

ROASTED BUTTERNUT KALE CAESAR

SERVES 4 | 45 MIN | 552 CAL | ROAST

Who says salads have to be boring? Our twist on the classic Caesar salad utilizes the power of kale with flavor of bold dijon. By combining warm ingredients with crisp, cool kale, this dish has an amazing combination of texture, temperature and flavor.

* Full learning experience at cook.monj.com/38



INGREDIENTS

PRODUCE

½ Small Butternut
Squash
2 Bunches Curly Kale
1 Clove Garlic
1 Lemon
1 Red Onion

EVERYTHING ELSE

1 TBSP Dijon Mustard
1 Egg
1 Can Low Sodium Chickpeas
3 TBSP Parmesan, grated

PANTRY STAPLES

Olive Oil
Fresh Black Pepper
Kosher or Sea Salt



1. SET UP YOUR SPACE

Get out all of your ingredients and equipment. Place a damp paper towel under your cutting board to stabilize and keep salt in a pinch bowl. Wash veggies and pat dry.

Preheat your oven to 450 degrees.



2. PREP VEGGIES

Rip the leaves from **2 bunches of kale** into a large bowl. Massage kale for about 3 min with **1 TBSP olive oil** and a **3 finger pinch (1/8 tsp) of salt**. In a separate bowl, add: **1 red onion**, sliced into quarters and then 1/2" pieces and **1 can chickpeas**, rinsed and drained.



3. PREP BUTTERNUT SQUASH

Cut **1 butternut squash** in 1/2 horizontally and save the narrow end for another time. Use a peeler to remove the skin of the round half. Cut in half lengthwise and scoop out the seeds. Cut into 1/8" slices and add to the bowl of veggies.



4. ROAST VEGGIES

Lightly grease a baking sheet with **olive oil**. Spread veggies onto the sheet and coat with **1 TBSP olive oil** and **two 3 finger pinches (1/4 tsp) of salt and pepper**. Roast for 25 min.



5. MAKE DRESSING

Mince **1 garlic clove** and place into a small bowl. Mix in **1 egg yolk**, **1 TBSP dijon mustard**, juice of **1 lemon**, **3 TBSP grated parmesan** and **1/4 cup olive oil**. Taste and add **salt and pepper** to your liking.



6. PLATE IT UP

Toss kale with dressing and top with roasted veggies. Sprinkle a little parm on top if you're feeling crazy!

ROASTED BUTTERNUT KALE CAESAR



THE 3 KEYS TO ROASTING

The keys to a good roast: 1) make sure there is space between ingredients so they don't steam in the oven 2) don't be afraid of high heat. Turn it up! 3) coat ingredients well with a little oil for even browning.

BUTTERNUT BASICS

Butternut squash can seem a bit daunting given its size but it's one of the easiest veggies to cook! The key is slicing it into thin pieces so it cooks super quick. Try cutting the other half into small cubes for a stir-fry.

THE OVEN EFFECT

No need to add sugar to caramelize your veggies. Butternut squash and red onions are high in natural sugar, so when the water content evaporates, the flavor and sweetness become more concentrated.

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TOASTED QUINOA STUFFING

SERVES 4

DIRECTIONS:

Combine the broth, quinoa, and one 3-finger pinch of salt in a small pot. Bring to a boil over high heat. Reduce the heat to low, cover, and simmer for 15-20 minutes. Let the quinoa stand covered for 5 minutes, then remove the cover and fluff with a fork.

Meanwhile, heat a small pan over medium heat. Dry toast the almonds, shaking the pan frequently, until lightly browned, about 5 minutes. Remove from heat and cool.

Clean and trim the leeks, leaving only the white stem and a couple inches of pale green. Halve the leeks lengthwise. Wash them well, making sure to get all of the dirt out from between the leaves. Thinly slice the leeks into $\frac{1}{4}$ inch half moons. Then, chop the celery into $\frac{1}{4}$ inch pieces, and mince the garlic.

Heat a large sauté pan over medium heat. Add the oil and warm for 2 minutes. Add the celery and sauté for about 3 minutes, stirring frequently. Add the leeks, garlic and a 5-finger pinch of salt, and sauté for an additional 5-8 minutes, or until leeks and celery are tender. Mince the sage and sauté 1 minute more.

Mix in the quinoa, cranberries and nuts, stirring gently until well-combined and warmed through.

INGREDIENTS:

- 2 medium leeks or 2 small yellow onions
- 2 celery stalks
- 3 cloves garlic
- 2-3 sprigs fresh sage
- 2 cups vegetable broth
- $\frac{1}{2}$ cup raw almond slices or pepitas
- 1 cup quinoa
- $\frac{1}{2}$ cup dried unsweetened cranberries
- 1 TBSP olive oil
- Sea or kosher salt

SWAPS: Try using sunflower seeds, hazelnuts or any nut you like in place of almonds.

POWER IT UP: Fold in 1 bunch of cleaned, chopped kale as you cook the celery for a nutrient boost, or pair with some rotisserie chicken to make it a complete meal.

Vegetarian? Stuff it in a squash!



CRANBERRY ROSEMARY MOCKTAIL

SERVES 4

DIRECTIONS:

Place the cranberries in the pitcher of a blender along with 2 cups of water. Blend on high until completely pureed with no large chunks remaining. Allow to steep 5 minutes to infuse.

Strain the liquid from the cranberry mixture; you should collect two cups of juice.

Meanwhile, rinse the rosemary, and remove the leaves from their stems, discarding the stems. Place 1/2 cup water fresh rosemary leaves in a small saucepan set over medium heat. Bring to a boil, and add stevia plus one 3-finger pinch salt. Turn off heat and allow to cool. Strain the liquid, discarding the leaves.

Combine the cranberry juice, orange juice and the cooled rosemary water.

Divide the ice into four 8-ounce rocks glasses (1/2 cup each). Top each glass with just shy of a 1/4 cup of the cranberry mix.

Top each glass with two ounces of sparkling water. Stir gently, garnish with fresh cranberries and rosemary sprigs.

For extra fun, use frozen cranberries in place of ice cubes!

INGREDIENTS:

- 1 ½ cups fresh squeezed orange juice (no sugar added)
- 2 cups fresh or frozen cranberries
- 4 sprigs fresh rosemary + more to garnish
- 2 ½ cups water, divided
- 2-3 tsp liquid stevia (to taste)
- 1 pinch salt
- ice (to serve)
- 8 oz unflavored sparkling water

SWAPS: Try grapefruit instead of orange juice for a tangy twist.

MAKE IT POP: Add some orange or lemon zest for an extra bright zip, or try freshly grated ginger for a spicy kick.

LEVEL UP: Singe the rosemary sprig garnish by lighting it on fire, and then put it out in the cup to add a smoky flavor.