Plant-based Holiday Menu:

- Root Vegetable Shepherd’s Pie
- Late Fall Salad
- Pear Crisp

### Nutrition Facts

4 servings per container

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1 meal</th>
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</thead>
<tbody>
<tr>
<td>Amount per serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>510</td>
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</table>

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>% Daily Value*</th>
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</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>27%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>23%</td>
</tr>
<tr>
<td>Trans Fat</td>
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</tr>
<tr>
<td>Cholesterol</td>
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</tr>
<tr>
<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Total Sugars</td>
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<tr>
<td>Includes 7g Added Sugars</td>
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<tr>
<td>Protein</td>
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Vitamin D 0mcg
Calcium 209mg
Iron 4mg
Potassium 1274mg

*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.
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 ¼-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
- ¼ 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.
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

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<tr>
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*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.
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.