

BUTTERNUT SQUASH QUESO DIP

Portion Size: ¼ cup

Yield: 12 servings

Butternut Squash	24 oz
Oil	1 tsp
Red Onions, fine chopped	6 tbsp.
Garlic, minced	2 tsp
Pepper Jack Cheese, shredded	1 cup
Canned Diced Tomato, No Added Salt, drained	2/3 cup
Jalapeno Peppers, minced	4 tbsp.
Chili Powder	½ tsp
Cumin, ground	½ tsp
Salt	¼ tsp

Nutrition Info (per serving): Cal: 90, Total Fat: 5g, Sat Fat: 3g, Sodium: 146mg, Carbs: 7g, Protein: 4g, Sugar: 2g, Fiber: 1g



1. Preheat oven to 350°F.
2. Cut butternut squash in half lengthwise, scrape and discard seeds from halves.
3. Wrap butternut squash halves in foil and bake until very tender, about 1 hour.
4. Scrape flesh from squash and place in high powered blender. Blend until very smooth.
5. Heat oil in a sauté pan. Sweat onions and garlic until translucent. Add to the blender with shredded pepper jack cheese and blend until very smooth.
6. Place butternut squash mixture in a bowl and stir in tomatoes, jalapeno, chili powder, cumin and salt.
7. Place in a baking dish and bake until heated through and cheese is melted.

Dietitian Note: Serve with vegetable crudité

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FREEKEH, DELICATA SQUASH, POMEGRANATE, SALAD, APPLE CIDER VINAIGRETTE FIT

Portion Size: ½ cup

Yield: 8 servings

Dressing

Apple Cider	¾ cup
Apple Cider Vinegar	2TBSP
Honey	1 TBSP
Salt	¼ tsp
Cinnamon Stick	1 ea

Salad

Delicata Squash	12 oz
Canola Oil	2 tsp
Black Pepper	1/8 tsp
Pumpkin Seeds, hulled	¼ cup
Cooked Freekeh	1.5 cups
Pomegranate Seeds	½ cup
Baby Arugula	2 ½ cups
Salt	1/8 tsp
Apple Cider Dressing	4 TBSP

Nutrition Info (per serving): Cal: 110, Total Fat: 5g, Sat Fat: 1g, Sodium: 50mg, Carbs: 13g, Protein: 4g, Sugar: 4g, Fiber: 3g



1. To prepare dressing: Blend all ingredients except cinnamon stick together. Place cinnamon stick in dressing and allow to sit in the refrigerator overnight. Remove cinnamon stick before serving. You will have extra dressing.
2. Cut ends off of squash. Cut squash in half lengthwise. Using a spoon, remove and discard seeds from squash. Slice squash into 1/8" half-moon shapes.
3. Toss squash with oil and pepper. Roast in a 350°F oven for 10-15 minutes or until tender. Chill before using.
4. Toast pumpkin seeds and allow to cool before tossing with salad.
5. In a large bowl, toss together cooked freekeh, squash, pomegranate seeds, arugula, toasted pumpkin seeds, salt, and cider vinaigrette

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