaspoons vanilla extract

## Directions:

### For the Streusel:

Combine everything in a bowl and mix to combine. Set aside.

### For the Oatmeal:

- Preheat oven to 375 degrees F and spray an 8×8 baking dish with cooking spray.
- In a large mixing bowl combine oats, chia seeds, baking powder, brown sugar, pie spice, ground cinnamon and salt. Whisk to combine.
- In a smaller mixing bowl combine pumpkin, egg, vanilla and milk whisking to combine.
- Add wet ingredients to dry ingredients and gently fold to combine.
- Fold in pecans, then top with streusel.
- Bake for 30-40 minutes or until a knife comes out clean or with a few wet crumbs and the crisp is just browned.
- Allow to cool for 5-10 minutes then slice and serve.

For the Streusel (optional, but highly recommended!):

- 1/2 cup white whole wheat flour
- 1/4 cup rolled oatmeal
- 2 tablespoons brown sugar
- 1/4 teaspoon pumpkin pie spice
- 1/8 teaspoon salt
- 2 tablespoon crushed pecans
- 4 tablespoons room temperature butter