



urban  roots

SIDE DISHES

from our family to yours

Happy Thanksgiving!



Make Your Own WARM BUTTERNUT SQUASH, POWERCREENS, & QUINOA SALAD



CONTRIBUTED BY:
Jenny Angius 

INGREDIENTS:

Squash:

- 2 pounds butternut squash, 1 inch cubes
- 2 Tbsp olive oil
- Salt and pepper, to taste

Pine nuts, pepitas, and garlic:

- ¼ cup pine nuts
- ¼ cup pepitas
- 1 Tbsp olive oil
- 3 garlic cloves, chopped
- 2 Tbsp finely chopped fresh sage

Beans and greens:

- 1 15.5oz can Garbanzo beans, drained and rinsed
- 1 Tbsp finely chopped fresh sage, divided
- 4 cups power greens
- ½ cup water

Quinoa:

- 1 cup quinoa
- 1 cup water
- ½ tsp. turmeric
- ½ tsp. ginger powder

Optional Toppings:

- Pecorino or Parmesan cheese
- Pomegranate seeds
- Red chili peppers
- Nutritional yeast
- Olive oil

INSTRUCTIONS:

- 1). Preheat oven to 430° and prepare rimmed baking sheet with parchment paper.
- 2). Rinse quinoa under cold running water. In an Instant Pot, mix quinoa, water, turmeric, and ginger powder. Select the MANUAL button and cook on high for 1 minute. Allow to natural release, fluff before serving.
- 3). Evenly distribute squash on baking sheet and drizzle with oil, salt, and pepper. Bake for 45 minutes or until squash is tender and color is slightly brown.
- 4). In medium-large skillet, heat olive oil and garlic. Once fragrant, add sage, pine nuts, and pepitas (pumpkin seeds). Cook until pine nuts are lightly browned.
- 5). Place cooked ingredients from skillet in a bowl and set aside.
- 6). In same skillet, add garbanzo beans and sage. Cook on medium heat for 2-3 minutes. Stir in the power greens and water, then cover with lid to steam the greens.

Assembling your salad:

Layer in the following order: quinoa, garbanzo beans dish, pine nuts dish, and toppings...




Say hello to POWER GREENS

HOW DO POWER GREENS HELP OUR BODY?


"Power Greens" include kale, swiss chard, and spinach; this combo packs a powerful punch of vitamins and minerals including the following:

- Calcium, found in KALE: Helps keep your bones and teeth healthy
- Vitamin C, found in SWISS CHARD: Helps heal cuts and wounds; keeps teeth and gums healthy
- Iron, found in SPINACH: Transports oxygen in the blood to deliver it to all the body's cells


Fun Facts



In the 1930's U.S. spinach growers credited the character Popeye with a 33% increase in spinach consumption, a welcome boost to an industry during the depression era



One serving of kale has more absorbable calcium than a small carton of milk



Swiss Chard is not Swiss—it originated in the Mediterranean

Make your Own COLCANNON

INSTRUCTIONS:

- 1). Boil potatoes in large pot of water until tender.
- 2). While potatoes are cooking, sauté garlic and onions in olive oil on medium heat in saucepan until onions are translucent.
- 3). Add cabbage to onions and garlic and cook for about 5 minutes, or until wilted.
- 4). Place potatoes in large bowl and mash with milk and butter until smooth.
- 5). Add cabbage mixture and mash a little more.
- 6). Season with salt and pepper.

INGREDIENTS:

- 6 large russet potatoes (peeled & cubed)
- 1 onion (chopped)
- 1/2 head cabbage (chopped)
- 1/3 cup butter
- Olive oil
- 4 cloves garlic
- 1/2 cup milk
- Salt & pepper



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Say hello to POTATOES

HOW DO POTATOES HELP OUR BODY?

Potatoes include:

- Vitamin C: Helps heal cuts and wounds and keeps teeth and gums healthy
- Potassium: Helps maintain a healthy blood pressure and heart
- Fiber: Promotes good digestion
- Niacin: Helps the body turn food into energy

Fun Facts

According to the USDA, Americans eat 112 pounds of potatoes a year

Colcannon is an Irish dish of mashed potatoes and cabbage. The word colcannon comes from a Gaelic term meaning white-headed cabbage.

Potatoes are the most popular vegetable in the U.S.

make your own GREEN BEAN & WALNUT CASSEROLE

INGREDIENTS:

- Kosher salt, to taste, plus 1 tsp
- 2 lb. green beans, trimmed
- 8 Tbs. (1 stick) unsalted butter
- 8 shallots, thinly sliced
- 8 oz. wild mushrooms, brushed clean, stemmed, and roughly chopped
- Freshly ground pepper, to taste
- 1 cup toasted walnuts, chopped



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INSTRUCTIONS:

- 1). Bring a large pot of water to a boil. Generously salt the water, add green beans and cook until tender, about 5 minutes.
- 2). Transfer beans to a bowl of ice water to stop the cooking. Drain and set aside.
- 3). In a large pan over medium heat, melt butter and cook until the milk solids turn golden brown, about 5 minutes. Add shallots and cook, stirring occasionally, until tender, about 5 minutes.
- 4). Add the mushrooms and cook, stirring often, until tender, 5 -7 minutes. Stir in 1 tsp. salt and season with pepper. Stir in green beans and walnuts and cook until the beans are warmed through.
- 5). Taste and adjust the seasonings with salt and pepper. Enjoy!



Say hello to GREEN BEANS & WALNUTS

HOW DO GREEN BEANS HELP OUR BODY?

Green Beans include:

- Vitamin A: Helps heal cuts and wounds; keeps teeth and gums healthy
- Folate: Helps make new blood cells and DNA

Fun
Facts

Bean pods can be green, yellow, purple or even speckled with pink

HOW DO WALNUTS HELP OUR BODY?

Walnuts include:

- Omega-3 fats: Reduce inflammation and act as messengers in the central nervous system



99% of the walnuts grown in the U.S. are grown in California's Central Valley

Walnut trees take about 5 years before they are considered productive, after which they produce an annual crop for 30 to 40 years

Make your Own HASSELBACK BUTTERNUT SQUASH

INGREDIENTS:

- 1 butternut squash or 2-3 smaller honeynut squash (about 3 lbs total)
- 1 Tbsp olive oil
- Kosher salt
- Ground pepper
- 1 Fresno chili, thinly sliced
- 1/4 cup maple syrup
- 3 Tbsp unsalted butter
- 2 Tbsp apple cider vinegar
- 6-8 dried bay leaves

INSTRUCTIONS:

- 1). Move a rack to upper third of oven and preheat to 425°.
- 2). Prep the squash. Slice squash lengthwise, scoop out seeds and peel just until you see the deep orange color. Rub-a-dub-dub the olive oil all over the squash and sprinkle with salt and pepper. Place squash in a pan and roast until just starting to soften for about 15-18 minutes (a paring knife should easily slip in only about 1/4").
- 3). While the squash roasts, bring chili, maple syrup, butter, and vinegar to a simmer in a small saucepan over medium-high, stirring occasionally. Remove chili as soon as desired heat level is reached (set aside for serving), until just thick enough to coat spoon, 6-8 minutes. Reduce heat to very low and keep glaze warm.

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- 4). Transfer squash to a cutting board and let cool slightly. Using a sharp knife, score rounded sides of squash halves crosswise, going as deep as possible but without cutting all the way through.
- 5). Return squash to baking dish, scored sides up, and tuck bay leaves between a few of the slices; season with salt and pepper.
- 6). Roast squash, basting with glaze every 10 minutes or so. Use a pastry brush to lift off any glaze in dish that is browning too much, until tender and glaze forms a rich brown coating, approximately 45–60 minutes.
- 7). Serve topped with reserved chilis.

Say hello to BUTTERNUT SQUASH

HOW DOES BUTTERNUT SQUASH HELP OUR BODY?

Butternut Squash includes:

- Beta carotene: Your body turns this into vitamin A, which is a natural defense against illness, helps you see in low lighting, and keeps skin and mucus membranes healthy
- Protein: Helps cells divide, this comes in handy when re-building stronger muscles and bones
- Vitamin C: Protects your cells, helps heal wounds, and keeps skin, blood vessels, bones, and cartilage healthy
- Vitamin B6: Helps the body use and store energy from food, as well as makes hemoglobin which is in red blood cells and is responsible for carrying oxygen to the whole body
- Fiber: Regulates the use of sugars in your body, which keeps hunger and blood sugar stable
- Magnesium: Turns our food into energy and is important for bone health
- Potassium: Helps control the balance of fluid in the body as well as helps the heart muscle function

Fun Facts

The heaviest butternut squash ever recorded weighed 1,844.5 lbs!

The seeds inside a butternut squash can be roasted and eaten similar to those of a pumpkin!

A single cup of butternut squash provides more vitamin A than most people need in a day (457% of the daily value, to be exact)

Make your Own STUFFING

INGREDIENTS:

- 3/4 cup (1 1/2 sticks) butter plus more for greasing dish
- Approximately 1 pound day-old bread (French, country loaf, baguette, etc.)
- 2 1/2 cups chopped onions
- 1 1/2 cups 1/4" sliced celery
- 1/2 cup chopped fresh parsley
- 2 Tbsp chopped fresh sage
- 1 Tbsp chopped fresh rosemary
- 1 Tbsp chopped fresh thyme
- 2 tsp sea salt
- 1 tsp freshly ground pepper
- 2 1/2 cups chicken or vegetable broth
- 2 large eggs

INSTRUCTIONS:

- 1). Preheat oven to 250°F. Butter a 13x9x2" baking dish and set aside. Scatter bread in a single layer on a rimmed baking sheet. Bake, stirring occasionally, until dried out, about 1 hour. Let cool; transfer to a very large bowl.
- 2). Melt 3/4 cup butter in a large skillet over medium-high heat; add onions and celery. Stir often until just beginning to brown, about 10 minutes. Add to bowl with bread; stir in herbs, salt, and pepper. Drizzle in 1 1/4 cups broth and toss gently. Let cool.
- 3). Preheat oven to 350°F. Whisk 1 1/4 cups broth and eggs in a small bowl. Add to bread mixture; fold gently until thoroughly combined. Transfer to prepared dish, cover with foil, and bake 40-45 minutes.
- 4). Remove foil, continue to bake until set, and top is browned and crisp, another 40-45 minutes.

To make ahead: Cool and refrigerate after first 40-45 minutes of baking. Finish baking next day, uncovered, approximately one hour.

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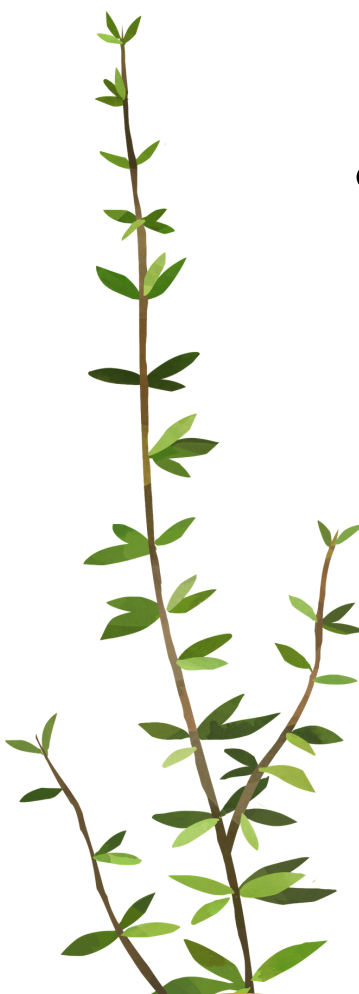


Say hello to FRESH HERBS


HOW DO FRESH HERBS HELP OUR BODY?

Fresh herbs are rich in vitamins and antioxidants. The herbs used in our stuffing recipe include the following:


- Vitamin K, found in PARSLEY: Prevents excessive bleeding (aids with blood clots) and maintains healthy bones
- Vitamin C, found in THYME: Helps heal cuts and wounds and keeps teeth and gums healthy
- Iron, found in ROSEMARY: Transports oxygen in the blood to deliver it to all the body's cells
- Antioxidants, found in SAGE: Antioxidants are molecules that help fortify your body's defenses, neutralizing potentially harmful free radicals that are linked to chronic diseases




Ancient Greeks used to sprinkle thyme in their baths. When one "smelled of thyme", it meant that the person was stylish, refined, and elegant



Bundled sprigs of rosemary make a flavorful basting brush for marinades



Parsley is a great companion plant for roses. It attracts hoverflies, which eat aphids, as well as intensifying their floral fragrance



The botanical name for sage is *salvia officinalis*—from the Latin word "salvere"—the name means "to save" and refers to its alleged curing properties

*Fun
Facts*