Fall breakfast hash with homemade apple chicken sausage rutabaga and sweet potato
Serves 6-8
1 pound ground chicken, preferably a mix of breast and leg meat without skin
1 teaspoon sea salt
1 teaspoon Italian seasoning
½ teaspoon fennel seed
½ teaspoon ground garlic
½ teaspoon onion powder
½ teaspoon ground ginger
1/8 teaspoon ground cinnamon
2 tablespoons pure maple syrup
1 medium organic apple, grated on large hole of a box grater, preferably peeled if not organic
1 yellow onion diced
3 cloves of garlic, minced
2 medium sweet potatoes diced into small pieces about 1/2 inch
1 small rutabaga, peeled and diced into small pieces about 1/2 inch
1 teaspoon smoked paprika
Salt and pepper
6-8 eggs

1. Preheat your oven to 400 degrees.
2. In a mixing bowl, combine the ground chicken with salt, Italian seasoning, fennel seed, garlic, onion, ginger, cinnamon, maple syrup and grated apple, mix well.
3. Heat a large oven safe stainless steel or cast iron pan, once hot, coat pan with oil. Crumble the sausage mixture into the hot pan and cook until browned. Remove from pan and set aside.
4. Add more oil into the pan if needed, add in onion and garlic, cook just until onions begin to brown, then add in sweet potato, rutabaga, and sweet potato, stir and then place a lid on top of the pan and cook until sweet potatoes soften try not to let it brown to much because you will finish it in the oven. Season with salt and pepper.
5. Remove lid from pan and stir in the chicken sausage.
6. “Dig” 6-8 cavities in the pan and then crack an egg in each hole. You might need to split the hash between two pans or pour it into a larger baking pan to ensure there’s enough room for the eggs.
7. Place the hash with eggs in the oven for 10-12 minutes or until egg is set. You can also cook the eggs in the pan on the stove as long as you cover the lid of the pan!

Stuffed squash with Mustard greens, mushrooms and farro
Serves 4

4 acorn squash
1 Tablespoon olive oil
2 teaspoons butter (optional, or more olive oil)
1 small onion diced; about 1 cup
3 cloves of garlic minced, about 1 tablespoon
8 ounces cremini mushrooms diced
1 teaspoon italina seasoning
1 cup farro uncooked
2 2/3 cup chicken stock, more as needed
1 15 oz cannellini white beans, rinsed and drained; about 1 1/2 cups, or bean of choice
4-5 cups Green such as Curly Kale, mustard greens, collard greens, spinach etc, blanched and squeezed dry
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 cup shredded parmesan, feta or nutritional yeast

1. Preheat your oven to 400 degrees. Line a large baking sheet with parmenst paper or foil.
2. Cut the acorn squash in half from the stem to the bottom, scoop out the seeds and pulp and discard. Place the acorn squash cut side down on the prepared baking sheet, drizzle with some olive oil and sprinkle a little salt, roast for 35-40 minutes or until tender, a knife should easily pierce through when done.
3. Meanwhile make the faro filling; heat the oil and butter in a pot with a fitted lid until butter is melted. Add onions and garlic into pot and cook until onions are translucent. Add mushrooms and itlian seasoning into onions and cook until mushrooms are soft, stir in farro and cook until farro is toasted. Pour water or stock into pot, bring to a boil, then reduce heat to low and cover pot, cook farro for 30-40 minutes or until your desired texture. Remove from heat, drain if needed then stir in beans and blanched greens.
4. Fill the cooked acorn squash with the farro mixture sprinkle with cheese an and return the acorn squash into the oven and bake for 10-15 minutes.

Pearled Farro: This recipe calls for unpearled farro so it takes about about 40 minutes to cook, pearled farro will take 20 minutes to cook, please adjust the recipe accordingly.

Presoak farro; you can cook the farro for about 10 minutes if you presoak it for at least 12 hours.

Pearled farro; 2:1 water to farro
Regular Farro; 3:1 water to farro
Presoaked farro; 5:1 water to farro