



E.A. Stewart
SPICY RD NUTRITION

25 Nourishing Winter Squash
Recipes Cookbook

EA Stewart

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Dear Friends,

I hope you enjoy this cookbook featuring 25 nourishing and delicious winter squash recipes!

All of the recipes are gluten-free and include options for plant-based eaters and omnivores alike.

Enjoy these recipes in good health and, if you haven't subscribed to my newsletter, **be sure to sign up!**

I typically send my newsletter out every 1-2 weeks and include new recipe posts, subscriber-only gluten-free meal plans, and integrative nutrition research updates on gut health, autoimmune disease, wellness nutrition, and vibrant aging.

Cheers to delicious health!
EA, aka Spicy



Acorn Squash & Sausage Hash

4 servings

30 minutes

Ingredients

10 ozs Pork Sausage (casings removed)
1 tbsp Extra Virgin Olive Oil
1 Acorn Squash (peeled, chopped into cubes)
1/2 Yellow Onion (chopped)
2 cups Mushrooms (sliced)
2 cups Kale Leaves (chopped)
1 tbsp Nutritional Yeast
1 tsp Sea Salt
1 Apple (cored, cubed)

Nutrition

Amount per serving	
Calories	352
Fat	24g
Saturated	7g
Carbs	23g
Fiber	4g
Sugar	7g
Protein	13g
Cholesterol	41mg
Sodium	1254mg
Calcium	81mg
Iron	3mg
Vitamin D	35IU

Directions

- 1 In a skillet over medium heat, cook the sausage. Break it up with the back of a spoon as it browns. Once it is cooked, drain the fat and set the sausage aside on a plate.
- 2 In the same skillet over medium-high heat, warm the olive oil. Add the squash, onions and mushrooms and cook for 10 minutes or until the squash is soft. Lower the heat to medium and add in the kale. Cook for about 2 minutes or until the kale is soft.
- 3 Add the sausage back in along with the nutritional yeast and sea salt. Stir until everything is combined and warmed through.
- 4 Remove from heat and stir in the chopped apples. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1 cup of the hash mixture.

More Fiber: Stir in cooked quinoa or rice.

Make it Vegan: Use black beans or lentils instead of sausage.

Meal Prep: Cook the acorn squash in advance to save time.



Rice & Lentil Stuffed Squash

4 servings

45 minutes

Ingredients

- 2 Acorn Squash (large)
- 1/2 tsp Sea Salt (divided)
- 1/2 cup Brown Rice
- 1/2 cup Vegetable Broth
- 1 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 6 Cremini Mushrooms (large, sliced)
- 1 tbsp Thyme (fresh)
- 1 cup Kale Leaves (finely chopped)
- 1 cup Lentils (cooked, rinsed)

Nutrition

Amount per serving	
Calories	253
Fat	1g
Saturated	0g
Carbs	55g
Fiber	9g
Sugar	4g
Protein	9g
Cholesterol	0mg
Sodium	391mg
Calcium	114mg
Iron	5mg
Vitamin D	2IU

Directions

- 1 Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Cut the squash in half and scoop out the seeds and strings. Season the flesh of the squash with one-third of the salt and place it flesh side down on the baking sheet. Bake for 35 to 40 minutes, or until the squash is tender.
- 3 Meanwhile, cook the rice according to package directions.
- 4 Add the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have started to soften, about 3 minutes. Add the mushrooms, thyme, and remaining salt. Continue to cook for another 3 to 5 minutes until the mushrooms start to soften.
- 5 Wilt in the kale leaves then add the cooked lentils and rice. Stir to combine.
- 6 Spoon the rice and lentil mixture into the baked squash. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to half a squash and approximately one cup of the lentil and rice filling.

Additional Toppings: Fresh herbs, red pepper flakes or fresh ground black pepper.

No Acorn Squash: Use a different variety of squash or sweet potato.

No Vegetable Broth: Use water instead.



Roasted Acorn Squash with Lime Dressing

4 servings

40 minutes

Ingredients

- 1 Acorn Squash (peeled, seeds removed)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 1/2 tsps Cinnamon
- 1 1/2 tsps Turmeric
- 1 tsp Sea Salt (divided)
- 1/2 Avocado (sliced)
- 1 tsp Ground Ginger
- 2 tbsps Lime Juice
- 1/4 cup Cilantro (finely chopped)
- 1/2 cup Canned Coconut Milk (full fat)

Nutrition

Amount per serving	
Calories	235
Fat	19g
Saturated	7g
Carbs	17g
Fiber	4g
Sugar	1g
Protein	2g
Cholesterol	0mg
Sodium	604mg
Calcium	54mg
Iron	2mg
Vitamin D	0IU

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Slice the acorn squash into 1/4-inch slices and toss in a bowl with half of the olive oil.
- 3 Add in the cinnamon, turmeric and half of the sea salt. Toss together until evenly combined.
- 4 Add the spiced acorn squash slices to the baking sheet and bake for 30 minutes.
- 5 While the squash cooks, prepare the dressing by adding the remaining olive oil, remaining sea salt, avocado, ginger, lime juice, cilantro and coconut milk to a blender. Blend together until smooth.
- 6 Remove the squash from the oven to let cool. Top with the lime dressing, and additional cilantro. Enjoy!

Notes

Leftovers: For best results, store the squash and dressing separately. Refrigerate the squash in an airtight container for up to two days. Refrigerate the dressing in an airtight container for up to five days.

No Coconut Milk : Use almond milk instead.



Turkey & Spinach Roasted Acorn Squash Bowls

4 servings

50 minutes

Ingredients

2 Acorn Squash
1 tbsp Extra Virgin Olive Oil
1 tbsp Coconut Oil
1 lb Extra Lean Ground Turkey
2 tsps Chili Powder
1 tsp Oregano
1 tsp Cumin
1/4 tsp Sea Salt
1/4 cup Water
4 cups Baby Spinach (chopped and packed)

Nutrition

Amount per serving	
Calories	337
Fat	17g
Saturated	6g
Carbs	26g
Fiber	5g
Sugar	0g
Protein	24g
Cholesterol	84mg
Sodium	372mg
Calcium	148mg
Iron	5mg
Vitamin D	16IU

Directions

- 1 Preheat the oven to 450°F and line a baking sheet with parchment paper.
- 2 Carefully slice the pointy tips off the bottom of the acorn squash to create a flat surface. Then carefully slice them in half through the center. Carve out the seeds and pulp. Brush the inside of the halves with olive oil. Place face up on the baking sheet and bake for 35 to 45 minutes or until golden brown.
- 3 Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
- 4 Once the turkey is cooked through, stir in the chili powder, oregano, cumin, sea salt and water. Mix very well then add in the baby spinach and continue to stir just until wilted. Turn the heat to the lowest setting to keep warm until your squash is cooked.
- 5 Remove squash from oven and stuff each half with the turkey/spinach mix. Top with hot sauce or salsa if you like. Enjoy!

Notes

Vegan & Vegetarian: Use lentils or black beans instead of ground meat.

Save Time: Roast acorn squash ahead of time and warm it at the time of meal.

Leftovers: Store covered in the fridge up to 3 days. Reheat in the oven, toaster oven or slow cooker.

Extra Protein and Healthy Fat: Top with a fried or poached egg.

Waste Not, Want Not: Set aside the seeds from the acorn squash. Rinse them and spread them across a tea towel to dry. Roast in the oven using our Cinnamon Toast Crunch Pumpkin Seeds recipe.



One Pan Chicken, Grapes & Veggies

2 servings

30 minutes

Ingredients

1 lb Chicken Drumsticks
1/2 Acorn Squash (seeds removed, chopped)
4 cups Green Beans (trimmed)
1 cup Grapes (seedless, stems removed)
1 tbsp Extra Virgin Olive Oil
2 tbsps Thyme (fresh)
1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	563
Fat	28g
Saturated	7g
Carbs	34g
Fiber	8g
Sugar	14g
Protein	46g
Cholesterol	209mg
Sodium	552mg
Calcium	144mg
Iron	5mg
Vitamin D	5IU

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Place chicken, squash, green beans and grapes onto the baking sheet. Drizzle the olive oil overtop and season with thyme and salt. Roast for 25 to 30 minutes or until the chicken is cooked through. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to three days.

Serving Size: One serving equals approximately two chicken drumsticks, 1/4 acorn squash, 1/2 cup grapes, and 2 cups green beans.

More Flavor: Add your choice of herbs and spices, or balsamic vinegar.



Butternut Squash & Apple Hash with an Egg

3 servings

25 minutes

Ingredients

3 tbsps Extra Virgin Olive Oil (divided)
2 cups Butternut Squash (peeled and chopped into 1 cm cubes)
1/2 cup Red Onion (chopped)
1/4 tsp Sea Salt
1 Apple (small, finely chopped)
2 cups Kale Leaves (chopped)
1/4 tsp Cinnamon
6 Egg

Nutrition

Amount per serving	
Calories	352
Fat	23g
Saturated	5g
Carbs	23g
Fiber	4g
Sugar	10g
Protein	14g
Cholesterol	372mg
Sodium	352mg
Calcium	148mg
Iron	3mg
Vitamin D	82IU

Directions

- 1 Heat 2/3 of the oil in a skillet over medium heat. Add the butternut squash and onion and cook, stirring often, for 10 to 12 minutes until the squash is tender. Season with the salt.
- 2 Add the apple and kale leaves and continue to cook until the kale has wilted down and the apple is warmed through and just tender, about 3 to 5 minutes. Add the cinnamon and stir to combine. Season with additional salt if needed.
- 3 In a second pan, heat the remaining oil over medium heat. Crack the eggs in the pan and cook until the whites are set and the yolks are cooked to your liking.
- 4 Divide the breakfast hash between plates and top with an egg. Enjoy!

Notes

Leftovers: Refrigerate the breakfast hash in an airtight container for up to five days. The eggs are best enjoyed freshly cooked.

Serving Size: One serving is approximately 1 cup of breakfast hash and 2 eggs.

More Protein: Add in cooked sausage, chicken or bacon.

Apple: This recipe was created and tested using Spartan apples.

Consistency: Chop the butternut squash and apples into similar size cubes to ensure even cooking.

No Red Onion: Use a yellow or sweet onion instead.



Chorizo & Squash Breakfast Hash

2 servings

30 minutes

Ingredients

8 ozs Chorizo (casing removed)
1 cup Butternut Squash (chopped into small cubes)
1/4 tsp Sea Salt
2 Egg
1/4 cup Cilantro (roughly chopped)
1 Avocado (sliced)

Nutrition

Amount per serving	
Calories	443
Fat	28g
Saturated	5g
Carbs	29g
Fiber	10g
Sugar	4g
Protein	23g
Cholesterol	186mg
Sodium	635mg
Calcium	154mg
Iron	6mg
Vitamin D	41IU

Directions

- 1 In a large cast iron skillet over medium heat, add the chorizo and break it apart with the back of a spoon until crumbled. Cook for about 5 to 7 minutes, until cooked through. Remove with a slotted spoon and set aside, leaving the fat in the pan.
- 2 Add the butternut squash and salt to the same pan. Cook for about 18 to 20 minutes, stirring every few minutes, until cooked through and crispy. Move to the sides of the pan, and crack the eggs. Cook until the whites are set and the yolks are done to your liking.
- 3 Add the chorizo back to the pan to heat it up slightly. Divide the hash between plates and top with the eggs. Add cilantro and avocado over top and enjoy!

Notes

Leftovers: Refrigerate the squash and chorizo in an airtight container for up to four days. The eggs are best enjoyed the same day.

More Flavor: Add sliced onion or garlic to the chorizo while cooking.

Meal Prep Option: Hard boil the eggs. Cook the butternut squash and chorizo ahead of time and store in airtight containers for an easy on-the-go meal.



Butternut Squash Buckwheat Bowl

2 servings

30 minutes

Ingredients

2 cups Water
1 cup Buckwheat Groats
2 tbsps Extra Virgin Olive Oil
1 cup Butternut Squash (chopped into small cubes)
1/2 cup Mushrooms (sliced)
1 cup Kale Leaves (chopped)
1 tsp Sea Salt
1 tsp Dried Basil

Nutrition

Amount per serving	
Calories	444
Fat	16g
Saturated	2g
Carbs	71g
Fiber	11g
Sugar	2g
Protein	11g
Cholesterol	0mg
Sodium	1204mg
Calcium	107mg
Iron	3mg
Vitamin D	2IU

Directions

- 1 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 2 Heat the oil in a separate pan over medium heat. Add in the butternut squash, mushrooms, kale, sea salt and basil. Cook, stirring frequently, for 15 minutes or until cooked through.
- 3 Transfer the cooked buckwheat into bowls. Top with the kale mixture and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately 2 cups.

More Flavor: Add diced onions or minced garlic.



Lentil Salad with Maple Roasted Squash

4 servings

30 minutes

Ingredients

2 cups Butternut Squash (chopped into 1 cm cubes)
1 1/2 tps Avocado Oil
1/4 tsp Sea Salt (divided)
2 tbsps Maple Syrup
1/4 cup Extra Virgin Olive Oil
2 tbsps Apple Cider Vinegar
1/4 tsp Cinnamon
2 cups Lentils (cooked, from the can)
4 stalks Green Onion (chopped)
1/4 cup Dried Unsweetened Cranberries
1/4 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	336
Fat	16g
Saturated	2g
Carbs	41g
Fiber	10g
Sugar	15g
Protein	10g
Cholesterol	0mg
Sodium	158mg
Calcium	76mg
Iron	4mg
Vitamin D	0IU

Directions

- 1 Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Arrange butternut squash cubes on the baking sheet and season with avocado oil and half of the salt. Roast in the oven for 20 minutes then remove from oven and drizzle with maple syrup. Return to the oven for an addition 5 to 10 minutes, or until the butternut squash is tender and maple syrup has started to caramelize. Remove from the oven and let cool slightly.
- 3 In a large mixing bowl whisk together the extra virgin olive oil, apple cider vinegar, cinnamon and remaining salt. Fold in lentils, green onion, cranberries, parsley and butternut squash. Season with additional salt if needed. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to 5 days.

No Maple Syrup: Use honey instead.

No Butternut Squash: Use sweet potato or carrots instead.

Save Time: Buy pre-sliced butternut squash.



Roasted Butternut Squash Harvest Bowl

4 servings

40 minutes

Ingredients

4 cups Butternut Squash (diced into cubes)
2 tbsps Extra Virgin Olive Oil (divided)
3/4 cup Quinoa (uncooked)
1 1/4 cups Water
8 cups Kale Leaves (finely chopped)
1 tbsp Balsamic Vinegar
Sea Salt & Black Pepper (to taste)
1/2 cup Pumpkin Seeds
1/2 cup Dried Unsweetened Cranberries

Nutrition

Amount per serving	
Calories	379
Fat	16g
Saturated	3g
Carbs	53g
Fiber	10g
Sugar	14g
Protein	11g
Cholesterol	0mg
Sodium	35mg
Calcium	207mg
Iron	6mg
Vitamin D	0IU

Directions

- 1 Preheat oven to 420°F (216°C) and line a baking sheet with parchment paper. Toss the butternut squash in half the olive oil and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
- 2 Combine the quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork and set aside.
- 3 Heat remaining olive oil in a large skillet over medium-low heat. Add kale and saute until wilted (about 3 to 5 minutes). Turn off the heat.
- 4 Add the quinoa, roasted butternut squash and balsamic vinegar to the skillet then toss until well mixed. Season with sea salt and black pepper to taste.
- 5 Divide into bowls and top with pumpkin seeds and dried cranberries. Enjoy!

Notes

No Butternut Squash: Use sweet potato, carrots or beets instead.

Save Time: Use frozen bagged butternut squash.

Leftovers: Keeps well in the fridge up to 3 - 4 days.

Extra Flavour: Toss the butternut squash in cinnamon before roasting.



Mac n' 'Cheese'

8 servings

1 hour

Ingredients

4 cups Butternut Squash (peeled, seeded and sliced into 1 inch cubes)
1/2 Sweet Onion (diced)
2 Garlic (cloves, whole)
2 tbsps Extra Virgin Olive Oil
1 cup Almonds
1 tsp Garlic Powder
1 tsp Onion Powder
1 cup Cashews
2 tbsps Nutritional Yeast
2 tsps Sea Salt
1 cup Water
4 cups Brown Rice Macaroni (uncooked)

Nutrition

Amount per serving	
Calories	492
Fat	22g
Saturated	3g
Carbs	64g
Fiber	8g
Sugar	4g
Protein	13g
Cholesterol	0mg
Sodium	605mg
Calcium	101mg
Iron	3mg
Vitamin D	0IU

Directions

- 1 Preheat oven to 420°F (216°C).
- 2 Place butternut squash, sweet onion and garlic cloves in a large mixing bowl. Add olive oil, season with a bit of sea salt and pepper and mix well. Transfer onto a large foil-lined baking sheet. Roast in the oven for 30 minutes.
- 3 Now let's make the "breadcrumbs". In a food processor, combine the almonds, garlic powder and onion powder. Pulse until almonds are coarsely chopped. Set aside.
- 4 In a blender, add cashews, nutritional yeast, sea salt and water. Blend until a creamy consistency forms. Now add in the roasted butternut squash and onion mix and blend until smooth.
- 5 Reduce oven to 350°F (177°C).
- 6 Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
- 7 In a large bowl, mix together cooked macaroni and "cheese" sauce. Toss until well coated then transfer into a casserole dish. Top with almond breadcrumbs and bake for 20 minutes.
- 8 Remove from oven. Let cool for 10 minutes. Spoon into bowls. Devour.

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups. For 8 servings an 11 x 17-inch casserole dish was used.

More Protein: Add diced chicken.

Make it Spicy: Add some clean hot sauce, chili flakes or cayenne pepper.

Extra Vegetables: Add sautéed spinach and mushrooms.

Appetizer Size: Line a muffin tray with liners and fill each with a few spoonfuls of Mac n' 'Cheese' for a bite-sized snack.



Butternut Squash Risotto with Crispy Prosciutto

4 servings

40 minutes

Ingredients

6 cups Butternut Squash (cubed)
4 1/4 ozs Prosciutto (sliced into small pieces)
1 tsp Avocado Oil
1/2 Yellow Onion (chopped)
1/4 cup Fresh Sage (chopped)
1 Garlic (clove, minced)
1 cup Chicken Broth
1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	186
Fat	6g
Saturated	2g
Carbs	28g
Fiber	5g
Sugar	6g
Protein	10g
Cholesterol	23mg
Sodium	945mg
Calcium	143mg
Iron	3mg
Vitamin D	0IU

Directions

- 1 Working in batches, place the cubed butternut squash in a food processor or blender and pulse until it resembles rice, but don't over-process. Set aside.
- 2 In a large pot or dutch oven, over medium heat, add the prosciutto. Cook for 5 to 7 minutes, until cooked through and slightly crispy. Remove and set aside.
- 3 Add the avocado oil and then the onion. Cook for 5 to 7 minutes over medium heat, until cooked through. Lower the heat to medium-low and add the sage and garlic. Cook for 1 minute more. Deglaze the pot with a splash of the chicken broth and stir to scrape up any browned bits from the pan.
- 4 Add the riced butternut squash and stir. Add the chicken broth and sea salt and cook for 14 to 16 minutes, until cooked through. Divide onto plates and top with the crispy prosciutto. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 3/4 cup butternut squash risotto.

Additional Toppings: Top with grated parmesan or pecorino.

Make it Vegan: Omit the prosciutto and use vegetable broth instead of chicken broth.

No Sage: Use thyme instead.



Roasted Winter Salad with Halloumi

4 servings

50 minutes

Ingredients

2 tbsps Avocado Oil
2 Garlic (cloves, minced)
1 Delicata Squash (medium, seeds removed and sliced into rings)
3 cups Purple Cabbage (cut into 1" pieces)
1 cup Red Onion (roughly chopped into large wedges)
Sea Salt & Black Pepper (to taste)
4 ozs Halloumi (cut into large pieces)
1 tsp Ground Sumac
1 tbsp Lemon Juice
1/3 cup Mint Leaves (chopped)

Nutrition

Amount per serving	
Calories	259
Fat	16g
Saturated	7g
Carbs	21g
Fiber	4g
Sugar	4g
Protein	10g
Cholesterol	25mg
Sodium	378mg
Calcium	339mg
Iron	2mg
Vitamin D	0IU

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 In a large bowl add the avocado oil, minced garlic, squash, cabbage, red onion, salt and pepper and toss to combine. Add to the baking sheet and roast for 20 to 25 minutes.
- 3 Remove the baking sheet and add the halloumi. Place back in the oven for an additional 15 minutes.
- 4 Remove the baking sheet and sprinkle the sumac on top of everything. Drizzle the lemon juice on top. Divide between plates and top with mint leaves. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to about 3/4 cup.

Dairy-Free: Omit the halloumi.

No Mint: Use parsley or basil.

No Sumac: Use another spice blend such as za'atar.



Squash & Quinoa Spinach Salad

2 servings

35 minutes

Ingredients

1 cup Butternut Squash (cut into small cubes)
1/8 tsp Cinnamon
Sea Salt & Black Pepper (to taste)
1/3 cup Quinoa
2 cups Baby Spinach
1/2 Apple (small, peeled and finely chopped)
1 tbsp Red Onion (finely chopped)
1 tbsp Walnuts (finely chopped)
2 tbsps Apple Cider Vinegar

Nutrition

Amount per serving	
Calories	196
Fat	4g
Saturated	0g
Carbs	35g
Fiber	6g
Sugar	7g
Protein	6g
Cholesterol	0mg
Sodium	29mg
Calcium	87mg
Iron	3mg
Vitamin D	0IU

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the butternut squash cubes on the baking sheet and season with the cinnamon and salt and pepper to taste. Toss to coat the squash with the seasoning then arrange into a single, even layer (do not overcrowd the pan). Bake for 25 to 30 minutes, flipping halfway through, or until the cubes are cooked through and have browned on both sides.
- 3 Meanwhile, cook the quinoa according to package directions.
- 4 To assemble the salad, divide the baby spinach, quinoa, and butternut squash between bowls and top with the apple, red onion, and walnuts. Drizzle with apple cider vinegar. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Nut-Free: Omit the walnuts and use sunflower or pumpkin seeds instead.

More Flavor: Mix the apple cider vinegar with honey or maple syrup for sweetness. Add fresh herbs, dried cranberries, or crumbled goat cheese.

More Fat: Add extra virgin olive oil to the apple cider vinegar.



Winter Yogurt Bowl

2 servings

30 minutes

Ingredients

1 Delicata Squash (small, seeds removed and sliced into rings)
1 1/2 tps Ghee (melted)
1/4 tsp Cinnamon (ground)
2 cups Plain Greek Yogurt
1/4 cup Pomegranate Seeds
2 tbsps Pumpkin Seeds
2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	444
Fat	20g
Saturated	6g
Carbs	42g
Fiber	7g
Sugar	9g
Protein	29g
Cholesterol	41mg
Sodium	166mg
Calcium	635mg
Iron	4mg
Vitamin D	99IU

Directions

- 1 Preheat the oven to 400°F (204°C) and add the squash to a baking sheet lined with parchment paper. Toss the squash with melted ghee and cinnamon. Bake for 15 to 20 minutes or until tender.
- 2 Divide the yogurt into bowls and top with the roasted squash, pomegranate seeds, pumpkin seeds and almond butter. Enjoy!

Notes

Dairy-Free: Use plain coconut yogurt instead of Greek yogurt.

No Delicata Squash: Use butternut squash or sweet potato instead.

No Ghee: Use melted coconut oil instead.

Nut-Free: Use sunflower seed butter instead of almond butter.

Storage: Assemble bowls, cover and store in the refrigerator for up to 3 days.



Turkey Cranberry Squash Bowls

4 servings

40 minutes

Ingredients

2 Delicata Squash (small)
2 tbsps Extra Virgin Olive Oil
1 lb Extra Lean Ground Turkey
1 tbsp Poultry Seasoning
1 tsp Sea Salt
1/2 cup Frozen Cranberries (thawed, or use fresh)
4 cups Microgreens
2 tbsps Balsamic Vinegar

Nutrition

Amount per serving	
Calories	362
Fat	17g
Saturated	3g
Carbs	32g
Fiber	6g
Sugar	5g
Protein	25g
Cholesterol	84mg
Sodium	677mg
Calcium	129mg
Iron	4mg
Vitamin D	16IU

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Rinse the outside of the squash and slice in half lengthwise. Brush the flesh with a small amount of olive oil and place face-down on the baking sheet. Bake for 30 minutes.
- 3 Meanwhile, heat the remaining oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
- 4 Once the turkey is cooked through, stir in the poultry seasoning, sea salt and cranberries. Turn the heat to the lowest setting to keep warm until your squash is cooked.
- 5 Remove squash from oven and stuff each half with the turkey/cranberry mix. Serve with microgreens and a drizzle of balsamic vinegar. Enjoy!

Notes

Vegan & Vegetarian: Use lentils or chickpeas instead of ground meat.

No Microgreens: Use any leafy green like baby spinach, kale, or arugula.

Leftovers: Keeps well in the fridge up to 3 days.



Roasted Delicata Squash

2 servings

20 minutes

Ingredients

1 Delicata Squash
1 tbsp Extra Virgin Olive Oil
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	146
Fat	7g
Saturated	1g
Carbs	22g
Fiber	3g
Sugar	0g
Protein	2g
Cholesterol	0mg
Sodium	154mg
Calcium	71mg
Iron	2mg
Vitamin D	0IU

Directions

- 1 Preheat the oven to 450°F (232°C) and line a baking sheet with foil.
- 2 Trim the ends of the squash and cut into 1/2-inch rings. Use a spoon to scoop out the seeds.
- 3 Coat the squash with olive oil and season with salt. Bake for 20 minutes.
- 4 Remove from the oven and enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for 3 to 4 days.

Serving Size: One serving is equal to half the squash.

More Flavor: Season with your favorite herbs and spices like oregano, chili powder, cinnamon or paprika.



Savory Squash

4 servings

35 minutes

Ingredients

- 1 Delicata Squash (washed and chopped with skin on)
- 2 cups Butternut Squash (peeled and chopped)
- 1 tsp Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Hazelnuts (roughly chopped)
- 1/4 cup Goat Cheese (crumbled)
- 1 tbsp Parsley (chopped)

Nutrition

Amount per serving	
Calories	156
Fat	8g
Saturated	2g
Carbs	21g
Fiber	4g
Sugar	2g
Protein	4g
Cholesterol	3mg
Sodium	39mg
Calcium	85mg
Iron	2mg
Vitamin D	0IU

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the chopped squash to the baking sheet, drizzle with avocado oil, sea salt and pepper and bake for 22 to 25 minutes, or until tender when pierced with a fork. Add the chopped hazelnuts to the baking sheet at the halfway point.
- 3 Remove the squash from the oven and transfer to a platter. Garnish with goat cheese and fresh parsley. Serve and enjoy!

Notes

Nut-Free: Omit the hazelnuts and use pumpkin or sunflower seeds instead.

No Parsley: Omit or use another fresh herb of your choice.

No Avocado Oil: Use extra virgin olive oil or melted coconut oil instead.



Chicken Ranch Spaghetti Squash

4 servings

30 minutes

Ingredients

- 8 ozs Chicken Breast (boneless, skinless)
- 1 Red Bell Pepper (halved and seeds removed)
- 1 Spaghetti Squash (cut in half lengthwise, seeds removed)
- 2 tbsps Extra Virgin Olive Oil
- 1/4 cup Mayonnaise
- 2 tbsps Unsweetened Coconut Yogurt
- 1/2 tsp Apple Cider Vinegar
- 1/2 tsp Dried Chives
- 1/8 tsp Sea Salt
- 1 tbsp Canned Coconut Milk (full fat)

Nutrition

Amount per serving	
Calories	282
Fat	20g
Saturated	4g
Carbs	14g
Fiber	2g
Sugar	1g
Protein	14g
Cholesterol	47mg
Sodium	194mg
Calcium	58mg
Iron	1mg
Vitamin D	2IU

Directions

- 1 Preheat the oven to 375°F (177°C) and line your baking sheets with aluminium foil.
- 2 Brush the chicken, bell pepper and the inside of the spaghetti squash with oil. Transfer to the baking sheets, placing the bell pepper and squash face down.
- 3 Roast the pepper for about 20 to 25 minutes or until slightly charred. Remove and set aside. Continue cooking the chicken and squash for an additional 10 minutes or until cooked through and tender.
- 4 Meanwhile, combine the mayonnaise, yogurt, apple cider vinegar, chives, salt and coconut milk in a jar. Cover with a lid and shake until well combined.
- 5 When cool enough to handle, use a fork to shred the squash into noodles. Chop the chicken and bell pepper, and transfer to the spaghetti squash bowl. Drizzle with the dressing and enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 3 days.

Serving Size: One serving equals approximately 1/4 of a stuffed spaghetti squash with 1 1/2 tablespoons of dressing.

No Bell Peppers: Use mushrooms, peas or broccoli instead.

No Coconut Yogurt: Use any alternative plain yogurt or sour cream.

Egg-Free: Use sour cream or yogurt instead of mayonnaise.



Spaghetti Squash with Spinach & Chickpeas

4 servings

50 minutes

Ingredients

1 Spaghetti Squash (medium)
2 tbsps Extra Virgin Olive Oil (divided)
1 Garlic (clove, minced)
1/4 cup Sun Dried Tomatoes (drained)
3 cups Baby Spinach
2 cups Chickpeas (cooked)
1 tbsp Lemon Juice
Sea Salt & Black Pepper (to taste)
1/3 cup Feta Cheese (optional, crumbled)

Nutrition

Amount per serving	
Calories	286
Fat	12g
Saturated	3g
Carbs	37g
Fiber	9g
Sugar	5g
Protein	11g
Cholesterol	11mg
Sodium	173mg
Calcium	165mg
Iron	4mg
Vitamin D	2IU

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Slice the spaghetti squash into even rings through its belly. Carve out the seeds and set aside. Place the rings onto the baking sheet and bake for 40 to 45 minutes. Remove the squash from the oven and let cool. Use a fork to shred the flesh into noodles.
- 3 In a pan over medium-low heat, add half of the extra virgin olive oil and sauté the garlic for 30 seconds. Then add the sun dried tomatoes and spinach. Sauté until the spinach is wilted. Add the chickpeas, lemon juice, sea salt, black pepper, remaining olive oil and the squash noodles. Toss to coat.
- 4 Divide the noodle mixture between plates and add the feta cheese on top. Serve and enjoy!

Notes

Dairy-Free: Use capers or nutritional yeast instead of feta cheese.

No Spinach: Use kale or Swiss chard instead.

No Sun Dried Tomatoes: Use sliced olives instead.

Leftovers: Store in an airtight container in the fridge for 3 to 4 days.



Spaghetti Squash with Veggie Tomato Sauce

4 servings

1 hour

Ingredients

- 1 Spaghetti Squash (large)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 cups Crushed Tomatoes (canned)
- 2 cups Lentils (canned)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 tsp Dried Basil
- 2 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	217
Fat	3g
Saturated	0g
Carbs	41g
Fiber	12g
Sugar	7g
Protein	12g
Cholesterol	0mg
Sodium	390mg
Calcium	116mg
Iron	6mg
Vitamin D	0IU

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Carefully slice the spaghetti squash in half through it's belly and discard the seeds. Place the two halves onto the baking sheet, then brush the flesh with olive oil, and season with sea salt and black pepper to taste. Turn the squash flesh side down onto the baking sheet and bake for 40 minutes.
- 3 Meanwhile, combine the crushed tomatoes, lentils, garlic, sea salt, black pepper and dried basil in a pot over medium heat. Bring to a simmer. Once simmering, add the spinach and stir just until wilted. Turn off the heat.
- 4 Remove the spaghetti squash from the oven. Let cool slightly before carving out the flesh into noodles into a strainer so that the liquid can drain off.
- 5 Divide the spaghetti squash into containers and spoon vegetable tomato sauce over top. Enjoy right away, or let cool completely before covering and storing in the fridge.

Notes

Meat Lovers: Use ground meat instead of lentils.

More Veggies: Add diced zucchini, mushrooms, bell peppers and/or eggplant to the sauce.

No Spaghetti Squash: Use zucchini noodles or regular pasta instead.



Roasted Winter Vegetables with Tahini Drizzle

4 servings

45 minutes

Ingredients

- 1 Delicata Squash (small)
- 3 cups Brussels Sprouts (washed and halved)
- 1 bulb Fennel (coarsley chopped)
- 1/2 cup Red Onion (coarsley chopped)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 cup Tahini
- 1 Garlic (clove)
- 1/4 cup Water
- 2 Lemon (small, juiced)
- 1/4 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	351
Fat	25g
Saturated	4g
Carbs	30g
Fiber	9g
Sugar	5g
Protein	8g
Cholesterol	0mg
Sodium	218mg
Calcium	171mg
Iron	5mg
Vitamin D	0IU

Directions

- 1 Preheat oven to 375°F (191°C). Line two baking sheets with parchment paper.
- 2 Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
- 3 Toss the squash, brussels sprouts, fennel and red onion with half of the olive oil, and spread over the baking sheets. Roast vegetables in the oven for 30 minutes, stirring at the halfway point.
- 4 Meanwhile, prepare the dressing by combining the remaining olive oil, salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency.
- 5 Remove vegetables from oven and divide onto plates. Drizzle with tahini sauce and top with pumpkin seeds. Season with more sea salt and black pepper if you wish. Enjoy!

Notes

More Protein: Add lentils, chickpeas or diced chicken.

Leftovers: Store covered in the fridge up to 2 - 3 days.



Spaghetti Squash Burrito Bowls

2 servings

40 minutes

Ingredients

1 Spaghetti Squash (medium)
1 1/2 tbsps Extra Virgin Olive Oil
(divided)
8 ozs Extra Lean Ground Turkey
1 Red Bell Pepper (diced)
1 tbsp Chili Powder
1 1/2 tsps Cumin
1 1/2 tsps Oregano
1 tsp Garlic Powder
1/4 tsp Sea Salt
1/4 cup Red Onion (finely diced)
1 Tomato (diced)
1/2 Avocado (cubed)
1/4 cup Cilantro (chopped)
1/2 Lime (sliced into wedges)

Nutrition

Amount per serving	
Calories	486
Fat	28g
Saturated	5g
Carbs	39g
Fiber	11g
Sugar	4g
Protein	27g
Cholesterol	84mg
Sodium	529mg
Calcium	157mg
Iron	6mg
Vitamin D	16IU

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Using a sharp knife, very carefully split the spaghetti squash in half lengthwise and scoop out the seeds with a spoon. Brush the inside surface with half the olive oil, and place face-down on the baking sheet.
- 3 Bake squash for 40 minutes, until it is easily pierced with a fork.
- 4 While the squash is baking, heat remaining olive oil in a skillet. Add the turkey and cook until it begins to brown. Break it up with a spatula as it cooks through. Add the diced pepper, spices and salt. Continue cooking for about 10 minutes, or until turkey is thoroughly cooked.
- 5 Spoon the turkey filling into the each half of the spaghetti squash. Top with diced red onion, tomato, avocado, cilantro and a squeeze of lime juice.

Notes

Vegan & Vegetarian: Use black beans instead of ground meat.

Leftovers: Refrigerate in an air-tight container up to 2 days. Reheat before serving.



One Pan Chicken & Pesto Spaghetti Squash

2 servings

35 minutes

Ingredients

1 Spaghetti Squash (medium, halved lengthwise, seeds removed)
8 ozs Chicken Breast (skinless, boneless, cubed)
1/4 cup Pesto
2 tbsps Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	354
Fat	15g
Saturated	3g
Carbs	26g
Fiber	4g
Sugar	2g
Protein	30g
Cholesterol	82mg
Sodium	247mg
Calcium	178mg
Iron	2mg
Vitamin D	1IU

Directions

- 1 Preheat the oven to 425°F (220°C).
- 2 Line a large baking sheet with parchment paper. On one half of the baking sheet, place the spaghetti squash flesh-side down. On the other half, evenly spread out the chicken. Cook for about 30 to 35 minutes, or until the squash is fork-tender and the chicken is cooked through.
- 3 When cool enough to handle, use a fork to shred the squash into noodles. Gently mix in the pesto.
- 4 Chop the chicken and place overtop the spaghetti squash. Garnish with basil and sea salt, if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals one half of a spaghetti squash.

More Flavor: Season the chicken with garlic powder and onion powder.

Additional Toppings: Leftover veggies, avocado, red pepper flakes, and/or pine nuts.

Make it Vegan: Use chickpeas, tempeh, or tofu.



Creamy Spaghetti Squash Casserole

4 servings

1 hour

Ingredients

- 1 Spaghetti Squash (medium)
- 12 ozs Pork Sausage (casings removed)
- 2 Garlic (cloves, minced)
- 1 tbsp Arrowroot Powder
- 1 2/3 cups Canned Coconut Milk
- 4 cups Broccoli (chopped into florets)
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	532
Fat	43g
Saturated	25g
Carbs	24g
Fiber	4g
Sugar	3g
Protein	15g
Cholesterol	49mg
Sodium	907mg
Calcium	95mg
Iron	2mg
Vitamin D	37IU

Directions

- 1 Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for about 30 to 35 minutes, or until cooked through.
- 2 While the squash is cooking, cook the sausages over medium heat on a pan. Break them up with the back of a wooden spoon until crumbled and cooked through (about 6 to 8 minutes). Remove from heat and set aside.
- 3 Using the same pan, add the garlic and saute for one minute, then add the arrowroot flour. Lower the heat to medium-low and add the coconut milk. Whisk until the arrowroot powder is dissolved and mixed in. Let it simmer until it thickens.
- 4 Remove the squash from the oven and use a fork to scrape out the "noodles" and add them to a casserole dish. Top with the sausage, broccoli and sauce and season with sea salt. Bake for 15 to 20 minutes, or until the broccoli is cooked through.
- 5 Remove the casserole from the oven, and divide onto plates. Enjoy!

Notes

No Arrowroot Powder: Use cornstarch, tapioca powder or brown rice flour instead.

Leftovers: Store in an airtight container in the fridge up to three days. Reheat in the oven for 10 to 15 minutes at 350.

Likes it Spicy: Serve with red pepper flakes or hot sauce.