

December 2018

Plant-based Holiday Menu:

- *Root Vegetable Shepherd's Pie*
- *Late Fall Salad*
- *Pear Crisp*

Nutrition Facts	
4 servings per container	
Serving size	1 meal
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Amount per serving	
Calories	510
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	% Daily Value*
Total Fat 21g	27%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 470mg	20%
Total Carbohydrate 75g	27%
Dietary Fiber 14g	50%
Total Sugars 28g	
Includes 7g Added Sugars	14%
Protein 11g	
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Vitamin D 0mcg	0%
Calcium 209mg	15%
Iron 4mg	20%
Potassium 1274mg	25%
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<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Root Vegetable Shepherd's Pie

Makes 4 servings

Ingredients

- 5 teaspoons olive oil
- 3 medium parsnips, peeled, oblique cut or ½-inch dice
- 2 medium carrots, peeled, oblique cut or ½-inch dice
- 2 celery ribs, oblique cut or ½-inch dice
- 1 ¼ cups frozen pearl onions
- ¼ cup dry red lentils
- 1 ½ teaspoons fresh thyme
- ¼ teaspoon ground black pepper
- 1 ¼ cups low-sodium vegetable broth
- 1 tablespoon cornstarch
- 1 pound sweet potatoes, peeled, 1-inch dice
- ⅓ cup unsweetened almond milk
- ¼ teaspoon salt
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg

Preparation

Preheat oven to 375° F. Spray four 8-ounce oven-safe ramekins with nonstick spray; set aside.

Heat olive oil in a large saucepan over medium heat. Add parsnips, carrots, celery, pearl onions, and red lentils. Sauté until vegetables are softened, about 8 to 10 minutes. Season with thyme and black pepper. Add vegetable broth and bring to a boil, then reduce heat to medium-low. Simmer until lentils are tender, about 15 minutes.

In a small bowl, mix cornstarch with enough cold water to absorb. Mix to remove any clumps and add to the lentil mixture, stirring well to combine.

In separate large saucepan, cover sweet potatoes with water, bring to a boil, then reduce heat and simmer until tender, about 12 to 15 minutes. Drain, then return to the saucepan along with almond milk, salt, cinnamon, and nutmeg. With a potato masher or a whisk, combine until smooth.

Divide the root vegetable mixture among the ramekins. Transfer the sweet potatoes to a resealable plastic bag (or a pastry bag). Seal, then press the sweet potatoes to the bottom of the bag. Snip off one corner of the bag with scissors, and pipe the sweet potatoes evenly onto the vegetable mixture in each ramekin. (Alternatively, spoon the sweet potato mixture onto the vegetables, smoothing as desired.)

Bake for 10 to 12 minutes until sweet potatoes are lightly browned.

Nutrition Facts

4 servings per container
Serving size about 1 cup

Amount per serving
Calories 200

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 44g	16%
Dietary Fiber 9g	32%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 132mg	10%
Iron 2mg	10%
Potassium 786mg	15%

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Late Fall Salad

Makes 4 servings

Ingredients

- 8 ounces (about 8 cups) spring mix
- 1 ounce goat cheese
- ¼ cup chopped hazelnuts, toasted
- ¼ cup dried cranberries
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon balsamic vinegar

Preparation

In a large serving bowl, toss all ingredients together, allowing the goat cheese to coat each leaf. Distribute evenly between plates.

Nutrition Facts

4 servings per container

Serving size about 2 cups

Amount per serving

Calories **160**

% Daily Value*

Total Fat 13g **17%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 85mg **4%**

Total Carbohydrate 10g **4%**

Dietary Fiber 2g **7%**

Total Sugars 6g

Includes 4g Added Sugars **8%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 60mg **4%**

Iron 2mg **10%**

Potassium 345mg **8%**

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Pear Crisp

Makes 4 servings

Ingredients

- 2 medium Bartlett pears, cored and diced ½-inch
- 2 teaspoons unsalted butter (or soft margarine such as Smart Balance), divided
- 1 teaspoon sugar
- ½ teaspoon vanilla extract
- ¼ teaspoon ground cinnamon, divided
- ¼ cup rolled oats
- 2 tablespoons chopped pecans
- 2 teaspoons olive oil
- 2 teaspoons brown sugar
- ⅛ teaspoon salt
- ⅛ teaspoon ground nutmeg

Preparation

Preheat oven to 375° F.

Melt *one teaspoon* butter in a medium skillet over medium heat. Add pears, sugar, vanilla, and ⅛ *teaspoon* cinnamon, and sauté for 5 minutes.

In a small bowl, combine the remaining *one teaspoon* butter, oats, pecans, olive oil, brown sugar, salt, remaining ⅛ *teaspoon* cinnamon, and nutmeg.

Place pears into 8-ounce oven-safe dishes (or into one 8-inch baking dish) and top with oat mixture.

Bake for 20 minutes, until lightly browned.

Nutrition Facts

4 servings per container
Serving size about 2/3 cup

Amount per serving

Calories **150**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 75mg **3%**

Total Carbohydrate 22g **8%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 3g Added Sugars **6%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 17mg **2%**

Iron 1mg **6%**

Potassium 142mg **4%**

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