

RECIPE BOOKLET

Fall Recipes

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Roasted Butternut Squash and Lentil Salad

Servings: 4

INGREDIENTS

- 1 medium butternut squash, peeled and cubed
- 1 cup cooked lentils (green or brown)
- 2 tbsp olive oil
- 1 tsp cumin
- 1 tsp smoked paprika
- Salt and pepper to taste
- 4 cups mixed greens
- ¼ cup pomegranate seeds (optional)
- 2 tbsp chopped parsley
- 2 tbsp pumpkin seeds (optional)

Dressing:

- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- Salt and pepper to taste

DIRECTIONS

- 1) Preheat oven to 400°F (200°C).
- 2) Toss butternut squash with olive oil, cumin, smoked paprika, salt, and pepper. Roast on a baking sheet for 25-30 minutes until tender.
- 3) While squash is roasting, whisk together dressing ingredients.
- 4) In a large bowl, combine cooked lentils, roasted squash, mixed greens, pomegranate seeds, and parsley.
- 5) Drizzle with dressing, toss gently, and sprinkle with pumpkin seeds before serving.

Sweet Potato and Kale Hash

Servings: 4

INGREDIENTS

- 2 medium sweet potatoes, peeled and diced
- 1 bunch kale, stems removed and chopped
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp smoked paprika
- Salt and pepper to taste
- 4 eggs (optional for protein boost)

DIRECTIONS

- 1) Heat 1 tbsp olive oil in a large skillet over medium heat. Add sweet potatoes and cook for 10-12 minutes until tender, stirring occasionally.
- 2) Add the remaining olive oil, onion, and garlic. Sauté for 2-3 minutes until softened.
- 3) Stir in kale, smoked paprika, salt, and pepper. Cook for another 3-5 minutes until kale is wilted.
- 4) (Optional) In a separate pan, fry eggs to your preferred doneness.
- 5) Serve hash topped with eggs for a complete meal.



Stuffed Acorn Squash with Wild Rice and Cranberries

Servings: 4

INGREDIENTS

- 2 medium acorn squash, halved and seeds removed
- 1 cup cooked wild rice
- ¼ cup dried cranberries (unsweetened)
- ¼ cup chopped pecans or walnuts
- 1 small onion, diced
- 2 tbsp olive oil
- 1 tsp dried thyme
- Salt and pepper to taste

DIRECTIONS

- 1) Preheat oven to 400°F (200°C). Drizzle acorn squash halves with 1 tbsp olive oil, season with salt and pepper, and roast cut-side down for 30-35 minutes until tender.
- 2) In a skillet, heat remaining olive oil. Sauté onion for 3-4 minutes until softened.
- 3) Mix cooked wild rice, cranberries, nuts, thyme, salt, and pepper with the sautéed onions.
- 4) Fill each roasted squash half with the wild rice mixture.
- 5) Bake for an additional 10 minutes.

Cider-Glazed Root Vegetables

Servings: 4

INGREDIENTS

- 2 carrots, peeled and chopped
- 2 parsnips, peeled and chopped
- 1 sweet potato, peeled and diced
- 1 small red onion, sliced
- 1 tbsp olive oil
- ½ cup apple cider
- 1 tbsp maple syrup (optional)
- 1 tsp fresh thyme leaves
- Salt and pepper to taste

DIRECTIONS

- 1) Preheat oven to 400°F (200°C). Toss carrots, parsnips, sweet potato, and onion with olive oil, salt, and pepper. Spread on a baking sheet.
- 2) Roast for 25-30 minutes, stirring halfway through.
- 3) In a small pan, heat apple cider and maple syrup. Simmer until reduced by half.
- 4) Drizzle cider glaze over roasted vegetables, sprinkle with thyme, and toss gently.



Autumn Harvest Salad with Roasted Pears and Pecans

Servings: 4

INGREDIENTS

- 2 ripe pears, sliced
- 1 tbsp olive oil
- 4 cups mixed greens (arugula, spinach, etc.)
- ¼ cup pecans, toasted
- ¼ cup dried cranberries (unsweetened)
- ¼ cup dairy-free feta (optional)
- Salt and pepper to taste

Dressing:

- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 1 tsp maple syrup (optional)
- Salt and pepper to taste

DIRECTIONS

- 1) Preheat oven to 400°F (200°C). Toss pear slices with olive oil, salt, and pepper. Roast for 15–20 minutes until golden.
- 2) In a large bowl, combine mixed greens, pecans, cranberries, and feta.
- 3) Whisk dressing ingredients together and toss with salad.
- 4) Top with roasted pears and serve.

Turkey and Sweet Potato Chili

Servings: 4

INGREDIENTS

- 1 lb ground turkey
- 1 medium sweet potato, peeled and diced
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 can (15 oz) diced tomatoes
- 1 can (15 oz) black beans, drained and rinsed
- 1 cup chicken broth (low sodium)
- 1 tbsp chili powder
- 1 tsp cumin
- 1 tsp smoked paprika
- Salt and pepper to taste
- 1 tbsp olive oil

DIRECTIONS

- 1) Heat olive oil in a large pot over medium heat. Add onion and garlic, sauté until softened.
- 2) Add ground turkey, cook until browned.
- 3) Stir in sweet potatoes, tomatoes, black beans, and spices. Add chicken broth and bring to a simmer.
- 4) Cover and cook for 20–25 minutes until sweet potatoes are tender.



Cranberry Apple Quinoa Salad

Servings: 4

INGREDIENTS

- 1 cup quinoa, cooked
- 1 apple, diced
- ¼ cup dried cranberries (unsweetened)
- ¼ cup chopped pecans, toasted
- 2 cups mixed greens (spinach, arugula, etc.)
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- Salt and pepper to taste

DIRECTIONS

- 1) In a large bowl, combine cooked quinoa, diced apple, cranberries, pecans, and mixed greens.
- 2) Whisk together olive oil, apple cider vinegar, Dijon mustard, salt, and pepper.
- 3) Drizzle the dressing over the salad and toss gently.

Spiced Cauliflower and Chickpea Curry with Roasted Cashews

Servings: 4

INGREDIENTS

- 1 head cauliflower, cut into florets
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 can (14 oz) coconut milk (unsweetened)
- 1 tbsp curry powder
- 1 tsp cumin
- 1 tsp turmeric
- 1 tbsp olive oil
- ¼ cup roasted cashews
- Salt and pepper to taste
- Fresh cilantro for garnish (optional)

DIRECTIONS

- 1) Heat olive oil in a large pan over medium heat. Sauté onion and garlic until softened.
- 2) Add curry powder, cumin, turmeric, and cauliflower. Cook for 5 minutes.
- 3) Stir in chickpeas and coconut milk. Simmer for 15–20 minutes until cauliflower is tender.
- 4) Top with roasted cashews and fresh cilantro.



Spaghetti Squash with Pesto and Roasted Tomatoes

Servings: 4

INGREDIENTS

- 1 medium spaghetti squash, halved and seeds removed
- 1 cup cherry tomatoes, halved
- ¼ cup dairy-free pesto
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh basil for garnish (optional)

DIRECTIONS

- 1) Preheat oven to 400°F (200°C). Drizzle spaghetti squash with olive oil, season with salt and pepper, and roast cut-side down for 35-40 minutes.
- 2) Toss cherry tomatoes with olive oil, salt, and pepper. Roast for 15-20 minutes until tender.
- 3) Scrape the squash with a fork to create "spaghetti" strands. Toss with dairy-free pesto.
- 4) Top with roasted tomatoes and garnish with fresh basil if desired.

Pumpkin and Black Bean Enchiladas with Chipotle Cashew Cream

Servings: 4

INGREDIENTS

- 1 can (15 oz) black beans, drained and rinsed
- 1 cup pumpkin puree
- 8 small corn tortillas (gluten-free)
- 1 small onion, diced
- 1 tsp cumin
- 1 tsp smoked paprika
- Salt and pepper to taste

For the Chipotle Cashew Cream:

- ½ cup cashews (soaked for 2 hours)
- 1 chipotle pepper in adobo sauce
- 1 tbsp lime juice
- ½ cup water
- Salt to taste

DIRECTIONS

- 1) Preheat oven to 375°F (190°C). Sauté onion until softened. Stir in black beans, pumpkin, cumin, smoked paprika, salt, and pepper.
- 2) Fill each tortilla with the bean-pumpkin mixture, roll, and place in a baking dish.
- 3) Blend soaked cashews, chipotle pepper, lime juice, water, and salt until smooth.
- 4) Drizzle cashew cream over enchiladas and bake for 15-20 minutes.



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Together, we'll take a close look at every aspect of your life and create a plan based on your desires and goals. Whether you're looking to eat healthier, move more, or stress less, we will create a plan to help you reach your targets.

It can be challenging to make changes when you're unsure where to begin. You get stuck in an all-or-nothing mindset, feeling like huge, sweeping changes are the only ones that matter.

That's where the support of a Health Coach becomes invaluable. Someone to support you through small changes that add up over time and bring you back to center when you go off the rails.

You may have tried diets before, but you've never had this type of personalized support tailored specifically to you. And that makes all the difference.



Talk soon!

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