

FALL 2026 RECIPE'S:

Roasted Butternut Squash & Apple Soup - Rich in antioxidants, vitamin A, and fiber.

Ingredients:

- 1 medium butternut squash, peeled and cubed
- 1 onion, diced
- 1 tbsp olive oil
- * 2 apples, chopped
- * 2 cloves garlic, minced
- * 1 tsp cinnamon
- * 4 cups low-sodium vegetable broth
- * Salt and pepper to taste



Directions

1. Toss squash, apples, and onion with olive oil.
2. Roast at 400°F for 25 to 30 minutes.
3. Transfer to a pot with garlic and broth.
4. Simmer for 10 minutes.
5. Blend until smooth.
6. Season with cinnamon, salt, and pepper.
7. Garnish as you'd like

Maple Dijon Salmon with Brussel Sprouts - Salmon provides omega-3 fatty acids, which support heart and brain health.

Ingredients

- 4 salmon fillets
- 2 cups of Brussels sprouts, halved
- 1 tbsp olive oil
- 2 tbsp Dijon mustard
- 1 tbsp pure maple syrup
- 1 tsp lemon juice



Directions

1. Mix mustard, maple syrup, and lemon juice.
2. Brush over salmon.
3. Place salmon and Brussels sprouts on a baking sheet.
4. Drizzle sprouts with olive oil.
5. Bake at 425°F for 15 to 18 minutes.
6. Garnish with parsley.

STEAMED SALMON WITH FENNEL

Serves 4

Calories per serving: 408

Ingredients:

1 large salmon fillet (20 ounces)

1 medium onion, sliced (about 6

1 large carrot, sliced (about 4

1 teaspoon hers de Provence

¼ cup vegetable stock (low-sodium/low-fat)

1 teaspoon fennel seeds

Salt and pepper to taste



ounces)

ounces)

For the vegetables:

1 tablespoon olive oil

2 large fennel bulbs, trimmed and sliced (about 1.5 lbs.)

1 medium onion, sliced (about 6 ounces)

1 tablespoon garlic cloves, minced

¼ cup vegetable stock (low-sodium/low-fat)

Pinch cayenne pepper

Salt and pepper to taste

Cooking Instructions:

Preheat the oven to 400 degrees F.

For the fish: Prepare a large aluminum foil. Place the salmon in the middle. Sprinkle over a little salt, some pepper, and the herbs de Provence. Top with the onion, carrot and a few fennel slices (see vegetables). Fold the aluminum foil a bit; add the stock and fennel seeds. Close and place on a baking dish. Bake for 25 to 30 minutes or until the salmon flesh starts to flake.

For the Vegetables: Heat the oil in a nonstick pan over high heat. Add the onion and sauté until translucent. Add the fennel slices, garlic and sauté for 2 minutes. Pour in the vegetable stock, cover and cook for 15 to 20 minutes over low heat. Add the cayenne pepper and season to taste. Place the salmon in a serving platter with its vegetables and juices and serve immediately with the fennel.

Pumpkin Turkey Chili - High in protein, fiber, and beta-carotene.

Ingredients

- 1 lb. lean ground turkey
- 1 can diced tomatoes
- 1 tsp cumin
- * 1 can pumpkin puree
- * 1 onion, diced
- * 1 can kidney beans, drained
- * 1 tbsp chili powder

TURKEY PUMPKIN CHILI



Directions

1. Brown turkey and onion in a large pot.
2. Add remaining ingredients.
3. Simmer for 30 minutes.
4. Adjust seasonings to taste.
5. Top with Pumpkin seeds and sour cream if desired.

Harvest Quinoa Bowl - Provides healthy fats, plant protein, and complex carbohydrates.

Ingredients

- 1 cup cooked quinoa
- ¼ cup dried cranberries
- 1 tbsp balsamic vinegar
- * 1 roasted sweet potato, cubed
- * ¼ cup walnuts * or pecans
- * 1 cup baby spinach
- * 2 tbsp olive oil



Directions

1. Combine quinoa, sweet potato, spinach, cranberries, and walnuts.
2. Whisk olive oil and balsamic vinegar.
3. Drizzle over bowl and serve warm.

Fatigue-Friendly Slow Cooker Stew - Especially helpful on low-energy days.

Ingredients

- 1 lb. chicken breast
- 1 sweet potato, cubed
- * 3 carrots, chopped
- * 4 cups low-sodium broth
- * 2 celery stalks, chopped
- * 1 tsp thyme



Directions

1. Add all ingredients to a slow cooker.
2. Cook on low for 6 to 8 hours.
3. Shred or cut up chicken and stir before serving.

Cinnamon Pear Overnight Oats - Steady energy, fiber, and omega-3s from chia seeds.

Ingredients

- ½ cup rolled oats
- 1 tbsp chia seeds
- * ½ cup unsweetened almond milk
- * ½ tsp cinnamon
- * 1 pear, diced
- * 1 tbsp chopped pecans



Directions

1. Combine oats, milk, chia seeds, and cinnamon.
2. Refrigerate overnight.
3. Top with pear and pecans before serving.

Warm Apple Walnut Snack Bake - Naturally sweet, high-fiber snack that avoids refined sugar.

Ingredients

- 3 apples, sliced or whole and cored
- 1 tbsp maple syrup
- * ½ cup chopped walnuts
- * 1 tsp cinnamon



Directions

1. Place ingredients in a baking dish.
 2. Toss gently.
- Bake at 375°F for 25 minutes

BAKED APPLES WITH CRANBERRIES

Serves 4

1 serving 1 apple (162 calories)

Ingredients:

- 4 large apples
- 3 tablespoons red currant jelly
- 4 tablespoons cranberry juice
- 4 teaspoons walnuts
- 4 teaspoons of cranberries

Cooking Instructions:

Preheat the oven to 400 degrees F.



Wash and core the apples, being careful not to break through the bottom of the apples. Place them in a baking pan that is just the right size to keep the apples close to each other. Put 1 teaspoon of red currant jelly in the cavity of each apple. Pour one tablespoon of cranberry juice over the cavity of each apple. Add a little hot water in the pan (1/4 inch). Cover the pan with aluminum foil and bake for 20 minutes. Remove cover and baste with the liquid in the pan. Continue baking uncovered for 4 to 5 minutes. If necessary, add a little more water to avoid burning.

Place each apple in a serving dish. Scrape particles from the pan and transfer the liquid to a saucepan. Blend the liquid with the remaining red currant jelly and bring to a boil over high heat. Pour over the apples, sprinkle with the walnuts, cranberries, and serve immediately.