



The Dreyer Flyer Week 22: Oct. 20th & 23rd

Small: Goat Cheese, Eggplant, Apples, Spinach, Brussels Sprouts, Butternut Squash, Cabbage, White Sweet Potatoes

Medium: Goat Cheese, Eggplant, Apples, Spinach, Brussels Sprouts, Butternut Squash, Cabbage, White Sweet Potatoes

BAM: Goat Cheese, Eggplant, Apples, Spinach, Butternut Squash, White Sweet Potatoes

Market: Goat Cheese, Eggplant, Apples, Spinach, Butternut Squash, White Sweet Potatoes, Nicola's Pasta Fresca Frozen Pasta, Parmesan, Orange, Sage, Cream

Wellness Tip from Patty: Routine

If you are struggling to create a routine, try adding it to something you already do.

Think of something you do every day:

Brush your teeth

Make a pot of coffee

Walk the dog

Now add on to that routine:

Before or after you brush your teeth do 10 pushups

While you are waiting for your coffee to brew sit and meditate

After you walk the dog do a 10 minute yoga stretch

It's a simple way to incorporate a new routine into your day.

“The secret to change is focusing all your energy, not on fighting the old, but building the new.”

-Socrates

Butternut Squash, Spinach & Goat Cheese Lasagna by

delscookingtwist.com

Ingredients

- 1 box oven-ready lasagna noodles (or fresh lasagna)
- 1 butternut squash, peeled, seeded and cubed (about 6 cups/850g)
- 2 Tablespoons extra virgin olive oil
- Salt and black pepper
- 6 Tablespoons (80g) unsalted butter
- 2 cloves garlic, minced
- 8–10 fresh sage leaves + extra for serving
- 1 sprig fresh rosemary + extra for serving
- 1/4 cup (30g) all-purpose flour
- 2 cups (50 cl) vegetable broth, lukewarm
- 2 cups (50 cl) whole milk, lukewarm
- 1/4 teaspoon nutmeg, freshly grated
- 1 cup (250g) whole milk ricotta cheese, at room temperature
- 2 cups (500g) fresh goat cheese, at room temperature, divided + extra to sprinkle
- 1 cup (130g) shredded cheese (such as shredded mozzarella), to sprinkle
- 4–5 cups (120-150g) fresh baby spinach

Instructions

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a large mixing bowl, toss together the diced butternut squash with olive oil, salt and pepper. Transfer to the prepared baking sheet and roast in the oven for 25-30 minutes or until tender, stirring every so often to ensure squash is roasted evenly.
3. Transfer to a shallow dish and mash the roasted butternut squash with a fork. Stir in the ricotta with 1 cup of the fresh goat cheese. Season with salt and pepper and stir well.
4. Prepare the bechamel: heat the butter in a large skillet over medium heat. Add

minced garlic, sage, rosemary, and cook until the butter begins to brown, about 2-3 minutes. Remove the sage and rosemary from the skillet. Whisk in the flour and cook for about 1 minute. Slowly pour in the milk and broth, whisking until combined. Add the nutmeg, salt and pepper. Taste to adjust seasoning as needed.

5. Bring bechamel to a boil and stir for a couple of minutes. Add the remaining cup of goat cheese and stir until melted. Add spinach and stir until wilted. Remove from the heat and set aside.

6. Lightly butter a 8×8 inch (21,7 cm) baking dish. Spread one layer of the bechamel with spinach in the bottom of the dish, cover with lasagna sheets, and spread a layer of the mashed butternut squash. Sprinkle some grated cheese and extra goat cheese on top, and cover with more bechamel.

7. Add another layer of lasagna and repeat: spread one layer of mashed butternut squash, sprinkle some cheese over, add one layer of bechamel. Repeat one more time if needed, and finish with a layer of bechamel. Sprinkle the remaining grated cheese on top and bake for 45 minutes or until slightly golden-brown in surface. Let stand 5 minutes and enjoy!

Apple Spinach Salad by

gimmesomeoven.com

Ingredients

- 10 ounces baby spinach
 - 2 large apples, cored and thinly-sliced
 - half a small red onion, peeled and thinly-sliced
 - 1 cup walnut halves, toasted (or pecans)
 - 2/3 cup dried cranberries
 - 5 ounces goat cheese, crumbled
 - 1 batch apple cider vinaigrette
- CHAMPAGNE VINAIGRETTE
INGREDIENTS:

- 1/3 cup extra virgin olive oil
- 1/4 cup champagne vinegar (or apple cider vinegar)
- 2 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- 1 garlic clove, peeled and minced
- a generous pinch of salt and black pepper
- (optional) 1 tablespoon honey or maple syrup, to sweeten

Instructions

1. Add spinach, apples, red onion, walnuts, dried cranberries, and half of the goat cheese to a large bowl. Drizzle with the vinaigrette, and toss to combine.
2. Serve immediately, garnished with the remaining goat cheese.

TO MAKE THE CHAMPAGNE VINAIGRETTE:

1. Add all ingredients together in a bowl and whisk to combine. Or, add all ingredients to a mason jar, cover, and shake to combine.

Butternut Squash, Spinach, Goat

Cheese Pasta *by camillestyles.com

Ingredients

- 2 cups cubed butternut squash
- 2 teaspoons extra-virgin olive oil, plus more for drizzling at end
- kosher salt and freshly ground black pepper, to taste
- 1 pound paccheri (or other large tube shaped pasta)
- 6 cups baby spinach
- 4 ounces goat cheese crumbles (reserve a little for garnish)
- 1/2 cup toasted pine nuts (reserve a little for garnish)
- grated Parmesan cheese
- optional garnish: a few sage leaves

Brown butter sauce:

- 1/2 cup butter (1 stick)

- 2 tablespoons chopped fresh sage leaves
- zest and juice of 1 orange
- 2 tbsp cream
- 1/4 teaspoon kosher salt, plus more to taste
- 1/4 teaspoon freshly ground black pepper, plus more to taste

Instructions

1. Preheat the oven to 400 degrees. Toss the butternut squash with olive oil, salt & pepper, then transfer to a parchment-lined baking sheet and roast for 25 – 30 minutes, until golden brown on the edges and tender on the inside.
2. Bring a large pot of salted water to a boil. Meanwhile, melt the butter in a large, heavy skillet over medium heat. Add the sage, zest, & juice, and let cook until the butter starts to brown, about 3 minutes. Add cream & let warm 1 more minute. Turn the heat off and season with salt, and pepper.
3. Cook pasta according to package directions. Drain, then return to pot and toss with spinach, roasted squash, and goat cheese. Transfer to a serving bowl or platter, and top with remaining goat cheese, pine nuts, & parmesan. Drizzle the brown butter sauce over the entire dish, garnish with a few sage leaves, and eat!

Creamed Spinach Stuffed Butternut Squash by simply-delicious-food.com

Ingredients

- 2 butternut squash halved
 - 2 tsp salt
 - 1 cup boiling water
- #### FOR THE CREAMED SPINACH
- 1 onion finely chopped
 - 2 garlic cloves crushed
 - 750 g (1½ lbs) baby spinach washed
 - 2 tbsp flour
 - 1 cup milk

- ½ cup cream
- salt and pepper to taste
- ½ cup mozzarella cheese grated
- 4 tbsp grated Parmesan cheese

Instructions

1. Preheat the oven to 180°C/350°F.
2. Place the halved butternut squash into a deep roasting pan then season with the salt.
3. Pour the boiling water into the pan and cover with foil.
4. Place in the oven and allow to roast for 30-45 minutes until soft. Once roasted, scoop out the seeds and some of the flesh. Set aside.
5. While the butternut is roasting, make the creamed spinach. Saute the onion and garlic in 2 tsp of olive oil until soft and translucent.
6. Add the spinach and cook until wilted then add the flour and stir into the spinach. Pour in the milk and stir until the sauce is smooth then add the cream. Allow to simmer gently for 7-10 minutes or until the sauce is thick and smooth. Season to taste and remove from the heat. Allow to cool for 10-15 minutes before adding the mozzarella cheese.
7. Once the butternut is roasted, spoon the creamed spinach into the hollows of each butternut and top with Parmesan cheese.
8. Place back in the oven and allow to cook until the tops are golden brown, approximately 10 minutes.
9. Remove from the oven and serve

Roasted Brussels Sprouts by

wellplated.com

Ingredients

- 1 1/2 pounds Brussels sprouts trimmed and halved
- 4 cloves garlic very roughly chopped (leave the pieces a bit chunky; add more if you live in a house of garlic lovers)
- 1 ½ tablespoons extra-virgin olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 tablespoons freshly ground or grated parmesan

Instructions

1. Place a rack in the upper third of your oven and preheat the oven to 400 degrees. Place the Brussels sprouts and garlic in the center of a large rimmed baking sheet. Drizzle with the olive oil and sprinkle with salt, pepper, and any other desired spice additions. Gently mix until the Brussels sprouts are evenly coated, then spread them into a single layer on the baking sheet. For even better crisping, flip the Brussels sprouts so that they are all cut sides down.
2. Bake for 10 minutes, then remove from the oven and stir in the parmesan cheese. Continue baking 10 to 20 additional minutes, until the Brussels sprouts are lightly charred and crisp on the outside and tender in the center. The outer leaves will be very dark too. Watch carefully towards the end of the baking time, as the cooking time will vary based on the size of your sprouts. Remove from the oven. Season with additional salt and/or pepper to taste. Enjoy immediately or at room temperature.

*Denotes market box meal

