

Simple Roasted Butternut Squash

Courtesy of: *Allrecipes.com*



Makes: 4 servings

Ingredients:

- 1 butternut squash, peeled, seeded, and cut into 1 inch cubes
- 2 tbsp. olive oil
- 2 cloves garlic, minced
- Salt and pepper to taste

Preparation:

Preheat oven to 400°F. Toss squash with olive oil and garlic in a large bowl. Season with salt and pepper. Arrange on baking sheet. Roast in preheated oven until squash is tender and lightly browned, about 25-30 minutes.

Nutrition Per serving: 114 calories; 6g fat, 17g carbs; 2g protein; 20 mg sodium

Kohlrabi Slaw

Courtesy of: *Allrecipes.com*



Makes: 8 servings

Ingredients:

- 2 cups chopped cabbage
- 4 kohlrabi bulbs, peeled and grated
- 2 stalks celery, sliced thin
- 2 carrots, sliced thin
- 2 tablespoons minced fresh onion
- 1/3 cup white sugar
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon celery seed
- 1/2 cup mayonnaise
- 4 1/2 teaspoons apple cider vinegar

Preparation:

Toss the cabbage, kohlrabi, celery, carrot, and onion together in a large bowl.

Whisk the sugar, salt, pepper, celery seed, mayonnaise, and vinegar together in a separate bowl until smooth; pour over the cabbage mixture and stir to coat evenly. Chill in refrigerator 1 hour before serving.

Nutrition Per serving: 173 calories; 11g fat, 18.3g carbs; 2.3 g protein; 267 mg sodium