

# Roasted Butternut Squash Soup

## Ingredients:

- 5 cups cubed butternut squash, skin removed (~1 small butternut squash)
- 2 cups carrots (peeled and cut on an angle into ~1-inch slices)
- 1/2 medium white or yellow onion, sliced (~1 cup or 120 g)
- 5 cloves garlic, peeled (left whole or slightly crushed)
- 2 tsp avocado oil (if oil-free, sub a bit more maple syrup and/or a little vegetable broth)
- 2 tsp maple syrup
- 1 healthy pinch each sea salt & black pepper
- 1 ½ – 2 cups vegetable broth
- 2/3 cup light coconut milk, plus more for serving (or sub cashew milk)
- 1/4 tsp ground cinnamon
- 1 pinch nutmeg (optional)
- 1 pinch cayenne (optional)
- Toasted croutons (see notes for instructions)
- Toasted pumpkin seeds (pepitas)

View the full recipe at [\*\*minimalistbaker.com\*\*](https://minimalistbaker.com)



Cook time

50 minutes

Servings

6

Calories

141

Protein

2.9g

## Garlic Roasted Salmon & Brussels Sprouts

### Ingredients:

- 14 large cloves garlic, divided
- ¼ cup extra-virgin olive oil
- 2 tbsp finely chopped fresh oregano, divided
- 1 tsp salt, divided
- ¾ tsp freshly ground pepper, divided
- 6 cups Brussels sprouts, trimmed and sliced
- ¾ cup white wine, preferably Chardonnay
- 2 lbs wild-caught salmon fillet, skinned, cut into 6 portions
- Lemon wedges

View the full recipe at  
**[eatingwell.com](https://www.eatingwell.com)**



Cook time

45 minutes

Servings

6

Calories

334

Protein

33g



## Grilled Pork Tenderloin with Carrots and Chermoula

### Ingredients:

- 1 1/2 tbsp kosher salt
- 1 tbsp paprika
- 1/2 tbsp freshly cracked black pepper
- 1 tbsp garlic powder
- 6 large carrots peeled and cut in half lengthwise
- 1/3 cup extra virgin olive oil
- 2.5 lb pork tenderloin
- ¼ cup cilantro, minced
- 2 tbsp mint leaves, minced
- 1 tsp ground cumin
- 3 garlic cloves, minced
- 1 tbsp fresh squeezed lemon juice

View the full recipe at  
[themodernproper.com](https://themodernproper.com)



Cook time

20 minutes

Servings

10

Calories

266

Protein

33g