

Harvest Soup

Ingredients

- 6 cups low-sodium vegetable broth
- 1 cup lentils, preferably orange
- 3 bay leaves
- 8 small pumpkins (no more than 6 inches in diameter), for serving
- 3 tablespoons olive oil
- 1 teaspoon ground cardamom
- 1 teaspoon ground allspice
- 1 teaspoon ground black pepper
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 1 small delicata squash, seeded, diced ½-inch
- 1 small sweet potato, diced ½-inch
- ½ medium butternut squash, peeled, seeded, diced ½-inch
- 1 small red onion, diced ¼-inch
- 6 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon ground sage
- 1 Granny Smith Apple, grated
- 1-inch piece of ginger root, peeled and finely grated

Preparation

Preheat oven to 450 degrees F. Insert a baking sheet into the oven to preheat. Line a separate baking sheet with parchment paper and set aside.

In a large saucepan over medium heat, bring the vegetable stock, lentils, and bay leaves to a boil. Reduce heat to low, and simmer until soft, about 20 minutes.

Meanwhile, slice approximately ½-inch from the tops of the pumpkins, reserving the tops. Slice a small amount off the bottoms to stabilize the pumpkins. Scoop out and discard the seeds.

In a small bowl, combine the olive oil, cardamom, allspice, pepper, cinnamon, nutmeg, and cloves. With a pastry brush, brush a small amount of the olive oil-spice mixture inside the pumpkins (reserve any remaining olive oil-spice mixture). Place the pumpkins and their tops on the parchment-lined baking sheet, and roast for 20 minutes.

In a large mixing bowl, toss the delicata squash, butternut squash, sweet potato, onion, garlic, thyme, sage, and the remaining olive oil-spice mixture until thoroughly combined. Carefully transfer the vegetables to the preheated baking sheet, and roast, stirring occasionally, until vegetables are softened and slightly caramelized, about 30 minutes.

Transfer the squash and sweet potato mixture to the simmering stock along with the grated apple and ginger. Simmer for 15 minutes. Remove from heat and discard bay leaves.

To serve, ladle soup into the roasted pumpkin shells and gently cover with the pumpkin tops (alternatively, serve in bowls).

Nutrition Facts	
8 servings per container	
Serving size	1 cup
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 40g	15%
Dietary Fiber 7g	25%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 106mg	8%
Iron 3mg	15%
Potassium 700mg	15%

*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.

Kale and Radicchio Caesar Salad

Ingredients

- ¼ ounce anchovies (canned in olive oil), drained
- 3 tablespoons Parmesan cheese, grated
- 3 tablespoons red wine vinegar
- 2 teaspoons lemon juice
- 1 1/8 teaspoon ground mustard
- 1 teaspoon Worcestershire sauce
- 1/8 teaspoon hot sauce
- 1/8 teaspoon kosher salt
- 1/8 teaspoon ground black pepper
- ½ cup extra-virgin olive oil
- 1 bunch Lacinato kale, stems removed, leaves torn into 1-inch pieces
- 1 head radicchio, torn into 1-inch pieces
- ½ cup pumpkin seeds, lightly toasted (*see Note*)

Preparation

In a large bowl, whisk together the anchovies, Parmesan, red wine vinegar, lemon juice, ground mustard, Worcestershire sauce, hot sauce, salt, and pepper. Slowly drizzle in the oil, whisking constantly, until the dressing is emulsified. (Alternatively, use an immersion blender instead of a whisk.)

Place the kale and radicchio into the bowl with the dressing, and toss well until evenly coated. Divide evenly onto plates and top with the toasted pumpkin seeds.

Note: To toast pumpkin seeds, place onto a baking sheet and bake in a 350 degree F oven until fragrant and lightly toasted, stirring occasionally, for about 5 to 8 minutes.

Nutrition Facts	
8 servings per container	
Serving size	about 2 cups
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 97mg	8%
Iron 2mg	10%
Potassium 290mg	6%
<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>	