



# Fall Recipes

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Nutrition Counseling of New England 

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# SWEET POTATO HASH



## Ingredients

2 tablespoons olive oil  
2-3 garlic cloves, minced  
1 large sweet potato  
1 cup additional vegetables of choice  
such as broccoli, bell pepper, etc.  
finely diced  
1/2 yellow onion, finely diced  
4 chicken sausages, precooked  
2 cups kale, chopped or hand  
shredded  
salt and pepper, to taste

## Directions

Heat 1 tablespoon of olive oil in a nonstick skillet over medium/high heat

Grate your sweet potato with a medium cheese grater to prepare the hash browns

Add the grated sweet potatoes, onion, and garlic to the skillet and sauté for about 5-7 minutes or until onions become translucent, season with salt and pepper

Add in the cup of extra veggies and sliced chicken sausages, sauté for another 5-7 minutes

Add kale and sauté until kale has wilted and reached desired texture

Taste and season more if needed then enjoy!

# QUINOA BREAKFAST WITH APPLES

SERVES 4

## Ingredients

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1 c quinoa, rinsed

2 cup water or almond milk

1 apple, thinly sliced

1 tsp cinnamon

Pinch of ground nutmeg

Optional: toppings nuts, granola or  
honey



## Directions

Bring liquid and quinoa to a boil in a sauce pot, reduce to simmer and cover for 10-12 minutes

Add in apples and cinnamon and stir until liquid is absorbed and apples are tender. Top with favorite topping



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# TOMATO BISQUE

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## Ingredients

2 pounds of tomatoes

cut into wedges

Olive oil

Salt and pepper, to taste

1 large onion, sliced

1 large carrot, peeled  
and sliced

3 tbsp tomato paste

1 qt chicken stock

½ cup torn fresh basil

## Directions

Lay the tomato wedges, onions and carrots on a sheet pan, top with olive oil, salt and pepper

Roast at 375 for about 45 minutes or until everything is caramelized and soft

All everything from the sheet pan and the tomato paste to a blender, including any juices, and blend until very smooth

Add chicken stock and blend then pour contents of the blending into a pot and let simmer and reduce for 10 minutes

Stir in torn basil and enjoy!

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# BALSAMIC PORK TENDERLOIN

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with cherry and onion sauté



## Balsamic Pork Tenderloin

### Ingredients

4 cloves garlic, minced  
¼ cup balsamic vinegar  
2 tablespoons olive oil  
2 tablespoons honey  
2 lb pork tenderloin

### Directions

Combine garlic, vinegar, oil, honey and pork in a large zip-top bag; seal bag. Refrigerate 4 hours or overnight

Preheat oven to 400 degrees

Place pork on a baking sheet and discard marinade

Bake 20-25 minutes or until a thermometer inserted in center reads 145 degrees; let rest for 3 minutes then slice and serve

## Cherry and Onion Sauté

### Ingredients

2 tablespoons olive oil  
2 large onions, thinly sliced  
4 cloves garlic, minced  
2 cups fresh or frozen cherries, pitted  
2 tablespoons minced fresh thyme  
Salt and pepper to taste

### Directions

Heat oil in a large skillet over medium heat and cook onions and garlic 6 minutes, stirring frequently, season with salt and pepper

Add cherries, reduce heat to low, and cook 6 minutes or until softened then stir in thyme

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# TURKEY, KALE, BROWN RICE SOUP

SERVES 4



## Ingredients

1 tbsp olive oil  
1 pound ground turkey  
Salt and pepper to taste  
1 onion, chopped  
1 large carrot, chopped  
2 stalks of celery, chopped  
2 cloves of garlic, minced  
1 red bell pepper, chopped  
1 cup of brown rice, cooked  
1 tsp cumin  
1 tsp coriander  
1 tsp paprika  
2 cups of kale, chopped  
1 quart reduced sodium chicken stock

## Directions

Brown turkey in a large pot over medium high heat and season with salt and pepper

When the turkey is cooked through take out and set aside

In the same pan sauté onions, carrots, celery, garlic and bell pepper until tender and season with more salt and pepper

Add in cooked rice and stir so it toasts a little

Add in spices and stir to coat everything

Add in chopped kale and let heat through then add turkey back in

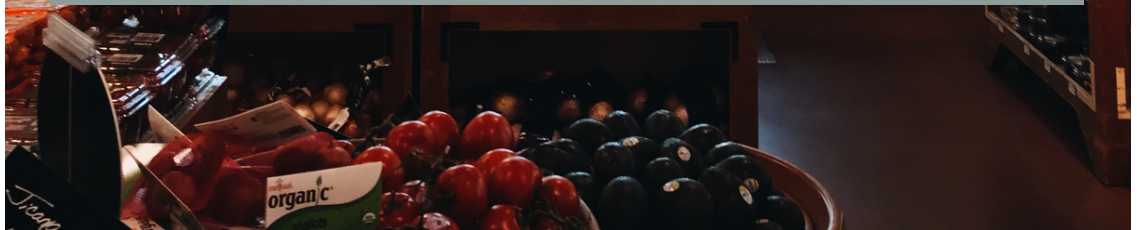
Pour in stock and stir, if needed add some water, bring to a simmer then enjoy!

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# QUESTIONS?

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