**Menu**

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**SHAKSHUKA**

**MON, SEPT 9TH @ 1:00 PM AND TUES, SEPT 10TH @ 12:00 & 2:00 PM**

Shakshuka is an Israeli dish whose name comes from the word “shake” or “toss” and you can toss the ingredients into the pan to make a delicious meal! As an easy one pot meal, shakshuka can be made for a week’s worth of breakfasts to keep you nourished in your early morning classes.

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**SPAGHETTI SQUASH**

**WED, SEPT 18TH @ 1:00 PM AND THURS, SEPT 19TH @ 12:00 & 2:00 PM**

Looking to step up your pasta game? This fall, give nature’s noodles a try with a fresh take on a classic: Spaghetti Squash Pesto Pasta. Packed with veggies and flavor, this dish is easy to make and perfect for a weekly meal prep. You can easily add any of your favorite pasta toppings to this versatile meal.

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**ORANGE CHICKEN NOODLE BOWL**

**TUES, OCT 1ST @ 12:00 & 2:00 PM AND WED, OCT 2ND @ 1:00 PM**

What’s better than ordering takeout? Making a home-cooked healthier version that tastes just as good as the restaurant version! This sweet and zesty orange sauce can be used with tofu or other meats besides chicken. Orange you excited to cook this recipe? We are!

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**THIS IS HOW WE STEW IT**

**MON, OCT 21ST @ 1:00 PM AND TUES, OCT 22ND @ 12:00 & 2:00 PM**

This plant-based, cozy stew is packed with a blend of Moroccan-inspired spices and nutritious ingredients, perfect for the cooler months of the year. The stew is SOUP-er great, and a great dish to share at family gatherings! It’s an extremely simple dish packed with flavor.

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**LOADED SWEET POTATO**

**WED, NOV 13TH @ 1:00 PM AND TUES, NOV 19TH @ 1:00 & 3:00 PM**

American Thanksgiving is traditionally a celebration of the fall harvest and includes an abundance of delicious foods. This fully loaded sweet potato is a compilation of Thanksgiving favorites that is easy to make and budget friendly. It is easy to make ahead and enjoy as leftovers!

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**A TOAST TO THE END**

**MON, DEC 2ND @ 1:00 PM AND TUES, DEC 3RD @ 12:00 & 2:00 PM**

At the end of the semester everyone needs an easy and nutritious breakfast. Make a TOAST to the end with a few trendy toppings. These recipes are great to use when hosting friends for brunch, game night, or just as a treat-yo-self snack!