



Millet and Butternut Squash Winter Salad

Ingredients

- ½ butternut squash, peeled and seeds removed
- 1 broccoli, head, and stalk
- 2 Tbs olive oil
- Sea salt and black pepper
- 1/2 cup uncooked millet, rinsed (or equal parts uncooked grain of choice, i.e. brown rice or quinoa following cooking instructions on package)
- 2 cups salad greens of choice (i.e. spinach, romaine, or kale)

Creamy Dijon Dressing:

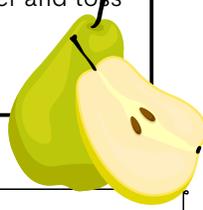
- 2 Tbs Dijon Mustard:
- 2 Tbs olive oil
- 2 Tbs lemon juice
- 1 Tbs runny honey (or substitute equal parts agave nectar or maple syrup)

Butternut Squash: Like other bright orange vegetables, is a rich source of carotenoids, which are antioxidants that have been found to strengthen immunity, and support healthy vision and skin.

Cooking Instructions

1. Preheat the oven to **350 degrees** and line a baking tray with parchment paper. **Cut broccoli head into small florets** and set aside.
2. **Cut the broccoli stalk and butternut squash into bite-size pieces** and transfer to the baking tray. Drizzle with 2 Tbs olive oil, season with salt and pepper, and toss until evenly coated. **Bake for 10 minutes**, then **add florets** and **bake for a further 20 minutes** or until the vegetables are tender and golden.
3. While veggies are cooking, place the millet and 1 cup of water in a saucepan, cover, and bring to a boil, then lower heat to a **simmer for about 10 minutes or until the millet is tender** and has absorbed all the water. Remove from heat and set aside.
4. Place all of the dressing ingredients, plus 2 Tbs of water, in a large bowl. Season to taste and whisk to combine. Add salad greens to the bowl, stir until well coated in the dressing. Add the baked vegetables, millet, and cucumber and toss until combined. Serve topped with a scattering of cucumber, grapes, and seeds or nuts.

PREP TIME 15 mins COOK TIME 30 TOTAL TIME 45 mins



Butternut Squash and Pear Soup

Warm, soothing, and aromatic, centered on nourishing produce, this soup has truly meant for cold Wyoming Days. Flavor-wise, the sweetness of butternut squash and sautéed onion lead the way. Those vegetables are simmered in a savory broth, along with chunks of fresh pear for a layer of fruity sweetness!

Ingredients

- 2 tablespoons olive oil
- 1 large yellow onion (about 10 ounces), chopped
- 1 tablespoon finely minced or grated fresh ginger
- 1/4 teaspoon ground turmeric
- 2 pounds butternut squash, cut into 1-inch dice (about 7 cups)
- 2 ripe pears, peeled, cored and cut into 1-inch pieces
- 3/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 4 cups low-sodium chicken or vegetable broth, or more as needed
- 3 tablespoons plain yogurt (low-fat or full fat (optional))
- Water, as needed

Directions:

1. In a large stock pot over medium heat, heat the oil. Add the onion and cook, stirring, until softened about 5 minutes. Stir in the ginger and the turmeric and cook, stirring, until aromatic, about 30 seconds. Stir in the squash, pears, salt and pepper. Add the broth and bring to a boil, then reduce the heat to medium-low, cover and simmer until the squash is very tender, **about 25 minutes**.
2. Using an immersion blender or regular blender, puree the soup, or let cool slightly, then puree it in batches in a stand blender until smooth. Add a little water or additional broth, if needed, to thin the soup to your liking.
3. In a small bowl, whisk the yogurt with water, 1 teaspoon at a time, until thin enough to drizzle.

SERVES: 6 TOTAL TIME: 50 MINUTES