Shaved Brussels Sprout Salad

Serves 5

Ingredients

- 10 oz. shaved Brussels sprouts
- 1 large Fuji apple, thinly sliced
- ½ cup candied pecans, roughly chopped (store-bought)
- ½ cup thinly sliced red onion
- Water, for soaking onion

For the dressing:

- ½ teaspoon Dijon mustard
- 2 teaspoons honey
- 1 tablespoon lemon juice
- ½ teaspoon salt, or more to taste
- 3 tablespoons extra-virgin olive oil, plus more if needed

Directions

1. If using whole Brussels sprouts, trim off the tough stem ends and remove any damaged outer leaves. Slice thinly using a sharp knife, mandoline, or food processor with a slicing attachment.
2. Place the sliced red onion in a small bowl of cold water. Let soak for 10 minutes, then drain. This helps mellow the onion's sharp flavor.
3. In the bottom of a large bowl, whisk together the Dijon mustard, honey, lemon juice, and salt.
4. Slowly drizzle in the olive oil while whisking until the dressing is well combined and emulsified.
5. Add the Brussels sprouts, apple, candied pecans, and red onion to the bowl. Toss well until all ingredients are coated in dressing. Tossing helps soften the Brussels sprouts slightly.
6. Taste and adjust salt as needed. Serve immediately.

Mushroom and Wild Rice Pilaf

Serves 6

Ingredients

- 8 oz. cremini mushrooms, sliced
- 8 oz. shiitake mushrooms, sliced
- 4 tablespoons olive oil
- ½ teaspoon kosher salt
- 1 tablespoon mild white miso paste (optional)
- 2 cups vegetable broth
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried oregano
- ½ cup slivered almonds
- 1 cup uncooked wild rice blend

Directions

1. In a large pot with a lid, heat the olive oil over medium-high heat.
2. Add the sliced mushrooms and stir to coat with oil.
3. Season with salt. Sauté for 5–7 minutes, stirring occasionally, until the mushrooms release their moisture and become deeply browned.
4. Add the oregano and slivered almonds. Stir to combine.
5. Add the wild rice blend and stir for 30 seconds to 1 minute, coating the rice with the oil and seasonings.
6. In a small bowl, whisk the miso paste with a few tablespoons of warm vegetable broth until smooth. Stir the mixture into the remaining broth. If omitting miso, simply use the vegetable broth as is.
7. Pour the broth mixture into the pot and stir to combine. Bring to a boil, then reduce the heat to low. Cover and simmer according to the rice blend's package directions, typically 40–50 minutes for many wild rice blends, until the rice is tender and the liquid is absorbed. Add more broth if needed.
8. Turn off the heat and let the pilaf rest, covered, for 5–10 minutes.
9. Uncover and fluff with a fork before serving.

Lentil-Stuffed Butternut Squash with Savory Gravy

Makes 12 stuffed squash rounds and approximately 4 cups gravy

Ingredients

- 2 medium butternut squash (2–3 lb. each)
- 2 cups chopped fresh arugula
- 3 cups cooked French green lentils
- ½ cup chopped toasted pecans
- ⅓ cup dried tart cherries
- ⅓ cup chopped dried apricots
- ¼ cup chopped fresh parsley
- 1 tablespoon chopped fresh sage or 1 teaspoon dried sage, crushed
- 1 teaspoon chopped fresh thyme or ½ teaspoon dried thyme
- 1 teaspoon orange zest
- ¾ cup finely chopped green onions, divided
- 1½ teaspoons sea salt, divided
- 4 cups low-sodium vegetable broth
- 1 teaspoon poultry seasoning
- ⅔ cup chickpea flour

Directions

1. Preheat the oven to 350°F.
2. Cut each squash in half lengthwise. Scoop out and discard the seeds. Place squash halves cut-side down in a large parchment-lined baking dish.
3. Bake for approximately 1 hour, or until just tender when pierced with a sharp knife. Let cool until easy to handle.
4. Scoop out the squash pulp, leaving approximately a ½-inch shell. Place the pulp in a large mixing bowl.
5. To prepare the stuffing, add the arugula, cooked lentils, toasted pecans, dried cherries, dried apricots, parsley, sage, thyme, orange zest, and ¼ cup of the green onions to the squash pulp. Add 1 teaspoon of salt and mix well.
6. Spoon the stuffing into the squash halves, packing it tightly. Place the halves together to enclose the stuffing and secure with three or four lengths of 100% cotton kitchen twine.
7. Place the stuffed squash in a baking dish and bake for 35–45 minutes, or until heated through to an internal temperature of 160°F.
8. Remove the twine and slice crosswise into rounds.

9. Meanwhile, prepare the gravy. In a large saucepan, cook the remaining ½ cup green onions over medium heat until softened, stirring often. Add 1–2 tablespoons of water as needed to prevent sticking.
10. Add the vegetable broth and poultry seasoning. Whisk in the chickpea flour until smooth.
11. Cook over medium heat, stirring frequently, until the gravy thickens and begins to bubble.
12. Stir in the remaining ½ teaspoon of salt. Taste and adjust seasoning as needed. Serve warm with the stuffed squash.

Recipe notes:

- **Toasted pecans:** Spread pecans in a single layer on a baking sheet. Bake at 350°F for 5–8 minutes, stirring once, until fragrant. Watch closely to prevent burning.
- **Chickpea flour:** Also called garbanzo bean flour or besan. It is naturally gluten-free and can typically be found in the gluten-free, baking, or international foods section of the grocery store.
- **Seasoning:** Poultry seasoning typically contains sage, thyme, rosemary, and other herbs. It provides a savory flavor without requiring black pepper.

Fall Fruit Trifle with Pumpkin Gingerbread

Serves 10

Ingredients

- 4 Medjool dates, pitted
- 1 (15 oz.) can pure pumpkin puree
- ¾ cup 2% milk or unsweetened plant milk (almond, soy, or oat)
- ¼ cup blackstrap molasses
- 2 tablespoons ground flaxseed meal
- 2 cups white whole-wheat flour
- 2 teaspoons pumpkin pie spice
- 2 teaspoons baking powder
- 1 teaspoon sea salt
- 1 recipe Roasted Fall Fruits
- ½ cup pomegranate arils
- 2 cups vanilla yogurt (plant-based)
- ¼ cup chopped toasted pecans (optional)

Directions

1. Preheat the oven to 350°F. Line an 8-inch square baking pan with parchment paper or use a silicone baking pan.
2. Place the dates in a small bowl. Add boiling water to cover and let soak for 10 minutes. Drain.
3. In a food processor or blender, combine the soaked dates, pumpkin puree, milk, molasses, and flaxseed meal. Process until smooth. Let the mixture rest for 5 minutes.
4. In a large bowl, combine the flour, pumpkin pie spice, baking powder, and salt.
5. Add the pumpkin mixture to the flour mixture and stir just until combined.
6. Pour the batter into the prepared baking pan and spread evenly.
7. Bake for 30–40 minutes, or until a toothpick inserted into the center comes out clean.
8. Cool completely in the pan on a wire rack. Cut the gingerbread into 1-inch cubes.
9. Transfer the cubes to an airtight container and let stand overnight at room temperature.
10. To assemble the trifle, place one-third of the roasted fall fruit and pomegranate arils in the bottom of a large trifle dish or glass bowl.
11. Top with half of the gingerbread cubes, followed by half of the yogurt.
12. Repeat the layers, ending with the remaining fruit and pomegranate arils.
13. Sprinkle with toasted pecans, if desired. Serve within 30 minutes of assembly.

Roasted Fall Fruits

Makes approximately 8–10 servings as a trifle component

Ingredients

- 3 pears or quince, cored and sliced
- 3 apples or persimmons, cored and sliced
- 3 oranges, peeled and sliced
- 6 fresh or dried figs, quartered
- ¼ cup apple juice or apple cider*
- ¼ cup pure maple syrup
- 1 teaspoon grated fresh ginger
- ½ teaspoon ground cinnamon
- 2 whole star anise*
- ¼ teaspoon sea salt

Directions

1. Preheat oven to 400°F. Line two 15 × 10-inch baking pans with parchment paper or silicone baking mats.
2. In a large bowl, combine the pears, apples, oranges, and figs.
3. In a small bowl, whisk together the apple juice, maple syrup, ginger, cinnamon, star anise, and salt.
4. Pour the mixture over the fruit and toss gently to coat.
5. Divide the fruit evenly between the prepared baking pans, spreading into a single layer.
6. Roast for approximately 30 minutes, or until the fruit is tender and lightly browned around the edges.
7. Remove from the oven and allow to cool. Remove and discard the star anise before serving.
8. Serve immediately or transfer to an airtight container and refrigerate until ready to use.

Recipe notes:

- **Apple juice:** Regular unsweetened or 100% apple juice works well as a substitute for apple cider.
- **Star anise:** This is a star-shaped whole spice with a mild licorice-like flavor. It is typically found in the spice aisle, sometimes near cinnamon sticks or other whole spices. It is optional if unavailable.