



### **Roasted Delicata Squash**

**Time: 40 Minutes**

- 1 lb. delicata squash, rinsed, seeds removed and cut into 1/2-inch slices
- 1 1/2 Tbl. olive oil
- 1 Tbl. honey
- 3/4 tsp salt
- 1/4 tsp pepper

- 1) Pre-heat the oven to 375 degrees. Line a baking sheet with parchment paper.
- 2) Place the slices of squash evenly onto the baking sheet. Drizzle with olive oil and honey. Sprinkle with salt and pepper. Toss to coat evenly.
- 3) Bake for 12-15 minutes, flip the squash over, then bake for another 12-15 minutes. Remove, let it cool for a few minutes, then serve.
- 4) *Optional:* Find this recipe online for details on how to make a sweet and sour sauce to drizzle on top.

*From foolproofliving.com*



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### **Jeweled Carrot Salad with Apple and Pomegranate**

**Time: 15 Minutes**

- |                           |                   |
|---------------------------|-------------------|
| 2 cups grated carrots     | 1 Tbl. lime juice |
| 1 large apple, chopped    | 2 tsp honey       |
| 1/2 cup pomegranate seeds | 1/4 cup raisins   |
| 2 Tbl. mayonnaise         | 1/4 cup craisins  |

- 1) Place the grated carrots and chopped apples in a large bowl. Sprinkle with lime juice and toss to coat.
- 2) Stir in the honey, mayonnaise, raisins and craisins. Then the pomegranate seeds. Add more lime juice, mayonnaise or honey to taste. Serve immediately.

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