



## Fall Harvest Salad

Serves: 6

Serving Size: 10 oz. salad

### Nutrition Facts

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

### SALAD INGREDIENTS

- 18 ounces of lettuce spring mix
- 3 cups of wild rice, cooked
- 3 cups of roasted butternut squash
- 6 teaspoons of onions green, sliced thin
- 6 teaspoons of raisins
- 6 ounces of maple ginger vinaigrette
- 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 .25 teaspoons of salt and .25 teaspoons of black pepper
2. Roast butternut squash at 400 ° F for 20-25 minutes until just cooked through.
3. 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 raisins with the dressing and toss together.
5. Place mixture in bottom of a bowl.
6. Garnish with chopped walnuts

### DRESSING INGREDIENTS

- 6 ounces of pear fresh, roasted
- 1 ounce of shallots, minced
- 1 teaspoon of garlic fresh, minced
- 1 teaspoon of ginger fresh, minced
- .5 cups of vinegar apple cider
- .25 cups of pure maple syrup
- 1 1 teaspoon of Dijon mustard
- 4 ounces of apple juice
- .5 teaspoons of pepper black



## Quinoa Kale Cakes



Serves: 6

Serving Size: 2- 3 oz. cakes

### Nutrition Facts

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

### INGREDIENTS

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

### INSTRUCTIONS

1. Combine the quinoa with water and vegetable base and cook until water is absorbed
2. Cool the quinoa. Then combine the eggs, cheese and green onions
3. Sauté the onions, and garlic in olive oil until tender
4. Add the kale 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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