



## AMARANTH PORRIDGE

SERVES: 2    PREP & COOK TIME: 40 MIN.

### INGREDIENTS

- 1/2 cup amaranth
- 1 1/2 cups water
- 1/4 cup milk or milk substitute
- 2 tsp. maple syrup, local honey, agave or brown sugar
- Pinch of salt

### DIRECTIONS

1. In a small saucepan, combine your amaranth and water and bring to a boil. Reduce the heat to low and allow to simmer for 15-20 minutes, stirring frequently.
2. Once you've reached your desired consistency, stir in your milk, preferred sweetener and salt. Stir vigorously until your porridge is creamy.
3. Remove from heat and serve!



# **BUTTERNUT SQUASH SOUP**

## **WITH TOASTED PUMPKIN SEEDS**

SERVES: 4 TO 6 PREP & COOK TIME: 1 HR. 20 MIN.

### **INGREDIENTS**

- 1 large butternut squash (3 lb.), halved and seeded
- 1 tsp. maple syrup or local honey
- 3 to 4 cups vegetable stock
- 1/4 cup toasted pumpkin seeds, for garnish
- Cilantro oil or chili oil, for garnish
- Salt to taste

### **DIRECTIONS**

1. Preheat the oven to 425° F. Line a rimmed baking sheet with parchment paper and place the butternut squash cut-side up on the sheet. Drizzle the squash with just enough oil to lightly coat the top and sprinkle with salt.
2. Place the squash cut-side down and roast until tender and cooked through, about 40-50 minutes. Set aside to cool.
3. Scoop the butternut squash flesh into a blender and discard the tough skin.
4. Add your maple syrup or honey and vegetable broth and puree on high.
5. Carefully pour your soup into a large pot, adding sweetener and seasoning until you reach your desired taste. Heat your soup over medium heat for 15 minutes.
6. Serve the soup hot, garnished with oil and toasted pumpkin seeds, and enjoy!



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## 3 SISTERS & FRIENDS SALAD WITH CORIANDER CRANBERRY VINAIGRETTE

SERVES: 7

PREP & COOK TIME: 30 MIN.

### INGREDIENTS

#### Salad:

- 1/2 cup mixed greens
- 1/4 cup summer squash
- 1/2 cup butternut squash
- 1/4 cup cooked quinoa
- 1/4 black beans
- 1 cup cherry tomatoes
- 1 Tbsp. shelled pumpkin seeds, toasted
- 1 Tbsp. dried cranberries
- 1/4 cup frozen corn, roasted
- 1/4 cup micro greens

#### Vinaigrette:

- 1 cup dried cranberries
- 1/4 cup red wine vinegar
- 1 cup olive oil
- 1 cup orange juice
- 1 Tbsp. honey
- 1 Tbsp. lime juice
- 1 Tbsp. garlic, minced
- 1 Tbsp. shallot, chopped
- 1 tsp. ground cumin

### DIRECTIONS

1. Combine all salad ingredients in a large bowl.
2. Add your vinaigrette ingredients minus the olive oil to a food processor and puree until thoroughly blended.
3. Add olive oil and emulsify.
4. Drizzle the vinaigrette over your salad and toss, then enjoy!



## SO SIMPLE PICO DE GALLO

SERVES: 6    PREP & COOK TIME: 1 HR. 10 MIN.

### INGREDIENTS

- 6 Roma or heirloom tomatoes, diced
- 1/2 white onion, diced
- 2/3 cup fresh cilantro, minced
- 2 jalapeño peppers, deseeded and finely minced
- 2 limes, juiced
- Salt to taste

### DIRECTIONS

1. Combine all your ingredients in a large bowl.
2. Refrigerate for one hour to allow flavors to combine.
3. Serve with whole grain tortilla chips or heap onto your favorite dishes for a spicy bite of deliciousness!