

# Nutrient Dense Dinner Cook-Along

Lili Hanft, FNTTP

## Shopping List:

### Cheeseburger Casserole:

- Grass-fed ground beef
- Dijon mustard
- Garlic powder
- Red pepper
- Onion
- Ghee

### Cauliflower Fried Rice:

- Cauliflower
- Onion
- Red pepper
- Carrot
- Peas
- Garlic
- Ginger
- Tamari
- Ghee

### Baked Winter Squash:

- Butternut squash

# Cheeseburger Casserole



Serves 4

- 1 tsp ghee
- 1 bell pepper
- 1 onion
- 1 lb ground beef
- 2 tsp Dijon mustard
- 1 tsp garlic powder
- Salt and black pepper
- 3 oz grated cheddar cheese

Melt the ghee in a skillet. Saute the onions and peppers until tender. Add the ground beef and season with mustard, garlic powder, and salt and pepper. Cook until browned and fully cooked. Pour the sauteed veggie and ground beef mixture into a 6-8 inch baking dish and press down. Top with the cheese. Place in a 350 degree oven until the cheese is melted.

# Cauliflower Fried Rice



- 1 Tbsp ghee
- 1 onion, diced
- 1 red bell pepper, diced
- 2 carrots, diced
- 6 cloves garlic, minced
- 3 Tbsp ginger, minced
- 1 c. frozen green peas
- 1 head of cauliflower, riced
- 1 Tbsp tamari
- Salt

Rice the cauliflower in a food processor. Heat the ghee in a large skillet. Saute the onion, pepper, carrot, garlic, and ginger. Add the peas, cauliflower, and tamari. Saute until the veggies are done. Season to taste with salt.

# Baked Winter Squash



1 butternut squash

Slice squash in half lengthwise, scoop out seeds, and place cut side down in a baking dish. Bake at 350 degrees for 40 minutes or until fork tender.

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