

## Holiday Roasted Butternut Squash



### Ingredients

- 2 pounds butternut squash
- 2 Tablespoons canola oil
- 1 teaspoon dried sage
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground black pepper
- 1 Tablespoon butter or canola oil
- $\frac{1}{4}$  cup dried cranberries
- 1  $\frac{1}{2}$  Tablespoons maple syrup
- $\frac{1}{4}$  cup walnuts, optional

### Instructions

1. Preheat oven to 375 degrees F.
2. Rinse and peel squash. Cut off ends and discard. Cut squash at the neck, creating a narrow end and a round end. Cut the round end in half and scoop out seeds with a spoon. Cut both ends into  $\frac{3}{4}$  - inch even cubes.
3. Coarsely chop walnuts. Set aside if using.
4. In a large bowl, add squash. Toss with oil, sage, salt, and ground black pepper.
5. Spread squash evenly on a baking sheet. Roast, stirring once, until tender, about 35 minutes.
6. In a small pan over medium heat, melt butter or heat oil. Add walnuts and cook until fragrant, about 2 minutes. Remove from heat. Stir in cranberries and maple syrup.
7. Gently toss cooked squash with cranberry mixture.

*Adapted from extension.umd.edu*

## Sweet Potato and Golden Beet Salad



### Ingredients

- 3 Golden Beets
- 2 Sweet Potatoes
- $\frac{1}{4}$  cup Oil
- 2 tbsp Apple Cider Vinegar or White Vinegar
- 2 Tablespoons Honey
- 2 Tablespoons Water
- 1 teaspoon Cilantro, optional
- Pinch Salt & Pepper to taste

### Instructions

1. Using a vegetable peeler to remove the outer layers from both the beets and potatoes.
2. Cut your vegetables into cubes.
3. Bring a large pot of water to boil and add the beets and the potatoes.
4. Remove and drain when both are tender (6-8 minutes).
5. In a small bowl, add oil, vinegar, honey, water and salt and pepper.
6. Whisk well.
7. Once the beets and potatoes are cool, pour vinegar dressing over and coat well.
8. Top with cilantro if using and enjoy!

*Adapted from theproducemoms.com*

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## Golden Beet Salad



### Ingredients

- 5 golden beets
- 2 Tablespoon oil
- $\frac{3}{4}$  cup apple cider vinegar or white vinegar
- Salt, to taste
- Ground black pepper, to taste
- 3 cups spinach
- $\frac{1}{2}$  cup parmesan cheese, shredded
- $\frac{1}{2}$  cup walnuts or nut of your choice, optional

### Instructions

1. Preheat oven to 425 degrees.
2. Rinse the beets and cut off the greens, saving them for another use. Rub the beets with the oil, wrap in foil and place on a baking sheet (in case they leak). Bake until you can pierce through the middle of each beet with a fork, about 1 hour.
3. Remove from the oven and let cool.
4. While the beets are cooking, gently bring the vinegar to a boil in a small pot over medium heat until it is reduced by a third.
5. Remove from the heat and let cool.
6. When the beets are cool, remove the skins using a knife or peeler.
7. Cut each beet into thin slices.
8. Sprinkle them with salt and toss them in the reduced vinegar.
9. Toss the spinach with the remaining oil and a few shakes of black pepper.
10. Top the spinach with the beets, nut pieces and cheese.
11. Use a spoon to drizzle the remaining vinegar on top, as desired.
12. Serve immediately.

Adapted from [cooking.nytimes.com](http://cooking.nytimes.com)

## Pineapple Stir-Fry



### Ingredients

- 1 cup fresh pineapple chunks
- 3 tablespoons cornstarch, divided
- 1 tablespoon plus 1/2 cup cold water, divided
- 3/4 teaspoon garlic powder, or 1 clove of garlic minced
- 1 pork tenderloin (1 pound), cut into thin strips OR 1 pound of chicken breast cut into strips or cubes
- $\frac{1}{2}$  cup low sodium soy sauce
- 3 Tablespoons brown sugar
- $\frac{1}{2}$  teaspoon ground ginger
- $\frac{1}{4}$  teaspoon cayenne pepper
- 2 Tablespoons oil, divided
- 1 cup Orange Juice
- 3 cups bell pepper, sliced or chopped
- 1 cup fresh baby carrots, cut in half lengthwise
- 1 small onion, cut into wedges
- 2 cups cooked rice

### Instructions

1. In a bowl or shallow dish, combine 2 tablespoons cornstarch, 1 tablespoon water, and garlic powder. Add pork or chicken and turn to coat.
2. In a small bowl, combine soy sauce, brown sugar, ginger, cayenne and the remaining 1/2 cup water, 1 tablespoon cornstarch and orange juice in small amounts until smooth.
3. In a large pan over medium-high heat, cook pork or chicken in 1 tablespoon oil until no longer pink; remove and keep warm.
4. Add the bell pepper, carrots and onion in remaining 1 tablespoon oil to the pan and cook until tender. Stir soy sauce mixture and add to the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Add pork or chicken and pineapple; heat through.
5. Serve with rice.

Adapted from [tasteofhome.com](http://tasteofhome.com)