

12/2022

L. Hoffman

Nutty Labné with Sweet Potatoes

16oz Labné * 1/4 c. pickled red onions, chop ***
1 med. sweet potato (14-16 oz) 2-3T. Pomegranate arils
3/4 c. Chopped walnuts or pecans, toasted 1 Baguette, sliced, toasted ***

Pierce sweet potato 3-4 times. Rinse well leaving moist. Wrap in towel and microwave 1 1/2-2 minutes until slightly tender (do not over cook). Cool enough to peel. Slice into 3 long strips. Brown in oiled skillet. Reserve til cool and cut into small cubes.

Spread labné onto plate or shallow dish. Top with sweet potato cubes, onions, nuts, and pomegranates. Serve with toasted slices of baguette.

Variation: Slice sweet potatoes into rounds. Brown. Top with labné, nuts, pomegranates.

*** To toast baguette: Spread both sides with 1/3c oil (canola and olive oil) and 1t. herbs (parsley, basil, thyme - your favorite mix) and a dash of garlic powder. Slice. Bake 350° 8-10 minutes til slightly golden. Turn. Bake 3 minutes more with oven off.

** Slice 1 red onion cut into halves end to end. Add to 1/2c. water, 1/2c. red vinegar heated to near boiling. Add 1/2t. salt & 2t. sugar and onions. Cool. Then refrigerate. Stores well.

* Labné substitute: 8oz. cream cheese (softened) + 1c. Greek yogurt (Neufchâtel)

Peggy

Barley and Mushroom Casserole

- 1/2 cup butter
- 1 cup pearl barley
- 1 onion, diced
- 2 cups chicken broth
- ½ cup slivered almonds
- 1 4-serving size envelope of dry onion soup mix
- 1 small package of fresh mushrooms, sliced
- 5 oz. can of sliced water chestnuts

Sautee onions and mushrooms in the butter. Add the barley. Stir to coat and toast lightly for several minutes. Add the chicken broth, almonds, water chestnuts and soup mix Stir and bring to a boil. Pour into a greased casserole dish. Cover and bake for 1 hour at 350. Add additional chicken broth if casserole is too thick.

Alternate to baking the casserole is cooking in a crockpot for 4-5 hours.

Shar Cook

Gluten-free Banana Bread

3 mashed Bananas (1 cup)

1 t. baking soda

1/3 cup melted butter

¾ cup sugar

2 beaten eggs

1t. vanilla

½ cup pecans

½ cup gluten-free flour

In a large bowl mix all ingredients in order, adding gluten-free flour last.

In a greased 4x8 loaf pan, pour the batter. Bake at 350 degrees for 50 minutes or until a toothpick comes out clean.

Something nice Peanut Butter Pie
from the Kitchen of... Judy Williams

1 baked 9 in crust

$\frac{1}{2}$ c chunky peanut butter

$\frac{3}{4}$ c powdered sugar

1 pkg (3 $\frac{1}{8}$ oz) vanilla pudding

1 container (4oz) cool whip

$\frac{1}{2}$ c chopped peanuts thawed

1) mix peanut butter + powdered sugar until crumbly, reserve 2 T. + set aside. Sprinkle remaining mixture on the bottom of cooled crust.

2) Prepare pudding (cooked) + pour over peanut butter mixture. Cool. (over)



3) Spread whipped topping over pudding, Sprinkle with reserved peanut butter mixture + chopped peanuts. (chill)

Crisp Autumn Day Pasta Salad

Time: 30 minutes

Yield: 6 servings



The fallen leaves won't be the only source of the loud crunch you hear! The tasty trimmings of Crisp Autumn Day Pasta Salad will not only provide a cheerfully noisy eating experience but also lots of festive, fall flavors to bring you that chilly weather joy! The bouncy pasta swirls like a leaf tumbling on the wind with some fresh spinach and crispy celery, juicy fruits, and rich feta cheese. A savory, tangy, homemade dressing is drizzled all over to make all the flavors come to life. This pile of nutritious goodness will basically be asking to be jumped into... with your fork, of course! Celebrate all the tastes and sounds of fall with Crisp Autumn Day Pasta Salad!

Ingredients

- ***For the dressing:***
- 2 tablespoons apple cider vinegar
- 2 tablespoons white wine vinegar
- 2-4 tablespoons white sugar
- 1/8 teaspoon paprika
- 1/8 teaspoon onion powder
- 1/4 cup olive oil
- 1/2 tablespoon poppyseeds
- sea salt, to taste
- freshly cracked pepper, to taste
- ***For the salad:***
- 1 1/2 cups small pasta, uncooked
- 5 ounces fresh spinach
- 1 large Granny Smith Apple, thinly sliced
- 1 teaspoon lemon juice
- 3/4 cup celery, chopped
- 1 (15-ounce) can mandarin oranges, drained

- 3/4 cup dried cranberries
- 1/3 cup pecans, coarsely chopped
- feta cheese, to taste and crumbled

Directions

Step 1

In a mason jar, add the apple cider vinegar, the white wine vinegar, the sugar, the paprika, the onion powder, the olive oil, the poppyseeds, the salt, and the pepper.

Step 2

Seal the jar and shake vigorously until the dressing combines.

Step 3

In a large pot of generously salted water, cook the pasta to al dente according to the package directions.

Step 4

Drain the pasta and immediately toss it with a few tablespoons of the dressing.

Step 5

Chill the pasta until completely cooled.

Step 6

In a large bowl, toss the chilled pasta and the spinach.

Step 7

In another bowl, toss the apples with the lemon juice.

Step 8

Add the celery, the lemon juice-tossed apples, the oranges, the dried cranberries, and the pecans to the pasta mixture.

Step 9

Drizzle the salad with the remaining dressing and toss to combine.

Step 10

Top the salad with the cheese.

Step 11

Serve immediately.

BAKED SQUASH PLATTER

Ingredients:

- 2 delicata squash
- 2-3 tbsp olive oil
- Salt/Pepper for taste

Granola:

- 2 cup rolled oats
- 3 tbsp pumpkin seeds
- 1 cup walnuts
- 1 cup almonds
- 1/4 cup olive oil
- 1/4 cup maple syrup
- 1 tsp kosher salt
- 1 tbsp chopped fresh rosemary

Assembly:

- 1 cup ricotta
- Lemon zest

1. Start with making the granola. Set oven at 350 F. Prep a rimmed baking sheet with parchment paper. While your oven is preheating, mix together in a large bowl the oats, walnuts, almonds, pumpkin seeds, olive oil, maple syrup, kosher salt, and chopped rosemary. Spread evenly on the prepared baking sheet. Baking in 10 min intervals, stirring and rotating the sheet until golden (25-35 minutes).

2. While granola is baking, cut the delicata squash in half longwise, scoop out seeds, and cut 1 inch slices. Coat in a drizzle of olive oil and a pinch of salt. Place on a second prepared rimmed baking sheet with parchment paper. Set aside until granola is done baking. Remove granola from oven and turn temperature to 400 F. Roast the squash for 30-40 min until fork tender.

3. Assembly. On a platter, make a bed of ricotta. Add lemon zest and a drizzle of olive oil. Top the ricotta with the delicata squash hot out the oven, and top with rosemary granola, and serve!

Cherry Gelatin Salad

1 can (15 oz) pitted dark sweet cherries
1pkg (3 oz) cherry (or black cherry) gelatin
1 Tbsp lemon juice
2 medium bananas, sliced
¼ cup chopped pecans

Additional sliced banana and chopped pecans, optional.

Drain cherries, reserving liquid in a 1-cup measuring cup; add enough water to measure 1 cup. In a small saucepan, bring mixture to a boil. Remove from the heat; stir in gelatin until dissolved. Stir in lemon juice.

Cover and refrigerate until syrupy, about 40 minutes. Fold in the bananas, pecans and cherries. Transfer to a 4-cup mold coated with cooking spray. Refrigerate until firm. Unmold onto a serving platter. Garnish with additional banana and pecans, if desired.

Serves 6

Brussel Sprout and Kale Salad

12 oz. fresh Brussel sprouts

1 bunch of Kale

1 cup brown rice cooked

½ cup raisins

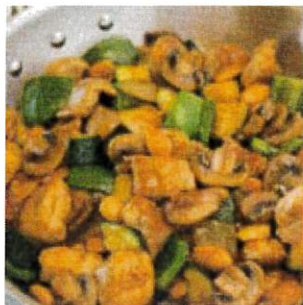
½ cup pecan pieces

Garlic expressions salad dressing

Shar Cook

Clean Brussel sprouts and kale. Take the large veins from the kale. In a food processor shred the Brussel sprouts and kale.

In a large bowl add the Brussel sprouts, kale, cooked brown rice, raisins and pecan pieces. Toss with Garlic expressions salad dressing. Amount may vary depending on taste preference.



Almond Chicken

★★★★★

This almond chicken is a stir fry of chicken thigh pieces, assorted vegetables and crunchy almonds, all tossed in a savory sauce. A remake of the take out favorite that tastes even better than what you'd get at a restaurant!

Course	Main
Cuisine	Asian
Prep Time	20 minutes
Cook Time	15 minutes
Total Time	35 minutes
Servings	4
Calories	365kcal
Author	Sara Welch

Ingredients

For the stir fry

- 5 teaspoons vegetable oil divided use
- 1/2 cup onion diced
- 1 cup zucchini quartered lengthwise and sliced
- 1 cup mushrooms sliced
- 3/4 cup green bell pepper diced
- 1 1/4 pounds boneless skinless chicken thighs cut into bite sized pieces
- 2 teaspoons garlic minced
- 1 teaspoon ginger minced
- 1/2 cup blanched almonds whole, halved, sliced or slivered
- salt and pepper to taste

For the sauce

- 1/2 cup chicken broth
- 1 tablespoon soy sauce
- 1 1/2 tablespoons hoisin sauce
- 1 teaspoon sesame oil
- 1 teaspoon granulated sugar
- 2 teaspoons corn starch

Instructions

For the stir fry

1. Heat 2 teaspoons of oil in a large pan over medium high heat. Add the onions and cook for 4 minutes or until just softened.

French Toast Casserole

Adapted from Virginia Willis' "Bon Appetit, Y'all"

In a perfect world, you'll be able to find brioche or challah for this recipe, but if your world isn't so perfect, go with what you can get your hands on – French bread, country loaf, Texas toast, even cinnamon-raisin bread.

Serves 8

- 4 tablespoons (1/2 stick) unsalted butter, melted
- 3/4 cup firmly packed light brown sugar
- 1 loaf brioche or challah, sliced 1 1/2 inches thick (about 1 1/2 pounds)
- 8 large eggs, lightly beaten
- 1 cup whole milk
- 1 tablespoon pure vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- Pinch of salt
- 1/2 cup chopped pecans
- Accompaniments: confectioners' sugar; sorghum, cane or maple syrup

Directions:

1. Combine the melted butter and brown sugar in a 9-by-13-inch baking dish.
2. Arrange the bread slices in the dish. (It's fine if they overlap.)
3. In a large bowl, whisk together the eggs, milk, vanilla, cinnamon, ginger and salt. Pour the mixture over the bread, and let it soak in.
4. Top the bread slices evenly with the pecans.
5. Cover with plastic wrap, and refrigerate for 3 to 12 hours.

6. Preheat the oven to 350 degrees F. In the meantime, take the casserole out of the refrigerator, and let it sit at room temperature for 20 minutes.
7. Bake the casserole until it's browned and set, 30 to 45 minutes. Let it cool slightly on a wire rack. Sift confectioners' sugar over the casserole, and serve it with sorghum, cane, or maple sugar.

Recipe found on ezrapoundcake.com