**Fall Pumpkin Salad**

**Makes 2 large salads or 4 side salads**

**Ingredients**

* 2 cups chopped butternut squash
* ½ tsp dried or fresh sage
* ¼ tsp pepper
* ¼ tsp salt
* 4 cups raw organic baby spinach
* ¼ cup chopped pecans
* ¼ cup raw roasted pumpkin seeds
* 3 tbsp olive oil
* 1 tbsp balsamic vinegar
* 1 tbsp honey

**Instructions**

1. Preheat oven to 425 degrees F.
2. Toss the butternut squash with the salt, pepper and sage and transfer to a greased baking sheet. Bake in the oven for 15 minutes.
3. In the meantime, add the olive oil, balsamic vinegar, and honey to a blender or dressing curet and mix well.
4. Toss the spinach, pecans, and pumpkin seeds with the dressing in a salad bowl.
5. Top with the roasted butternut squash and toss before serving.



**Fall Pumpkin Chili Recipe**

**Yield:** 8-10

**Ingredients**

* 2 TB olive oil
* 1 onion, diced
* 7 cloves garlic, chopped
* 1 TB chili powder
* 1 TB ground cumin
* 1 tsp pumpkin pie spice
* 2 tsp oregano
* 2 tsp ground coriander
* 1 lb ground turkey breast
* 3 TB tomato paste
* 2 green + 1 orange/yellow bell pepper, seeded and chopped
* 2 cans (14.5 oz each) fire-roasted tomatoes, with juices
* 2 cups chicken or turkey broth
* 2 (14 oz each) cans black beans, rinsed well and drained
* 1/2 cup pure pumpkin puree
* kosher salt and freshly ground black pepper

**Instructions**

1. In a large heavy pot or Dutch oven, heat olive oil until hot. Add onion and garlic, stirring until fragrant, about 30 seconds. Add chili powder, cumin, pumpkin pie spice, oregano, and coriander. Stir to combine, 10 seconds.
2. Add ground turkey to pot and sprinkle 1 tsp salt over it; cook/stir to break up into small pieces. When turkey is cooked through, add tomato paste and stir 30 seconds.
3. Add bell peppers, fire-roasted tomatoes with juices, and broth. Scrape bottom of pan while stirring. Bring chili to a simmer; simmer covered for 20 minutes. Add beans and pumpkin puree. Bring chili back to a simmer for 15-20 min or until heated through. Remove from heat. Add additional kosher salt and freshly ground black pepper to taste. Serve warm. Notes: Chili keeps well; simply cover and chill in fridge. Reheat by bringing back to simmer on stovetop.

**Apple Sandwiches**

**Ingredients**

* 2 Apples (any type)
* 2-3 tbsp natural peanut butter or almond butter
* 3 tbsp sliced almonds
* ¼ cup Raisins

**Instructions**

DIRECTIONS

1. Remove cores from apples and cut into ¼-1/2" thick slices
2. Spread apple slice with peanut butter.
3. Top with sliced almonds and raisins.
4. Place another apple slice on top and gently press together.
5. Repeat with remaining apple slices.

**Flourless Pumpkin-Oat Mini Muffins**

Yield: 24 servings (mini), 12 servings (regular-size)

**Ingredients**

* 2 cups rolled oats
* 1 teaspoon baking powder
* 1 Tablespoon pumpkin pie spice
* ¼ teaspoon baking soda
* ¼ teaspoon salt
* 2 large eggs or 4 egg whites
* 1 cup unseasoned pumpkin puree
* 1 large, ripe mashed banana
* 3 tablespoons grapeseed or canola oil
* 2 teaspoons vanilla extract
* ⅓ cup chopped dried cranberries

**Preparation**

1. Preheat oven to 350°F. Coat a 24-cup mini muffin tin or 12-cup regular muffin tin with cooking spray.
2. Pulse oats in a blender until finely ground. Add baking powder, pumpkin pie spice, baking soda and salt; pulse once or twice to blend. Add eggs, pumpkin, oil and vanilla; puree until smooth. Stir in cranberries. Fill the prepared muffin cups two-thirds full.
3. Bake the muffins until a toothpick inserted in the center comes out clean, 15 to 17 minutes for mini muffins or 20 minutes for regular size muffins. Cool in the pan on a wire rack for 5 minutes, then turn out to cool completely.