



## Roasted Squash and Black Bean Tacos

Serves 4-6

### Ingredients:

- 2 Tbsp. olive oil
- 2 delicata squash, sliced
- 1 onion, diced
- 1 clove garlic, minced
- 1 bell pepper, chopped
- 2 tsp. chili powder
- 1 tsp. cumin
- 1 14 oz. can black beans, drained and rinsed
- 8-12 tortillas of choice (corn or flour, soft or hard)
- 4 oz. cheddar cheese, shredded
- 2 cups cabbage, shredded
- ¼ cup cilantro, chopped
- 2 limes, cut into wedges

### *Optional additions for serving:*

- 2 avocados, sliced
- ½ cup plain Greek yogurt
- ½ cup salsa

### Preparation:

1. Preheat the oven to 400°F. Cut ends off of the delicata squash and do a tunnel cut, so they are both in half, lengthwise.
2. Scoop the pulp and seeds out of the squash. Place the squash flat-side down and slice so that pieces are ½ inch thick.
3. Toss the squash slices with 1 Tbsp. of olive oil and a pinch of salt, then spread evenly on a baking sheet. Roast until tender, about 20 minutes.
4. Heat a sauté pan with remaining olive oil, and add onion, garlic, and pepper. Sauté over medium high heat until pepper is soft, about 2-3 minutes. Add cumin, chile powder and black beans and sauté for another 2 minutes.
5. Add roasted squash to the black bean mixture, and season to taste.
6. Spread tortillas on sheet pan. Top each tortilla with squash and bean mixture and a bit of cheese. Heat them in the oven for 3-4 minutes, or until the cheese is melted. Remove the tacos from the oven and top each with cabbage and cilantro. Squeeze fresh lime juice over tacos.



## Apple Salad with Garlic Vinaigrette

Serves 6

### Ingredients:

#### *For the salad:*

6 cups Spring mix lettuce

2 apples, julienned

2 radishes, julienned

½ cup crumbled cheese such as feta or bleu (optional)

#### *For the vinaigrette:*

2 cloves garlic, 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 garlic, 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, apples, radish, 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.