



Seasonal Fall Recipe Booklet

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Welcome!

On the next pages you will find a collection of delicious recipes with warming, fall ingredients to inspire you as the weather turns cooler.

Winter squash and root vegetables are highlighted in these recipes because they are nutrient-dense, slow-burning carbohydrates that will give you the energy you need without the blood sugar crash of refined carbohydrates.

Enjoy!

In health, Jenny

P.S. If you have any questions about these recipes, or would like a meal plan with recipes like these tailored to your health goals and preferences, please reach out to me at info@jennyfowler.com.





Pumpkin Pie Protein Smoothie

2 servings

10 minutes

Ingredients

2 cups Unsweetened Almond Milk
1 cup Pureed Pumpkin
2 Banana (frozen)
1 tsp Vanilla Extract
1 tsp Pumpkin Pie Spice
1/2 cup Vanilla Protein Powder

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Pumpkin Pie Spice: Use cinnamon instead.

Toppings: Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

Warm it Up: To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.



Turkey Apple Breakfast Hash

4 servings

35 minutes

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 tsp Cinnamon
- 2 tbsps Poultry Seasoning
- 1 tbsp Avocado Oil
- 1 cup Red Onion (diced)
- 2 Garlic (cloves, minced)
- 2 cups Brussels Sprouts (trimmed and halved)
- 2 cups Butternut Squash (peeled and cubed)
- 2 Apple (cored and diced)
- 1/4 tsp Sea Salt (to taste)

Directions

- 1 Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
- 2 In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
- 3 Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

Notes

Vegan & Vegetarians: Use lentils instead of ground turkey.

Leftovers: Store covered in the fridge up to 3 days.



Tahini, Quinoa & Roasted Veggie Bowl

4 servings

40 minutes

Ingredients

- 1 head Cauliflower (cut into florets)
- 1 Carrot (chopped into 1 inch rounds)
- 1 Beet (chopped into 1 inch pieces)
- 1 Turnip (chopped into 1 inch pieces)
- 1 Parsnip (chopped into 1 inch pieces)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1/4 cup Tahini
- 1 tbsp Avocado Oil
- 2 tsps Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 4 cups Kale Leaves

Directions

- 1 Preheat oven to 420°F (216°C).
- 2 Place cauliflower florets, carrots, beet, turnip and parsnip in a large mixing bowl (toss beets separately if you want to keep the lighter veggies clean). Season with sea salt and pepper and drizzle with a splash of avocado oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 30 minutes.
- 3 Meanwhile, place quinoa in a saucepan with the water. Place over high heat and bring to a boil. Cover with lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 4 Create your dressing by combining tahini, extra virgin olive oil, lemon juice, minced garlic and sea salt together in a mason jar. Add 3 tbsp warm water. Shake well and set aside. (Note: Feel free to add extra water, 1 tbsp at a time, to reach desired dressing consistency.)
- 5 Place the kale in a bowl and massage with a bit of avocado oil. Season with sea salt. Place in frying pan over medium heat and saute just until wilted. Transfer into a bowl.
- 6 Pour your chickpeas into the same frying pan (which should still be lightly greased from the kale) and saute until slightly browned.
- 7 Assemble your Buddha bowl by placing quinoa in the bottom of a bowl and arranging roasted winter vegetables, sautéed kale and warm chickpeas on the top. Drizzle desired amount of dressing over the bowl. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. For best results,



refrigerate the ingredients separately.

Swap Vegetables: Use any leftover vegetables from dinner!



Turkey Cranberry Squash Bowls

4 servings

40 minutes

Ingredients

2 Delicata Squash (small)
2 tbsps Extra Virgin Olive Oil
1 lb Extra Lean Ground Turkey
1 tbsp Poultry Seasoning
1 tsp Sea Salt
1/2 cup Frozen Cranberries (thawed, or use fresh)
4 cups Microgreens
2 tbsps Balsamic Vinegar

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Rinse the outside of the squash and slice in half lengthwise. Brush the flesh with a small amount of olive oil and place face-down on the baking sheet. Bake for 30 minutes.
- 3 Meanwhile, heat the remaining oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
- 4 Once the turkey is cooked through, stir in the poultry seasoning, sea salt and cranberries. Turn the heat to the lowest setting to keep warm until your squash is cooked.
- 5 Remove squash from oven and stuff each half with the turkey/cranberry mix. Serve with microgreens and a drizzle of balsamic vinegar. Enjoy!

Notes

Vegan & Vegetarian: Use lentils or chickpeas instead of ground meat.

No Microgreens: Use any leafy green like baby spinach, kale, or arugula.

Leftovers: Keeps well in the fridge up to 3 days.



Roasted Tomato, Lentil & Feta Bowl

4 servings

40 minutes

Ingredients

- 1 cup Red Onion (diced)
- 2 cups Cherry Tomatoes
- 1 Green Bell Pepper (chopped)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 4 cups Kale Leaves (chopped)
- 2 cups Green Lentils (cooked, drained and rinsed)
- 1 Avocado (sliced)
- 1/2 cup Feta Cheese (crumbled)

Directions

- 1 Preheat oven to 425°F (218°C). Line a baking sheet with parchment paper.
- 2 In a large mixing bowl, combine diced red onion, cherry tomatoes and green pepper. Toss with extra virgin olive oil and season with sea salt and black pepper to taste. Spread vegetables across your baking sheet and place in the oven for 20 minutes. After 20 minutes, change the settings on your oven to broil and broil for 7 to 8 minutes or until tomatoes are slightly blackened.
- 3 Meanwhile, add kale to the mixing bowl and drizzle with a splash of extra virgin olive oil. Massage the oil into the kale. Heat a large skillet over medium heat and saute the kale until it is wilted. Remove from heat and set aside.
- 4 Remove roasted veggies from the oven. In a large mixing bowl, toss the veggies with lentils.
- 5 Divide the kale between bowls. Top with lentil mix, avocado slices and feta cheese. Enjoy!

Notes

Storage: Store in the fridge covered for up to 2 days.

Prep Ahead: Prepare your red onion, cherry tomatoes, green pepper, kale and feta cheese ahead of time. When ready to eat, roast vegetables, saute kale, slice avocado and assemble the bowls.



Spaghetti Squash Steak Bowls

2 servings

55 minutes

Ingredients

1 Spaghetti Squash (medium, sliced lengthwise, seeds removed)
 2 tsps Coconut Oil (melted, divided)
 Sea Salt & Black Pepper (to taste)
 1/2 cup Basmati Rice (dry)
 8 ozs Top Sirloin Steak
 1/2 cup Frozen Corn
 1/2 Red Bell Pepper (diced)
 1/2 cup Red Onion (diced)
 1 tsp Cumin
 1/4 cup Cilantro (chopped)

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Brush the inside of the squash halves with half of the coconut oil. Season with salt and pepper, then place the halves face down on a baking sheet. Bake in the oven for 30 minutes.
- 3 Meanwhile, cook the rice according to package directions.
- 4 Add the remaining oil to a pan over medium heat. Add the steak to the pan and cook for 10 to 20 minutes, flipping halfway through. The time will depend on the thickness of the steak and your desired doneness. Season with salt and pepper and slice into bite-sized pieces.
- 5 Once the squash is done, shred the flesh with a fork and add it to a large bowl. Combine with the rice, steak, corn, red pepper, red onion, and cumin. Scoop everything back into the squash shells and bake in the oven for 20 minutes or until the peppers are fork-tender.
- 6 Serve with cilantro. Enjoy!

Notes

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

Serving Size: One serving is equal to one stuffed squash half.

Make it Vegan: Use tofu or tempeh in place of the steak.

More Flavor: Add smoked paprika.

Additional Toppings: Shredded cheese, avocado, sour cream, or salsa.

Lower Carb: Remove rice.

Add Greens: Add sautéed spinach, kale or chard.





Slow Cooker Lamb & White Bean Stew

4 servings

5 hours

Ingredients

5 cups Water
14 ozs Lamb Shank
2 cups White Navy Beans (cooked)
1 Yellow Onion (medium, diced)
2 Tomato (diced)
1 Yellow Potato (medium, diced)
2 tsps Turmeric
2 tbsps Apple Cider Vinegar
1 tbsp Tomato Paste
2 tsps Sea Salt

Directions

- 1 Add all ingredients to the slow cooker and set to high for 5 hours, or low for 8 hours.
- 2 Before serving, remove the bones and shred the meat with a fork (if it hasn't fallen apart already). Enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

Serve it With: Toasted bread, our Cleaned Up Biscuits, rice, quinoa or cauliflower rice.

More Veggies: Add watercress, kale or spinach before serving.

No Potato: Use cauliflower instead.

Serve as Iranian Abgoosht: Separate the broth and serve with bread. The remaining ingredients are mashed up and served separately alongside the broth.

Vegan & Vegetarians: Replace the lamb with chickpeas.



Salmon Chowder

4 servings

40 minutes

Ingredients

- 2 tbsps Coconut Oil
- 1 bulb Fennel (sliced)
- 2 cups Celery Root (peeled and cubed)
- 2 cups Rutabaga (peeled and cubed)
- 2 cups Vegetable Broth
- 12 ozs Salmon Fillet
- 1 cup Canned Coconut Milk
- 1/4 tsp Sea Salt (or more to taste)
- 1/4 cup Parsley (chopped, optional garnish)

Directions

- 1 In a large soup pot, melt the coconut oil over medium-low heat. Add the sliced fennel, celery root, and rutabaga. Cover and let cook for about 15 minutes, or until tender.
- 2 Add the broth to small saucepan and place the salmon skin-side down into the broth. Bring to a simmer and poach the salmon for 5-10 minutes. Remove the salmon and set aside.
- 3 Add the broth to the pot with the softened veggies and bring to a simmer. Let cook for 10 minutes, then use an immersion blender to blend about half the soup so the texture is still chunky.
- 4 Remove the skin from the salmon, and flake the fish into chunks. Add to the soup pot along with the coconut milk. Season to taste with sea salt.
- 5 To serve, divide between bowls and garnish with chopped parsley if desired. Enjoy!

Notes

Leftovers: Store covered in the fridge up to three days, or freeze it.

Serving Size: One serving is roughly 1 1/2 cups.

Vegan & Vegetarians: Skip the salmon and use cooked white beans instead. Use vegetable broth instead of chicken broth.



Turmeric Beef Stuffed Squash

4 servings

45 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 2 Acorn Squash (halved, seeds removed)
- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (finely chopped)
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 1 tbsp Turmeric
- 1 tsp Sea Salt
- 1/4 tsp Cinnamon
- 2 cups Kale Leaves (finely chopped)
- 1/2 cup Canned Coconut Milk (full fat)

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Rub the oil on the cut sides of the squash. Place the squash cut sides down on the prepared baking sheet and bake for about 30 to 35 minutes or until just tender.
- 3 Meanwhile, heat a large pan over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 4 To the browned beef add the onion, garlic and ginger and cook for 3 to 5 minutes until the onion begins to soften. Add in the turmeric, salt and cinnamon and stir to combine. Add the kale to the beef mixture and stir until the kale begins to wilt. Stir in the coconut milk. Season with additional salt if needed.
- 5 Turn the squash cut side up and fill the beef mixture. Return to the oven and continue to bake for an additional 10 minutes.
- 6 Divide between plates and enjoy!

Notes

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

Serving Size: One serving is equal to half of a filled acorn squash.

More Flavor: Add lemon or lime juice, red pepper flakes, chili powder or coriander to the beef mixture.

Additional Toppings: Top with cilantro or parsley.

No Acorn Squash: Use a different variety of squash or a sweet potato.



Creamy Fall Vegetable Bake

6 servings

1 hour

Ingredients

3 cups Butternut Squash (peeled, chopped into 1/2-inch pieces)
3 Parsnip (medium, peeled and chopped into 1/2-inch pieces)
1 Sweet Potato (peeled and chopped into 1/2-inch pieces)
1 Carrot (large, peeled and chopped into 1/2-inch pieces)
1 Yellow Onion (chopped)
1/4 cup Water
3/4 cup Canned Coconut Milk (full fat)
3 Garlic (cloves, minced)
1 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F (204°C)
- 2 Add the chopped vegetables to a baking dish and toss to combine.
- 3 Add the remaining ingredients to a jar with a lid and shake well. Pour the mixture over the vegetables and carefully stir to incorporate.
- 4 Cover the baking dish and bake for 45 to 50 minutes or until the vegetables are very tender.
- 5 Remove from the oven and let cool slightly before serving. Enjoy!

Notes

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

More Flavor: Add herbs like parsley or thyme. Use vegetable broth instead of water.

Additional Toppings: Fresh herbs or fresh ground pepper.

Vegetables: For six servings, use any combination of raw, hearty, root vegetables totaling 8 cups.

Baking Dish: For six servings, use an 8.5 x 11.5-inch or 9 x 9-inch baking dish.