



Fall Harvest Salad

Serves: 6

Serving Size: 10 oz salad with 1 oz dressing

Nutrition Facts

Calories	356
Fat (g)	11
<i>Saturated Fat (g)</i>	1
Carbohydrate (g)	56
<i>Fiber (g)</i>	7
Protein (g)	7
Sodium (mg)	202
Cholesterol (mg)	0

SALAD INGREDIENTS

- 3 cups of roasted butternut squash
- 6 ounces of Maple Ginger Vinaigrette
- 18 ounces of spring mix lettuce
- 3 cups of wild rice, cooked
- 6 teaspoons of green onions, sliced thin
- 6 teaspoons of Craisins
- 6 teaspoons of walnuts, toasted & chopped

SALAD INSTRUCTIONS

1. Toss 2 pounds of butternut squash (peeled and diced $\frac{3}{4}$ inches) with 2 teaspoons of real maple syrup and 1 teaspoon of olive oil and season with $\frac{1}{4}$ teaspoon of salt and $\frac{1}{4}$ teaspoon of black pepper
2. Roast butternut squash at 400 ° F for 20-25 minutes until just cooked through
3. While squash is roasting, prepare dressing (see ingredients below):
 1. Place the whole pear on a sheet pan and roast for 25-30 minutes at 350° F until softened and slightly caramelized
 2. Place the pear in the blender with the remaining ingredients and puree until smooth
4. Combine the lettuce, rice, squash, onions, and Craisins with the dressing and toss together in a large bowl
5. Garnish with chopped walnuts

MAPLE GINGER VINAIGRETTE

- 6 ounces of fresh pear, roasted
- 1 ounce of shallots, minced
- 1 teaspoon of fresh garlic, minced
- 1 teaspoon of fresh ginger, minced
- 1/2 cup of apple cider vinegar
- 1/4 cup of pure maple syrup
- 1 teaspoon of Dijon mustard
- 4 ounces of apple juice
- 1/2 teaspoon of black pepper



Quinoa Kale Cakes



Serves: 6

Serving Size: 2- 3 oz. cakes

Nutrition Facts

Calories	279
Fat (g)	12
<i>Saturated Fat (g)</i>	3
Carbohydrate (g)	31
<i>Fiber (g)</i>	5
Protein (g)	14
Sodium (mg)	251
Cholesterol (mg)	113

INGREDIENTS

- 1 cup of quinoa, uncooked
- 2 cups of low sodium vegetable base
- 3 eggs, beaten
- 1/2 cups of parmesan cheese, grated
- 1/2 cups of green onions, sliced thin
- 2 teaspoons of olive oil
- 2 ounces of onion, chopped fine
- 2 teaspoons of garlic, minced
- 3 1/2 cups of kale, cleaned & chopped
- 2/3 cups of Japanese bread crumbs, finely ground
- 1/2 teaspoon of black pepper

INSTRUCTIONS

1. Combine the quinoa with vegetable base and cook until vegetable base is absorbed
2. Cool the quinoa, then combine with the eggs, cheese and green onions
3. Sauté the onions, and garlic in olive oil until tender
4. Add the kale and sauté 1 minute until bright green
5. Transfer to a bowl and cool
6. Combine the quinoa mixture with the kale
7. Add the bread crumbs and black pepper and gently mix together
8. Form into 3 ounce patties
9. Cover and chill until needed
10. Sear both sides on flat griddle to golden brown
11. Finish in 350° oven as needed

The colorful ingredients in each of these recipes are packed full of cancer fighting antioxidants, Vitamins A, C, E and K, folate and fiber. These recipes also follow a diet emphasizing plant based sources of protein, which offer additional health benefits!

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