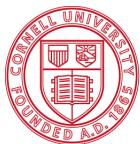


Harvest Food Festival

November 4th, 2017



Cornell University
Cooperative Extension
Dutchess County



LAMB CHILI WITH SWEET POTATOES, BLACK BEANS AND POBLANOS

INGREDIENTS:

- 2 TSP OLIVE OIL
- 1 LB GROUND UPHILL FARM LAMB
- 1 ONION, CHOPPED
- 2 POBLANO PEPPERS, SEEDED/CHOPPED
- 2 GARLIC CLOVES, MINCED
- 2 TBSP CHILI POWDER
- 2.5 CUPS LAMB OR BEEF STOCK
- 14.5 OZ. CAN DICED TOMATOES
- SALT AND PEPPER
- 1 SWEET POTATO, PEELED, CUT IN 1/3" CUBES
- 28 OZ BLACK BEANS, DRAINED AND RINSED

DIRECTIONS:

1. HEAT OIL IN A LARGE POT OVER MEDIUM-HIGH HEAT, SWIRLING TO COAT THE BOTTOM.
2. ADD LAMB AND BREAK IT UP INTO CHUNKS.
3. STIR IN ONION, POBLANO, AND GARLIC. SAUTE UNTIL EXCESS WATER EVAPORATES, THE LAMB IS BROWNED, AND THE VEGETABLES ARE SOFT AND BEGIN TO BROWN, 15-20 MINUTES.
4. STIR IN THE CHILI POWDER. COOK 30 SECONDS. STIR IN STOCK, TOMATOES, 2 TSP. SALT, AND A BIG PINCH OF PEPPER. BRING TO A BOIL.
5. REDUCE HEAT TO MEDIUM-LOW, PARTIALLY COVER THE POT, AND COOK FOR 30 MINUTES AT A GENTLE SIMMER. UNCOVER THE POT AND STIR IN THE SWEET POTATOES AND BEANS.
6. CONTINUE SIMMERING UNTIL THE SWEET POTATOES ARE TENDER AND THE FLAVORS COME TOGETHER. ABOUT 30 MINUTES.
7. FOR A THICK CHILI, LEAVE THE POT UNCOVERED OR PARTIALLY COVER FOR A SOUPIER CONSISTENCY.
8. GARNISH WITH LIMES, CHEDDAR CHEESE, SOUR CREAM, AND TORTILLA CHIPS.

PUMPKIN CAKE WITH CREAM CHEESE FROSTING

INGREDIENTS:

- 4 EGGS
- 2 CUPS SUGAR
- 1 CUP OIL
- 2 CUPS PUMPKIN
- 2 CUPS FLOUR
- 2 TSP BAKING SODA
- ½ TSP CLOVES

- 2 TSP CINNAMON
- ½ TSP GINGER
- ¼ TSP NUTMEG

CREAM CHEESE FROSTING

- ½ CUP UNSALTED BUTTER
- 8 OZ. CREAM CHEESE
- 1 TSP VANILLA
- 3 CUPS POWDERED SUGAR

DIRECTIONS:

1. BEAT EGGS AND SUGAR TOGETHER. ADD OIL AND PUMPKIN IN MIXER.
2. ADD DRY INGREDIENTS.
3. POUR INTO UNGREASED TUB PAN. BAKE ONE HOUR AT 350 DEGREES.
4. CREAM CHEESE FROSTING- BEAT BUTTER, CREAM CHEESE, AND VANILLA UNTIL SMOOTH. ADD SUGAR UNTIL FROSTING IS THICK AND SPREADABLE.
5. WHEN COOL, FROST WITH CREAM CHEESE FROSTING.

CRANBERRY APPLE BROWN BETTY

INGREDIENTS:

- 5 APPLES, DICED
- ½ LEMON, JUICED
- 1.5 CUPS CRANBERRIES
- 2 TBSP CORNSTARCH
- 3 TBSP SUGAR
- ¼ CUP MAPLE SYRUP
- 1 TSP CINNAMON
- 1 CUP OATS
- 1/3 CUP BROWN SUGAR
- 3 CUPS FLOUR
- 4 TBSP BUTTER
- ½ TSP SALT

DIRECTIONS:

1. PREHEAT OVEN TO 350 DEGREES. BUTTER A 1.5 QT BAKING DISH.
2. CUT AND DICE APPLES, SQUEEZE LEMON JUICE OVER APPLES AND SET ASIDE. MEASURE CRANBERRIES, CORNSTARCH, SUGAR, MAPLE SYRUP, AND CINNAMON. TOSS TOGETHER WITH APPLES.
3. PUT IN BAKING DISH AND BAKE FOR 30 MINUTES. SET ASIDE.
4. IN ANOTHER BOWL, MIX OATS, BROWN SUGAR, FLOUR, BUTTER, AND SALT UNTIL MIXTURE RESEMBLES COARSE CRUMBS.
5. SPRINKLE MIXTURE ON TOP OF COOKED APPLE CRANBERRY IN BAKING DISH. BAKE FOR AN ADDITIONAL 15 MINUTES. SERVE WITH SCOOP OF VANILLA ICE CREAM. (OPTIONAL)

From the kitchen of Julianna Powers...

JULIANNA'S FAMOUS MILKSHAKE

INGREDIENTS:

- **¾ CUP MILK**
- **¼ CUP CHOCOLATE FLAVORED SYRUP**
- **3 SCOOPS TWIST ICE CREAM (1/2 CUP EACH)**
- **¼ CUP RAINBOW SPRINKLES**
- **1 CHERRY AND WHIP CREAM**

DIRECTIONS:

1. **IN BLENDER ADD ICE CREAM AND MILK. COVER AND BLEND ON HIGH SPEED FOR 20 SECONDS.**
2. **ADD FLAVORED SYRUP, COVER AND BLEND 20 MORE SECONDS.**
3. **POUR INTO CUP. TOP WITH WHIP CREAM, SPRINKLES, AND CHERRY. SERVE IMMEDIATELY.**

MAPLE WALNUT BLONDIES

INGREDIENTS:

- 1 CUP ROLLED OATS
- 12 TBSP BUTTER, MELTED
- 1.5 CUPS BROWN SUGAR
- 1 CUP MAPLE SYRUP
- 2 EGGS
- 2 TSP VANILLA
- 2 CUPS FLOUR
- 2 CUPS WALNUTS, CHOPPED
- PINCH OF SALT

DIRECTIONS:

1. PREHEAT OVEN TO 350 DEGREES.
2. GREASE AN 8X8 PAN AND LINE WITH PARCHMENT PAPER. SET ASIDE.
3. PLACE THE OATS IN A FOOD PROCESSOR AND PULSE UNTIL COARSELY GROUNDED. SET ASIDE.
4. IN A LARGE BOWL, WHISK TOGETHER THE BUTTER AND BROWN SUGAR UNTIL SLIGHTLY LIGHTENED IN COLOR.
5. ADD IN THE SYRUP, EGG, AND VANILLA. WHISK UNTIL THROUGHLY COMBINED.
6. USING A SPATULA, STIR IN THE GROUNDED OATS, FLOUR, AND SALT UNTIL JUST COMBINED. FOLD IN THE WALNUTS.
7. POUR BATTER INTO THE PREPARED PAN, SPREADING EVENLY.
8. BAKE FOR 30-35 MINUTES, UNTIL THE EDGES ARE GOLDEN AND CENTER IS SET.
9. ALLOW TO COOL IN THE PAN, THEN USE THE PARCHMENT PAPER TO LIFT THE BLONDIES OUT OF THE PAN.
10. CUT INTO PIECES AND SERVE!

ZUCCHINI BREAD

INGREDIENTS:

- 2 EGGS
- 1 CUP VEGETABLE OIL
- 2 CUPS SUGAR
- 2 TSP VANILLA EXTRACT
- 2 CUPS GRATED ZUCCHINI
- 2 CUPS FLOUR, SIFTED
- 1 TSP SALT
- 1 TSP BAKING POWDER
- 1 TSP CINNAMON
- $\frac{1}{2}$ TSP BAKING SODA
- $\frac{1}{2}$ CUP FINELY CHOPPED WALNUTS

DIRECTIONS:

1. BEAT EGGS, OIL, SUGAR, AND VANILLA IN A LARGE BOWL UNTIL FOAMY. ADD ZUCCHINI.
2. SIFT FLOUR, SALT, BAKING POWDER, CINNAMON, AND BAKING SODA IN A SEPARATE BOWL.
3. GRADUALLY ADD FLOUR MIXTURE TO ZUCCHINI MIXTURE, UNTIL WELL MIXED. STIR IN CHOPPED WALNUTS.
4. GREASE TWO LOAF PANS. BAKE FOR ONE HOUR AT 325 DEGREES.

BLUEBERRY TEA-CAKE

INGREDIENTS:

- **2 CUPS FLOUR**
- **2 TSP BAKING POWDER**
- **½ TSP SALT**
- **1/4 CUP BUTTER**
- **½ CUP SUGAR**
- **1 EGG**
- **½ CUP MILK**

- **2 CUPS BLUEBERRIES**

CRUMB TOPPING INGREDIENTS

- **¼ CUP SUGAR**
- **¼ CUP FLOUR**
- **½ TSP CINNAMON**
- **¼ CUP BUTTER**

DIRECTIONS:

1. **COMBINE INGREDIENTS FOR TOPPING AND REFRIGERATE WHILE MAKING CAKE.**
2. **SPRAY OR BUTTER A SQUARE PAN.**
3. **SIFT TOGETHER FLOUR, BAKING POWDER, AND SALT.**
4. **ADD EGG AND MILK, BEAT UNTIL SMOOTH.**
5. **ADD DRY INGREDIENTS TO WET.**
6. **FOLD IN BLUEBERRIES.**
7. **POUR INTO PAN AND SPRINKLE WITH CRUMB TOPPING.**
8. **BAKE AT 375 DEGREES FOR 40-45 MINUTES.**

PASTA CAPRESE SALAD

INGREDIENTS:

- 1 LB CHERRY TOMATOES
- 2-3 CLOVES OF GARLIC
- $\frac{1}{4}$ CUP OLIVE OIL
- 1 TSP SALT
- PINCH OF RED PEPPER FLAKES
- 8 OZ BOW TIE PASTA
- 8 OZ FRESH MOZZARELLA
- 10 LEAVES FRESH BASIL

DIRECTIONS:

1. CUT 1 POUND OF CHERRY TOMATOES IN HALF AND ADD TO LARGE BOWL.
2. ADD 2-3 CLOVES OF CRUSHED GARLIC, $\frac{1}{4}$ CUP OF OLIVE OIL, 1 TSP SALT, PINCH OF RED PEPPER FLAKES, AND $\frac{1}{4}$ TSP OF PEPPER TO BOWL AND MIX. SET ASIDE.
3. COOK PASTA ON HIGH FOR ABOUT 11 MINUTES. COOL.
4. CHOP MOZZARELLA INTO BITE SIZED PIECES.
5. CHOP 10 LEAVES OF BASIL. ADD PASTA, MOZZARELLA, AND BASIL TO BOWL AND MIX.
6. LET PASTA SALAD SIT OVERNIGHT AND VIOLA BON APPETITE!

MEAT ROLL UP

INGREDIENTS:

- 2 LBS GROUND BEEF
- 2 EGGS
- 1 CUP BREAD CRUMBS
- 2 TSP SALT
- 1 TSP PEPPER
- 2 TSP GARLIC POWDER
- 4-6 SLICES OF HAM
- 8-10 SLICES OF CHEDDAR CHEESE
- 2 CUPS SPINACH
- 10-12 SLICES OF BACON
- 1 TBSP WORCESTERSHIRE SAUCE

DIRECTIONS:

1. PREHEAT OVEN TO 350 DEGREES.
2. IN A LARGE BOWL, MIX GROUND BEEF, EGGS, BREAD CRUMBS, SALT, PEPPER, GARLIC POWDER, AND WORCESTERSHIRE SAUCE. MIX UNTIL FULLY COMBINED.
3. PUT MIXTURE ON MEDIUM BAKING TRAY LINED WITH ALUMINUM FOIL AND DISTRIBUTE THE MIXTURE EVENLY.
4. ADD THE HAM, CHEESE, AND SPINACH ON TOP OF THE MEAT.
5. CAREFULLY LIFT THE MEAT AND FORM A ROLL.
6. IN ANOTHER ALUMINUM LINED PAN, PLACE THE BACON SIDE BY SIDE. PLACE MEAT ROLL ON TOP OF BACON.
7. ROLL UP THE MEAT WITH BACON, THEN WRAP WITH FOIL.
8. BAKE THE ALUMINUM WRAPPED ROLL FOR 25 MINUTES AT 350 DEGREES.
9. INCREASE TEMPERATURE TO 500 DEGREES, REMOVE FOIL AND BAKE FOR 20-30 MORE MINUTES.
10. COOL FOR 5 MINUTES, THEN SLICE AND SERVE.

HOT SPINACH AND ARTICHOKE DIP

INGREDIENTS:

- 1 CUP FROZEN SPINACH, THAWED
- 1 ½ CUPS FROZEN ARTICHOKE,
CHOPPED AND THAWED
- 6 OZ CREAM CHEESE
- ¼ CUP SOUR CREAM
- ¼ CUP MAYONNAISE
- 1/3 CUP GRATED PARMESAN
- ½ TSP RED PEPPER FLAKES
- ¼ TSP SALT
- ¼ TSP GARLIC POWDER
- FRENCH BREAD, SLICED EVENLY

DIRECTIONS:

1. BOIL SPINACH AND ARTICHOKE IN ONE CUP OF WATER UNTIL TENDER. DRAIN.
2. HEAT CREAM CHEESE IN MICROWAVE FOR 1 MINUTE OR UNTIL HOT AND SOFT.
3. STIR REST OF INGREDIENTS IN. CUT UP FRENCH BREAD IN THIN SLICES AND PLACE DIP IN BOWL SURROUNDED BY BREAD SLICES.

From the kitchen of Lily White...

NO BAKE PUMPKIN CHEESECAKE WITH WHIP CREAM

INGREDIENTS:

- 1 ½ CUPS GRAHAM CRACKER CRUMBS
- 4 TBSP MELTED BUTTER
- 1 CONTAINER CREAM CHEESE, SOFTENED
- 2/3 CUP SUGAR
- 1 ½ CUPS PUMPKIN PUREE
- ½ TSP PUMPKIN PIE SPICE
- 1 TSP VANILLA EXTRACT
- 1 CUP HEAVY CREAM
- 2 TBSP POWDERED SUGAR

DIRECTIONS:

1. LINE CUPCAKE TINS WITH PAPER LINERS.
2. COMBINE GRAHAM CRACKER CRUMBS AND MELTED BUTTER.
3. FILL CUPCAKE LINERS HALF WAY WITH GRAHAM CRACKER MIXTURE.
4. IN A BOWL, BLEND CREAM CHEESE, SUGAR, VANILLA EXTRACT WITH HAND MIXER UNTIL LIGHT AND FLUFFY.
5. DIVIDE FILLING BETWEEN CUPCAKE LINERS.
6. LET CHEESECAKES SET IN THE FREEZER FOR AN HOUR.
7. PRIOR TO SERVING, MEASURE 1 CUP OF HEAVY CREAM AND POUR IN BLENDER. ADD 2 TBSP POWDERED SUGAR TO CREAM AND BLEND ALL INGREDIENTS UNTIL WHIPPED.
8. SERVE IMMEDIATELY ON TOP OF CHEESECAKES.

SPINACH PESTO

INGREDIENTS:

- 1 CUP SPINACH
- 1 CUP BASIL
- ½ CUP GRATED CHEESE
- 1/3 CUP PINE NUT
- 1 CLOVE GARLIC
- ½ CUP OLIVE OIL

DIRECTIONS:

1. PUT THE FIRST 5 INGREDIENTS INTO A FOOD PROCESSOR.
2. PROCESS FOR APPROXIMATELY 1 MINUTE.
3. WITH PROCESSOR ON, POUR OLIVE OIL IN.
4. TOSS OVER FAVORITE PASTA.
5. ENJOY!

FRESH RASPBERRY LEMON CHEESECAKE BARS

INGREDIENTS:

- 2 CUPS GRAHAM CRACKER CRUMBS
- 1 CUP PLUS 2 TBSP SUGAR, DIVIDED
- 6 TBSP BUTTER, MELTED
- 3 CUPS (12 OZ) RASPBERRIES
- 1 TBSP EACH ZEST AND JUICE FROM LEMON
- 32 OZ. CREAM CHEESE
- 4 EGGS

DIRECTIONS:

1. HEAT OVEN TO 325 DEGREES.
2. LINE 13X9 INCH PAN WITH FOIL WITH ENDS OF FOIL EXTENDING OVER SIDES. COMBINE GRAHAM CRACKER CRUMBS, 2 TBSP SUGAR, AND BUTTER. PRESS INTO BOTTOM OF PAN. BAKE 10 MINUTES.
3. RESERVE ½ CUP RASPBERRIES AND 1 TSP LEMON ZEST FOR LATER.
4. BEAT CREAM CHEESE, LEMON JUICE, REMAINING LEMON ZEST AND REMAINING SUGAR IN LARGE BOWL WITH MIXER UNTIL BLENDED. ADD EGGS ONE AT A TIME, MIXING ON LOW SPEED AFTER EACH JUST UNTIL BLENDED.
5. GENTLY STIR IN REMAINING RASPBERRIES, POUR OVER CRUST.
6. BAKE 35-40 MINUTES OR UNTIL CENTER IS ALMOST SET. COOL COMPLETELY.
7. REFRIGERATE 4 HOURS. TOP WITH RESERVED RASPBERRIES AND LEMON ZEST. USE FOIL HANDLES TO REMOVE CHEESECAKE FROM PAN BEFORE CUTTING INTO BARS.

SLOW COOKER RICE PUDDING

INGREDIENTS:

- **¾ CUP WHITE RICE, UNCOOKED**
- **4 CUPS MILK**
- **¾ CUP SUGAR**
- **1 TSP VANILLA**
- **½ TSP CINNAMON**

DIRECTIONS:

1. **COMBINE ALL INGREDIENTS IN A SLOW COOKER.**
2. **STIR.**
3. **COOK ON LOW FOR 3 HOURS. FOLLOW THE DIRECTIONS FOR YOUR SLOW COOKER, AS THEY MAY VARY DEPENDING ON THE MODEL.**
4. **SERVE WARM OR CHILLED WITH YOUR FAVORITE TOPPING.**

From the kitchen of Bethany Cirone...

EASY BAKED CUSTARD

INGREDIENTS:

- 4 EGGS, BEATEN
- ½ CUP SUGAR
- 1 TSP VANILLA
- 3 CUPS MILK

DIRECTIONS:

1. BLEND EGGS, SUGAR, AND VANILLA.
2. STIR IN MILK.
3. POUR INTO GLASS BAKING DISH.
4. BAKE AT 400 DEGREES FOR 25-30 MINUTES OR UNTIL KNIFE INSERTED IN CENTER COMES CLEAN.
5. REMOVE FROM OVEN AND COOL.

GRETAH'S APPLE ENERGY BITES

INGREDIENTS:

- 1 CUP RAISINS
- ½ CUP ROLLED OATS
- 1 CUP DRIED APPLE SLICES
- ¼ CUP FLAXSEED MEAL
- ½ CUP CHOCOLATE CHIPS
- 1 TSP GROUND CINNAMON
- ½ TSP GROUND NUTMEG
- ¾ CUP PEANUT BUTTER
- 2 TBSP MAPLE SYRUP

DIRECTIONS:

1. WASH HANDS, GET ALL SUPPLIES AND INGREDIENTS.
2. COMBINE ALL DRY INGREDIENTS IN A FOOD PROCESSOR. PULSE UNTIL ALL INGREDIENTS ARE CHOPPED.
3. ADD WET INGREDIENTS. PULSE UNTIL WELL MIXED.
4. POUR INGREDIENTS INTO BOWL. MIX AND COMBINE WITH YOUR HANDS UNTIL IT IS A BALL.
5. PULL TEASPOON SIZED CHUNKS OFF AND ROLL INTO SMALLER BALLS.
6. PLACE IN A PARCHMENT LINED CONTAINER AND STORE IN THE REFRIGERATOR.

ADELLE'S EGG CHICKEN SALAD

INGREDIENTS:

- 1 HEAD ICEBERG LETTUCE
- ½ CUP SHREDDED CARROTS
- 11 CHERRY TOMATOES
- 1 CUCUMBER
- 1 CHICKEN BREAST
- 2 HARD BOILED EGGS
- 1 CUP CROUTONS
- ¼ CUP SLICED ALMONDS
- ½ CUP BALSAMIC DRESSING

DIRECTIONS:

1. WASH HANDS. GET ALL SUPPLIES AND INGREDIENTS.
2. CHOP LETTUCE AND PUT IN BOWL.
3. SHRED CARROTS ON GRATER AND PUT IN BOWL.
4. SLICE CHERRY TOMATOES IN HALD AND PUT IN BOWL.
5. PEEL AND SLICE CUCUMBER AND PUT IN BOWL.
6. COOK AND CUT CHICKEN BREAST INTO SMALL PIECES. PUT IN BOWL.
7. PEEL AND RINSE EGGS. CUT INTO SMALL PIECES AND PUT IN BOWL.
8. SPRINKLE CROUTONS AND ALMONDS ON TOP.
9. USE SPOONS TO LIGHTLY TOSS SALAD.

From the kitchen of Kylie Horboychuk...

CARAMEL STUFFED CIDER COOKIES

INGREDIENTS:

- 1 ½ CUPS APPLE CIDER
- 3 CUPS FLOUR
- 1 TSP CINNAMON
- 1 TSP BAKING SODA
- ½ TSP BAKING POWDER
- 2 PINCHES OF SALT
- 1 CUP BUTTER
- 1 1/3 CUP PACKED BROWN SUGAR
- 2 EGGS
- 2 TSP. VANILLA
- CINNAMON SUGAR FOR ROLLING
- 2 BAGS CARAMEL CANDIES, UNWRAPPED

DIRECTIONS:

1. PREHEAT OVEN TO 350 DEGREES AND LINE 4 BAKING SHEETS WITH PARCHMENT PAPER.
2. IN A SMALL SAUCE PAN OVER MEDIUM-HIGH HEAT, BRING THE APPLE CIDER TO A SIMMER. COOK UNTIL REDUCED TO ABOUT 4 TABLESPOONS. LET COOL.
3. IN A MEDIUM BOWL, WHISK TOGETHER FLOUR, CINNAMON, BAKING SODA, BAKING POWDER, AND SALT. IN A LARGE BOWL USING A HAND MIXER, BEAT TOGETHER THE BUTTER AND BROWN SUGAR. ADD EGGS AND VANILLA AND BEAT UNTIL COMBINED. ADD FLOUR MIXTURE AND MIX UNTIL JUST COMBINED.
4. SCOOP ABOUT 2 TBSP OF COOKIE DOUGH INTO A BALL THEN FLATTEN SLIGHTLY WITH YOUR HAND. PRESS THE UNWRAPPED CARAMEL INTO THE CENTER OF THE DOUGH, COVERING AND SEALING THE CARAMEL ENTIRELY WITH DOUGH. RESHAPE INTO A BALL AND ROLL IN CINNAMON SUGAR. PLACE ON COOKIE SHEET AND REPEAT WITH REMAINING DOUGH AND CARAMELS.
5. FREEZE FOR 20 MINUTES.
6. BAKE UNTIL THE COOKIES ARE GOLDEN AROUND THE EDGES AND SET IN THE MIDDLE, 10-14 MINUTES.
7. LET COOL ON PAN FOR 5-10 MINUTES BEFORE TRANSFERRING TO A WIRE RACK TO COOL COMPLETELY.

PUMPKIN CREAM CHEESE SWIRL MUFFINS

INGREDIENTS:

- 1 $\frac{3}{4}$ CUP ALL PURPOSE FLOUR
- 1 TBSP PUMPKIN SPICE
- 1 TBSP SALT
- 15 OZ PUMPKIN PUREE
- 1 CUP GRANULATED SUGAR
- $\frac{1}{2}$ CUP PACKED BROWN SUGAR
- 2 LARGE EGGS
- $\frac{1}{2}$ CUP VEGETABLE OIL
- 1 TBSP VANILLA EXTRACT
- 8 OZ CREAM CHEESE
- $\frac{1}{4}$ CUP GRANULATED SUGAR
- 1 LARGE EGG YOLK
- 2 TSP VANILLA EXTRACT

DIRECTIONS:

1. PREHEAT THE OVEN TO 375 DEGREES. PLACE PAPER BAKING CUPS IN MUFFIN PAN.
2. IN A MEDIUM BOWL, WHISK FLOUR, PUMPKIN SPICE, BAKING SODA, AND SALT UNTIL WELL COMBINED. SET ASIDE.
3. IN LARGE BOWL, WHISK TOGETHER PUMPKIN PUREE, SUGAR AND BROWN SUGAR. BEAT IN EGGS, VEGETABLE OIL, AND VANILLA EXTRACT. SLOWLY WHISK FLOUR MIXTURE UNTIL THERE ARE NO LUMPS. FILL MUFFINS $\frac{3}{4}$ FULL.
4. IN MEDIUM BOWL, BEAT CREAM CHEESE UNTIL SMOOTH. ADD IN SUGAR, EGG YOLK, AND VANILLA EXTRACT AND BEAT UNTIL WELL COMBINED. TOP EACH MUFFIN WITH ABOUT 1 TBSP OF CREAM CHEESE MIXTURE AND SWIRL INTO BATTER.
5. BAKE MUFFINS FOR 18-20 MINUTES OR UNTIL TOOTH PICK INSERTED COMES OUT CLEAN FROM CENTER.

PUMPKIN CHOCOLATE CHIP MUFFINS

INGREDIENTS:

- 1 CUP CANNED PUMPKIN
- 1/3 CUP OIL
- 1 CUP GRANULATED SUGAR
- 1/4 CUP SOY MILK
- 1 TSP VANILLA EXTRACT
- 1 1/4 CUPS ALL PURPOSE FLOUR
- 1/2 TSP BAKING POWDER
- 1/2 TSP BAKING SODA
- 1/2 TSP GROUND CINNAMON
- 1/4 TSP SALT
- 1/2 CUP CHOCOLATE CHIPS

DIRECTIONS:

1. PREHEAT OVEN TO 350 DEGREES. LINE MUFFIN PAN WITH CUPCAKE LINERS.
2. IN A MEDIUM BOWL, STIR TOGETHER PUMPKIN, OIL, SUGAR, SOY MILK, AND VANILLA. SIFT IN THE FLOUR, BAKING POWDER, BAKING SODA, CINNAMON, AND SALT. STIR TOGETHER WITH A FORK. ONCE WELL COMBINED, FOLD IN CHOCOLATE CHIPS.
3. FILL LINERS TO 2/3 FULL. BAKE 22-24 MINUTES. TRANSFER TO A WIRE RACK AND LET FULLY COOL BEFORE EATING.

From the kitchen of Julianna Sundberg...

APPLE AND BUTTERNUT SQUASH SKILLET SPECIALTY WITH WILD RICE

INGREDIENTS:

- 1 SMALL ONION, MINCED
- 1 TBSP BUTTER
- 2 CUPS CUBED BUTTERNUT SQUASH
- $\frac{1}{4}$ TSP DRIED THYME (MORE TO TASTE)
- 2 CUPS BABY KALE
- 2 CUPS COOKED WILD RICE

- 1 CUP CHOPPED AND COOKED SAUSAGE
- 2 TBSP CREAM, MILK, OR BUTTER
- 2 CUPS CHOPPED, (UNPEELED/CRISPY) APPLES
- SALT TO TASTE

DIRECTIONS:

1. SAUTE THE ONION AND BUTTER IN A LARGE SKILLET OVER MEDIUM HEAT UNTIL THE ONIONS ARE SOFT AND TRANSLUCENT.
2. ADD SQUASH AND THYME, SAUTE FOR 5-8 MINUTES UNTIL SQUASH IS FORK-TENDER BUT NOT MUSHY.
3. ADD BABY KALE, WILD RICE, AND SAUSAGE. STIR TO COMBINE.
4. POUR IN THE CREAM, MILK, OR BUTTER TO HELP MAKE THE MIXTURE NICE AND CREAMY.
5. ADD YOUR APPLES LAST SO THEY STAY CRISP. TOP WITH SOME CHEESE AND STIR.
6. SERVE AS A MAIN OR SIDE DISH. ENJOY!

From the kitchen of Meredith Sundberg...

STUFFED ACORN SQUASH EXTRAORDINAIRE

INGREDIENTS:

- 2 SMALL/MEDIUM ACORN SQUASH
- 1 TSP COCONUT OIL AND SOME SEA SALT
- 1 TBSP COCONUT OIL
- 1 POUND PORK SAUSAGE
- 1 SMALL ONION, DICED
- 2 CELERY STALKS, DICED
- 2 CLOVES GARLIC MINCED
- 1 CUP DICED APPLE
- 1 TSP DRIED SAGE LEAVES
- 1 TSP DRIED ROSEMARY LEAVES
- 1 TSP DRIED THYME LEAVES
- 1/3 CUP DRIED CRANBERRIES
- SEA SALT AND PEPPER TO TASTE

DIRECTIONS:

1. PREHEAT OVEN TO 425 DEGREES. CUT EACH SQUASH IN HALF AND SCOOP OUT THE SEEDS/STRINGS WITH A SPOON. BRUSH EACH HALF WITH COCONUT OIL AND SPRINKLE WITH SALT. LINE A BAKING SHEET WITH PARCHMENT PAPER AND PLACE THE SQUASH FACE DOWN ON THE BAKING SHEET. ROAST FOR ABOUT 30 MINUTES OR UNTIL IT FEELS SOFT WHEN YOU PRESS ON IT. REMOVE SQUASH FROM OVEN AND SET ASIDE.
2. HEAT 1 TBSP COCONUT OIL IN SKILLET OVER MEDIUM HEAT. BROWN SAUSAGE, THEN REMOVE FROM THE PAN AND SET ASIDE, LEAVING THE FAT IN THE PAN.
3. ADD ONIONS AND CELERY TO SKILLET, COOK UNTIL SOFTENED, ABOUT 3 MINUTES. ADD GARLIC AND COOK FOR ANOTHER MINUTE.
4. ADD DICED APPLES, HERBS, SALT AND PEPPER. COOK ANOTHER 2 MINUTES TO LET THE APPLES SOFTEN, ADD CRANBERRIES AND BROWNED SAUSAGE BACK INTO THE SKILLET. LOWER HEAT AND COOK ANOTHER TWO MINUTES TO BLEND FLAVORS.

KAMUT WITH FRESH CORN AND PEAS

INGREDIENTS:

- KAMUT
- CORN
- VEGETABLE BROTH
- BAYLEAF, THYME SPRIG, AND CHIVES

- ONION
- PEAS AND SNOW PEAS
- SALT AND PEPPER

DIRECTIONS:

1. TAKE A LARGE BOWL, PUT THE KAMUT IN AND FILL IT WITH WATER. LET SIT FOR 2 HOURS.
2. WHILE THAT IS HAPPENING, CUT THE CORN KERNELS AND SEPARATE FROM THE COB.
3. BRING BROTH TO BOIL AND ADD COBS AND THEN LEAVE THE COBS WHEN THE WATER BOILS.
4. IN A SEPARATE PAN ADD OLIVE OIL AND ONIONS AND COOK FOR 5 MINUTES.
5. DRAIN KAMUT, ADD TO BOILED WATER WITH A BAY LEAF AND THYME. COOK FOR 45 MINUTES AND THEN DRAIN WATER, BAY LEAF, AND THYME.
6. ADD THE CORN KERNELS IN THE ONION PAN.
7. ADD THE KAMUT, PEAS, AND SNOW PEAS FOR 5 MINUTES. SEASON WITH SALT AND PEPPER.

APPLE LATTICE PIE BAKED IN THE APPLE

INGREDIENTS:

- 6 GRANNY SMITH APPLES
- ¼ CUP SUGAR
- 1 TBSP BROWN SUGAR
- ¼ TSP CINNAMON
- PIE CRUST

DIRECTIONS:

1. HEAT OVEN TO 375 DEGREES.
2. CUT TOP OFF 4 APPLES, REMOVE INSIDE VERY CAREFULLY.
3. SLICE REMAINING 2 APPLES, THINLY. MIX WITH CINNAMON AND SUGAR.
4. SCOOP SLICED APPLES INTO HOLLOWED APPLES.
5. ROLL OUT PIE CRUST AND CUT INTO ¼ INCH STRIPS AND PLACE AN APPLE IN A LATTICE PATTERN.
6. PLACE APPLES IN AN 8X8 PAN WITH ENOUGH WATER TO COVER THE BOTTOM OF THE PAN.
7. COVER WITH FOIL AND BAKE FOR 20-25 MINUTES.
8. REMOVE FOIL AND BAKE FOR AN ADDITIONAL 20 MINUTES OR UNTIL SLICED APPLES ARE SOFT AND CRUST IS GOLDEN BROWN.

From the kitchen of Rebecca Fastiggi...

REBECCA'S AMAZING APPLE BREAD

INGREDIENTS:

- 2 CUPS APPLES, PEELED AND DICED
- 2 EGGS
- 2 CUPS WHITE SUGAR
- $\frac{1}{2}$ CUP VEGETABLE OIL
- 2 TSP VANILLA EXTRACT
- 2 CUPS ALL PURPOSE FLOUR
- $\frac{1}{2}$ TSP SALT
- 1 TSP BAKING POWDER
- $\frac{1}{2}$ TSP GROUND CINNAMON OR MORE TO TASTE

DIRECTIONS:

1. PREHEAT OVEN TO 350 DEGREES.
2. MIX FLOUR, SALT, BAKING POWDER, AND CINNAMON IN SEPARATE BOWL.
3. BEAT EGGS, SUGAR, VEGETABLE OIL, AND VANILLA IN MIXING BOWL. ADD DICED APPLES.
4. ADD FLOUR MIXTURE TO COMBINE INTO THICK BATTER AND POUR INTO LOAF PAN. BAKE FOR 45 MINUTES, THEN COVER WITH FOIL AND CONTINUE TO BAKE FOR ANOTHER 15 MINUTES.

From the kitchen of Nolan Morton...

ZUCCHINI BREAD

INGREDIENTS:

- 3 EGGS
- 1 CUP VEGETABLE OIL
- 2 CUPS GRATED ZUCCHINI
- 1 TBSP VANILLA
- 2 CUPS FLOUR
- 2 CUPS SUGAR
- ½ TSP SALT
- 1 TBSP CINNAMON
- ½ TSP BAKING POWDER
- 1 TSP BAKING SODA

DIRECTIONS:

1. PUT ALL DRY INGREDIENTS IN A MIXING BOWL.
2. ADD WET INGREDIENTS TO THE MIXING BOWL. MIX WELL.
3. POUR INTO GREASED LOAF PANS.
4. BAKE AT 350 DEGREES FOR 60-70 MINUTES.

APPLE COFFEE CAKE WITH CRUMBLE TOPPING AND A BROWN SUGAR GLAZE

INGREDIENTS:

- 1 STICK + 2 TSP UNSALTED BUTTER
- 1 ½ CUPS PACKED LIGHT BROWN SUGAR
- 2 LARGE EGGS
- 2 CUPS ALL PURPOSE FLOUR
- 1 TSP BAKING SODA
- 1 TSP GROUND CINNAMON
- ½ TSP SALT
- 1 CUP SOUR CREAM
- 1 TSP PURE VANILLA EXTRACT

- 2 CUPS PEELED, CORED, CHOPPED APPLES
- ½ CUP PACKED BROWN SUGAR
- ½ CUP FLOUR
- ½ TSP CINNAMON
- 4 TBSP UNSALTED BUTTER
- ½ CUP BROWN SUGAR
- ½ TSP VANILLA
- 2 TBSP WATER

DIRECTIONS:

1. PREHEAT OVEN TO 350 DEGREES. LIGHTLY GREASE A 3X9 INCH GLASS PAN WITH 2 TSP OF BUTTER.
2. IN A LARGE BOWL, CREAM TOGETHER REST OF BUTTER AND SUGAR UNTIL FLUFFY. ADD EGGS 1 AT A TIME.
3. IN A SEPARATE BOWL, MIX FLOUR, BAKING SODA, CINNAMON, AND SALT. ADD TO THE WET INGREDIENTS, ALTERNATING WITH THE SOUR CREAM AND VANILLA. FOLD IN APPLES, SPREAD OUT IN PAN.
4. MAKE THE CRUMBLE, COMBINE THE SUGAR, FLOUR, CINNAMON, AND BUTTER UNTIL CRUMBLY. SPRINKLE OVER CAKE AND BAKE FOR 35-40 MINUTES.
5. TO MAKE THE GLAZE, MIX THE SUGAR, VANILLA, AND WATER IN A BOWL UNTIL IT FORMS A GLAZE. SPREAD OVER WARM CAKE, LET HARDEN.
6. SERVE AND ENJOY! BEST SERVED HOT/WARM.

KIWIBERRY SALAD

INGREDIENTS:

- **SMALL BUNCH OR BAG OF ARUGULA**
- **3 SCALLIONS FINELY CHOPPED**
- **1 LARGE CARROT, PEELED AND GRATED**
- **10 KIWI BERRIES, HALVED**
- **1 RAW GREEN ZUCCHINI FINELY SLICED**

DIRECTIONS:

1. **CUT, PEEL, GRATE AND SLICE VEGETABLES AS NOTED ABOVE.**
2. **TOSS THE PREPARED SALAD INGREDIENTS TOGETHER IN A BOWL.**
3. **WHISK TOGETHER THE DRESSING.**
4. **POUR THE DRESSING OVER THE SALAD.**
5. **ENJOY!**

From the kitchen of Abigail Roger...

STRAWBERRY CRUMBLE WITH WHIPPED CREAM

INGREDIENTS:

- **5 CUPS STRAWBERRIES**
- **¾ CUP BROWN SUGAR**
- **½ CUP AND 2 TBSP ALL PURPOSE FLOUR**
- **½ CUP OATMEAL**
- **1/3 CUP OF BUTTER**
- **1 CUP WHIPPING CREAM**
- **2 TBSP GRANULATED SUGAR**

DIRECTIONS:

1. **PREHEAT OVEN TO 375 DEGREES.**
2. **PREPARE STRAWBERRIES (REMOVE LEAVES, CUT TIP AND SLICE).**
3. **PUT STRAWBERRIES IN 2.2 QT PYREX BAKING DISH AND ADD 2 TBSP FLOUR (SPRAY PYREX WITH COOKING SPRAY BEFORE HAND).**
4. **COMBINE BROWN SUGAR, ALL PURPOSE FLOUR, AND OATMEAL**
5. **MIX IN BUTTER.**

WHIPPED CREAM

1. **ADD WHIPPING CREAM AND SUGAR TO A BOWL.**
2. **BEAT WITH ELECTRIC MIXER ON HIGH SPEED UNTIL SOFT PEAKS FORM.**

From the kitchen of Joseph Richard...

DELICIOUS PUMPKIN BREAD

INGREDIENTS:

- **¾ CUPS ALL PURPOSE FLOUR**
- **2.5 CUPS WHITE SUGAR**
- **2 TSP BAKING SODA**
- **1 ½ TSP SALT**
- **1 TSP GROUND NUTMEG**
- **1 TSP GROUND CINNAMON**
- **2 CUPS SOLID PACK PUMPKIN PUREE**
- **2/3 CUP WATER**
- **1 CUP VERGATBLE OIL**
- **4 EGGS**
- **½ CUP CHOPPED WALNUTS (OPTIONAL)**
- **1 TSP CLOVES**

DIRECTIONS:

1. **GREASE AND FLOUR THREE 7x3 INCH PANS, PREHEAT OVEN TO 350 DREGREES.**
2. **MEASURE FLOUR, SUGAR, BAKING SODA, SALT SPICES INTO A LARGE BOWL. STIR TO BLEND. ADD PUMPKIN, WATER, VEGTABLE OIL, EGGS, AND NUTS. BEAT UNTIL WELL COMBINED. POUR BUTTER INTO PREPARED PANS.**
3. **BAKE FOR APPROXIMATELY 1 HOUR.**