

Fall Inspired Meals - Running Green RD

Created by Running Green RD



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Hello & Welcome to Fall.

Fall vegetables & fruits are loaded with nutrients and antioxidants. The deep orange, yellow, and red colors indicate a rich source of some of the most potent anti-inflammatory compounds to benefit your health. Add some fall color to your next meal with these three simple recipes.

Please adjust recipe portions and ingredients as needed to fit your specific nutritional needs.

Email me to set up a consultation to create a more individualized plan and recipes.

Email: Kristin.Kabay@gmail.com

Talk to you soon!

Sincerely,
Kristin Kabay, MS, RD, CSSD, LD

Sweet Potato & Sausage Hash

6 ingredients · 30 minutes · 2 servings



Directions

1. Cook the sausage over medium heat, breaking it up into crumbles with the back of a spoon as it cooks. Once it is cooked, remove and set aside on a plate.
2. In the same skillet, add the diced sweet potato and cook over medium-high for 1 to 2 minutes or until brown on one side. Lower the heat to medium, stir and cook for 7 to 8 more minutes or until tender and cooked through.
3. Add the kale and the apple to the sweet potato with the cinnamon and cover with a lid. Cook over medium for 1 to 2 minutes, or until the kale is wilted. Then add the sausage back to the skillet and mix until warmed through. Add sea salt to taste. Divide into bowls and enjoy!

Notes

Prep Ahead

Cook the sweet potato in advance to save time.

No Kale

Use another hearty green such as dandelion or shaved brussels sprouts.

No Pork

Use turkey sausage, chicken sausage or ground meat instead.

Vegans & Vegetarians

Use lentils instead of sausage.

Ingredients

- 6 ozs Pork Sausage (casings removed)
- 1 Sweet Potato (medium, diced into cubes)
- 3 cups Kale Leaves (chopped)
- 1 Apple (medium, diced)
- 1/8 tsp Cinnamon
- 1/4 tsp Sea Salt

Roasted Butternut Squash Soup with Kale Chips

9 ingredients · 1 hour 30 minutes · 4 servings



Directions

1. Preheat oven to 420°F (216°C). Cut squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender. (Roasting time will depend on the size of your squash.)
2. Remove squash from oven and let cool. Use a spoon to carve out the flesh and set aside. Discard the skin.
3. Place a large pot over medium heat and add half of your olive oil. Add the apples, onion and ginger and saute for about 5 minutes or until soft.
4. Add in the vegetable broth, cooked squash and half of the sea salt. Reduce heat to a simmer. Let simmer while you prepare the kale chips.
5. Preheat your oven to 350°F (177°C) again and line a baking sheet with parchment paper. Place your kale in a large bowl and massage it with your remaining olive oil and sea salt. Transfer kale leaves to the baking sheet in a single layer. Don't overcrowd. You will have to bake in a few batches. Place in the oven and bake for 10 to 15 minutes. Remove from oven when crisp and let cool.
6. Transfer soup to a blender or use an immersion blender to puree until the soup reaches a smooth, thick consistency. Be patient. It might take a bit of blending to reach a creamy consistency!
7. Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

Notes

More Protein

Blend in a 1 can of cooked red lentils or top with some shredded chicken breast

Storage

Divide into 500 mL mason jars leaving at least 1 inch of space at the top. Store in the freezer up to 3 months.

Ingredients

- 4 cups Butternut Squash
- 1 tsp Cinnamon (plus extra for garnish)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 Apple (peeled, cored and sliced)
- 1 Sweet Onion (diced)
- 1 tbsp Ginger (grated)
- 4 cups Organic Vegetable Broth
- 2 tsps Sea Salt (divided)
- 4 cups Kale Leaves (cut into large pieces)

Roasted Sweet Potato & Brussels Sprouts Salad

11 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
2. Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Notes

No Brussels Sprouts

Use broccoli instead.

No Lentils

Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.

Ingredients

- 2 Sweet Potato (medium. sliced into 1 inch cubes)
- 4 cups Brussels Sprouts (washed and halved)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1/4 cup Water (warm)
- 1/4 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/8 tsp Sea Salt
- 2 cups Lentils (cooked, drained and rinsed)
- 8 cups Baby Spinach (chopped)

Pumpkin Hummus

6 ingredients · 10 minutes · 2 servings



Directions

1. Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

Notes

Make it Spicy

Add chili powder, cayenne pepper or chili flakes.

Extra Toppings

Top with a drizzle of olive oil, cinnamon, cayenne pepper, pumpkin seeds or hemp seeds.

Serve it With

Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread!

Storage

Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.

Ingredients

- 1/4 cup** Pureed Pumpkin
- 1 cup** Chickpeas (cooked, drained and rinsed)
- 1** Garlic (clove)
- 1/4** Lemon (juiced)
- 2 tbsps** Extra Virgin Olive Oil
- 1/4 tsp** Sea Salt