

Enjoy

these free recipes!

Just a little something
from me to you!

Sincerely,

Turkey Sausage AND VEGETABLES



Serves
4-6

INGREDIENTS

- 1 tsp. paprika
- ½ tsp. garlic powder
- 1 Tbsp. oregano
- 1 Tbsp. parsley
- ¼ tsp. salt
- ¼ tsp. pepper
- 2 cups red potatoes, quartered
- 1 bunch asparagus, cut into 2-inch pieces
- 6-8 mini sweet peppers, seeded and sliced
- 1 lb. Brussels sprouts, quartered
- 1 (13-oz.) pkg. smoked turkey sausage, halved and sliced
- 4 Tbsp. grapeseed oil
- 2-3 cups cooked brown rice or quinoa (optional)
- 2 Tbsp. flat-leaf parsley, chopped
- ½ cup shredded Parmesan cheese

DIRECTIONS

Preheat oven to 400° F. Line large baking pan with foil. Mix spices together in small bowl. Place vegetables and sausage on baking pan. Drizzle with grapeseed oil and sprinkle with spice blend. Toss to coat.

Bake for 15 minutes. Remove from oven and stir. Bake for another 10-15 minutes. If desired, serve over brown rice or quinoa. Sprinkle with fresh parsley and Parmesan cheese.

BROUGHT TO YOU BY:

Kale, Apple & QUINOA SALAD



Serves
6

INGREDIENTS

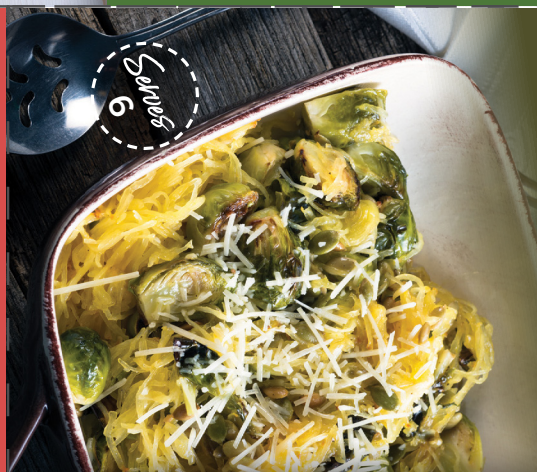
- 3 Tbsp. fresh lemon juice
- 2 Tbsp. extra-virgin olive oil
- ¼ tsp. kosher salt
- 1 bunch kale, ribs removed, leaves very thinly sliced
- 1 Honeycrisp apple, chopped
- ¼ cup silvered almonds, toasted
- ¼ cup quinoa, cooked
- ¼ cup finely grated Pecorino Romano cheese
- Microgreens (optional)

DIRECTIONS

Whisk together lemon juice, olive oil and salt in a large bowl. Add kale, toss to coat and let stand 10 minutes. Add apple, almonds, quinoa, and cheese to kale. Season with salt and pepper. Toss well. Garnish with microgreens.

BROUGHT TO YOU BY:

Roasted Brussels Sprouts AND SPAGHETTI SQUASH



Serves
6

INGREDIENTS

- 1 spaghetti squash, cut lengthwise and seeded
- 2 Tbsp. grapeseed oil, divided
- 1 tsp. kosher salt, divided
- ½ tsp. pepper, divided
- 1 lb. Brussels sprouts, halved
- 4 cloves garlic, minced
- 1 tsp. lemon juice
- ¼ tsp. red pepper flakes
- ¾ cup shredded Parmesan cheese, divided

DIRECTIONS

Preheat oven to 400° F. Drizzle 1 Tbsp. oil over squash halves and season with ½ tsp. salt and ¼ tsp. pepper. Place squash cut-side up on a baking pan.

In a large bowl, mix Brussels sprouts, garlic, lemon juice, 1 Tbsp. oil, red pepper flakes, ½ tsp. salt, and ¼ tsp. pepper. Spread on a separate baking pan. Place both pans in oven and bake 45-60 minutes or until squash is fork-tender.

Shred squash into strands using a fork. Transfer squash strands to serving dish and mix in ½ cup Parmesan. Top with sprouts mixture and garnish with remaining Parmesan.

BROUGHT TO YOU BY: