



NUTRITION | SAVVY

It's Squash Season!!!

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Hi!

Thank you for checking out my squash recipe collection. Hope it inspires you to get in the kitchen and whip up a yummy meal.

My name is Jori and I am a Nutritionist that specializes in helping people change the way they look at food and teach them how to make real food work for real life and have fun along the way.

I help those that are looking to improve their health, maintain weight loss and boost their immune system. I'm here to create a nutrition and lifestyle plan and give you the support you need to achieve your health goals.

Nutrition Savvy Services

Free Consult

I'm ready to help you make the most of your nutrition journey. [Schedule](#) a free, no-obligation 20-minute consult.

Nutrition Savvy is all about building balanced and sustainable nutrition habits. All of my nutrition programs are customized to help you succeed!

Below are links with more information on how to work with me.

[Customized Meal Planning](#)

[1:1 Virtual Nutrition Therapy](#)

Thank you!

Jori



Pumpkin Spice Latte

1 serving

10 minutes

Ingredients

- 1/2 cup Organic Coffee
- 2 tbsps Pureed Pumpkin
- 1 1/2 tbsps Maple Syrup
- 1/2 tsp Pumpkin Pie Spice
- 3/4 cup Unsweetened Almond Milk
- 1/2 tsp Vanilla Extract

Directions

- 1 Brew your coffee and set aside.
- 2 In a saucepan over medium heat, stir the pumpkin, maple syrup and pumpkin pie spice until combined. Slowly whisk in almond milk. Bring mixture to a low simmer, stirring occasionally and remove from heat. Stir in vanilla extract.
- 3 Transfer milk mixture to a blender and pulse several times until foamy and frothy. (You can also use a hand-held immersion blender instead.)
- 4 Add milk mixture to your hot coffee. You may want to use a spoon to gently hold back the frothy top layer while pouring. Top your latte with this remaining froth.
- 5 Top with a dollop of homemade organic whipped cream or coconut whipped cream (optional) and sprinkle with additional pumpkin pie spice. Enjoy!

Notes

No Almond Milk: Use coconut milk instead.

No Blender: Whisk vigorously by hand when the milk mixture starts to simmer on the stove. FYI, this will not create the same froth as a blender or immersion blender but still tasty!

Pumpkin Lover: Add an extra 1 tbsp of pureed pumpkin per serving.

Homemade Pumpkin Spice: Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tsp ground allspice. Store in an air-tight container.

Caffeine Free: Replace coffee with additional almond milk.



Bison Pumpkin Chili

4 servings

30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 lb Ground Bison
- 1 Yellow Onion (diced)
- 3 Garlic (cloves, minced)
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1 tsp Paprika
- 1 cup Crushed Tomatoes
- 1 cup Pureed Pumpkin
- 1 cup Water
- 1 1/2 tsps Maple Syrup
- 1 tsp Sea Salt
- 4 cups Coleslaw Mix

Directions

- 1 Heat olive oil in a large skillet over medium-high heat. Add the ground bison, onion and garlic, and saute for about 5 to 7 minutes, or until the meat is cooked through. Drain off the fat.
- 2 Add the chili powder, cumin and paprika. Stir about 1 minute, until fragrant. Add crushed tomatoes, pumpkin, water, maple syrup and salt. Let simmer about 10 minutes.
- 3 Divide coleslaw into bowls. Top with chili and enjoy!

Notes

Optional Toppings: Garnish with toasted tortillas, chopped green onion, avocado, jalapeno slices, cheddar cheese or greek yogurt.

More Veggies: Add bell peppers, corn, peas or any leftovers on hand. Stir in spinach, kale or watercress just before serving.

No Bison: Use extra lean ground beef, chicken, turkey, lamb or venison.

Vegan or Vegetarian: Use mixed beans and/or tofu instead of ground meat.

Leftovers: Refrigerate in an air-tight container for 3 to 5 days or freeze up to 2 months.



Sausage & Quinoa Stuffed Acorn Squash

4 servings

45 minutes

Ingredients

2 Acorn Squash (trimmed and sliced in half)
 2 tbsps Extra Virgin Olive Oil (divided)
 1 tbsp Raw Honey
 1 tsp Cinnamon
 1 cup Quinoa (uncooked)
 1 1/2 cups Water
 10 ozs Organic Chicken Sausage (no sugar added)
 1 Yellow Onion
 1 Garlic (clove, minced)
 4 cups Baby Spinach
 1 tbsp Rosemary
 1/2 tsp Nutmeg (ground)

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Slice the tips off of your acorn squash so that it will sit flat. Then cut the squash in half and carve out the seeds. Brush the inside of each squash with olive oil. Then brush the inside of each squash with honey. Sprinkle each squash with cinnamon. Place the squash on a baking sheet, flesh side up and pop them in the oven. Roast for 30 minutes or until tender when pierced with a fork.
- 3 Meanwhile, cook your quinoa by combining quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer for 12 to 15 minutes or until water is absorbed. Remove lid, fluff with a fork and set aside.
- 4 Heat your remaining olive oil in a skillet over medium heat. Remove the casing from the sausage and add the meat to the skillet. Add the onions and saute until sausage is cooked through. Add the minced garlic and saute for another minute. Add spinach, rosemary and nutmeg. Saute just until spinach is wilted. Remove from heat then stir in the quinoa. Mix well.
- 5 Remove the squash from the oven and stuff each half with your quinoa sausage mix. Plate and serve!

Notes

Vegan and Budget-Friendly: Skip the sausage and use 1 can of chickpeas, lentils or beans instead.

Storage: Store covered in the fridge for up to 3 days.

Prep Ahead: Prepare your acorn squash, quinoa, onions and garlic ahead of time. When ready to eat, roast acorn squash and finish the remaining assembly.



Roasted Butternut Squash Harvest Bowl

4 servings

40 minutes

Ingredients

4 cups Butternut Squash (diced into cubes)
 2 tbsps Extra Virgin Olive Oil (divided)
 3/4 cup Quinoa (uncooked)
 1 1/4 cups Water
 8 cups Kale Leaves (finely chopped)
 1 tbsp Balsamic Vinegar
 Sea Salt & Black Pepper (to taste)
 1/2 cup Pumpkin Seeds
 1/2 cup Dried Unsweetened Cranberries

Directions

- 1 Preheat oven to 420°F (216°C) and line a baking sheet with parchment paper. Toss the butternut squash in half the olive oil and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
- 2 Combine the quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork and set aside.
- 3 Heat remaining olive oil in a large skillet over medium-low heat. Add kale and saute until wilted (about 3 to 5 minutes). Turn off the heat.
- 4 Add the quinoa, roasted butternut squash and balsamic vinegar to the skillet then toss until well mixed. Season with sea salt and black pepper to taste.
- 5 Divide into bowls and top with pumpkin seeds and dried cranberries. Enjoy!

Notes

No Butternut Squash: Use sweet potato, carrots or beets instead.

Save Time: Use frozen bagged butternut squash.

Leftovers: Keeps well in the fridge up to 3 - 4 days.

Extra Flavour: Toss the butternut squash in cinnamon before roasting.



Slow Cooker Bolognese with Spaghetti Squash

4 servings

8 hours

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 1 Yellow Onion (diced)
- 5 Garlic (cloves, minced)
- 3 cups Diced Tomatoes (drained)
- 3 cups Crushed Tomatoes
- 3 Bay Leaf
- 1 tsp Oregano
- 1 Spaghetti Squash
- 1/2 cup Basil Leaves (chopped)
- 1 tsp Red Pepper Flakes

Directions

- 1 Heat olive oil in a large skillet over medium heat. Add ground turkey, onion and garlic. Cook while breaking up the pieces with a spatula until browned. Transfer to your slow cooker. Add diced tomatoes, crushed tomatoes, bay leaves and oregano. Cover and cook on low for 8 hours.
- 2 About 1 hour before you are ready to eat, preheat the oven to 400. Carefully slice your spaghetti squash in half. Use a spoon to scoop out the seeds and discard.
- 3 Line a baking sheet with foil and place the squash on the sheet with the flesh side up. Bake in the oven for 30 to 45 minutes depending on the size of the squash.
- 4 Remove from oven and allow it to cool until it is safe to handle. Use a fork to carve the flesh out of the squash. It should come out like spaghetti noodles. Place the flesh in a large mixing bowl and toss with a drizzle of extra virgin olive oil, chopped basil and season with sea salt and pepper to taste.
- 5 Remove bay leaves from slow cooker. Plate spaghetti squash and spoon bolognese sauce over top. Garnish with fresh ground pepper and red pepper flakes if you like it spicy. Enjoy!

Notes

More Vegetables: Add diced green pepper and mushrooms.

Vegetarian: Use lentils instead of ground turkey.

More Carbs: Use brown rice pasta instead of spaghetti squash.

No Slow Cooker: Make it on the stovetop and let simmer for at least an hour.