



## MAKE IT FUN HEALTH

### Daring Adventure Cooking Jam - Week 5 Recipes

#### Roasted Veggies - RVs

Roasting a huge pan of RVs creates a flavorful foundation for the week.

**Prep time:** 10 minutes

**Cook time:** 30 minutes to 1 hour 45 minutes - depending on the veggies, your oven, and the elevation

**Yields:** A large batch

#### Ingredients:

- An assortment of regular potatoes, sweet potatoes, and tiny potatoes - left whole
- 1 butternut squash - cut in half lengthwise, seeds scooped out and set aside
- Carrots - a few
- 1 onion - left whole and intact including the skin
- 1 garlic bulb - also left whole and intact

#### Instructions:

1. **Prep:** Preheat your oven to 400°F or 200°C. Line a large baking sheet, baking dish, etc. - or more than one - with parchment paper.
2. **Arrange:** Start with the biggest thing first - the butternut squash - and continue down in size until everything is arranged.

3. **Poke:** The potatoes need a way for steam to escape. Otherwise, they could explode, so pierce them with a knife.
4. **Check:** Bake for 30 minutes, then check the pan. The onions and garlic might be soft and beautifully fragrant by now. If so, use tongs to pull them off the pan so they don't burn, and set them aside.
5. **Finish:** Continue roasting the potatoes, carrots, and squash until completely fork-tender. The tiny potatoes might be ready before the squash or other potatoes.
6. **Scoop:** Once cool enough to handle, simply scoop the soft butternut squash flesh out of the skin, and squeeze the roasted garlic out of the bulb like butter.

### Alternatives

1. Experiment with an oven temperature of 375° F or 425° F to see what works best.
2. Roast other veggies such as cauliflower, broccoli, beets, Brussels sprouts, and peppers.

## Butternut Bisque

A bisque is a creamy, smooth soup. Because we already roasted our veggies, this delicious bisque comes together in minutes.

**Prep time:** 5 minutes

**Cook time:** 5–10 minutes

**Yields:** 4 servings

### Ingredients:

- 4 cups roasted butternut squash flesh
- Roasted quartered onions
- 3–4 cloves of roasted garlic
- 3 cups low or no-sodium veggie broth
- 1 teaspoon dried sage
- 1/2 teaspoon ground thyme
- 1/4 teaspoon ground nutmeg

- Black pepper to taste
- 1 to 2 teaspoons fresh lemon juice, lime juice or apple cider vinegar

### Instructions:

1. **Combine:** In a large soup pot, add the roasted squash, roasted onions, roasted garlic, veggie broth, sage, thyme, and nutmeg.
2. **Simmer:** Bring the pot to a gentle simmer over medium heat just to warm everything through and wake up the spices - about 5 minutes.
3. **Blend:** Turn off the heat and use an immersion blender right inside the pot until the soup is completely silky smooth. Alternatively, transfer to a stand blender and blend carefully.
4. **Brighten:** Stir in the lemon juice, lime juice, or apple cider vinegar.
5. **Line:** If desired, cut a baked potato into bite-sized pieces and put them on the bottom of bowls.
6. **Serve:** Ladle into the bowls and top with freshly ground black pepper and roasted squash seeds.

### Fun Add-Ins:

- Cauliflower: Roast florets on your sheet pan and blend them in, which will make the bisque thicker.
- Beans: Add a half cup and blend in for some satiating legumes.
- Roasted Apple or Pear: Toss thick wedges onto your roasting pan and blend them in for a caramelized, tart-sweet depth.
- Fresh Ginger: Drop a small piece of fresh peeled ginger into the pot before blending for a warm kick.
- Greens: Stir a handful of chopped spinach or kale into the hot bisque right after blending.

## Scintillating Squash Seeds

Don't throw away the prize inside the squash. The seeds are delicious, packed with nutrition, and make a great soup topper.

**Prep time:** 5 minutes

**Cook time:** 15–20 minutes

**Yields:** About 1/2 cup

**Ingredients:**

- Raw seeds scooped from your butternut squash
- 1/2 teaspoon garlic powder or smoked paprika

**Instructions:**

1. **Clean:** Place the seeds in a bowl of water or a strainer under running water. Separate the seeds from the pulp.
2. **Dry:** Drain the seeds and spread them out on a clean kitchen towel. Pat dry. If they are wet, they will steam instead of getting crispy!
3. **Season:** If you want, toss the dry seeds with garlic powder, smoked paprika, or other spices.
4. **Roast:** Spread in a single layer on a parchment-lined baking sheet. Roast at 325°F / 160°C for 15 to 20 minutes, stirring once, until they are golden brown and make a popping sound.



## **Creamy Dreamy Mashed Sweet Potatoes**

Include the skins to give this a rustic texture, max nutrition, and great flavor.

**Prep time:** 5 minutes

**Cook time:** None if using pre-roasted veggies.

**Yields:** 4 servings

**Ingredients:**

- 3 large roasted sweet potatoes
- 1/2 - 1 cup unsweetened cashew or other plant-based milk
- 3–4 cloves roasted garlic
- 1 teaspoon fresh rosemary
- 1/4 cup walnuts, chopped
- Handful of raisins, if desired

- Sprinkle of red pepper flakes, if you want a bit of heat. Add a few and taste before adding more
- Black pepper to taste

### Instructions:

1. **Combine:** Place your whole roasted sweet potatoes - skins and all - straight into a large bowl or a stand mixer. Add the squeezed roasted garlic cloves, minced rosemary, and a few splashes of cashew milk, and a few chopped raisins, if you'd like a bit of sweetness.
2. **Mash:** Mash everything thoroughly using a manual potato masher, electric hand mixer, or stand mixer with the paddle attachment. The roasted skins are super soft and will blend right in. Add more plant milk as needed to achieve a creamy texture.
3. **Garnish:** Top with black pepper, chopped walnuts, and any other spices you want.

### Alternatives:

1. Skip the garlic, rosemary, and pepper. Instead, mash the whole sweet potatoes with cashew milk, chopped dates, 1/2 teaspoon of ground cinnamon, and fresh orange zest.
2. Swap the sweet potatoes for any others you'd like.
3. Substitute any fresh or dried herbs such as thyme, sage, or marjoram for the fresh rosemary.



## Savory Sweet Potato & Wild Rice Bowl

A grain bowl with sweet potatoes. With the potatoes, wild rice, and mirepoix prepped ahead of time, this dish comes together in minutes.

**Prep time:** 10 minutes

**Cook time:** 10 minutes

**Yields:** 4 servings

### Ingredients:

- 2–3 roasted sweet potatoes, cut into bite-sized chunks

- 1 cup cooked wild rice
- 1/2 cup onion, chopped or diced
- 1/2 cup carrots, chopped or diced
- 1/2 cup celery, chopped or diced
- 1/4 cup raisins
- 1/4 cup sliced almonds

### **Instructions:**

1. Sauté the Mirepoix: Heat a skillet over medium heat. Add the diced onion, carrots, and celery along with 2 tablespoons of water. Sauté for 5 to 7 minutes until the veggies are soft. If they start to stick, add a splash of water.
2. Build the Bowl: Divide the cooked wild rice, your roasted sweet potato chunks, and the raisins evenly among serving bowls.
3. Top it Off: Spoon the warm mirepoix veggies over the top and sprinkle with the sliced almonds.

### **Alternatives:**

1. Swap the raisins out for 1/4 cup of chopped dates for a richer, caramel-like sweetness.
2. Swap the sweet potatoes for any other kind.

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