RAINBOW
eat the rainbow!
DELICIOUS

Butternut Squash Vegetarian Recipes from Oh My Veggies!

Slow Cooker Butternut Squash Chili with Porter
Roasted Butternut Squash Panini
Butternut Squash and Spinach Polenta Bowls
Butternut Squash and Champagne Risotto
Vegetarian Pasta Carbonara with Roasted Butternut Squash

Produce
- ☐onion (1 medium) (1/2 C)
- ☐jalapeno (1)
- ☐butternut squash (1 small) (1 medium) (1 large) (2 C) (1 medium)
- ☐avocado (topping)
- ☐red onion (1 medium)
- ☐garlic cloves (2) (2) (4)
- ☐baby spinach leaves (3 C) (2 C)
- ☐button mushrooms (8 oz)
- ☐lemon (1/2 for zest)

Herbs
- ☐cilantro (topping)
- ☐sage (1/3 C)

Spices
- ☐chili powder (2 T)
- ☐ground cumin (1 T)
- ☐ground coriander (1/2 t)
- ☐ground cinnamon (1/8 t)
- ☐rosemary (1 t)
- ☐fresh thyme leaves (1 t)

Dairy
- ☐cheddar (topping)
- ☐sour cream (topping)
- ☐fresh mozzarella (7 oz)
- ☐milk (1 C)
- ☐parmesan cheese (1/4 C) (1/2 C) (1 C)
- ☐eggs (4 large)

Pasta & Grains & Seeds
- ☐coarse polenta (1 C)
- ☐pumpkin seeds (garnish)
- ☐orecchiette pasta (1 lb)
- ☐arborio rice (1 C)

Vegetarian *Meat*
- ☐vegetarian bacon (6 oz)

Bread & Tortillas
- ☐whole wheat or sourdough (8 thick slices)

Pantry Items
- ☐porter beer (1 C)
- ☐diced tomatoes (28 oz)
- ☐black beans (3 C)
- ☐tortilla chips (topping)
- ☐olive oil (1 T+) (2 T) (3 T) (4 T)
- ☐champagne (1/2 C- or white wine)

Extras
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