Shaved Brussels Salad

**Ingredients (serves 2-4)**

- 1/2 fresh lemon squeezed for juice
- 1 shallot, peeled and minced
- 2 tbsp apple cider or red wine vinegar
- 1 tsp dijon mustard
- 1/4 cup olive oil
- 1 tbsp honey or brown sugar
- pinch of salt and pepper as desired
- 2-3 handfuls of Brussels sprouts (off stalk)
- 1-2 apples
- 1 ripe avocado

**Nutrition (1 svg)**

- **KCAL:** 203
- **SATURATED FAT:** 2.25 g
- **FIBER:** 4.25 g
- **SODIUM:** 40 mg
- **ADDED SUGARS:** 4.25 g

**Directions**

1. Make dressing by adding all ingredients up to brussels into bottom of salad bowl. Mix well to combine.
2. Chop ends of brussels and then slice thinly to shave them. Add to bowl with dressing and coat. Let sit as you are cutting other ingredients.
3. Slice apples, with skin on, after coring, into little pie-like slices. Add to bowl.
4. Peel and cube avocado and add to bowl. Mix all ingredients gently and let sit for 5 minutes before serving.
Roasted Butternut Squash Soup

Ingredients (Serves 4)

1 Butternut Squash
Olive oil
1 onion, diced
1/2 poblano pepper, diced
1 celery stalk, diced
1 carrot, diced
2 russet potatoes, cubed
1 qt low sodium veggie broth
1 tbsp fresh sage, minced
1 tsp cumin

Nutrition (1 svg)

KCAL: 136
SATURATED FAT: <1 g
FIBER: 4.5 g
SODIUM: 146 mg
ADDED SUGAR: 0 g

Directions

1. Preheat oven to 400 degrees.
2. Slice squash in half and scoop out seeds with spoon. Spray sheet pan with high heat oil spray and place halved squash on pan open side down. Place cubed potatoes on pan next to squash. Roast for 20 - 30 minutes.
3. While squash cooks, slice onion, pepper and celery. Chiffonade sage. Then heat it all, plus cumin, in a dutch oven or large sauce pan with olive oil for about 7 minutes.
4. Add roasted vegetables to pot, as well as veggie broth, and simmer for about 10 minutes.
5. Then turn off heat and blend soup with immersion blender, hand mixer or poured into actual blender until smooth or desired consistency is achieved. Serve warm with pepitas as desired.
Preheat oven to 350 degrees. Spray muffin/cake pan with oil spray.

Put flax in small bowl and add water. Let sit for 10 minutes.

Put beans and flax egg in food processor and blend until well mixed. Then add remaining ingredients and blend until batter consistency. Add a little water if mixture is too thick.

Add batter to pan and cook for 20 - 30 minutes until set. Cool and serve.

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**Ingredients (serves 8-10)**

- Spray avocado oil
- 1 can no salt added black beans, drained and rinsed
- 2 tbsp ground flaxseed
- 6 tbsp water
- 3 tbsp canola oil
- 3/4 cup cocoa powder
- 1/4 tsp salt
- 1 tsp vanilla extract
- 1.5 tsp baking powder
- 1/4 cup sugar

**Nutrition (1 svg)**

- KCAL: 97.5
- SATURATED FAT: <0.5 g
- FIBER: 2.6 g
- SODIUM: 137.5 mg
- ADDED SUGARS: 1.6 g

**Directions**

1. Preheat oven to 350 degrees. Spray muffin/cake pan with oil spray.
2. Put flax in small bowl and add water. Let sit for 10 minutes.
3. Put beans and flax egg in food processor and blend until well mixed. Then add remaining ingredients and blend until batter consistency. Add a little water if mixture is too thick.
4. Add batter to pan and cook for 20 - 30 minutes until set. Cool and serve.