Do You Love Soup?
Butternut Squash Soup

Always read the recipe all the way through before you start to cook. This will give you a sense of how the work will flow.

INGREDIENTS

- 2 1/2 pounds butternut squash, peeled, seeded, and cut into 2-inch chunks (about 7 cups)
- 4 tablespoons butter
- 1 onion, med. Diced
- 1 C. diced celery
- 1 C. diced Carrots
- 2 T. Minced Ginger
- 1/2 C. white wine
- Salt and pepper
- 4 C. water or vegetable broth
- 12 oz. can coconut milk
- 2 sprigs fresh thyme
- 1 bay leaf

DIRECTIONS

1. Melt butter in Stock pot over medium-high heat. Add onion, celery and carrots cook for several minutes. Add the white wine and ginger cook for a few more minutes. Then add the squash and broth cook for another 1/2 hour until vegetables are soft. Remove the bay and puree with a blender or burn mixer until smooth. Finish with coconut milk salt and pepper to taste.
Gather and prep all ingredients
Before you start to cook.
Butternut Squash Soup with Coconut and Ginger

- Peal the butternut squash using a peeler, next scoop out seeds with a spoon.
- Dice the squash into cubes
- For this soup you can either roast the squash or just put it right in the soup.
Start the onions in the butter, cook 4-5 minutes until translucent.
Add the celery and carrots to the onions, cook another 4-5 minutes.
Add the wine and reduce by \( \frac{1}{2} \) then add the water and the squash.
Cook until the squash is tender.
Add the coconut milk and ginger. Puree in a blender or use a burr mixer. Finish with fresh dill or parsley, and season with salt & pepper.
Spaghetti Squash

- Pick a large deeply colored squash
• Cut the squash in \( \frac{1}{2} \)
• Scoop out the seeds
• Place the squash on baking pan, add enough water to cover bottom of pan $\frac{1}{4}$ inch.

• Cover with foil and bake at 375 for about 45 minutes or tender to the touch.
• When the squash has cooled enough to handle, scoop out with spoon, place in bowl, season with salt and pepper a little olive oil or butter.
EWG’s 2016 DIRTY 12

1. Strawberries
2. Apples
3. Nectarines
4. Peaches
5. Celery
6. Grapes
7. Cherries
8. Spinach
9. Tomatoes
10. Bell Peppers
11. Cherry Tomato
12. Cucumbers

EWG’s 2016 CLEAN 15

1. Avocados
2. Corn
3. Pineapples
4. Cabbage
5. Sweet Peas
6. Onions
7. Asparagus
8. Mangoes
9. Papayas
10. Kiwi
11. Eggplant
12. Honeydew
13. Grapefruit
14. Cantaloupe
15. Cauliflower
Zucchini Noodle Bolognese

Mini Cooking Class

prep 15 mins  cook 45 mins  makes 4-5 servings  source Downshiftology.com

INGREDIENTS

- 1 lb ground beef
- 4-5 large zucchini
- 28 oz can Fire roasted tomatoes
- 3/4 C. onion, diced
- 1/2 C. celery diced
- 1/2 C. carrots diced
- 3 cloves garlic, minced
- 3 tbsp olive oil
- 1 tbsp dried oregano
- 2 tbsp tomato paste
- 1/2 C. fresh basil, finely chopped
- 1/2 tsp sea salt
- pepper, to taste
- parmesan cheese, grated for topping (optional)
- basil leaves, for garnish
Note: white wine 1/4 C. and chili flakes (optional)

DIRECTIONS

Heat the olive oil in a pot on medium heat and cook the onions for 4-5 minutes or until slightly translucent. Add celery and carrots cook another 6-7 minutes, add the garlic and cook an additional minute. Add the tomatoes and oregano, stir and simmer uncovered for 20-30 minutes or until the sauce has thickened and much of the liquid has evaporated.

While the sauce is cooking, spiralize the zucchini with either a spiralizer or julienne peeler and set aside.

Add the ground beef to a sauce pan and cook on medium-high heat. Use a wooden spoon or spatula to break the ground beef up into small pieces as it cooks. The beef is done when it's browned and cooked through.

After the sauce has reduced, stir in the tomato paste, fresh basil and salt and pepper. Cook for another 2-3 minutes, then add to the cooked ground beef and stir to combine.

Add a serving of zucchini noodles to a plate and top with bolognese sauce and grated parmesan reggiano. Garnish with additional basil.
Beef Bolognese With Zucchini Noodles
Gather and prep all the ingredients before starting to cook.
Dicing an onion
Dicing carrots and celery
Preparing Fresh garlic

- I like to use Fresh garlic over a jar of minced
- Remove the clove from the head and lightly smash with the side of the knife blade.
- Remove the skin, then give the clove a good whack with the side of the knife once smashed simply give a quick mince.
- I like to make extra then add olive oil and keep in a jar refrigerated
Olive Oil

- Extra-virgin olive oil: Derived from the first press of olives, this oil boasts the most full-bodied flavor. It can be used for all forms of cooking, including sautéing, stir-frying, roasting and marinating, and is the best choice for bread dipping and salad dressings.

- Beware of the marketing trick. EXTRA LIGHT OLIVE OIL
Let's get cooking
• Heat the olive oil in a pot on medium heat add the onions and cook 5 to 6 minutes until soft.
• Add the garlic along with the celery and carrots, cook for another several minutes.
• If you are using wine add and reduce by \( \frac{1}{2} \)
• Add the fire roasted tomatoes and tomato paste, salt & pepper and the oregano.
• Simmer for 20-30 minutes
Brown Ground Beef Separately

- Once the sauce is cooked add the cooked ground beef.
- You can also use a combination of ground pork, Italian sausage and ground beef.
• Finish with fresh basil
• Taste for salt & pepper
• Serve over zucchini noodles or spaghetti squash
• Top with parmesan cheese
Zucchini Noodles

• Sauté the zucchini noodles in a hot pan with a little olive oil or butter
• Season with salt & pepper
# Kale Salad With Almonds and Cranberries

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lacinato Kale raw, roughly chopped</td>
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<tr>
<td>Almonds sliced, toasted</td>
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<tr>
<td>Cranberries dried</td>
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**Dressing:**
- Juice of 1 lemons
- 1/4 C Olive oil
- 2 T. Honey
- Salt & Pepper to Taste

**Other Options:**
- Granny smith apples diced
- Substitute orange juice for lemon
- Sweet potatoes small diced tossed in olive oil salt & pepper Roasted in 425

## DIRECTIONS

1. Combine all salad ingredients.
2. In a separate bowl, combine dressing ingredients; whisk to combine.
3. Toss salad with dressing.

I like to add the roasted sweet potatoes & the granny smith apples and the orange juice dressing at Holiday Time.