



# MAKE IT FUN HEALTH

## Daring Adventure Cooking Jam - Week 5 Menu

### Theme - Nuts, Seeds, and Roasted Veggies / RVs

#### Goals

1. Add unsalted nuts and seeds to your diet
2. Explore roasted veggies / RVs
3. Learn the "roast once, eat twice" batch-cooking method. Roasted veggies have incredible flavor. You can enjoy them right off the roasting pan or use them to whip up other quick, amazing dishes.

1. **Roasted Veggies - RVs** – A big bunch that will serve as the foundation for other meals.
2. **Butternut Bisque** - A savory soup that comes together in minutes with pre-roasted veggies.
3. **Scintillating Squash Seeds** - A delicious snack or soup topper packed with flavor.
4. **Creamy Dreamy Mashed Sweet Potatoes** - Elevated with roasted garlic and fresh rosemary.
5. **Savory Sweet Potato & Wild Rice** - A hearty, satisfying bowl featuring wild rice, sweet potatoes, mirepoix, and almonds.

**You can do it when you make it fun!**