



Butternut Squash With Grapes

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INGREDIENTS:

Butternut Squash - peeled, seeded, and cut into 1-inch cubes	1
Seedless Red Grapes	1/2 lb
Chopped Sweet Onion	1/2 cup
Extra-Virgin Olive Oil	2 tbsp
Sea Salt	1/2 tsp
Ground Black Pepper	1/4 tsp
Fresh, Chopped Sage Leaves	6

INSTRUCTIONS

Heat a skillet over medium heat; cook and stir pine nuts until toasted and fragrant, about 5 minutes. Preheat oven to 425 degrees F (220 degrees C). Mix squash, grapes, onion, olive oil, salt, pepper, and sage leaves together in a large baking dish to coat squash, onion, and grapes in oil and seasoning. Roast in the preheated oven until squash and onion are golden and slightly caramelized, about 50 minutes; sprinkle pine nuts over the dish.

Nutritional Information: Makes 10 servings

<i>(per serving)</i>	<i>1 serving</i>
Calories (k/cal)	104
Fat (g)	4.7
Carbohydrates (g)	16
fiber (g)	2.4
Cholesterol (mg)	0
Protein (g)	2



Sunset Soup

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INGREDIENTS:

Butternut Squash - peeled, seeded, and chopped	1
Carrots, Peeled and Chopped	3
Sweet Potatoes, Peeled and Chopped	2
Onion, Chopped	1/2
Green Apple, Cored, Peeled, Chopped	1
Olive Oil	1/4 cup
Vegetable Broth	2 cups
Ground Coriander	1 tsp
Ground Turmeric	1 tsp
Ground Nutmeg	1/2 tsp
Salt and Ground Black Pepper	To taste

INSTRUCTIONS

Preheat oven to 375 degrees F (190 degrees C). Place butternut squash, carrots, sweet potatoes, apple, and onion on a baking sheet. Drizzle olive oil over vegetable mixture. Bake in the preheated oven until golden and soft, about 45 minutes. Blend vegetable mixture in a blender or food processor until smooth; transfer to a large saucepan. Pour vegetable broth into pureed vegetables and season with coriander, turmeric, nutmeg, salt, and pepper. Cook soup over low heat until heated through, 10 to 15 minutes.

Nutritional Information: Makes 12 servings

<i>(per serving)</i>	<i>1 serving</i>
Calories (k/cal)	140
Fat (g)	4.8
Carbohydrates (g)	24.1