

# Recipes Cooking as Self-Care

## Autumn Roasted Vegetable Salad

### Ingredients

Yields 4 servings

1 small butternut squash, chopped  
2 apples, chopped  
1/2 red onion, chopped  
1 cup brussel sprouts, chopped  
2 tbsp olive oil  
1/4 cup feta cheese  
1/4 tsp cardamom  
chopped parsley, garnish  
salt and pepper

### Instructions

1. Preheat oven to 400 °F
2. Lay chopped squash, apples, brussel sprouts and onions on a baking sheet. Drizzle with oil and add cardamom, salt, and pepper. Mix thoroughly.
3. Roast for 45-50 minutes, tossing every 15 minutes.
4. Let veggies cool for five minutes.
5. Add veggies to a bowl, combine with feta and chopped parsley.
6. Serve immediately.



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## Hocus Pocus Punch

### Ingredients

Yields 6 servings

6 cups of apple cider  
2 cups cranberry juice  
2 (12 oz) cans orange seltzer  
1/4 cup maraschino cherry juice  
2 oranges, sliced  
2 apples, sliced  
1/3 cup maraschino cherries  
1 cup ginger ale or ginger beer

Optional: 1 cup liquor of choice (recommend vodka, bourbon, or tequila)

### Instructions

1. Combine the apple cider, cranberry juice, orange seltzer, ginger ale, cherry juice, and optional liquor into pitcher or large bowl.
2. Add cherries, orange slices, apple slices. Stir and serve!



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\*Recipes adapted from How Sweet Eats



# More Info Cooking as Self-Care

## Shopping List

### Salad Ingredients

1 butternut squash  
2 medium apples  
1 red onion  
8 oz brussel sprouts  
1 bunch of parsley  
1/4 cup feta cheese  
2 tbsp olive oil  
cardamom spice  
salt  
black pepper

### Punch Ingredients

6 cups apple cider  
2 cups cranberry juice  
2 (12 oz) cans orange  
seltzer  
1 (12 oz) can ginger ale  
1 jar maraschino  
cherries  
2 medium apples  
2 large oranges  
1 cup hard liquor of  
choice (bourbon,  
vodka, tequila)

## Nutrition Information

### Autumn Roasted Vegetable Salad

Calories: 214      Total Fat: 13 g  
Protein: 4 g      Carbohydrates: 25 g  
Dietary Fiber: 4 g      Sugars: 11 g

### Hocus Pocus Punch

Calories: 150      Total Fat: 0 g  
Protein: 0 g      Carbohydrates: 35 g  
Dietary Fiber: 0 g      Sugars: 33 g

\*Optional 1.5 oz alcohol per serving adds  
103 calories, 10 g carbohydrates and  
1 g sugar

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## Additional Tips and Suggestions

### 1. Make your salad a meal

Add a lean protein, such as grilled chicken, chickpeas, baked tofu, or roasted pumpkin seeds!

### 2. Save time and money

Purchasing frozen brussel sprouts and butternut squash can cut down on preparation time and money spent. You will still create a healthy dish!

### 3. Make it your own

Not a fan of brussel sprouts? Switch them for broccoli or kale. Don't love orange seltzer? Use your favorite flavor!

### 4. Be mindful of the sugar

Swapping ginger seltzer for the ginger ale is a great way to decrease the punch's sugar content.

### 5. Keep it safe

Your salad will keep fresh for up to one week stored in the refrigerator.



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Nutrition information is approximate and  
calculated using SparkPeople.com