

Seasonal Fall Cooking Recipes

Leah Grace Barack, MS



Butternut Squash Kale Salad

Ingredients:

- 1 ½ lb butternut squash, cubed (about 4 cups)
- 2 tsp avocado oil
- ½ tsp turmeric
- ¼ tsp salt
- 1 large bunch Tuscan kale, stemmed and finely chopped
- ⅓ cup dried cranberries (sweetened with apple juice)
- ¼ cup raw pumpkin seeds
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tsp dijon mustard
- 1 tbsp maple syrup
- Salt and pepper, to taste

Directions:

1. Preheat the oven to 425°F.
2. Line a baking sheet with parchment paper, and place the squash on top. Drizzle with the avocado oil, and sprinkle with turmeric and salt. Toss to coat the squash evenly, then place in the oven and bake for 15-20 minutes, or until squash is easily punctured by a fork.
3. Combine dressing ingredients: olive oil, apple cider vinegar, dijon mustard, maple syrup, salt, and pepper, and whisk to combine.
4. Place chopped kale in a large bowl, and drizzle dressing over it. Massage it with your hands for 2-3 minutes, until the kale begins to soften.
5. Optional step: toast pumpkin seeds in a pan over medium heat until they become fragrant. Remove from heat and set aside.
6. Once the squash is finished cooking add it to the bowl with the kale. Add pumpkin seeds, and stir until well combined. Serve warm or at room temp, and enjoy!

Apple Cinnamon Muffins

Ingredients:

- 2 cups whole wheat flour
- 2 tsp ground cinnamon
- 1/2 tsp allspice
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- ½ cup chopped pecans (or walnuts)
- 3 eggs (large)
- ⅔ cup maple syrup

- ⅓ cup avocado oil
- ⅓ cup applesauce (unsweetened)
- 1 ½ tsp pure vanilla extract
- 2 cups apple, shredded or grated (about 2 apples)

Directions:

1. Preheat the oven to 425°F and line a muffin pan with muffin liners.
2. Add flour, cinnamon, allspice, baking powder, baking soda, salt, and pecans to a large bowl, and stir.
3. To a separate bowl add eggs, maple syrup, avocado oil, applesauce, and vanilla extract, and stir.
4. Pour wet ingredients into dry, and stir until well-combined. Add apples and stir until fully mixed.
5. Carefully pour batter into the muffin liners, and fill them to the top.
6. Bake for 5 minutes at 425°F, then decrease the temperature to 350°F and cook for another 18-20 minutes, or until cooked through.
7. All muffins to cool completely on a wire rack before enjoying.

Pressure Cooker Salmon Curry

Ingredients:

- 1 tsp Coconut Oil
- 1 tbsp Curry Powder
- 1 tsp Cumin
- 6 stalks Green Onion (chopped)
- ⅓ tbsp Ginger, grated
- 2 Carrots (sliced)
- 1/2 tsp Sea Salt
- 1 cup Canned Coconut Milk
- 2 tbsps Cilantro (chopped), plus more for garnish
- 1 tsp Maple Syrup
- 8 ozs Salmon Fillet (boneless)
- 2 cups Baby Spinach
- Lime juice, freshly squeezed for topping
- Brown Rice, for serving

Directions:

1. Turn your pressure cooker to sauté mode and add coconut oil. Once melted add curry powder and cumin and cook for 1-2 minutes until spices become fragrant.
2. Add green onion, carrot, ginger, and salt. Saute for about 3-5 minutes stirring frequently.
3. Add the coconut milk, cilantro, and maple syrup. Bring the coconut milk to a simmer.
4. Place the metal trivet in the pot and place the salmon skin-side up on the trivet and close the lid.
5. Set to “sealing” position, then press “pressure cook” and cook for 2 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully.
6. Using a spoon or a fork carefully peel the skin off the salmon and discard. Flake the salmon into the sauce and then remove the trivet.
7. Stir to combine, add the spinach and stir until wilted. Season with additional salt if needed. Divide between plates, serve with rice, top with lime juice and cilantro, and enjoy!