



SUNDAY

enchiladas

- 1 medium sweet potato
- 1 medium head cauliflower
- 1 medium yellow onion
- 1 red bell pepper
- 1 orange bell pepper
- 1 pasilla pepper
- ¼ cup olive oil
- 12 corn tortillas
- 1 (16-ounce) jar salsa
- 1 cup mild cheddar cheese
- 1 cup Jack cheese

MONDAY

butternut squash soup

- 2 medium leek
- 1 medium butternut squash
- 2 Tbsp extra virgin olive oil or coconut oil
- 2 large garlic cloves, minced
- 2 lbs golden potatoes, cubed
- 6 cups vegetable stock
- 2 cups water
- 2 full stalks fresh thyme
- 1 branch fresh rosemary
- 1 stalk fresh sage

TUESDAY

minestrone soup

- 1 large yellow onion, diced
- 2 large carrots, peeled and diced
- 2 cloves garlic, minced
- 28oz can diced tomato
- 6 cups vegetable broth
- 1/2 teaspoon oregano
- ¼ teaspoon red pepper flakes
- 1 small zucchini, sliced into half-moons
- 1 15oz can cannellini beans, drained and rinsed
- 8 oz ditalini pasta

WEDNESDAY

black bean ragout

- 2 large onion, finely chopped
- 3 garlic cloves, minced
- 1 tbs ground cumin
- ½ tsp dried oregano
- 2 tsp smoked paprika
- 1 lb dried black beans, soaked overnight
- 1 dried chile
- 2 tbs tomato paste
- 10 cups vegetable broth
- 3 tbs lime juice
- 4-6 sweet potatoes
- Instructiated fresh ginger
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THURSDAY

kale salad

- ¾ cup wild rice, rinsed well*
- heaping 1/2 cup walnuts, chopped
- 2 medium sweet potatoes
- 5 oz chopped kale
- 1/2 cup feta, crumbled
- 1/2 cup dried tart cherries
- 1/4 cup Marzetti® Tastefully Dressed™ Roasted Garlic Rosemary Dressing with Olive Oil Vinaigrette

FRIDAY

easy sesame noodles

- 8 ounces spaghetti, or long noodle of choice
- 2 tablespoons toasted sesame oil
- 1 tablespoon soy sauce
- 1 1/2 teaspoons pure maple syrup
- 1 1/2 teaspoons rice wine vinegar
- 1/2 teaspoon freshly grated garlic
- 1/2 teaspoon freshly grated ginger
- Sriracha, to taste (optional)
- 1-2 tablespoons toasted sesame seeds
- Thinly sliced green onion, 2-3

DESSERT

pecan bars

- ¾ cup light brown sugar, packed
- 1/2 cup butter
- 1 teaspoon vanilla
- 1 tablespoon maple syrup
- 1 egg
- ¾ cups oats
- 1/2 cup flour
- 1/2 teaspoon baking soda
- ¾ cup chopped pecans
- 1/2 cup semi sweet chocolate chips