

Your monthly
SEASONAL RECIPES

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Butternut Squash Hummus

6 servings**20 minutes**

Ingredients

2 cups Butternut Squash (peeled and
diced into 1-inch cubes)
2 tbsps Tahini
2 tbsps Lemon Juice
1/2 tsp Sea Salt
1/4 cup Extra Virgin Olive Oil
200 grams Seed Crackers

Directions

- 1 Steam the butternut squash in a steaming basket for 6 to 8 minutes, or until it is tender when pierced with a fork.
- 2 Add steamed squash to a blender or food processor along with the tahini, lemon juice and sea salt. Drizzle in the extra virgin olive oil and process until smooth and creamy.
- 3 Transfer the hummus to a bowl and refrigerate until ready to eat. Serve with crackers. Enjoy!

Notes

Leftovers: Keeps well in a sealed container in the fridge for 5 to 6 days.

No Butternut Squash: Use acorn squash or another type of squash instead.

More Flavour: Play around with adding garlic or herbs. You can also roast the squash for a deeper flavour.

Garnish With: Sesame seeds or hemp seeds.

Save Time: Buy pre-sliced butternut squash from the produce section or frozen aisle.



Squash & Kale Tortellini Soup

4 servings**30 minutes**

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (medium, diced)
- 2 stalks Celery (sliced)
- 2 cups Butternut Squash (peeled, seeds removed, cubed)
- 1 1/2 tbsps Italian Seasoning
- 8 cups Chicken Broth
- 298 grams Cheese Tortellini
- 2 cups Kale Leaves (finely chopped)

Directions

- 1 Heat the oil in a large pot over medium heat. Add the onions, celery, and squash. Cook, occasionally stirring, until the onions begin to soften, about five to seven minutes.
- 2 Stir in the Italian seasoning and add the broth. Bring to a boil, and then reduce to a simmer. Cook the soup at a low simmer until the vegetables are tender, for about 10 to 12 minutes.
- 3 Add the tortellini and the kale and cook for another three to five minutes, stirring to combine. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately two cups.

More Flavor: Add fresh garlic.

Additional Toppings: Parmesan cheese, fresh basil.



Mushroom & Cabbage Stir Fry

4 servings**20 minutes**

Ingredients

113 grams Rice Vermicelli Noodles
(dry, uncooked)
3 tbsps Avocado Oil (divided)
4 Egg (whisked)
6 Cremini Mushrooms (sliced)
3 cups Green Cabbage (thinly sliced)
2 tbsps Coconut Aminos
1/4 tsp Sea Salt (to taste)

Directions

- 1 Cook the noodles according to the package directions. Set aside.
- 2 Heat 1/3 of the oil in a large pan over medium-high heat. Cook the eggs until set, stirring occasionally, about three to five minutes. Transfer to a bowl.
- 3 Heat the remaining oil and add the mushrooms, cabbage, coconut aminos, and salt. Cook until soft, about 10 minutes. Add a splash of water or more oil if needed.
- 4 Add the eggs and vermicelli into the veggies. Stir until well combined. Adjust salt as needed. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: Add ginger, garlic, onions, and/or sesame oil.

Additional Toppings: Top with sliced green onions, chives, parsley, or cilantro.

Make it Vegan: Use tofu instead of eggs.



Harissa Salmon with Butternut Squash & Quinoa

2 servings**35 minutes**

Ingredients

1/2 cup Quinoa (dry, rinsed)
2 cups Butternut Squash (peeled, seeds removed and cubed)
2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1 tbsp Harissa
2 tsps Raw Honey
340 grams Salmon Fillet
2 tbsps Parsley (finely chopped)

Directions

- 1 Cook the quinoa according to the package directions.
- 2 Meanwhile, preheat the oven to 400°F (205°C). Place the squash on a baking sheet, drizzle with half of the oil, and season with salt and pepper. Transfer to the oven and cook for 15 minutes.
- 3 While the squash cooks, combine the harissa, honey, and remaining oil in a small bowl. Place the salmon on a separate baking sheet and season with salt and pepper. Rub the harissa mixture over the salmon.
- 4 Transfer the salmon to the oven and bake for 10 to 15 minutes or until flaky and cooked to your liking. The timing will depend on the thickness of your fillet(s).
- 5 Divide the salmon, quinoa, and squash evenly between plates. Garnish with the parsley and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one piece of salmon, one cup of squash, and 3/4 cup of cooked quinoa.



Matcha Coconut Macaroons

5 servings**20 minutes**

Ingredients

- 1 1/2 cups Unsweetened Shredded Coconut
- 1 tbsp Green Tea Powder
- 2 tbsps Maple Syrup
- 2 tbsps Egg Whites
- 1 tsp Vanilla Extract
- 2 tsps Coconut Oil (melted)

Directions

- 1 Preheat the oven to 325°F (165°C). Line a baking sheet with parchment paper.
- 2 In a large bowl, mix together the shredded coconut and green tea powder. In a separate bowl, whisk together the maple syrup, egg white, vanilla extract, and coconut oil.
- 3 Add the wet mixture to the dry mixture and whisk well until everything comes together.
- 4 Use a 1/4 cup measuring cup to scoop out the mixture, packing it into the cup. Tap the cup onto the baking sheet to release the mixture onto the pan. Repeat until all of the mixture is used.
- 5 Bake the cookies for 15 minutes. Let them cool for 10 minutes on a cooling rack and enjoy!

Notes

Leftovers: Seal in an airtight container and keep at room temperature for up to three days.

Serving Size: One serving is one cookie.

More Flavor: Dip or drizzle the cookies with white or dark chocolate.

More Sweetness: Add more maple syrup, honey, or coconut sugar.



Warm Pears with Nut Butter

2 servings

10 minutes

Ingredients

- 1 tsp Butter
- 2 Pear (sliced)
- 2 tsps Maple Syrup
- 1 tsp Cinnamon
- 1/8 tsp Sea Salt
- 2 tsps Almond Butter
- 2 tsps Walnuts (chopped)

Directions

- 1 Melt the butter over medium-low heat in a pan. Add the pears, maple syrup, cinnamon, and salt and mix to combine.
- 2 Sauté the pears for three to four minutes or until soft. Evenly divide the warm pears between bowls and top with almond butter and walnuts. Enjoy!

Notes

Leftovers: Best enjoyed warm.

Serving Size: One serving is one pear.

Make it Vegan: Use coconut oil instead of butter.

Sugar-Free: Omit the maple syrup.

No Almond Butter: Use other nut or seed butter like cashew or pumpkin.

No Walnuts: Use other nuts or seeds like almonds, cashews or pumpkin seeds.



Pear & Pumpkin Cinnamon Smoothie

1 serving**5 minutes**

Ingredients

1 cup Soy Milk
1 Pear (cored and chopped)
1/3 cup Pureed Pumpkin
1 cup Frozen Cauliflower
1/4 cup Oats (rolled)
1/4 tsp Cinnamon

Directions

1

Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is about 1 3/4 cups.

More Flavor: Add vanilla extract.

More Protein: Add collagen and/or vanilla protein powder.

Soy-Free: Use any other type of milk.