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| **Butternut Squash Soup w/avocado, lime & basil relish** |
| Ingredient Name | Amount |
| Butternut Squash | 2 Cup (cup) |
| Chicken/Veggie broth | 4 Cup (cup) |
| Marjoram Dried | 1 Tablespoon (tbsp) |
| Black Pepper(Fresh Ground) | To Taste |
| Red Onion | 1/2 Cup (cup) |
| Olive Oil | 2 Tablespoon (tbsp) |
| Grape tomatoes | 1 Cup (cup) |
| Basil(fresh) | 3 Tablespoon (tbsp) |
| avocado | 1 Whole (whole) |
| Lime Juice (Fresh) | 2 Tablespoon (tbsp) |
| Cream Cheese | 8 Ounce (oz) |

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| **Spaghetti Squash roasted red pepper sauce and beef & turkey meatballs** |
| Ingredient Name | Amount |
| Ground Turkey | 1 Pound (lb) |
| ground beef | 1 Pound (lb) |
| Meatloaf Seasoning | 1/2 Cup (cup) |
| green bell pepper | 1 Whole (whole) |
| onion | 2 Whole (whole) |
| garlic fresh | 4 Tablespoon (tbsp) |
| Spaghetti squash | 1 Whole (whole) |
| oilive oil | 2 Tablespoon (tbsp) |
| diced tomatoes(canned) | 2 Cup (cup) |
| Oregano(dried) | 1 Teaspoon (tsp) |
| red pepper flakes | 1/4 Teaspoon (tsp) |
| Basil(fresh) | 1/2 Cup (cup) |
| salt | To Taste |
| pepper | To Taste |
| Red Sweet Pepper | 2 Whole (whole) |
| egg | 1 Each (each) |

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| **Garden Salad** |
| Ingredient Name | Amount |
| Iceberg Lettuce | 1 Head (head) |
| Cherry Tomatoes | 1/2 Cup (cup) |
| Carrot | 1 Whole (whole) |
| shredded cheese | 1/2 Cup (cup) |

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| **Ranch Dressing** |
| Ingredient Name | Amount |
| Garlic | 1 Whole (whole) |
| Kosher Salt | 1/4 Teaspoon (tsp) |
| Lemon juice | 2 Tablespoon (tbsp) |
| Sour Cream | 1/2 Cup (cup) |
| Parsley Dried | 1 Tablespoon (tbsp) |
| Dill Dried | 1 Tablespoon (tbsp) |
| Fresh Chives | 1 Tablespoon (tbsp) |
| Worchestershire Sauce | 1 Teaspoon (tsp) |
| Black Pepper | 1/2 Teaspoon (tsp) |
| White Vinegar | 1/2 Teaspoon (tsp) |
| Skim Milk | 1/4 Cup (cup) |

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| **Southwest Sweet Potato Chili** |
| Ingredient Name | Amount |
| Ground Turkey | 1 Pound (lb) |
| Onion | 1/2 Cup (cup) |
| Garlic | 2 Tablespoon (tbsp) |
| Rotel w/green chilis | 10 Ounce (oz) |
| Tomato Sauce | 8 Ounce (oz) |
| Water | 3/4 Cup (cup) |
| Cumin | 1 Teaspoon (tsp) |
| Chili Powder | 1/2 Teaspoon (tsp) |
| Paprika | 1/2 Teaspoon (tsp) |
| Oregano(dried) | 1/2 Teaspoon (tsp) |
| sweet potato | 1 Whole (whole) |
| Cilantro(Fresh) | 1/4 Cup (cup) |

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| **Black Bean & Guacamole Burritos** |
| Ingredient Name | Amount |
| Avocado | 2 Whole (whole) |
| Red Onion | 1/4 Cup (cup) |
| Tomato(Fresh) | 1/2 Cup (cup) |
| Brown Rice | 1 Cup (cup) |
| Black Beans (canned) | 1 Cup (cup) |
| Monterey Jack Cheese | 1/2 Cup (cup) |
| Lime Juice (Fresh) | 2 Tablespoon (tbsp) |
| Garlic Fresh | 1 Tablespoon (tbsp) |
| Whole Wheat Tortillas | 8 Whole (whole) |

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| **Spiralized YellowSquash w/Basil and Mint Pesto** |
| Ingredient Name | Amount |
| Yellow Squash | 1 Pound (lb) |
| Basil(fresh) | 1/4 Cup (cup) |
| Mint(Fresh) | 1/4 Cup (cup) |
| olive oil | 1/4 Cup (cup) |
| walnuts | 3 Tablespoon (tbsp) |
| Parmesan Cheese Fresh | 1/4 Cup (cup) |
| onion | 1/4 Cup (cup) |
| olive oil | 2 Tablespoon (tbsp) |