

Butternut Squash Soup

INGREDIENTS

- 2 cups vegetable stock
- 4 cloves garlic, peeled and minced
- 1 carrot, peeled and roughly chopped
- 1 Granny Smith apple, cored and roughly chopped
- 1 medium (about 3–4 lbs) butternut squash, peeled seeded and diced
- 1 white onion, peeled and roughly chopped
- 1 sprig fresh sage
- 1/2 teaspoon salt
- 1/4 teaspoon freshly-ground black pepper
- 1/8 teaspoon cayenne (optional)
- pinch of ground cinnamon and nutmeg 1/2 cup canned (unsweetened) coconut milk
- optional garnishes: extra coconut milk, smoked paprika

INSTRUCTIONS

- Add vegetable stock, garlic, carrot, apple, butternut squash, sage, onion, salt, pepper, cayenne, cinnamon and nutmeg a large stockpot. Toss to combine.
- Cook on medium-high until the mixture reaches a simmer. Then cover, reduce heat to medium-low, and simmer for 20-30 minutes until the vegetables are all tender and mash easily with a fork.
- Remove and discard the sage. Stir in the coconut milk.
- Use an immersion blender to puree the soup until smooth. (Or you can transfer the soup in two batches into a traditional blender and puree until smooth, being extremely careful not to fill the blender too full with a hot liquid.) Taste, and season with additional salt, pepper and cayenne as needed.

Balsamic Glazed Chicken

INGREDIENTS

- 1/2 cup. balsamic vinegar 2 tbsp. honey
- 1 1/2 tbsp. whole-grain mustard
- 3 cloves garlic, minced
- 4 bone-in, skin-on chicken thighs
- 2 baby red potatoes, halved (quartered if large)
- 2 tbsp. sprigs fresh rosemary, plus 1 tbsp. chopped
- 2 tbsp. extra-virgin olive oil, divided

DIRECTIONS

- Preheat oven to 425°. In a large bowl, combine balsamic vinegar, honey, mustard, and garlic and season with salt and pepper. Whisk until combined. Add chicken thighs and toss until fully coated. Transfer to the fridge to marinate, at least 20 minutes and up to 1 hour.
- Meanwhile, prep potatoes: In a medium bowl, add potatoes and chopped rosemary and season with salt and pepper. Add 1 tablespoon oil and toss until combined. Set aside.

- In a large ovenproof skillet over medium-high heat, heat remaining tablespoon oil. Add chicken and sear, skin side down, 2 minutes, then flip and sear 2 minutes more. Add potatoes, nestling them between chicken, and top with rosemary sprigs.
- Transfer to the oven and bake until potatoes are tender and chicken is cooked through, 20 minutes. (If potatoes need longer to cook, transfer chicken to a cutting board to rest and continue cooking potatoes until tender.)
- Serve chicken and potatoes with pan drippings.

Pumpkin Chocolate Chip Muffins

INGREDIENTS

- 1 ¼ cups white whole-wheat flour
- 1 ¾ tsp pumpkin pie spice
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- 1 cup pumpkin puree
- 2/3 cup packed light brown sugar
- ¼ cup buttermilk
- ¼ cup melted butter
- 2 large eggs
- 1 tsp vanilla extract
- ¾ cup semi-sweet chocolate chips

DIRECTIONS

- Preheat oven to 350 degrees F. Coat a muffin tin with cooking spray.
- Whisk flour, pumpkin pie spice, baking powder baking soda and salt in a medium bowl.
- Whisk pumpkin puree, brown sugar, buttermilk, butter, eggs and vanilla in a large bowl. Add the dry ingredients and stir with a wooden spoon until just combined. Fold in the chocolate chips.
- Divide the batter between the muffin cups. Bake until a toothpick inserted in the center comes out clean, about 25 minutes. Let cool in the pan for 5 minutes before turning out onto a wire rack.