



**NOURISH
AND THRIVE**
NUTRITION CENTER

Fall Harvest Recipe Pack

This collection of healthy, recipes includes simple, delicious plant-based options for comforting, harvest meals!



Welcome!

We are so glad you're here.

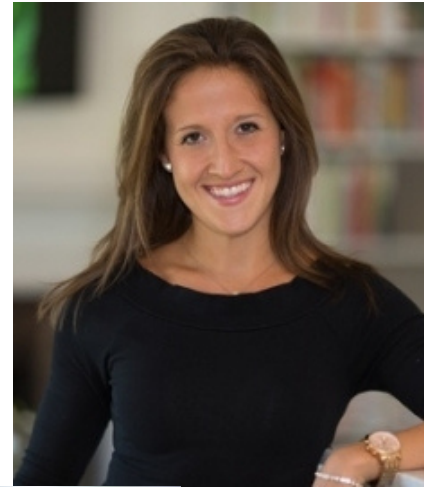
Our team of credentialed nutrition professionals and culinary facilitators have created these healthy recipes to help you meet your health goals. All are extensively tested and feature whole food ingredients with easy-to-follow directions for people of all cooking levels.

The recipes in this e-book are available on our digital meal plans +1,000s more. You can build your ultimate meal plan with our search-click-and-drag technology with automatic nutrition facts calculation and grocery list generation.

Access your FREE trial of our meal plans [here](#).

Now, let's get cooking!

Elisa and Ellen



Recipes

BREAKFAST

Chai-Spice Butternut Squash Muffins

Apple Pie Overnight Oats

Quick Sweet Potato hash

LUNCH

Pumpkin White Bean Dip

Roasted Carrot Ginger Soup

Chicken and Wild Rice Harvest Bowl

DINNER

Pumpkin Turkey Bolognese with Spaghetti Squash

Acorn Squash and Kale Salad with Turmeric Dressing

Garlicky Swiss Chard with Chickpeas

NUTRIENT GUIDE

Per serving:

C calories

C carbohydrates

F total fat

P protein



Chai-Spiced Butternut Squash Muffins

Serves 18

Prep: 15 mins. | Total: 30 mins.

Ingredients

- 2 lb butternut squash, peeled, seeded, and diced
- 1 Tbs avocado oil (or other mild flavored oil)
- 3 cup oats, quick
- 1 Tbs pumpkin pie spice
- 1 tsp cardamom, ground
- 1 1/2 tsp baking soda
- 1/2 tsp salt
- 1 cup almond milk, unsweetened (or other milk)
- 1/2 cup maple syrup
- 2 eggs
- 3 Tbs coconut oil, melted
- 1 tsp vanilla extract

Per serving:

C 134 calories

C 21g carbohydrates

F 5g total fat

P 3g protein



Prep

1. Preheat oven to 400° F and line a baking sheet with parchment paper.
2. Peel, seed, and dice butternut squash.
3. Line muffin tins with paper liners and spray with cooking oil for easy removal.

Make

1. Toss diced butternut squash with oil and bake on parchment-lined baking sheet for about 20 minutes until soft. Set aside. Reduce oven to 375° F.
2. Add oats, pumpkin pie spice, cardamom, baking soda, and salt to your blender or food processor. Process until mixture resembles flour. Add dry ingredients to a mixing bowl.
3. To your blender or processor, add butternut squash, milk, maple syrup, coconut oil, vanilla, and process until creamy. Add eggs and process until smooth.
4. Make a well in dry ingredients and add the wet mixture. Stir until just combined.
5. Add batter to muffin liners 3/4 full and bake for about 15 minutes until tops spring back when touched.



Apple Pie Overnight Oats

Serves 4

Prep: 10 mins. | Total: 8 hrs.

Ingredients

- 2 cup Oats
- 4 cup Oat milk, plain, unsweetened
(Or Other Non-Dairy Milk)
- 2 tsp Vanilla Extract
- 2 Apple, medium, Chopped
- 1/2 cup Water, or more if needed
- 2 tsp Cinnamon (or other spice)
- 4 Tbs Pumpkin Seeds
- 2 Tbs Coconut Flakes

Per serving:

| | |
|----------|-------------------|
| C | 297 calories |
| C | 45g carbohydrates |
| F | 11g total fat |
| P | 9g protein |

Prep

1. Evenly divide the oats, oat milk, and vanilla extract among containers with sealable lids (mason jars are perfect). Seal and shake well. Refrigerate overnight to allow oats to soften.

Make

1. Wash and chop apples.
2. Heat a small sauce pan over medium heat. Add the water, chopped apple, and pumpkin pie spice. Cook until the water has evaporated and the apples are softened and fragrant.
3. To assemble: Remove the oats from the refrigerator and take the lid off of the container. Evenly divide the apple mixture between the containers. Top with pumpkin seeds and coconut flakes.



Quick Sweet Potato Hash

Serves 4

Prep: 15 mins. | Total: 30 mins.

Ingredients

- 1 sweet potato, peeled and grated
- 1 cup red cabbage, thinly sliced
- 1 onion, thinly sliced
- 1 Tbs olive oil
- 1/4 tsp salt
- 1/4 tsp pepper

Prep

1. Grate the sweet potato with a cheese grater.
2. Thinly slice the cabbage and onion.

Make

1. Heat oil in large sauté pan.
2. Sauté onion until soft.
3. Add cabbage, sweet potato, salt, and pepper to taste.
4. Sauté until tender.
5. Remove from heat and enjoy!

Per serving:

C 152 calories

C 22g carbohydrates

F 7g total fat

P 2g protein



Pumpkin White Bean Dip

Serves 4

Prep: 5 mins. | Total: 20 mins.

Ingredients

- 1/2 lemon, Juiced and Zested
- 2 Tbs tahini
- 1 clove garlic, crushed
- 1 1/2 cup white beans, drained & rinsed
- 2 Tbs olive oil
- 1 1/2 cup pumpkin purée
- 1/2 tsp cayenne Pepper
- 1/2 tsp salt
- 1 tsp sage, fresh, chopped
- 1 red pepper, chopped
- 2 Tbs pumpkin seeds, toasted

Per serving:

- C** 136 calories
- C** 17g carbohydrates
- F** 6g total fat
- P** 5g protein



Directions

1. Place lemon juice, lemon zest, tahini, garlic, white beans, olive oil, pumpkin puree, cayenne pepper, salt, and sage in a food processor. Pulse until smooth adding water to thin if necessary.
2. Transfer to a bowl and allow to sit for 15 minutes before garnishing with pumpkin seeds and serving.

Use It:

- This makes a great dip for raw vegetables and seedy crackers
- Spread it on a tortilla and fill with your favorite protein and vegetables for lunch



Roasted Carrot Ginger Soup

Serves 4

Prep: 30 mins. | Total: 45 mins.

Ingredients

- 8 carrots, peeled and cut into 1-inch rounds
- 2 Tbs ginger, peeled and cut into 4 pieces 1-inch knob
- 1/2 onion, sweet, chop
- 2 Tbs olive oil
- 2 tsp thyme, fresh (or 1/2 the amount dried)
- 6 cup vegetable stock, low-sodium
- salt, to taste
- pepper, to taste
- 2 Tbs pepitas, raw

Per serving:

| | |
|----------|-------------------|
| C | 169 calories |
| C | 20g carbohydrates |
| F | 9g total fat |
| P | 4g protein |

Prep

1. Preheat oven to 400°F. Line a roasting pan with parchment paper.
2. Chop carrots, ginger, and onion.

Make

1. Place carrots on a baking sheet lined with parchment paper, drizzle with one tablespoon of the oil and toss to coat. Roast in the oven for 15–20 minutes, until just browned and tender.
2. Meanwhile, in a large soup pot, heat the rest of the olive oil over medium heat. Sauté onions until translucent and tender. Add thyme and ginger and sauté gently until fragrant.
3. Add roasted carrots and broth and bring to a boil and then turn down to a simmer for 10 minutes.
4. Use an immersion blender, or blender to purée the soup. Add more stock if needed to reach the desired thickness.
5. Season with salt and pepper. Garnish with pepitas.



Chicken and Wild Rice Harvest Bowl

Serves 4

Prep: 20 mins. | Total: 50 mins.

Ingredients

- 7 cup kale, spines removed and chopped
- 2 cup Brussels sprouts, halved and roasted
- 1 medium sweet potato, peeled, cubed, and roasted
- 1 lb chicken breasts, cooked
- 1 cup wild rice, cooked according to the package directions
- 1/2 cup pomegranate arils

Prep

1. Roast Brussels sprouts and sweet potato.
2. Massage kale until softened.
3. Cook chicken or purchase pre-cooked chicken
4. Add dressing ingredients to a mason jar and shake to combine.

Make

1. To assemble, divide the shredded kale evenly in the bottom of five shallow bowls.
2. Top with cooked wild rice, chicken, Brussels sprouts, sweet potato, almonds, and pomegranate arils.
3. Drizzle with the vinaigrette to taste. (or dressing of choice)

Per serving:

C 169 calories

C 20g carbohydrates

F 9g total fat

P 4g protein

Dressing

1/4 cup olive oil
1/4 cup tart cherry juice
1/2 lemon, juiced
1 clove garlic, minced
1 tsp maple syrup
1 tsp Dijon mustard
salt and pepper to taste



Pumpkin Turkey Bolognese with Spaghetti Squash

Serves 4

Prep: 15 mins. | Total: 1 hr.

Ingredients

- 1 Spaghetti Squash, large
- 2 Tbs Olive Oil, divided
- 8 oz Turkey, ground
- 1/2 Onion, medium, Chopped
- 1 Carrot, medium, Peeled and chopped
- 8 oz Mushrooms, Chopped
- 2 Cloves Garlic, minced
- 1/2 tsp Oregano, dried
- 1/2 cup Tomato Paste
- 1 15 Ounce Can Pumpkin Puree
- Water
- Salt and Pepper
- 1/4 cup Parsley, fresh, Chopped

Per serving:

| | |
|----------|-------------------|
| C | 299 calories |
| C | 34g carbohydrates |
| F | 13g total fat |
| P | 17g protein |

Prep

1. Preheat oven to 400 degrees Fahrenheit.
2. Carefully cut spaghetti squash in half length wise. Scoop out the seeds.
3. Wash and chop all vegetables.

Make

1. Rub half of the olive oil into the inside of the spaghetti squash halves. Place the squash cut side down on a rimmed baking sheet and roast for 45 minutes or until a knife can easily pierce the skin. Allow to cool at room temperature until cool enough to handle, then use a fork to scrape out the insides.
2. While the squash is cooking, heat the remaining olive oil in a medium pan over medium heat. Add the ground turkey and cook until browned, about 5 minutes.
3. Add the onion and carrot and cook until carrot becomes tender about 5 minutes. Add the mushrooms and cook until most of the liquid has evaporated about 3 minutes. Add the garlic and oregano and cook for an additional minute.
4. Stir in the tomato paste and pumpkin puree. Allow to simmer for a few minutes before adjusting consistency by adding 1/4 cup of water at a time. More water will yield a thinner sauce.
5. Season with salt and pepper and serve over roasted spaghetti squash. Garnish with parsley



Acorn Squash and Kale Salad with Turmeric Dressing

Serves 4

Prep: 15 mins. | Total: 25 mins.

Ingredients

- 1 acorn squash, sliced into half moons
- 8 cup kale, spines removed and chopped
- 2 apples, diced
- 1 Tbs olive oil
- 1/2 cup sunflower seeds, raw

Dressing:

- 1/4 cup olive oil
- 1 tsp turmeric, ground
- 2 Tbs vinegar, red wine
- 1 lemon, juiced
- 1 tsp ginger root, fresh, grated
- 1 clove garlic

Per serving:

| | |
|----------|-------------------|
| C | 299 calories |
| C | 29g carbohydrates |
| F | 13g total fat |
| P | 17g protein |



Prep

1. Chop off the stem of the squash, slice in half then use a spoon to scoop out the seeds and flesh. Cut each side into 1/2-inch slices.
2. Remove stems from kale, chop into bite-sized pieces.
3. Dice apple.
4. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
5. Add dressing ingredients to blender and process until smooth or whisk in a bowl.

Make

1. Toss squash slices with 1 tablespoon olive oil to coat. Arrange slices on the baking sheet, sprinkle with salt & pepper. Bake for 12 minutes on each side until light golden brown.
2. Put kale in a large bowl. Massage with fingers for 30 seconds until kale turns bright green. Add diced apple and roasted squash. Toss with enough dressing to coat and top with sunflower seeds.



Garlick Swiss Chard with Chickpeas

Serves 4

Prep: 10 mins. | Total: 20 mins.

Ingredients

- 2 lb Swiss chard, spines removed and leaves chopped
- 1/2 cup onion, chopped
- 2 cloves garlic, minced
- 1 1/2 cups chickpeas, canned, drained, and rinsed
- 1 tsp cumin seed
- 2 Tbs olive oil
- 1/2 lemon, cut into wedges
- salt, to taste
- black pepper, to taste

Per serving:

| | |
|----------|-------------------|
| C | 196 calories |
| C | 25g carbohydrates |
| F | 9g total fat |
| P | 9g protein |

Prep

1. Remove spines from the chard. Chop leaves and stems, keeping stems separate.
2. Chop onion. Mince garlic.

Make

1. Add olive oil to skillet and over medium heat, sauté chard stems, onion, and garlic until softened and fragrant.
2. Add chickpeas and cumin seeds and continue to sauté until fragrant.
3. Add leaves of chard, stir, remove from heat, and cover until wilted.
4. Serve with lemon wedges and season with salt and pepper to taste.

