



Seasonal Fall Recipe Booklet

Jenny Fowler

<http://www.jennyfowler.com>

Welcome!

On the next pages you will find a collection of delicious recipes with warming, fall ingredients to inspire you as the weather turns cooler.

Winter squash and root vegetables are highlighted in these recipes because they are nutrient-dense, slow-burning carbohydrates that will give you the energy you need without the blood sugar crash of refined carbohydrates.

Enjoy!

In health,
Jenny





Pumpkin Spice Chia Pudding

2 servings
30 minutes

Ingredients

1/4 cup Chia Seeds
3/4 cup Unsweetened Almond Milk
1/4 cup Pureed Pumpkin
1/2 tsp Pumpkin Pie Spice
2 tbsps Unsweetened Coconut Yogurt
(divided)

Directions

- 1 In a large bowl, combine the chia seeds with the almond milk, pumpkin and pumpkin pie spice. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the coconut yogurt and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

No Almond Milk: Use coconut, cashew, hemp or oat milk instead.

Likes it Sweet: Add a drizzle of maple syrup or honey on top.

Additional Toppings: Top with nuts, seeds and/or fruit of choice.

More Protein: Add a scoop of collagen or protein powder when you add the chia seeds and stir to combine.



Turkey Apple Breakfast Hash

4 servings

35 minutes

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 tsp Cinnamon
- 2 tbsps Poultry Seasoning
- 1 tbsp Avocado Oil
- 1 cup Red Onion (diced)
- 2 Garlic (cloves, minced)
- 2 cups Brussels Sprouts (trimmed and halved)
- 2 cups Butternut Squash (peeled and cubed)
- 2 Apple (cored and diced)
- 1/4 tsp Sea Salt (to taste)

Directions

- 1 Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
- 2 In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
- 3 Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

Notes

Vegan & Vegetarians: Use lentils instead of ground turkey.

Leftovers: Store covered in the fridge up to 3 days.



Grilled Brussels Sprouts, Pear & Pecan Salad

4 servings

20 minutes

Ingredients

4 cups Brussels Sprouts (trimmed, outer leaves removed, halved)
2 tbsps Avocado Oil
1/2 tsp Sea Salt (to taste)
8 Barbecue Skewers
4 cups Baby Spinach
2 Pear (cored, sliced)
1 cup Pecans (crushed)
1 cup Dried Unsweetened Cranberries
2 tbsps Lemon Juice (to taste)

Directions

- 1 Bring a pot of water to a boil. Blanch the Brussels sprouts for two to five minutes. Drain the water and pat dry. Toss the Brussels sprouts in oil and season with salt.
- 2 Pierce the Brussels sprouts onto the skewers.
- 3 Grill over medium-high heat for about four minutes per side, until tender and slightly charred.
- 4 Divide the spinach, pear, pecans, cranberries, and grilled Brussels sprouts onto plates. Drizzle with lemon juice and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately 2 1/2 cups.

More Flavor: Marinate the Brussels sprouts for longer. Add black pepper and minced garlic to the marinade. Drizzle any leftover marinade over top of the cooked skewers.

Additional Toppings: Add olive oil, goat cheese, blue cheese, feta cheese or vegan cheese.

No Skewers: Use a grilling mat or basket instead.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.



Turmeric Beef Stuffed Squash

4 servings

45 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 2 Acorn Squash (halved, seeds removed)
- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (finely chopped)
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 1 tbsp Turmeric
- 1 tsp Sea Salt
- 1/4 tsp Cinnamon
- 2 cups Kale Leaves (finely chopped)
- 1/2 cup Canned Coconut Milk (full fat)

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Rub the oil on the cut sides of the squash. Place the squash cut sides down on the prepared baking sheet and bake for about 30 to 35 minutes or until just tender.
- 3 Meanwhile, heat a large pan over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 4 To the browned beef add the onion, garlic and ginger and cook for 3 to 5 minutes until the onion begins to soften. Add in the turmeric, salt and cinnamon and stir to combine. Add the kale to the beef mixture and stir until the kale begins to wilt. Stir in the coconut milk. Season with additional salt if needed.
- 5 Turn the squash cut side up and fill the beef mixture. Return to the oven and continue to bake for an additional 10 minutes.
- 6 Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to half of a filled acorn squash.

More Flavor: Add lemon or lime juice, red pepper flakes, chili powder or coriander to the beef mixture.

Additional Toppings: Top with cilantro or parsley.

No Acorn Squash: Use a different variety of squash or a sweet potato.



Savory Turkey & Vegetable Bake

4 servings

40 minutes

Ingredients

- 1 lb Ground Turkey
- 1 Yellow Onion (finely chopped)
- 2 Garlic (clove, minced)
- 1 tbsp Italian Seasoning
- 2 tsp Sea Salt
- 2 cups Kale Leaves (chopped)
- 2 cups Butternut Squash (chopped into 1 cm cubes)
- 3/4 cup Canned Coconut Milk (full fat)

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Heat a large pan over medium-high heat. Add the turkey to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan (save that for cooking oil).
- 3 Add the onions and garlic to the turkey and cook for 3 to 5 minutes until the onions soften. Add the Italian seasonings and sea salt and stir to combine. Add the kale and butternut squash to the pan and cook until the kale wilts down then stir in the coconut milk. Season with additional salt if needed.
- 4 Transfer the turkey and vegetable mixture to a baking dish. Cover with a lid or foil and bake for 20 to 25 minutes or until the squash is tender.
- 5 Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add red pepper flakes or other dried herbs like sage or thyme.

No Butternut Squash: Use a different variety of squash or sweet potato instead.

More Protein: Top with an egg.

No Turkey: Use ground chicken or beef instead.

Extra creaminess: Add extra coconut milk for a creamy sauce.



Green Bean Casserole

4 servings

1 hour 20 minutes

Ingredients

- 2 tbsps Coconut Oil (divided)
- 1 1/2 cups French Shallot (thinly sliced)
- 1/2 head Cauliflower (chopped into florets)
- 5 cups Green Beans (trimmed and halved)
- 2 cups Mushrooms (sliced)
- 3 Garlic (cloves, minced)
- 1 1/2 cups Water
- 1 tsp Sea Salt
- 2 tbsps Nutritional Yeast
- 1/4 cup Slivered Almonds (toasted)

Directions

- 1 Add half of the coconut oil in a large skillet and place over medium-low heat. Add the sliced shallots. Stir often to prevent burning for 30 to 40 minutes, or until caramelized. Once the onions are golden, remove from the heat, transfer into a bowl, and set aside.
- 2 While the onions cook, steam the cauliflower in a steaming basket until softened and are easily pierced with a fork. Transfer to your blender or food processor and set aside.
- 3 Steam the green beans for 6 to 8 minutes or until bright green. Transfer the beans into a casserole dish.
- 4 Heat the remaining coconut oil in a skillet over medium-low heat. Saute mushrooms for 5 minutes or until softened then add in the garlic. Saute for another minute and remove from heat. Spread half of this mushroom mixture over your green beans in the casserole dish. Add the remaining half to your blender with your steamed cauliflower.
- 5 Preheat the oven to 350°F (177°C). Add water, sea salt, and nutritional yeast to the blender. Blend until very smooth.
- 6 Pour desired amount of creamy cauliflower sauce into your casserole dish over the green beans and mushrooms. You might not need it all. Smooth with a spoon or spatula. Top with the caramelized onions.
- 7 Bake the casserole for 30 minutes. Remove from the oven and let sit for 5 minutes before serving. Garnish with toasted slivered almonds and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.



Creamy Fall Vegetable Bake

6 servings

1 hour

Ingredients

3 cups Butternut Squash (peeled, chopped into 1/2-inch pieces)
3 Parsnip (medium, peeled and chopped into 1/2-inch pieces)
1 Sweet Potato (peeled and chopped into 1/2-inch pieces)
1 Carrot (large, peeled and chopped into 1/2-inch pieces)
1 Yellow Onion (chopped)
1/4 cup Water
3/4 cup Canned Coconut Milk (full fat)
3 Garlic (cloves, minced)
1 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F (204°C)
- 2 Add the chopped vegetables to a baking dish and toss to combine.
- 3 Add the remaining ingredients to a jar with a lid and shake well. Pour the mixture over the vegetables and carefully stir to incorporate.
- 4 Cover the baking dish and bake for 45 to 50 minutes or until the vegetables are very tender.
- 5 Remove from the oven and let cool slightly before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add herbs like parsley or thyme. Use vegetable broth instead of water.

Additional Toppings: Fresh herbs or fresh ground pepper.

Vegetables: For six servings, use any combination of raw, hearty, root vegetables totaling 8 cups.

Baking Dish: For six servings, use an 8.5 x 11.5-inch or 9 x 9-inch baking dish.



Roasted Rutabaga

4 servings

1 hour

Ingredients

4 cups Rutabaga (chopped)
2 tbsps Avocado Oil

Directions

- 1 Preheat oven to 415F° (213°C).
- 2 Combine rutabaga and avocado oil in a glass baking dish or sheet pan. Toss until evenly coated.
- 3 Roast for 45 minutes or until soft and slightly browned. Flip the rutabaga about halfway through roasting.
- 4 Remove from the oven and enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 3 to 5 days, or freeze if longer.

Rutabaga Tip: If possible, buy multiple small or medium rutabagas instead of a single large rutabaga as they can be very difficult to cut.

Additional herbs and flavorings: Sprinkle with sea salt and/or fresh chopped rosemary.