



*Dr. Helene's*

5

# Autumn Harvest Recipes



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Salads, lunches & dinners  
with fresh fall produce

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# **5 Autumn Harvest Recipes**

Seasonal salads,  
hearty lunches, and  
cozy dinners with  
fresh harvest  
vegetables &  
vegetarian proteins

# Eating with the Seasons

Eating with the seasons isn't just tradition — it's one of the healthiest ways to nourish your body.

Autumn harvest vegetables like pumpkin, squash, kale, and root vegetables are packed with antioxidants, fiber, and vitamins that support immune health, digestion, and steady energy levels.

Choosing fresh, local produce reconnects us with the rhythms of the earth, grounding us in nature and bringing balance to our meals.

This collection of recipes highlights the nutritional power of autumn produce while offering vegetarian-friendly protein options.

May these dishes warm your table, support your wellness, and remind you of the connection between food, health, and the natural world.

Enjoy!

*Dr. Helene*

# 1. Roasted Beet & Kale Salad with Goat Cheese

## ***Ingredients:***

- 2 medium beets, roasted and sliced
- 4 cups kale, chopped
- 1/4 cup goat cheese, crumbled
- 1/4 cup walnuts, toasted
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and pepper to taste

## ***Instructions:***

Toss kale with olive oil and balsamic vinegar. Add roasted beets, goat cheese, and walnuts. Season and serve.

## ***Nutritional Information:***

Approx. 280 calories, 10g protein, 20g carbs, 5g fiber. Rich in Vitamin K, folate, and antioxidants.

## ***Fun Fact:***

Ancient Romans used beets not only as food but also as a natural remedy for digestion and circulation.



## 2. Autumn Pumpkin Quinoa Salad

### ***Ingredients:***

- 2 cups roasted pumpkin cubes
- 1 cup cooked quinoa
- 1/4 cup dried cranberries
- 1/4 cup pumpkin seeds
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- Salt and pepper to taste

### ***Instructions:***

Mix quinoa, roasted pumpkin, cranberries, and pumpkin seeds. Drizzle with olive oil and apple cider vinegar. Season and serve warm or chilled.

### ***Nutritional Information:***

Approx. 340 calories, 12g protein, 50g carbs, 8g fiber. High in Vitamin A, magnesium, and plant protein.

### ***Fun Fact:***

Pumpkins are technically a fruit and have been cultivated in North America for over 5,000 years.



### 3. Harvest Veggie Grain Bowl (Lunch)

#### ***Ingredients:***

- 1 cup farro (or brown rice)
- 1/2 cup roasted Brussels sprouts
- 1/2 cup roasted sweet potatoes
- 1/2 cup chickpeas, roasted or pan-seared
- 2 tbsp tahini
- 1 tbsp lemon juice
- Salt and pepper to taste

#### ***Instructions:***

Layer farro, Brussels sprouts, sweet potatoes, and chickpeas in a bowl. Whisk tahini with lemon juice and drizzle on top.

#### ***Nutritional Information:***

Approx. 400 calories, 15g protein, 65g carbs, 10g fiber. Excellent source of iron, potassium, and plant protein.

#### ***Fun Fact:***

Farro is one of the oldest cultivated grains, dating back over 10,000 years in the Fertile Crescent.



## 4. Pumpkin & White Bean Soup (Lunch)

### ***Ingredients:***

- 3 cups pumpkin puree (fresh or canned)
- 1 can white beans, drained and rinsed
- 1 onion, chopped
- 2 garlic cloves, minced
- 4 cups vegetable broth
- 1 tsp thyme
- Salt and pepper to taste

### ***Instructions:***

Sauté onion and garlic in olive oil. Add pumpkin, beans, broth, and thyme. Simmer 20 minutes, blend for creamier texture if desired.

### ***Nutritional Information:***

Approx. 320 calories, 14g protein, 45g carbs, 10g fiber. Excellent source of Vitamin A, iron, and magnesium.

### ***Fun Fact:***

Pumpkins were once recommended by Native American tribes as a remedy for urinary ailments.



## 5. Stuffed Acorn Squash with Lentils (Dinner)

### ***Ingredients:***

- 2 acorn squash, halved and roasted
- 1 cup cooked lentils
- 1/2 cup sautéed mushrooms
- 1/4 cup onion, chopped
- 1/4 cup pecans, chopped
- 1 tsp sage
- Salt and pepper to taste

### ***Instructions:***

Scoop roasted squash halves. Sauté onion and mushrooms, add lentils, pecans, and sage. Stuff into squash and bake for 10 minutes.

### ***Nutritional Information:***

Approx. 360 calories, 17g protein, 55g carbs, 12g fiber. Rich in folate, manganese, and plant protein.

### ***Fun Fact:***

Acorn squash is native to North America and was a staple in the diets of many Indigenous peoples.





## 6. Autumn Vegetable Stew with Barley (Dinner)

### ***Ingredients:***

- 1 cup pearl barley
- 2 carrots, chopped
- 1 parsnip, chopped
- 1 cup pumpkin or butternut squash, cubed
- 1 onion, chopped
- 2 garlic cloves, minced
- 6 cups vegetable broth
- 1 tsp rosemary
- Salt and pepper to taste

### ***Instructions:***

Sauté onion and garlic, add vegetables and broth. Stir in barley and rosemary. Simmer until vegetables are tender and barley is cooked.

### ***Nutritional Information:***

Approx. 390 calories, 13g protein, 70g carbs, 11g fiber. Good source of selenium, zinc, and B vitamins.

### ***Fun Fact:***

Barley was one of the first grains cultivated by humans and was a primary food in ancient Greek and Roman diets.

