

Stuffed Acorn Squash

A hearty and flavorful vegan main course featuring acorn squash stuffed with a savory mixture of quinoa, kale, and cranberries, enhanced with a touch of Cranberry tea for a rich, fruity flavor.

PREP TIME: 20 minutes

2 lg acorn squashes, halved and seeds removed
1 C quinoa, rinsed
2 C vegetable broth
1 T olive oil
1 lg onion, chopped
2 cloves garlic, minced

COOK TIME: 45 minutes

2 C chopped kale
1/2 C dried cranberries
1/4 C Cranberry tea, brewed and cooled
1 t ground cumin
1/2 t ground cinnamon
Salt and pepper to taste
1/4 C chopped pecans, toasted (optional)

PREHEAT THE OVEN to 400°F.

PLACE THE ACORN SQUASH halves cut side down on a baking sheet. Roast for 30 minutes, or until tender.

IN A MEDIUM SAUCEPAN, bring the vegetable broth to a boil.

STIR IN THE QUINOA and brewed tea. Reduce heat, cover, and simmer for 15 minutes, or until the quinoa is cooked and the liquid is absorbed.

IN A LARGE SKILLET, heat the olive oil over medium heat. Add the onion and garlic, and cook until softened.

ADD THE KALE, dried cranberries, cumin, cinnamon, salt, and pepper. Cook for another 5 minutes.

STIR IN THE COOKED QUINOA and mix well.

STUFF THE ROASTED ACORN squash halves with the quinoa mixture.

SPRINKLE WITH TOASTED pecans if desired.

RETURN TO THE OVEN and bake for an additional 10 minutes.

Maple Roasted Carrots and Parsnips

A sweet and savory side dish of maple roasted carrots and parsnips, perfect for pairing with the stuffed acorn squash. Enhanced with a touch of Rooibos Vanilla Chai tea for a warm, spiced flavor.

PREP TIME: 10 minutes

COOK TIME: 30 minutes

4 lg carrots, peeled and cut into sticks
4 lg parsnips, peeled and cut into sticks
2 T olive oil

cooled
1/2 t ground cinnamon
Salt and pepper to taste
1/4 C chopped pecans, toasted (optional)

1/4 C maple syrup

1/4 C Rooibos Vanilla Chai tea, brewed and

PREHEAT THE OVEN to 425°F.

IN A LARGE BOWL, toss the carrots and parsnips with olive oil, maple syrup, brewed tea, cinnamon, salt, and pepper.

SPREAD THE VEGETABLES on a baking sheet in a single layer.

ROAST FOR 25-30 MINUTES, or until golden brown and tender.

SPRINKLE WITH TOASTED pecans if desired before serving.

Roasted Beet and Orange Salad

A refreshing and vibrant side dish of roasted beet and orange salad, perfect for complementing the hearty stuffed acorn squash. Enhanced with a touch of Blood Orange tea for a bright, citrusy flavor.

PREP TIME: 15 minutes

COOK TIME: 40 minutes

4 medium beets, peeled and cut into wedges
2 T olive oil
Salt and pepper to taste
2 lg oranges, peeled and sliced
1/4 C thinly sliced red onion
1/4 C Blood Orange tea, brewed and cooled

2 T olive oil
1 T lemon juice
1 t lemon zest
Salt and pepper to taste
Fresh mint leaves (for garnish)

PREHEAT THE OVEN to 400°F.

IN A LARGE BOWL, toss the beet wedges with olive oil, salt, and pepper.

SPREAD THE BEETS on a baking sheet in a single layer.

ROAST FOR 35-40 MINUTES, or until tender and caramelized.

IN A LARGE SALAD BOWL, combine the roasted beets, orange slices, and red onion.

IN A SMALL BOWL, whisk together the brewed tea, olive oil, lemon juice, lemon zest, salt, and pepper to make the dressing.

DRIZZLE THE DRESSING over the salad and toss gently to combine.

GARNISH WITH FRESH mint leaves before serving.