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 ***Eating a warm meal nourishes the body***

 ***Preparing it, nourishes the soul***

**Harvest Flat Bread *with* Sweet Potato Hummus, Caramelized Onions, Goat Cheese and Crispy Sage**

**Ingredients**

* Thin Pizza Shell, Gluten free Pizza Shell or Tortilla
* 2 TBS Goat Cheese
* 6-8 Fresh Sage leaves
* ½ Cup The Energized Body Sweet Potato Hummus(found at Pairings if you don’t want to make)
* ¼ Cup Caramelized Onion
* Olive oil

**Preheat your oven to 400.**

* Roast sweet potatoes
* While the sweet potatoes are roasting make the **Caramelized Onions**

**Caramelized Onions**

*Onions of the sweet variety contain more sugar than other onions, and it is the sugar that caramelizes, giving a deep golden brown color and rich flavor. I always double the batch they are such a delectable treat to add to any dish.*

* 2 TBS organic butter
* 2 large sweet onion (Bermuda, or Vadailia), sliced thin- use a Madeline if you have
* 1/4 teaspoon salt
1. In 12-inch nonstick skillet, melt butter over medium-high heat. Stir in onions to coat with butter. Cook uncovered 10 minutes, stirring every 3 to 4 minutes.
2. Reduce heat to medium-low. Sprinkle salt over onions. Cook 35 to 40 minutes longer, stirring well every 5 minutes, until onions are deep golden brown (onions will shrink during cooking).

**When onions are finished add to the pan at med heat high**

* 1TBS Olive oil
* ¼ cup fresh Sage leaves(about 6-8 leaves)

Sautee until crispy, remove and place on paper towel .

**Finish making the Energized Body Sweet Potato Hummus**

**Sweet Potato Hummus**

*Sweet potatoes' orange glow gives away their beta-carotene content. For the kids try substituting the cumin with cinnamon or try spreading in a whole wheat wrap with arugula, pear and walnuts.*

* 1 pound sweet potatoes( about 2 large )
* 1 can (19.5 ounces) chickpeas, drained and rinsed
* 1 TBS Lemon juice
* 1/4 cup tahini
* 2 tablespoons olive oil
* 2 teaspoons ground cumin
* 1 garlic clove, chopped
* Coarse salt and ground pepper

**Directions**

1. Preheat oven to 400. Place sweet potatoes in oven and bake for 25 min until soft. Let cool and then scoop out sweet potatoes from skin.
2. Transfer to a food processor. Combine chickpeas, lemon juice, tahini, oil, cumin, and garlic in the food processor. Puree, about 1 minute; thin with water if necessary. Season with salt and pepper and let cool;
3. Refrigerate, in an airtight container, up to 1-2 weeks. Make a double batch and freeze! It’s great to have on hand for those unexpected guests☺

**To make Harvest Flatbread**

* Brush The flat bread or thin pizza shell and with olive oil
* Spread Sweet potato Hummus on pizza Shell
* Sprinkle with Caramelized onion, goat cheese and crispy sage
* Place right on the oven rack bake for 20min
* Bake until bottom crispy , cut in to squares and serve

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**Baked Harvest Mushrooms Stuffed with Roasted Eggplant Hummus and Topped with Roasted Tomatoes**

**Ingredients**

* 1lb Baby Bell Mushrooms stems removed
* ½ Cup Roasted Eggplant Hummus
* ½ Cup Roasted Tomatoes
* 2 Tbs finely chopped Parsley

**Preheat oven to 400.**

* Arrange tomatoes, in a baking dish and top with parsley mixture.
* Cut eggplant in half, season, and place on a foil lined cookie sheet along with the garlic head wrapped in foil.
* Place both the tomatoes and Eggplant in the oven and bake per instructions.
* Finish preparing the Roasted Eggplant Hummus (This can all be made a day ahead)
* Fill mushrooms with the Roasted Eggplant Hummus and top with Roasted tomatoes
* Place in a glass baking dish. Bake at 400 for 15-20 min
* Remove from oven place on a serving tray and sprinkle with parsley

This makes a nice gluten free appetizer. You could also use a mini whole wheat mini pita as a base as well instead of the mushroom as another option.

**Roasted Tomatoes with Anchovy, Garlic and Parsley**

*I love this dish! So easy and versatile. This rustic tomato mixture can be served as part of an antipasto platter, over pasta or in a wrap. The challenge is keeping everyone from scooping up every last bite.*

**Ingredients**

* 1 1/2 pounds large plum tomatoes, each cut lengthwise into 6 wedges
* 1 tsp of anchovy paste
* 1/4 cup chopped Italian parsley
* 2 garlic cloves, chopped
* 1/4 teaspoon dried crushed red pepper
* 1/2 cup olive oil

**Preparation**

Preheat oven to 400°F. Arrange tomatoes, rounded side down, in single layer in 13x9x2-inch glass baking dish. Sprinkle with anchovies, parsley, garlic and dried red pepper, then salt and pepper. Drizzle with oil. Bake tomatoes uncovered until tender, wrinkled and starting to brown at edges, about 40 minutes.

Serve with a toasted crusty whole grain begette slices to scoop up the tomatoes. Try different combinations like adding basil or capers to this versatile dish.

Save (if there is any left) and toss with pasta or use in a wrap or sandwich. So much concentrated flavor and power nutrients!

 **Roasted Eggplant Hummus**

*Beautiful deep blue/purple colored eggplant is brimming with healthy goodness.  It is a great source of fiber, especially soluble fiber that can lower cholesterol and stabilize blood sugar, along with several other key nutrients including potassium, manganese and B vitamins.  It is super low in calories (only 27 in 1 full cup!)*

* Large Eggplant - roasted then scoop out of skins
* 1-15oz can chickpeas, drained
* 1/4 cup fresh basil
* 1 head of roasted garlic
* 2 Tbsp. fresh lemon juice
* tsp. kosher salt
* 1/2cup extra virgin olive oil

Preheat oven to 400. Take a head of garlic drizzle with olive oil and wrap in foil.

Slice eggplant in half and brush with olive oil and sprinkle with salt and pepper. Place on a cookie sheet with garlic. Roast for 30 minutes or until soft. Your kitchen will smell divine!

In food processor finely chop chickpeas, basil, and garlic. Add lemon juice, salt, and eggplant. With processor running, add olive oil in a steady stream; process until smooth. Transfer to serving dish; drizzle with olive oil, sprinkle fresh basil, and walnuts.

For a great snack or quick lunch spread on a Whole grain rice cake top with roasted tomatoes \* then avocado slices – so incredibly yum and satisfying!