

# The Healthy Cook

## Fall Sauté

 SERVES 6

*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.



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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

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## Carrot Herb Salad

 SERVES 6

- 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.

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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