

Butternut Squash Mac & “Cheese”

2.5 cups cubed butternut squash
Olive oil
1 lb. dried pasta, like elbow noodles
1/3 cup raw cashews
1½ cups plain, unsweetened almond milk, cow’s milk or chicken broth
2 tablespoons nutritional yeast
2 cloves garlic, minced
1/2 teaspoon ground mustard
3 tablespoons butter or vegan butter substitute
2 tablespoons flour
Salt & pepper to taste

Preheat oven to 375 degrees. Place squash on a baking sheet with a splash of olive oil, tossing to combine. Bake until squash is soft, about 20-25 minutes. Remove from oven and allow to cool slightly. Transfer to a food processor and blend until completely smooth.

Boil pasta in a pot of salted water until al dente. Drain and set aside.

For the sauce, blend cashews, ½ cup of milk, nutritional yeast, garlic and ground mustard in a high speed blender until smooth. Melt butter in a large skillet and add flour. Whisk over medium heat, stirring often, until flour is cooked through and mixture has turned golden brown, about 3 minutes. Gradually add the remaining cup of milk, stirring to combine. Add cashew cream and cook until mixture has thickened, 5 minutes. Season with salt & pepper. Remove cashew sauce from heat and fold in butternut squash puree. Stir completely incorporated. Add pasta to pot and toss well. Check seasonings and serve.

Greens Meat Sauce

1 medium onion, diced
1 pound ground beef
2 cloves garlic, minced
28oz can crushed tomatoes
1 tablespoon dried oregano
1 cup pureed greens (sautéed kale, spinach, Swiss chard, your choice)
Salt & pepper to taste

In a large skillet, brown onions and ground beef over medium heat until cooked. Drain fat if needed. Add garlic and sauté about 1 minute. Add crushed tomatoes and oregano, stir and let simmer about 5 minutes. Add pureed greens, salt & pepper. Stir well and simmer. Taste for seasonings and serve over noodles or rice.

Chocolate Beet Brownies

1 stick butter, melted

1 cup sugar

2 large eggs, beaten

1 tsp. vanilla extract

3 medium peeled cooked and pureed beets, to equal 1 cup (boiled or baked)

½ cup wheat, white or gluten free flour

1/3 cup unsweetened cocoa powder

1 teaspoon baking powder

1/2 teaspoon salt

½ cup chocolate chips (optional)

Preheat oven to 350 degrees. Grease an 8 x 8" baking pan. Set aside.

Combine butter and sugar until well blended. Add eggs, vanilla and beets. Stir until well combined.

Whisk dry ingredients. Fold in beet mixture and add chocolate chips, if using. Pour into prepared pan. Bake 30 minutes or until toothpick in center comes out clean. Cool completely before cutting. Store in refrigerator.