**AUTUMN KALE SALAD**

A delicious and simple salad that makes greens tasty even in the winter! Serves 4-6.

**Ingredients:**
- 1 bunch Kale
- ¼ tsp. Sea salt
- 3 Lemons
- 1 Apple
- 1 Carrot
- 1 tbsp. Sunflower Seeds
- 2 tbsp. Olive Oil
- ½ c. Parmesan cheese
- Black Pepper to Taste

**Instructions (for you and your kids!):**
Remove all of the main stems from the kale leaves, shred them into pieces and put into a big ziplock bag.

Juice the lemons. Pour the juice and salt into the bag with the kale. Zip the bag shut, and massage the kale for 3-5 minutes.

Slice the apple, shred the carrot, and grate the cheese.

Put wilted kale into a bowl, toss with the olive oil, apple, carrot, and parmesan cheese. Sprinkle with sunflower seeds and black pepper to taste.

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**STUFFED SQUASH BOWLS**

A simple and beautiful way to highlight the tastes of Autumn! Rich, warm, and packed with nutrients! Generously serves 4-6.

**Ingredients:**
- 3 Small Winter Squash
- 2 c. Bulgur Wheat
- 1 Medium Onion
- 3-5 cloves Garlic
- 1 sprig Thyme
- 1 bunch chives
- ½ c. Crisins
- 3 Medium Beets
- 2 Large Carrots
- 3 tbsp. Olive Oil
- ½ c. Tahini
- 1 tbsp. Light Vinegar
- ½ tsp Salt
- 6 leaves sage
- ½ c. water

**Instructions (for you and your kids!):**

Preheat Oven to 400 F

Chop the squashes in half and remove the seeds and pulp. Brush the insides with a little olive oil, salt, and pepper. Place face down on a roasting pan.

Chop the Beets and Carrots into bite sized pieces, toss in olive oil, salt and pepper and put onto a roasting pan.

Put squash and veggies into the oven for 15-20 min or until soft.

Chop the garlic and onion into small pieces, mince the chives and thyme.

In a small pot, sauté the onion, garlic, and herbs in olive oil. Add in the bulgar and just enough water to cover the bulgar. Sprinkle in a little salt. Cook until the water is evaporated and bulgar is soft.

Chop the sage. In a small bowl, whisk together the sage, tahini, apple cider vinegar, salt and water.

Once the veggies are cooked, mix together the beets, carrots, chisins, herbs, and bulgar. Stuff the mixture into the squash bowls. Salt to taste.

Drizzle the bowls with dressing. Serve hot!
ROASTED ROSEMARY POTATOES
The Ultimate Roasted Root Veggie

Ingredients:
4-6 medium potatoes
1 sprig rosemary
4 cloves garlic
½ c. olive oil
2 tsp coarse salt
Black pepper

Instructions (for you and your kids!):
Preheat the oven to 400 F
Cut the potatoes into thick wedges.
Mince the garlic and the rosemary.
Toss the potatoes, rosemary, garlic, salt, and pepper together in a bowl.
Lay out on a cookie sheet so that the potatoes are flat and not laying on top of each other.
Roast for 15-20 minutes or until the potatoes are soft and golden brown.

GINGER-APPLE EMPIANADAS
A simple way to enjoy this classic Fall Dessert
Serves 4-6

Ingredients:
1 package frozen Pie Crust
3 medium Apples
2 tbsp. Butter
1 knob fresh Ginger
1 Lemon
1 c. Brown Sugar
2 tsp. Cinnamon
1 tbsp. Cornstarch
½ c. White Sugar (for decorating)

Instructions (for you and your kids!):
Preheat oven to 350 F
Slice the apples (with the skins on) into small cubes.
Juice the lemon, melt the butter, and grate the knob of ginger
In a large bowl, toss the lemon juice, brown sugar, melted butter, grated ginger, powdered cinnamon, and cornstarch.
Roll out the tart dough. Use a plastic lid to cut out circles from the dough. Spoon some of the apple mixture onto one side of the circle. Fold the other side over and press together with a fork to seal it shut.
Carefully poke a few holes into the top of the dough with a fork to let out air.
Sprinkle with sugar, bake until golden brown.

Potatoes are one of the most concentrated sources of potassium in our diet!