

# FALL FLAVORS

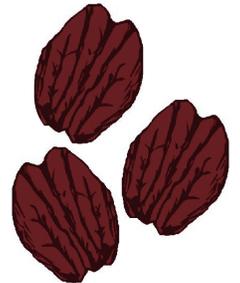


½ cup of Pureed Pumpkin provides:

- Over 100% of your Vitamin A for the day
- Beta Carotene (from Vitamin A) which is a powerful antioxidant
- 5 grams of fiber
- Only 40 calories and 9 grams (4 net grams) of carbohydrates

1 oz. (about 15 halves) of Pecans gives you:

- 12 g. of monounsaturated heart healthy fats
- 3 g. of Protein and 3 g. of Fiber which makes them extra filling
- The highest antioxidant capacity of any nut
- Only 4 grams of carbs for limited effect on blood sugar levels



## Pumpkin Energy Bites

### Ingredients:

- 1 cup chopped dates
- ¼ cup honey
- ¼ cup pumpkin puree
- 1 T chia (or flax) seeds
- 1 ½ tsp. pumpkin pie spice
- 1 cup old fashioned oats (dry, uncooked)
- 1 cup toasted coconut flakes
- 1 cup toasted pepitas (green pumpkin seeds)



**Directions:** Combine dates, honey, pumpkin, chia (or flax) seeds, and pumpkin pie spice. Mix/mash until smooth and combined. Stir in oats, coconut flakes, and pepitas until evenly combined. Cover and refrigerate for 30 minutes. Once cooled, use a spoon to form 1-inch balls or line a baking pan with parchment paper and press flat to be cut into bars. Store in the fridge for up to 2 weeks.

**Nutrition (1 ball):** 87 calories, 4.4 g Fat, 11.5 g Carbs, 1.5 g Fiber, 2.5 g Protein

## Honey Mustard Pecan Crusted Salmon

### Ingredients:

- 4 (4 oz.) salmon filets
- 2 Tbsp. ground mustard
- 2 Tbsp. raw honey
- ½ cup pecans
- ½ tsp. smoked paprika
- Salt & pepper



**Directions:** Preheat oven to 375°F. Place salmon filets on foil covered baking sheet skin side down. In a small bowl mix mustard powder and honey and pour evenly over each salmon filet. Use your hands rub the mixture into the salmon on all sides. Chop pecans finely and mix with the smoked paprika. Use your fingers to press pecan mixture onto each salmon filet until it is coated. Bake for 9-13 minutes and serve.

**Nutrition (1 filet):** 374 calories, 13 g Fat, 15 g Carbs, 28 g Protein

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## Roasted Fall Vegetable Farro Bowl

### Ingredients:

- 1 ½ cup semi-pearled farro
- 2 cups butternut squash, cubed
- 2 cups baby bello mushrooms, quartered
- 2 cups Brussels sprouts, quartered
- 4 Tbsp. olive oil
- Salt and pepper
- 1 ½ lemon's juice
- 1 clove garlic
- 2 Tbsp. tahini
- 1/4 cup parsley leaves



**Directions:** Preheat oven to 425°F. Line 2 baking sheets with foil. Cook farro according to package directions. Place vegetables on baking sheets, drizzle with 2 Tbsp. olive oil, and season with salt/pepper. Roast until golden & tender (18 mins). In a blender combine lemon juice, tahini, parsley, garlic, olive oil and up to 3 Tbs. water to achieve consistency desired. Mix vegetables w/farro and drizzle dressing over top.

**Nutrition (¼ of recipe):** 495 calories, 19 g Fat, 68 g Carbs, 11 g Fiber, 16 g Protein

### ¼ cup of dried Farro contributes:

- This "ancient grain" has a lower gluten content than modern day wheat
- 7 grams of Fiber (more than is in quinoa) and 7 grams of Protein
- 10% of your daily value of Iron
- Packed with whole grain carbohydrates; a natural source of energy



## Quinoa Salad with Pecans and Cranberries

### Ingredients:

- 1 cup dry quinoa
- 1 ½ cups vegetable broth
- 1 Tbsp. fresh parsley, chopped
- 1 Tbsp. fresh chives, chopped
- ⅓ cup pecans, chopped
- ⅓ cup dried cranberries
- 2 Tbsp. lemon juice
- 2 Tbsp. olive oil
- Salt & pepper to taste



**Directions:** Bring quinoa and broth to a boil then cover and reduce heat to a simmer for 15 minutes. When quinoa is cooked set aside to cool slightly. Combine all other ingredients in bowl and mix. Combine ingredient mixture with cooked and cooled quinoa. Serve immediately or cool in fridge and enjoy cold.

**Nutrition (¼ of recipe):** 344 calories, 17 g Fat, 41 g Carbs, 5 g Fiber, 8 g Protein

### 1 cup fresh Cranberries offers:

- 0 grams fat, 0 mg Sodium, and 0 mg Cholesterol
- Only 50 calories and 5 grams of fiber
- 25% of your daily Vitamin C intake and 6% of your Vitamin K
- Contains the antioxidant proanthocyanidin (which can help prevent UTI's)

