



BOISE STATE UNIVERSITY

It's WINTER

Celebrate the arrival of winter by enjoying these delicious, seasonal dishes!



Cozy Recipes

- Roasted Carrots
- Butternut Squash Soup
- Baked Pears



Giving Spirit

It's the season of giving, and giving to others can help us to feel good! Reflect on how you can give back to your family, friends, and community this winter.

Need inspiration? Search for virtual volunteer opportunities online!



Sharing Joy

Spark new conversation with family, friends or roommates with the question of the night:

What's the most thoughtful thing someone has done for you? How did you express your gratitude to them?



Snowy Tunes

Add a soundtrack to your cozy dinner with this [Winter Sounds playlist](#).

This week's recipes are inspired by Delish and the Minimalist Baker.



ROASTED CARROTS

Serves 3-4

INGREDIENTS:

- 5 cups carrots peeled and chopped into angled 1.5 inch pieces
- 2-3 teaspoons oil
- 1 teaspoon maple syrup
- Salt
- Black pepper
- 1 tablespoon fresh or 1 teaspoon dried rosemary or thyme (optional)

INSTRUCTIONS:

1. Preheat the oven to 425 F. Line a baking sheet with parchment paper.
2. Add carrots to the baking sheet and drizzle with oil and maple syrup. Sprinkle with salt, pepper, and herbs. Stir to mix.
3. Cook for 25-35 minutes, or until the carrots are golden brown and slightly caramelized. Toss around 12 minutes to ensure even cooking.



BUTTERNUT SQUASH SOUP


Serves 3-4



INGREDIENTS:

- 1 large butternut squash, peeled and cubed (seeds removed)
- 2 potatoes, peeled and chopped
- 3 tablespoons olive oil
- Salt
- Black pepper
- 1 tablespoon butter
- 1 onion, chopped
- 1 stalk celery, thinly sliced
- 1 large carrot, chopped
- 1 tablespoon fresh or 1 teaspoon dried thyme
- 4 cups vegetable or chicken broth

INSTRUCTIONS:

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1. Preheat the oven to 400 F. Drizzle and toss butternut squash and potatoes with 2 tablespoons of olive oil on a large baking sheet. Sprinkle with salt and pepper. Roast for 25 minutes, or until tender.
 2. While the squash bakes, heat a large pot over medium heat, add butter and remaining tablespoon olive oil. Add the onion, celery, and carrot and cook until softened, about 7 to 10 minutes. Season with salt, pepper, and thyme.
 3. Add roasted squash and potatoes and pour in broth. Simmer for 10 minutes, then using an immersion blender, blend soup until creamy. *If you do not have an immersion blender, carefully transfer small batches of the soup to a blender or food processor.
 4. Garnish with thyme if desired.

BAKED PEARS

Serves 4

INGREDIENTS:

- 4 small to medium pears
- 2 teaspoons melted coconut oil or butter
- 3-4 tablespoons sugar
- 2 tablespoons maple syrup
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon nutmeg
- 1/4 teaspoon ground ginger (or sub fresh)
- 1 tablespoon apple cider vinegar
- 2 tablespoons lemon juice

INSTRUCTIONS:

1. Preheat the oven to 350 F. Halve the pears and remove the core with a small spoon. You can leave or remove the stem. Place cut-side up in a 9×13-inch or similar size baking dish.
2. Top evenly with oil, coconut sugar, maple syrup, cinnamon, nutmeg, ginger, apple cider vinegar, and lemon juice.
3. Flip pears cut-side down and bake uncovered for 20-30 minutes or until tender (a knife inserted should easily slide out.) If pears are larger you may need to bake longer.
4. Remove from the oven, flip cut-side up, and bake for an additional 5 minutes to slightly caramelize the tops.

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