Acorn Squash with Quinoa and Black Lentils

Ingredients:

- 4 small acorn squash
- 2 cups cooked black lentils (can replace with black beans)
- 2 cups cooked quinoa (can replace with millet)
- 4 cups mushrooms (button, cremini or shitake), very finely chopped
- 2 clove garlic, minced
- 1 cup finely chopped parsley or cilantro
- ½ jalapeno, seeded and finely diced (use less for milder taste)
- 1 tsp sea salt
- Ground pepper, to taste
- 3 Tbsp. extra virgin olive oil
- 2 Tbsp. raw apple cider vinegar

Directions:

1. Preheat oven to 350 degrees F. Line baking sheet with parchment paper.
2. Remove stems from squash, cut in half and remove seeds.
3. Cut a thin slice of the skin from the outer edge of squash, perpendicular to cutting board, so it sits without wobbling. Place squash flesh side down on baking sheet and bake for 45 minutes or until tender. Let cool.
4. To make filling, sauté mushrooms and garlic in ¼ cup vegetable broth over medium-low heat for 5 minutes, until fully cooked. If needed, add additional broth while cooking.
5. In a large bowl, combine remaining ingredients. Stir in mushrooms and garlic
6. Spoon filling into squash, pressing down mixture

slightly.
7. Bake squash for 20 minutes or until heated through and Enjoy!

Spaghetti Squash With Cherry Tomatoes and Kale

Squashes and root veggies are in season and if you haven't tried spaghetti squash yet, now is the time! Spaghetti squash makes for a wonderful alternative to pasta and I love it for Meatless Monday dinners with sauteed tomatoes and kale.

Spaghetti squash possesses an uncanny resemblance to spaghetti strands when cooked, and for this reason is known as vegetable spaghetti, noodle squash, vegetable marrow and "squaghetti".

Spaghetti squash is a variety of the winter squash and has a mild taste similar to pasta. It is often used as a healthful substitute for pasta due to its low carbohydrate levels. Spaghetti squash can be added to a variety of dishes, such as soups and stews and when served as "spaghetti," it can be topped with a wide variety of pasta sauces. Spaghetti squash is significantly lower in calories than traditional pasta. A 1-cup serving of cooked spaghetti squash has 42 calories, while 1 cup of cooked pasta has 221 calories. If you are following a low-calorie diet, consider substituting spaghetti squash for pasta. Doing so can save you 180 calories per cup. Spaghetti squash has a high water content. One cup of cooked squash contains 143 grams of water. Foods high in water can increase your daily water intake. They also typically are lower in calories than foods with little or no water content. Spaghetti squash is also a good source of fiber, with 2.2 grams in a 1-cup serving. Spaghetti squash also contains beta

carotene, which can help improve eye and skin health, maintain a strong immune system and can help prevent infection.

Ingredients

- 1 medium sized spaghetti squash
- 1 bunch kale, stems removed, leaves chopped into small pieces
- 5 medium garlic cloves, thinly sliced
- 1 medium onion, chopped
- 1 quart of cherry tomatoes, halved
- A sprinkle of red pepper flakes
- 2 Tablespoons extra virgin olive oil
- 2 Tablespoons refined coconut oil
- Sea salt
- Fresh pepper
- Fresh herbs (optional)

Directions

1. Pre-heat oven to 400 degrees F. First, slice your spaghetti squash in half lengthwise and use a spoon to scrape out the seeds. Drizzle with a little extra virgin olive oil along with a sprinkle of sea salt and black pepper. Place squash face down on a lined baking sheet (I prefer using parchment paper) and cook for about 45 minutes – until tender.
2. While the squash is baking, get the kale, tomatoes, garlic and onion ready. Next, place 2 tablespoons of coconut oil, chopped onion, garlic and red pepper flakes in a pan over medium heat. Simmer for a few minutes (until garlic begins to brown) and then add tomatoes and kale. Cook for a few more minutes until tomatoes are tender and kale begins to soften.
3. When squash is done cooking, remove it from the oven and let cool a few minutes so you can handle it without

burning yourself. Using a fork, scrape out the insides of squash, which will come apart in strands. Place strands in a bowl and mix with kale and tomatoes. Sprinkle with fresh herbs to taste.

Kale and Apple Salad with Goat Cheese

Ingredients

1/2 bunch Kale, stems removed and leaves torn into bite-size pieces
4 large radishes, thinly sliced
2 cups spinach
2 apples of your choice, cored and thinly sliced
1/2 cup pomegranate seeds
3 oz fresh goat cheese, crumbled

Dressing
Whisk together 1 small chopped shallot, 1Tbsp apple cider vinegar, 1 tsp Dijon mustard, 3 Tbsp Extra Virgin Olive oil, sea salt and pepper to taste.

Quick Quinoa with Cilantro Pesto

Get your “carb fix” with this healthier spin on a pasta with pesto. Tyrosine-rich proteins, like quinoa, can help regulate thyroid. Cilantro, a natural detoxifier, helps remove unhealthy metals like mercury and other toxins that may be harming your thyroid function out of your system. This pesto makes a great accompaniment to frittatas, wraps and gluten-free noodles.

- 1 cup quinoa, rinsed
- 2 cups water
- ½ teaspoon sea salt
- ½ bunch cilantro, cleaned
- 1 1-inch piece of ginger, peeled and minced
- ½ cup extra virgin olive oil
- 2 to 3 tablespoons rice vinegar

1. Rinse quinoa in cold water.
2. In a small pot, bring quinoa and 2 cups of water to boil. Add a pinch of sea salt and lower heat to simmer. Cover and cook for 12 to 15 minutes or until all the water evaporates.
3. In a food processor or blender, combine cilantro, ginger, olive oil, rice vinegar and sea salt. Pulse until smooth and creamy.
4. Toss cooked quinoa with cilantro pesto.