

THE FIT GIRLS **FALL** **FAVORITES** COOKBOOK



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APPLE CHIPS

1 apple
1 teaspoon ground cinnamon

Preheat the oven to 375 degrees, line a cooking sheet with parchment paper. Core an apple and slice it crossways about 1/8 of an inch thick then place slices on a cookie sheet and sprinkle slices with cinnamon. Bake until the apples are dry and crisp about 30-40 mins. Cool and serve.

APPLE COLESLAW

1/2 small green cabbage, chopped
1 Granny Smith apple, grated

1 large celery stalk, chopped

2 large carrots, chopped
1/4 cup olive oil

1/4 cup apple cider vinegar
Juice of 1 lemon
Dash of sea salt

Toss cabbage, apple, celery and carrots together in a large bowl.

In a smaller bowl whisk together the remaining ingredients and then toss over the cabbage mixture.

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APPLE “COOKIE”

- 1 apple cut into 1 inch slices
- 3 tablespoons almond butter
- 1 tablespoon shredded coconut
- 1/4 cup chopped walnuts
- 1/4 cup dark chocolate chips (optional)

Place apple slices on a cookie sheet or plate, with a knife smear 1/2 tablespoon of almond butter on top of the apple slices. Sprinkle shredded coconut, walnuts and chocolate chips on top of each apple slice.

APPLE PIE OATMEAL

- 1/3 cup steel cut oats
- 1 teaspoon ground cinnamon
- 1 cup almond milk
- 1 small apple, cored and cut into 1/2 inch cubes
- 1/2 cup unsweetened applesauce
- 1/2 teaspoon pure vanilla extract
- 1 tablespoon pure maple sugar

In a pot over medium heat, mix together the oats, almond, applesauce, almond milk and maple sugar. Stir mixture for about 8 minutes or until the mixture thickens and all of the liquid is absorbed. Stir in the vanilla extract. Pour into a bowl and serve warm.

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MASHED PARSNIPS AND APPLES

3 medium apples, cored, seeded, and chopped
4 medium parsnips, peeled and chopped

1/4 cup water
1/4 cup unsweetened coconut milk
1/4 teaspoon ground cinnamon
Sea salt and ground black pepper to taste

Combine apples, parsnips, and water in small pot. Bring to a boil and cook until parsnips are soft, about 20 minutes. Remove from heat and drain any liquid. Place mixture in food processor or blender and add the coconut milk and cinnamon. Blend until pureed. Return to pot to reheat over low heat. Season with salt and pepper before serving.

APPLE-WALNUT CHICKEN SALAD

4 ounces grilled chicken, chopped
2 cups spinach
1/2 cup walnuts
1/2 cup apple, chopped
1 tablespoon Paleo Mayonnaise (see recipe below)
2 tablespoons balsamic vinegar

Place all items in a bowl, toss, and serve.

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PALEO MAYONNAISE

1 large egg

1 teaspoon lemon juice

1/4 teaspoon mustard powder

1/2 cup extra-virgin olive oil

1 teaspoon apple cider vinegar

Place the egg, lemon juice, and mustard powder in a bowl and whisk until well blended. Add in olive oil and vinegar, and keep whisking until it forms consistency of mayonnaise. Store in refrigerator; will keep up to 5 days.

Esther Blum

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BAKED STUFFED APPLES

2 large apples

1 tsp. Cinnamon

1 tsp. real VT Maple Syrup or sweetener of choice

1 tsp. coconut oil or 1 tsp. butter

1 tbsp. chopped walnuts

1 tbsp. chopped pecans

Preheat oven at 400 degrees. Peel your apples. Then core them so the bottom is still there so when you fill them the juice doesn't leak out. In a pan on the stovetop or microwave melt your coconut oil. Mix all the other ingredients with the melted coconut oil. Fill your apples, place on baking sheet and bake for about 40 minutes. Let cool for 1 minute then enjoy! They are even good cold.

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CROCKPOT APPLESAUCE

10 apples of mixed variety
1/2 teaspoon cinnamon
1 teaspoon sugar or 1/2 honey or 3 tablespoons melted coconut oil
1/4 teaspoon nutmeg

Core & peel apples. Depending on how big or small your crockpot is you may need to adjust the amount of apples you will use. You want to completely fill up the crockpot with apples. Sprinkle the sugar, nutmeg, and cinnamon on top. If the apples aren't very juicy, add 1/4 cup of water. Cook on high for 3-4 hours until apple mash easily. Mash to desired consistency.

Beth Burns

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BACON BRUSSELS WITH APPLE AND CARAMELIZED ONIONS

2 slices nitrate-free bacon, diced
1/2 Vidalia onion, diced
1/2 honey crisp apple, diced
4 cups raw brussels sprouts, finely chopped or shredded
Salt to taste

In a large skillet brown the diced bacon. Add in the onion and continue stirring until onion is transparent. Next, place the apple in the skillet and cook another 2-3 minutes. Lastly, add in the brussels sprouts and salt and cook for approximately 5 minutes or until your brussels sprouts reach your desired firmness.

Serves 2

Elizabeth Benton

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BAKED APPLE PEAR CRISP

FILLING:

5-6 apples, peeled, cored and thinly sliced (can use combo of different apples if you like...I used granny smith, braeburn and gala)

1-2 pears, peeled, cored and thinly sliced

Juice of one orange (about 1/4 cup)

1 Tbsp. lemon juice

2 Tbsp. raw honey

1 Tbsp. pure maple syrup

1 Tbsp. coconut palm sugar

1 Tbsp. cinnamon

1/4 tsp. nutmeg

Dash of Himalayan sea salt

CRUMBLE TOPPING:

1 cup almond meal/almond flour

1/2 cup walnuts, finely ground + few larger chunks

2-3 teaspoons pure maple syrup

2 Tbsp. melted butter (organic/from pasture raised cows) or coconut oil

1 1/2 tsp. cinnamon

Preheat oven to 350*. Grease a pie dish with coconut oil (or spray) and set aside. Mix all filling ingredients together in a large bowl and place them in your greased pie dish and bake for 45 minutes. While this is baking, mix all topping ingredients in a small bowl. Mix with your hands until you have a “crumble” consistency. After the 45-minute bake time is up, remove the pie dish from the oven and sprinkle the crumble topping, along with some larger walnut chunks, on top. Place back in the oven and bake for an additional 20 minutes or until golden brown!!

Jill Miller

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APPLE PIE “MUG” CAKE

Coconut oil (for greasing the “mug”)
1 apple, peeled, cored and finely chopped
3 Tbsp. almond flour
2 Tbsp. chopped pecans (or nut of your choice!!)
1 egg, whisked
1-2 tsp. raw honey
½ tsp. cinnamon
Dash of nutmeg
Dash of Himalayan sea salt
Dash of ground cloves (optional)

Grease the inside of a microwave safe mug or bowl with the coconut oil. Mix all ingredients in a separate bowl until well combined and then pour into the greased mug or bowl. Use a spatula to get every bit of deliciousness!! Microwave on high anywhere from 1:45-2:00 minutes (cook time will depend on the power of your microwave). Carefully remove from microwave when done (mug will be HOT!) and after it cools for a bit, flip it onto a plate!! Eat it while its still warm.

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APPLE CINNAMON OAT PANCAKES

1/2 cup gluten free old fashioned rolled oats
1 apple, grated
1 egg
1/4 tsp cinnamon
1 tbsp unsweetened almond milk
1/2 tsp baking powder
1 tsp coconut oil

Place all ingredients into a blender and combine. Pour batter onto a griddle or pan prepared with melted coconut oil. Cook pancakes for at least 2 minutes per side.

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NO BAKE APPLE PIE

1 1/2 cup sunflower seeds, raw
3/4 cup raisins
1 tablespoon carob powder
6 medium apple, peeled and cored
3/4 cups honey, raw
1 tablespoon cinnamon
1/2 medium lemon juiced
1/4 cup coconut, unsweetened shredded
1 teaspoon ground cloves

Make the crust by placing sunflower seeds, raisins and carob powder in a food processor and process with the until finely ground (mixture will stick together). Line a 9 inch pie pan with mixture and form crust. Wash and core the apples.

Place in food processor, and pulse chop until cut into small pieces (be careful not to chop apples too finely and make apple sauce). In a large bowl, combine chopped apples, cinnamon, lemon juice, honey and dash of cloves (optional) together. Scoop the mixture into pie crust. Save the "juice" that remains in the bowl and drizzle over pie when served. Level out with a spatula. Sprinkle coconut flakes on top of mixture. Place in refrigerator for 1 hour to allow pie to set.

APPLE CHICKEN

2 chicken boneless, skinless chicken breast
1/4 teaspoon sea salt (optional)
1/8 teaspoon black pepper, freshly ground
2 tablespoons coconut oil
1 large apple
1/2 teaspoons cinnamon

Dice chicken breasts. Season with sea salt and freshly ground black pepper. Set aside. Heat a medium sauce pan over medium-high heat. Add coconut oil when hot. Add diced chicken and cook until slightly pink. Grate apple into pan, add cinnamon and continue to cook until chicken is done and apple is tender.

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APPLE CRUMB

4 gala apple, peeled and cored
6 tablespoons coconut sugar
1/2 cup rice flour, mix (1 cup white rice flour to 1/2 cup tapioca starch)
1/2 cup balanced almonds, finely chopped
4 tablespoons butter
2 teaspoons cinnamon

Preheat oven to 375 degrees F. Cut each apple into thin wedges. Place the apple wedges in a deep baking dish. Sprinkle the apple wedges evenly with cinnamon and 2 tablespoons coconut sugar.

To prepare the crust, combine nuts, flour mix and 4 tablespoons of sugar in a bowl. Add in the butter and kneed with your hands until the dough resembles breadcrumbs. Spread the crumble mixture all over the apples. Bake in the oven until the apples are tender and the topping is golden around 25 minutes. Serve warm.

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PUMPKIN RISOTTO

- 1 onion diced
- 2 tbsp olive oil
- 2 cups arborio rice
- 2 cups fresh pumpkin or butternut squash, peeled and diced
- 2 L vegetable stock
- 1 cup parmesan cheese, grated
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon

In a frying pan heat oil over medium heat. Add the diced onion and sauté until translucent. Add the rice and pumpkin and then sauté for another 5 minutes. Carefully pour the vegetable stock into the pan and continue to stir the rice. Simmer on low heat until all of the liquid is absorb stirring every few minutes. Add in cheese, cinnamon and nutmeg and stir till the rice mixture. Serve and enjoy!

PROTEIN PUMPKIN SMOOTHIE

- 1/3 cup canned pumpkin
- 1 scoop of vanilla protein powder
- 1/2 frozen banana
- 8 oz almond milk
- 1 teaspoon pumpkin pie spice

Mix all ingredients in a blender and serve. Garnish with cinnamon.

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PUMPKIN PIE SMOOTHIE

2 scoops vanilla protein powder
1/2 cup pumpkin puree
1/2 cup water
1 cup of ice
Dash of vanilla extract
Dash of cinnamon and nutmeg

Mix together in a blender, serve and enjoy!

Concita Thomas

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PUMPKIN PROTEIN PANCAKE

1/2 cup of uncooked oatmeal
5 egg whites
1/2 teaspoon cinnamon
1/3 cup canned pumpkin
1/2 teaspoon vanilla extract
1 scoop vanilla protein powder (optional)

Blend all ingredients in a blender until the mixture makes a batter. Pour batter in a non stick skillet coated in cooking spray over medium heat. Spoon about 1/4 cup of batter per pancake into the heated frying pan, cook each pancake until edges are slightly brown. Serve warm and enjoy!

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PUMPKIN SPICED LATTE

- 1 cup coconut milk
- 4 tablespoons pumpkin puree
- 2 tablespoons cocoa powder
- 1 teaspoon pumpkin pie spice
- 1 teaspoon pumpkin pie spice
- 1 1/2 cups strong coffee or 2 shots espresso

In a small pot over medium heat whisk all ingredients together until desired temperature and serve in 2 mugs.

PUMPKIN SAUTE

- 1 small cooking pumpkin
- 1 tablespoon extra virgin olive oil
- 1 onion, peeled and chopped
- 2 cloves garlic, crushed
- Sea salt to taste
- Freshly ground black pepper to taste

Preheat oven to 350 degrees F. Line a baking sheet with parchment paper. Wash pumpkin and cut in half. Remove seeds and insides of the pumpkin. Place pumpkin halves cut side down on the baking sheet. Prick through skin with a fork in several spots. Place in oven and bake for 30 minutes or until tender. Remove from oven, let cook, peel off skin and cut into 1 1/2 inch chunks.

Place large frying pan over medium heat. Add olive oil and chopped onion. Sauté until onion is soft. Add garlic and cooked pumpkin. Sauté until heated through. Season with salt and pepper and serve hot.

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PUMPKIN PROTEIN TREATS

2 eggs

1 teaspoon vanilla extract

1 cup pumpkin puree (not pumpkin pie filling)

2 scoops vanilla protein powder

2 cups almond meal/flour

1/2 teaspoon baking powder

1/2 teaspoon baking soda

1 teaspoon pumpkin pie spice

1/4 cup Truvia (not baking blend)

Preheat oven to 350* and spray baking sheet with non-stick spray (or use parchment paper). Place all ingredients in a bowl and mix together with a spoon until fully blended. Place 12 equal-sized scoops of batter on baking sheet.

Bake 12-14 minutes or until browned on top and set. Let cool for 10 minutes and remove carefully from pan. Store in refrigerator; makes 12 servings.

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PUMPKIN TURKEY CHILI

1 Tbsp Olive Oil
1 cup chopped onion
1 cup green bell pepper chopped
1 clove of minced garlic
1 lb. ground turkey
1 14.5 oz can of diced tomatoes
1 15 oz can of pumpkin puree
2 Tbsp chili powder
1/2 tsp ground black pepper
Dash of salt

Heat oil in a large skillet over medium heat. Sauté onion, bell pepper, and garlic until tender. Stir in turkey and cook until browned. Pour mixture into a soup pan or crock pot. Mix in tomatoes and pumpkin. Season with the remaining spices. Cover and simmer for 10-15 minutes OR cook in the crockpot on low for 4-5 hours. Serves 6 people.

Jill Jacobs
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PUMPKIN SPICED ALMOND BUTTER

1 cup raw almonds
2 teaspoons of pumpkin spice

Preheat oven to 350 degrees. Place almonds on a baking sheet and roast almonds for about 10 min in the oven. Remove almonds from the oven and place in a food processor with the pumpkin spice and process until it becomes a creamy consistency.

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PUMPKIN PIE PARFAIT

Pumpkin filling

1 cup pumpkin puree
1/3 cup full fat coconut milk
1/4 cup coconut sugar
3/4 teaspoon cinnamon
1/2 teaspoon vanilla
1 tablespoon melted coconut oil

Blend all ingredients except the coconut oil in a blender until smooth. Add in the oil and blend again until all ingredients are well mixed. Place mixture in the fridge and chill for a few hours.

Whipped coconut cream

1 can coconut milk, full-fat unscented
1/2 tsp vanilla

Stevia drops to taste (optional)

After refrigerating coconut milk overnight empty the contents into a bowl (it should be thick). Add vanilla and optional stevia and whisk with a fork until well mixed.

1 cup walnuts crushed

In a glass layer 1 teaspoon of crushed walnuts topped with 2 tablespoons of the pumpkin mixture topped with the whipped coconut cream. Continue to layer the pumpkin mixture with the cream until the glass is filled. Making the top layer cream and sprinkle cinnamon and nutmeg on top.

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COCONUT FLOUR PUMPKIN BREAD

1/2 cup coconut oil or butter, melted

6 eggs

1 tsp vanilla

2 tsp pumpkin pie spice

1/3 cup xylitol (or other sweetener, 1/2 cup can be used if you prefer it sweeter)

1 tsp sea salt

1/2 cup organic pumpkin

1/2 tsp baking soda

1/2 cup coconut flour

Mix all ingredients together and put into baking dish (coat with butter or coconut oil). Bake at 350 for 30 minutes or until cooked through.

Brooke Kalanick

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PUMPKIN SCONE

2 cups almond flour
1 15 oz can pumpkin (not pumpkin pie filling)
4 scoops whey protein powder (preferably unflavored, plain vanilla or cinnamon roll)
2/3 cup old fashioned oatmeal
1/2 cup erythritol
4 tsp pumpkin pie spice
1 tbsp cinnamon
1/2 cup liquid egg whites

Preheat oven 350 degrees F. Mix all ingredients together in a large bowl
Place 1-inch wide scones on PAM-sprayed baking sheets. Bake 20-25 minutes (be sure not to overcook or they may dry out). Makes 24 scones.

Jill Coleman

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PUMPKIN PROTEIN PANCAKES

½ scoop vanilla Protein Powder
½ cup oatmeal - grind oats in blender or food processor to make a flour consistency
4 egg whites
⅓ cup canned organic pumpkin puree
2 tablespoons ground flaxseed
Stevia to taste (about 2 packets)
1 teaspoon Pumpkin Pie spice or cinnamon
½ tsp vanilla extract

Blend all ingredients together in blender or food processor. Cook like a traditional pancake.
Sprinkle with cinnamon and a smudge of honey.

Allison Siemens
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PUMPKIN PIE BARS

1 can pumpkin puree, organic 15 oz

1/3 cup coconut milk, full fat

1/2 cup maple syrup

1 teaspoon vanilla

2 large egg

1/2 cup coconut flour

1 tablespoon pumpkin pie spice

1 teaspoon cinnamon

1/4 teaspoon baking soda

1/2 teaspoon cream of tartar

Preheat oven to 350 F. Grease a square or rectangular glass baking dish (approximately 8 inch diameter) with coconut oil.

Mix together in a small bowl the coconut flour, pumpkin pie spice, cinnamon, baking soda, and cream of tartar. In a medium bowl or food processor, mix together the pumpkin, milk, sweetener, vanilla and eggs. Add the dry ingredients and mix thoroughly until combined. Pour the mixture onto the greased baking dish and level off the top with a spoon. Bake at 350 for 40-50 minutes or until the edges turn a lighter color and the top is lightly browned. A toothpick inserted into the middle should come out mostly clean. Remove from the oven and let cool completely before cutting into square. Store leftovers in an airtight container in the refrigerator.

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PUMPKIN BITES

1 cup pitted Medjool dates
1/2 cup pecans
1/3 cup pumpkin puree
1/4 cup unsweetened coconut flakes
2 tsp vanilla
1 tsp cinnamon
1/4 tsp nutmeg
1/4 tsp ground cloves
Pinch of salt

Place the dates into a small bowl and cover with water. Let soak for 10 minutes, then drain. Place the pecans into a food processor and pulse until finely ground. Add in the rest of the ingredients, including the soaked dates. Pulse until combined. Adjust the spices to taste. Place into the refrigerator for 30 minutes to chill. Use your hands to form the dough into small balls. Store in the refrigerator in an airtight container.

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BUTTERNUT SQUASH SOUP

6 cups organic reduced-sodium chicken broth
3 pound butternut squash
1 medium parsnip, peeled and cut into 1/2-inch slices
1 medium Granny Smith apple, peeled, cored and chopped
1/4 cup coconut milk
1/2 teaspoon sea salt
2 tablespoons chopped chives

Slice butternut squash in half; scoop out seeds with a large spoon. Place face down in a glass pan and bake at 350 degrees F for one hour, or until the flesh gives in easily when you press a finger to it. Remove from heat and set aside until cool enough to handle. Scoop out flesh and place in a larger blender with 4 cups of the chicken broth. Blend well until pureed. Pour into a 4- quart stockpot with the remaining 2 cups of chicken broth, parsnip and apple; bring to a boil. Reduce the heat and simmer, cook until the parsnip and apple are soft. Stir in the coconut milk and salt and remove from the heat. Serve immediately and garnish with the chives. This soup will be even better the next day!

ROASTED BUTTERNUT SQUASH

1 butternut squash, seeded and sliced
2 red onions, peeled and sliced thin
1 T coconut oil melted
sea salt and freshly ground black pepper, to taste (optional)

Preheat oven to 400° F. On a baking sheet with parchment paper spread squash, onion and drizzle with coconut oil. Toss lightly to coat all pieces with oil.

Place baking sheet in the oven and bake for 35-40 minutes, or until squash is tender. Season with sea salt and black pepper if desired.

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ARUGULA SALAD WITH MAPLE ROASTED BUTTERNUT SQUASH

1 (1.5 to 2 lb) butternut squash
2 Tbsp light olive oil
2 Tbsp real maple syrup
1 tsp kosher salt
1/2 tsp ground black pepper
3 Tbsp dried cranberries
3/4 cup apple juice
2 Tbsp apple cider vinegar
2 Tbsp shallots, minced
2 tsp Dijon mustard
1/2 cup light olive oil
1 tsp kosher salt
1/2 tsp ground black pepper
4 ounces baby arugula, washed and dried
1/2 cup walnuts pieces, toasted
3/4 cup freshly grated Parmesan

Preheat the oven to 400 degrees F. Cut squash in half, scoop out the seeds and pulp, remove rind, and cut into 1 inch pieces. Place the squash on a baking sheet and sprinkle with olive oil, maple syrup, salt and teaspoon pepper and mix to coat well. Put in preheated oven and roast for 10 minutes, turn, and roast an additional 10 to 15 minutes or until tender and browning. Just before squash cooks completely, sprinkle cranberries on top and put back in oven for final minutes - about 2 or 3 minutes is enough. Meanwhile, in a small saucepan, whisk together the apple juice, apple cider vinegar, and shallots and bring to a boil over medium heat; cook until this liquid is reduced to about 1/4 cup, for about 5 to 10 minutes.

Remove from heat and whisk in the Dijon mustard, 1/2 cup olive oil, 1 teaspoon salt, and 1/2 teaspoon pepper to make the vinaigrette dressing. To assemble, put the arugula in a large salad bowl and add the roasted squash mixture, walnuts, and Parmesan. Drizzle a little vinaigrette over the salad and toss to combine. Add more vinaigrette if desired, taste, and add more kosher salt and pepper if needed. Serve immediately. Will serve about 4 to 6 people.

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SPAGHETTI SQUASH

1 large spaghetti squash, cut in half lengthwise and seeds removed

Preheat the oven to 350 degrees. Pour 2 cups water into a baking dish large enough to hold the squash in a single layer. Arrange the squash cut side down in the water. Bake for 30 minutes, or until the squash can be pierced with a fork. Remove the squash from the oven and set aside. When cool enough to handle, scrape the inside of the squash with a fork; the squash will come like spaghetti. Place the squash on a serving platter and top with meatballs and sauce.

ROASTED ACORN SQUASH

2 medium acorn squash, cut in half and seeded

1 teaspoon extra-virgin olive oil

1 teaspoon butter

Preheat oven to 400 degrees F. Place acorn squash halves, cut side up, in baking dish. Brush olive oil and cinnamon on top of squash. Roast squash until tender, about 30 minutes and serve.

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