

Arugula, Wheat Berries, Roasted Squash, Pickled Beets, Pomegranate Vinaigrette

Yield: 10 Servings

Ingredients:

- 2 C Wheatberries
- 1 large Butternut squash, about 2.5 lb, peeled and diced
- 3 T Olive oil
- 2 t Dark brown sugar
- ½ t Cinnamon
- ½ Kosher salt, divided
- Pickled diced beets
- 3 C Arugula

Dressing:

- 1/3 C Olive oil
- 1 T Maple syrup
- 1 T Dijon mustard
- 1 T Pomegranate juice
- Salt and ground black pepper to taste

Method:

1. Fill a large pot with water or vegetable broth with a 1 teaspoon kosher salt and wheatberries. Bring to a boil, cover, and reduce heat to a low simmer for 30-45 minutes, until wheatberries are tender enough to chew. Drain and set aside.
2. Meanwhile, preheat oven to 400°F.
3. Toss cubed squash with 3 tablespoons olive oil, 2 teaspoons brown sugar, 1/2 teaspoon cinnamon and 1/2 teaspoon salt.
4. Line a pan with parchment and place squash on pan. Place on bottom rack of oven. Bake for 20-25 minutes or until squash is fork tender.
5. Prepare dressing by combining all ingredients and mixing well.
6. Coat wheatberries with dressing. Toss to combine.
7. Add squash, beets, and arugula and toss everything well. Serve slightly warm, room temp or chilled.

Curried Pepita Gremolata

Recipe By: Diabetic Living Magazine “Most gremolata recipes call for parsley, garlic and lemon but this version uses fresh cilantro and roasted, salted pumpkin seeds. The added curry paste gives it a bit of a kick and makes it the perfect topping for any number of cooked vegetables.”

Ingredients:

- 1 T. Lemon juice
- ½ t Red or yellow curry paste
- 1 clove Garlic, minced

- 2 T Snipped fresh cilantro
- 1 T Roasted salted pumpkin seed (pepitas)
- 1½ C Hot cooked vegetables (broccoli, cauliflower, squashes, bell peppers, etc.)

Directions:

1. In a small bowl, combine lemon juice, curry paste and garlic.
2. Add cilantro and pepitas; toss to combine.
3. Spoon over hot cooked vegetables.

Notes:

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- Yellow curry paste is spicier than red curry paste, so choose your heat level.
 - Use cooked vegetables such as green beans, pea pods, asparagus, broccoli, cauliflower, carrots, sweet peppers, Brussels sprouts, mushrooms, summer squash, winter squash or sautéed fresh spinach, kale or Swiss chard.

Miso-Harissa Delicata Squash and Brussels Sprouts Salad

Yield: Serves 12

Ingredients:

- 1.5 lb. Brussels sprouts, trimmed
- 2 1-lb. Delicata squash, or butternut or acorn
- $\frac{3}{4}$ C Extra-virgin olive oil
- $\frac{3}{4}$ C White miso
- 3 T Harissa paste
- 2 T Honey
- $\frac{1}{2}$ C Unseasoned rice vinegar
- $\frac{3}{4}$ C Toasted almonds, roughly chopped
- Minced cilantro for serving

Method:

1. Preheat the oven to 400°F and line a baking sheet with parchment. Slice the Brussels sprouts in half lengthwise. Cut the delicata squash in half lengthwise and scoop out the seeds. Slice each half into 1/2-inch-thick half-moons. You can leave the peel on the squash, as it is edible.
2. In a bowl, whisk together the olive oil, miso, harissa, honey, and vinegar. In a large bowl, combine the Brussels sprouts and squash with 1/3 cup of the harissa miso mixture. Use your hands to coat the vegetables evenly. Spread the vegetables out on the prepared baking sheet and roast until the squash is tender and the Brussels sprouts are slightly crisp, 25 to 30 minutes. Toss the veggies halfway through cooking.
3. While the veggies roast, heat a small dry skillet over medium-high. Add the almonds and toast until they are golden brown, shaking the pan often, 3 to 5 minutes. Pour them from the pan to a plate, and when they're cool enough to handle, roughly chop them.
4. Divide the roasted vegetables among the bowls and sprinkle toasted almonds and minced cilantro on top. Serve with the remaining miso harissa sauce on the side.
5. Keep extra miso-harissa sauce in an airtight container in the fridge for up to 1 week.

Oven Roasted Sweet Potato Salad

Yield: 4-6 servings

Ingredients:

2 lbs. Sweet potatoes
1 can Black beans, rinsed and drained
½ Red onion, small diced & rinsed
1 Red pepper, diced
¼ cup Cilantro, finely chopped
¼ cup Finely sliced scallions
1 ½ tsp. Olive oil, divided

Roasted Jalapeno Dressing:

2 Jalapenos, oven roasted or charred
2 Limes, juiced
½ tsp. Red chili flakes
¼ tsp. Cumin
½ tsp. Oregano
1 tsp. Maple syrup
4 T Olive oil

Instructions:

1. Place the potatoes in a large pot and cover with water. Bring to a boil, reduce to a simmer, and cook until just tender, about 15-20 minutes.
2. Drain potatoes and let cool. The skin should slip off but if not, gently slice them off. Cool for 20 minutes.
3. Cut into ¾" dice and gently toss with 1 tsp. olive oil. Place in 400F oven for 8-10 minutes allowing them to crisp up. Remove and allow to cool.
4. Combine allow vegetables and herbs together in a bowl.

Make the dressing:

1. Finely dice the jalapeno and place in a separate bowl.
2. Add in the rest of the ingredients: lime juice, chili flakes, cumin, oregano, maple syrup.
3. Drizzle in the olive oil and season with salt and pepper.
4. Add to sweet potato mixture then season to taste. Serve at room temperature.