



# *Easy Eats for a Fit & Fabulous Fall*





# MEET MARISSA POWERS

- National Board-Certified Health & Wellness Coach
- Owner of Powers Health & Wellness LLC
- M.S. Health Sciences, Dietetics
- B.S. Culinary Arts, Nutrition
- Culinary Specialist
- Certified Food Protection Manager



# What we're working on



**Celebrate the season with wholesome, simple recipes.**

**Learn how to use fall produce and create balanced, beautiful dishes.**

**See why these ingredients are both delicious and nutritious.**

# What's Cooking?



Harvest Vegetable Bowl



Cran Maple Pork Tenderloin



Butternut Squash & Lentil Mac

# Harvest Vegetable Bowl

- 1 acorn squash
- 1 medium carrot
- 1 small beet
- 1 cup brussels sprouts
- 2 tbsp olive oil
- ½ tsp pumpkin pie spice
- salt & pepper
- 1 small granny smith apple
- ½ cup cooked October beans
- ½ cup cooked farro
- 1 tbsp pecans
- 1 tbsp dried cranberries

## OH NO! SCENARIO



*You've made too much filling for the Harvest Vegetable Bowl!*

*You only had a medium beet, a large carrot, and you accidentally doubled the grains. Now you have a huge bowl of extra filling.*

*What's one thing you can do with all the leftovers?*

# Cran Maple Pork Tenderloin

## For the Pork:

- 2 pork tenderloins
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper

## For the Cranberry-Maple Glaze:

- 1/3 cup cranberry sauce
- 1/3 cup pure maple syrup
- 2 tbsp Apple Cider Vinegar
- 2 tsp Dijon mustard
- 1/2 tsp dried sage
- 1/2 tsp ground ginger

# OH NO! SCENARIO

You ALWAYS share your meal with your Cat.

But, Frisky was just diagnosed as diabetic so you're watching her sugar intake very carefully.

What's one way you might reduce the sugar in the cran maple glaze to ensure she is still able to enjoy it?



# Butternut Squash & Lentil Mac

- 1 lb short-cut pasta
- 1 tbsp olive oil
- 1 small yellow onion
- 2 cloves garlic
- 1 cup red lentils
- 3 cups low sodium vegetable broth
- 1 cup pureed butternut squash
- 1/2 cup nutritional yeast
- salt
- pepper



Q&A



# THANK YOU, DFAS!

Marissa Powers MHS, NBC-HWC  
Certified Health Coach, Wellness Educator

Contact:

[Marissa@PowersHealthAndWellness.com](mailto:Marissa@PowersHealthAndWellness.com)

[www.PowersHealthAndWellness.com](http://www.PowersHealthAndWellness.com)

571.412.1411