



SEASONAL RECIPES



Autumn



Healthy, warming recipes for
all the family to enjoy.



Autumn Harvest Salad

Ingredients:

- 6 cups mixed salad greens
- 1 cup diced cooked chicken or turkey (optional)
- 1/2 cup diced apple
- 1/2 cup chopped pecans
- 1/4 cup crumbled blue cheese
- 2 tablespoons balsamic vinaigrette dressing
- Salt and pepper to taste



Instructions:

1. In a large salad bowl, combine the mixed salad greens, diced chicken or turkey (if using), diced apple, chopped pecans, and crumbled blue cheese.
2. Drizzle the balsamic vinaigrette dressing over the salad and toss gently to coat.
3. Season with salt and pepper to taste.
4. Serve the salad and enjoy!

Cauliflower and Pumpkin Soup

Ingredients:

- 1 small cauliflower head, chopped
- 1 cup pumpkin puree (canned or homemade)
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 1/2 cup heavy cream
- 2 tablespoons olive oil
- 1/2 teaspoon ground nutmeg
- Salt and pepper to taste



Instructions:

1. In a large pot, heat olive oil over medium heat. Add the chopped onion and cook until translucent.
2. Add the minced garlic and cook for another minute until fragrant.
3. Add the chopped cauliflower, pumpkin puree, and vegetable broth to the pot. Bring to a boil, then reduce heat to simmer. Cook for about 20-25 minutes or until the cauliflower is tender.
4. Use an immersion blender to puree the soup until smooth. If you don't have an immersion blender, you can carefully transfer the soup to a blender in batches.
5. Stir in the heavy cream, ground nutmeg, salt, and pepper. Heat the soup over low heat until warmed through.
6. Serve hot and garnish with a sprinkle of nutmeg or a dollop of sour cream if desired.





Roasted Brussels Sprouts with Bacon and Pecans

Ingredients:

- 1 pound Brussels sprouts, trimmed and halved
- 4 slices bacon, chopped
- 1/2 cup pecan halves
- 2 tablespoons olive oil
- Salt and pepper to taste



Instructions:

1. Preheat your oven to 400°F (200°C).
2. In a large bowl, toss the Brussels sprouts with olive oil, salt, and pepper.
3. Spread the Brussels sprouts on a baking sheet and scatter the chopped bacon on top.
4. Roast in the oven for 20-25 minutes or until the Brussels sprouts are tender and caramelized.
5. In the last 5 minutes of roasting, add the pecan halves to the baking sheet to toast them.
6. Remove from the oven, let cool slightly, and serve.

Squash with Garlic and Parmesan

Ingredients:

- 1 medium squash
- 2 cloves garlic, minced
- 2 tablespoons butter
- 1/4 cup grated Parmesan cheese
- Fresh parsley, chopped, for garnish
- Salt and pepper to taste



Instructions:

1. Preheat your oven to 375°F (190°C).
2. Cut the squash in half lengthwise and scoop out the seeds.
3. Place the squash halves on a baking sheet, cut side up, and roast in the oven for 30-40 minutes or until the flesh is tender and can be easily shredded with a fork.
4. In a skillet, melt the butter over medium heat, and add the minced garlic. Cook for 1-2 minutes until fragrant.
5. Scrape the squash flesh into the skillet and toss to combine with the garlic and butter.
6. Add grated Parmesan cheese and season with salt and pepper. Cook for an additional 2-3 minutes.
7. Garnish with fresh parsley and serve.





Autumn Stew

Ingredients:

- 1 pound (450g) beef stew meat, cubed
- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 cup green beans, trimmed and cut into bite-sized pieces
- 2 carrots, peeled and sliced
- 2 parsnips, peeled and sliced
- 2 potatoes, peeled and cubed
- 2 cups butternut squash, peeled and cubed
- 4 cups beef or vegetable broth
- 1 can (14.5 oz) diced tomatoes
- 2 bay leaves
- 1 teaspoon dried thyme
- Salt and pepper to taste
- Chopped fresh parsley for garnish (optional)



Instructions:

1. Heat the olive oil in a large soup pot over medium-high heat.
2. Add the cubed beef stew meat and brown on all sides, about 5-7 minutes. Remove the meat from the pot and set it aside.
3. In the same pot, add the chopped onion and garlic. Cook for 2-3 minutes until they become fragrant and translucent.
4. Return the browned beef to the pot, and add the carrots, parsnips, potatoes, butternut squash, and green beans. Stir to combine.
5. Pour in the beef or vegetable broth and diced tomatoes (including their juice). Add the bay leaves and dried thyme. Season with salt and pepper to taste.
6. Bring the mixture to a boil, then reduce the heat to low. Cover the pot and let it simmer for 1.5 to 2 hours, or until the beef and vegetables are tender and the flavors meld together.
7. Remove the bay leaves before serving.
8. Taste the stew and adjust the seasoning, if necessary.
9. Ladle the autumn stew into bowls, garnish with chopped fresh parsley if desired, and serve hot.

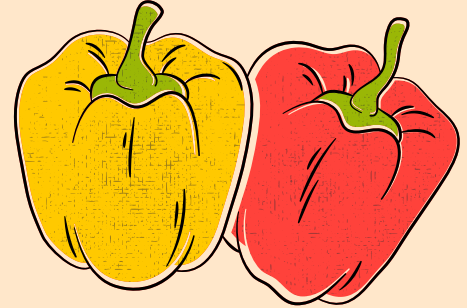




Stuffed Bell Peppers

Ingredients:

- 4 bell peppers, any color
- 1 pound ground turkey or chicken
- 1/2 cup cauliflower rice (or regular rice if preferred)
- 1/2 cup diced tomatoes
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 1 teaspoon Italian seasoning
- Salt and pepper to taste
- 1/2 cup shredded mozzarella cheese



Instructions:

1. Preheat your oven to 375°F (190°C).
2. Cut the tops off the bell peppers, remove the seeds and membranes, and set aside.
3. In a skillet, cook the ground turkey or chicken over medium heat until browned. Drain any excess fat.
4. In the same skillet, add the diced onion and garlic and cook for a few minutes until softened.
5. Stir in the cauliflower rice, diced tomatoes, Italian seasoning, salt, and pepper. Cook for an additional 5 minutes.
6. Spoon the turkey or chicken mixture into the bell peppers, pressing down to pack the filling.
7. Place the stuffed peppers in a baking dish and cover with foil.
8. Bake in the preheated oven for 25-30 minutes.
9. Remove the foil, sprinkle shredded mozzarella cheese on top of each pepper, and return them to the oven for an additional 5-10 minutes, or until the cheese is melted and bubbly.

Tried one of our recipes and love it? Have a recipe you'd like to share? We would love to hear from you!

Email: patients@citrinfoundation.org

