The Healthy Cook

Fall Sauté

Don’t worry, the radish will lose its bite when you cook it.

3 cups chopped butternut squash
2 cups chopped apple
1 cup chopped radish
1 Tbs. extra-virgin olive oil
¼ tsp. kosher salt
¼ toasted salted pumpkin seeds

1. In a large non-stick pan, heat the oil over medium-high heat until shimmering hot. Sauté the butternut squash, apple, and radish until tender, 5-7 minutes.

2. Season with salt.

3. Top with the pumpkin seeds.

Per Serving (1 cup): calories 100 | total fat 5 g | sat fat 1 g | carbs 15 g | fiber 3 g | total sugar 6 g | added sugar 0 g | protein 2 g | sodium 105 mg
Carrot Herb Salad

3 cups shredded carrots
2 Tbs. red wine vinegar
2 Tbs. extra-virgin olive oil
¼ tsp. kosher salt
pinch of hot paprika
½ cup fresh herbs (mint, parsley, and/or cilantro), chopped
½ cup pomegranate seeds

1. In a large bowl, whisk together vinegar, olive oil, salt, and paprika.
2. Toss carrots in the dressing.
3. Mix the herbs and pomegranate seeds with the dressed carrots.

Per Serving (½ cup): calories 70 | total fat 4.5 g | sat fat 0.5 g | carbs 6 g | fiber 2 g | total sugar 3 g | added sugar 0 g | protein 1 g | sodium 100 mg