



Pumpkin Spice Chia Oatmeal

Ingredients:

- 1/2 cup plain oats
- 1/2 to 1 cup water
- dash of salt
- 1/4 cup pumpkin puree (fresh or canned)
- 1 tsp chia seeds
- dash of pumpkin spice seasoning

Preparation:

- Cook oatmeal according to package directions (either stove top or microwave)
- Mix in remainder of ingredients (pumpkin through seasoning) and heat until cooked through
- Add desired toppings, such as dried cranberries, maple syrup, nuts, milk



Easy Leftover Turkey Pho (adapted from Food52.com)

Ingredients:

- 1 qt turkey stock
- 1 bunch green onions
- 2 cups greens (kale, collard, or spinach)
- 1/2 lb leftover turkey
- 2 oz rice noodles
- Optional to flavor broth: fresh ginger, cinnamon stick, coriander seeds, cloves, fish sauce
- Garnish: chopped cilantro, chopped green onions, lime wedges, sliced jalapeños, sriracha sauce

Preparation:

- Add stock, green onions and optional items to a large pot and bring to boil; reduce heat to medium-low and simmer for 20 minutes
- Strain the spices/solids and discard
- Add the greens and cook for 1 minute
- Add shredded turkey and heat through
- Remove from heat
- Add rice noodles and allow to sit for a few minutes
- Ladle broth into bowls and divide turkey, greens and noodles
- Add garnish items and enjoy!





Festive Fall Salad (adapted from CookingLight.com)

Ingredients:

- 2 cups roasted butternut squash, seasoned how you prefer
- 1 can drained, rinsed chickpeas
- 4 cups arugula
- 2 Tbsp feta cheese
- 1 Tbsp pepitas (pumpkin seeds)
- Tahini dressing: 3 Tbsp tahini, 1/2 lemon (juiced), 1/4 tsp garlic powder, dash kosher salt, dash pepper, 3 Tbsp warm water

Preparation:

- Prepare dressing by whisking ingredients together and place in a refrigerator while prepping the salad
- Arrange salad ingredients on 2 plates starting with greens and topping with squash, chickpeas, feta, pepitas
- Drizzle with prepared tahini dressing



Cranberry Turkey and Farro

Ingredients:

- 2 cups cooked, rinsed farro (or whole grain of your choice)
- 1 Tbsp olive oil
- 1 onion, diced
- 8 oz frozen peas
- 1 cup leftover turkey
- 1 cup dried cranberries (or leftover cranberry sauce/relish)
- parsley
- salt and pepper

Preparation:

- Soak the dried cranberries in hot water to allow them to plump; drain
- Heat oil in a skillet and add onions and saute until translucent
- Add peas to skillet and cook until heated through
- Add remainder of ingredients and cook until heated through





Holiday Fruit Salad (adapted from FoodNetwork.com)

Ingredients:

- 1 lemon, juiced
- 1 tsp vanilla extract
- 2 Tbsp honey or agave
- 5 large oranges, peeled and segmented (or use 2 cans mandarin oranges to save time) and juices reserved
- 2 mangoes, peeled and diced
- 2 firm bananas, peeled and sliced
- 5 kiwis, peeled and diced
- 1 cup pomegranate seeds

Preparation:

- Combine the juiced reserved from oranges, lemon juice, vanilla extract, honey/agave, and set aside
- Mix together the fruits, gently
- Pour the syrup over the fruit, gently mix and refrigerate until ready to serve



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NOVEMBER EDITION



Your Grocery List

- arugula
- bananas
- butternut squash
- chia seeds
- chickpeas
- cilantro
- dried cranberries
- farro
- feta cheese
- frozen peas
- garlic powder
- green onions
- greens (kale, collard or spinach)
- honey or agave
- jalapeno pepper
- kiwis
- lemon
- lime
- mangoes
- oats
- olive oil
- onion
- oranges
- parsley
- pepitas
- pepper
- pomegranate seeds
- pumpkin puree
- pumpkin spice seasoning
- rice noodles
- salt
- sriracha chili sauce
- tahini sauce
- turkey
- turkey stock
- vanilla extract

