



Butternut Squash and Apple Soup

Serves 6

Ingredients:

- 2 Tbsp. olive oil
- 2 large leeks, white and pale green parts only, chopped
- 1 onion, chopped
- 1 potato, peeled and cubed
- 3 cups butternut squash, peeled and cubed
- 1 apple, peeled, cored and cut into 1/4-inch slices
- 4 cups vegetable stock
- ½ cup coconut milk
- ¼ teaspoon ground nutmeg
- Salt and pepper, to taste
- 2 tablespoons chives, chopped

Preparation:

1. Heat olive oil in a large pot over medium heat. Stir in leeks and onion, and cook until the onion softens and turns translucent, about 5 minutes.
2. Add potato, squash, apple, and vegetable stock. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the vegetables are soft, about 20 minutes.
3. Meanwhile, begin working on the salad recipe.
4. After 20 minutes, carefully puree the soup in batches in a blender, or use a stick blender to puree the soup right in the pot.
5. Once the soup has been pureed, return it to the pot and stir in coconut milk. Season with nutmeg, salt, and pepper. Other seasoning options: paprika, cumin, cinnamon, cayenne, sage, rosemary, allspice, ginger, turmeric, cardamom, cloves. Simmer gently for 5 minutes.
6. Ladle into bowls and garnish with chopped chives.



Pear Salad with Shallot Vinaigrette

Serves 6

Ingredients:

For the salad:

- 6 cups Spring mix lettuce
- 2 pears, thinly sliced
- ½ cup dried cranberries
- ½ cup crumbled cheese such as feta or bleu (optional)

For the vinaigrette:

- 1 shallot, finely minced
- 2 Tbsp vinegar, any type
- 1 Tbsp lemon juice
- 2 tsp honey
- 2 tsp dijon mustard
- ¼ cup olive oil
- Salt and pepper, to taste

Preparation:

1. To make the dressing, combine shallots, vinegar and lemon juice in a small bowl. Whisk in the honey and dijon mustard. Slowly add the olive oil, whisking constantly, until the mixture is emulsified. Season to taste with salt and pepper.
2. Combine Spring mix, sliced pears, cranberries, and cheese (optional) in a large bowl. Pour the dressing over the salad and toss to combine. Season to taste with salt and pepper and serve.