**Minestrone Soup**

**Apple, Fennel & Shaved Parm Salad**

**Mini Sweet Potato Toasts with Avocado & Marinated Mushrooms**

**Roasted Butternut Squash Risotto**

**Dark Chocolate & Raspberry Truffles**

**Minestrone Soup**

*Yield 10 servings*

2 tbs **olive oil**

1 tbs **oregano**

1 tsp **salt**

8 cloves **garlic**, minced

2 large **onions**, diced

1 bag **carrots**, sliced

1 head **celery**, sliced

1 28 ounce can, **crushed tomatoes**

3 qt **vegetable stock**

1 can **great northern** beans

1 can **pinto** beans

1 can **kidney** beans

3 **potatoes**, cubed

½ c **basil,** minced

**Instruction:**

In a large soup pot, heat oil. Saute garlic, onion, carrot, celery, oregano and salt until tender. Add stock, tomatoes, potatoes and beans. Simmer 25 minutes. Stir in basil and serve.

**Apple, Fennel & Shaved Parmesan Salad**

Yield 8- 10 servings

10 oz baby **arugula**

2 large **fennel bulb**, cored and sliced thin

2 **apple**, sliced thin

6 oz **parmesan**, shaved with peeler

*Dressing:*

1 tbs **dijon** mustard

1 tbs **maple syrup**

¾ c **olive oil**

¼ c **champagne vinegar**

**Salt** & **pepper** to taste

For dressing whisk together dijon, maple and vinegar together. While whisking slowly drizzle in olive oil. Season with salt and pepper.

Combine arugula with apples and fennel, toss with dressing and top with parmesan.

**Mini Sweet Potato Toasts with Avocado**

6 large **sweet potatoes,** sliced into rounds

3 **avocados**

2 **limes**, juiced

½ tsp **salt**

1 small **shallot**, minced

8 **portobello** caps, diced

¼ c **balsamic vinegar**

¼ c **olive oil**

5 sprigs **fresh thyme**

5 **garlic** cloves, sliced in half

Salt

**Instructions:**

Preheat oven to 375. Toss mushrooms in a bowl with balsamic, olive oil, thyme, salt and garlic cloves. Arrange on a baking sheet and roast for 15 minutes.

Place sliced sweet potato on a sheet pan and roast for 15- 20 minutes at 350 degrees until tender but not mush. (So they can withhold the toppings).

In a bowl, combine avocado, shallot, lime, salt and mash.

Top each slice of sweet potato with avocado and mushrooms.

**Butternut Squash Risotto**

*yields 6 servings*

12 oz Butternut squash, cubed

2 TBS Olive oil

1 yellow onion, small dice

6-8 cloves garlic, minced

¼ cups minced sage or 1 TBS ground sage

1/2 tsp nutmeg

1 cup Arborio Rice

5-6 Cups vegetable stock

1 Cup cashews, soaked for 30 minutes

2 TBS chickpea miso

1 ½ tsp sea salt

Procedure:

Preheat oven to 425 degrees. On sheet pan lined with parchment coat butternut squash with 1 TBS olive oil salt and pepper. Bake for 35-40 minutes until butternut squash is tender.

In Blender, puree cashews with 1 cup vegetable stock and miso until smooth. Set aside.

In large sauté pan, heat oil. Over medium heat cook garlic, onion, sage and nutmeg for 8-10 minute until soft. Add arborio rice and cook for one minutes over medium heat to toast the rice. Then, add remaining 5 cups vegetable stock in ½ cup increments while slowly stirring until liquid is absorbed. Once rice is completely cooked (should be soft and chewy) stir in cashew liquid. Stir for another minute, then add roasted butternut squash and salt.

**Dark Chocolate Raspberry Truffles**

1.2 oz freeze dried **raspberries**

1 c **coconut cream**

10 oz **dark chocolate or semi sweet chocolate**

1 tsp **vanilla**

¼ c **cacao** powder

10 oz **dark chocolate**

**Maldon** finishing salt

**Instructions:**

In the bowl of a food processor, pulse raspberries until a fine powder forms. Meanwhile, using a double boiler melt chocolate. In a large bowl, combine melted chocolate, coconut cream, vanilla and cacao. Set in the fridge for 2 hours, until firm, but soft enough to scoop. Using a heaping tablespoon, or small ice cream scoop roll batter into uniform balls on a parchment lined tray.

Place remaining 10 oz chocolate in double boiler and melt. Drop each truffle into the chocolate and roll around with a fork coating each side. Transfer to sheet pan line with parchment. Top with maldon salt and transfer to the freezer to harden.

Once chocolate is no longer tacky, serve.