



University of Colorado

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# 2018 CU System Collaborative Cookbook

*Favorite recipes submitted by CU System Employees*

*The System Staff Council Health and Wellness Committee presents the University of Colorado System Administration Collaborative Cookbook. It is the mission of the Health and Wellness Committee to empower System Administration staff by increasing awareness, providing resources, inspiring action, and creating a community of support and inclusiveness about health and well-being.*

*We were inspired by this mission to create a resource for System employees that encourages home cooking to support better health and well-being. The recipes featured in this cookbook are as diverse as our staff and we hope that you enjoy these crowd-pleasing recipes, whether you have specific dietary needs or are looking for downright decadent treats.*

*Dining out can be a minefield of unwanted calories, fat, sugar and salt. You might go in with good intentions, but you never really know what is going into the food on your plate. That is not the case when cooking at home! When you cook at home, you ensure that you are consuming the ingredients you want to consume and can easily avoid the ones you do not. Eating at home reduces the temptation to make poor food decisions and you can easily alter foods to fit your lifestyle.*

*People who enjoy meals at home with others, sitting together and conversing, have reduced stress and higher life satisfaction. Cook at home with these tried-and-true recipes submitted by CU employees and their families – your mind, body and wallet will thank you!*

*System Staff Council wishes to express our sincere appreciation and gratitude to all the individuals who donated recipes and contributed to the compilation, and publication of this collaborative cookbook.*

# 2018 CU System Collaborative Cookbook

*Favorite recipes submitted by CU System Employees*

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# 2018 CU System Collaborative Cookbook

*Favorite recipes submitted by CU System Employees*

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*A p p e t i z e r*  
**A r t i c h o k e D i p I**

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10 minutes



350°F



Vegetarian

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**RECIPE.**

**INGREDIENTS.**

**Preparation Instructions:**

Preheat oven to 350 degrees F.

**Prep Time:** 10 Minutes

**Total Time:** 40 Minutes

- 1 Can Artichoke Hearts in Water
- 1 Cup Mayonnaise
- 1 Cup grated Parmesan Cheese

- 1 Tablespoon Minced Garlic
- 1 Box of Plain Water Crackers

**DIRECTIONS.**

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1. Drain Artichoke Hearts, Roughly chop into pieces
2. In a large mixing bowl, combine all ingredients thoroughly
3. Pour mixture into an 8" pie pan
4. Bake at 350 degrees for 30 mins or until top of dish begins to brown
5. Serve warm as a dip with plain water crackers

*A p p e t i z e r*  
**A r t i c h o k e D i p I I**



.....

**R E C I P E .**

**I N G R E D I E N T S .**

**Preparation Instructions:**

Preheat oven to 350 degrees F.

**Prep Time:** 10 Minutes

**Total Time:** 35-40 Minutes

- 14.5 oz can extra small to small artichokes in water (not marinated)
- 1 cup mayonnaise
- 3/4 cup grated parmesan cheese
- 1/2 cup grated mozzarella cheese
- 1 tsp garlic powder
- 1/4 tsp salt
- 1/2 tsp pepper
- 1/2 cup (enough to cover the pie plate) packaged bread crumbs finely ground
- crackers to use with serving dip such as wheat thins

**D I R E C T I O N S .**

1. Drain the artichokes and mash/chop finely
2. In a bowl, combine artichokes, mayonnaise, parmesan cheese, mozzarella cheese, garlic powder, salt & pepper.
3. Mix all together
4. Put into 9" pie plate or quiche pan
5. Top with bread crumbs
6. Bake 350 degrees for 25-30 minutes until hot and bubbly
7. Serve with crackers such as wheat thins

*A p p e t i z e r*  
**E d a m o l e**

6 S E R V I N G S



10 minutes



Vegetarian, Vegan, Gluten-free



Blender, Food processor

.....  
**R E C I P E .**

Serve with chips, crackers, or  
veggies

**Prep Time:** 10 minutes

**I N G R E D I E N T S .**

- .....
- 1 package frozen shelled edamame (thawed)
  - 1 package frozen green peas (thawed)
  - 1 large avocado
  - 1 garlic clove, halved
  - 1/2 lemon, juiced
  - 1/4 cup olive oil
  - Generous pinch of salt

**D I R E C T I O N S .**

.....  
Put everything into a food processor or blender and blend until mostly smooth

# Jalapeno Popper Dip

1 5 S E R V I N G S



20 minutes



350°F



Meat



Oven, Mixing bowl,  
9x13 baking dish

## RECIPE.

This is a crowd favorite and easy to assemble! I recommend cutting the jalapenos by hand as they can get mushy in a processor.

### Preparation Instructions:

Preheat oven to 350 degrees F. Grease or spray a 9x13 baking dish

**Prep Time:** 20 minutes

**Total Time:** 45-50 minutes

## INGREDIENTS.

- 5-8 slices of bacon- Chopped
- 1 tube of Jimmy Dean hot sausage
- 10-15 Jalapenos- Finely Chopped, remove seeds
- 2 bricks cream cheese- Softened
- 2 cups sharp cheddar cheese- Finely shredded
- Tortilla Chips or Crackers to serve

## DIRECTIONS.

1. Cook sausage and bacon until done (bacon should be crisp) and remove excess grease, set aside to cool
2. Remove seeds and finely chop jalapenos
3. Once cooled, finely chop bacon
4. Mix all 5 ingredients together until well blended then spread into a greased 9x13 baking dish
5. Bake uncovered for 25-30 minutes until brown and bubbly on top
6. Serve with tortilla chips or crackers

*A p p e t i z e r*  
**V e g g i e S t r u d e l**

1 6 S E R V I N G S



20 minutes



375°F



Vegan



Oven, Stove top

**RECIPE.**

This a great holiday recipe as an appetizer or side. Add more veggies if you like, or use puff pastry instead of pie crusts for a prettier presentation.

**Preparation Instructions:**

Thaw the pie crusts. Preheat oven to 375 degrees F.

**Prep Time:** 15-20 Minutes

**Total Time:** 35-45 Minutes

**INGREDIENTS.**

- 2 rolled pie crusts (egg and dairy-free for vegan)
- 1 1/2 tbsp oil (optional)
- 1 lg yellow onion, chopped
- 4 cloves garlic, minced
- 1 lg bunch curly kale (10 oz)
- 1/3 cup grated carrot
- 1/3 cup chopped broccoli florets
- 1/4 cup minced fresh parsley
- 2 tbsp total minced fresh dill, rosemary leaves, sage leaves
- salt and pepper to taste
- 1/4 cup dried cranberries (optional)
- 1/2 cup grated vegan cheese, any variety (optional)

**DIRECTIONS.**

1. Heat the oil (if using) in a medium skillet. Add the onion and sauté over medium-low heat until translucent. Add the garlic and continue to sauté until the onion is golden and just beginning to brown.
2. Strip the kale leaves from the stems and slice them into strips. Add to the skillet, cover, and sauté for a minute or two, until the leaves are turning bright green, then stir in the grated carrot and broccoli. Sauté until the kale and carrot are just tender, about 2 to 3 minutes. Stir in the parsley and other fresh herbs and cranberries if using. Season with salt and pepper and remove from the heat.
3. Roll out one pie crust on a parchment paper-lined baking sheet and sprinkle with 1/2 the cheese if using. Spread half of the vegetable mixture down the center of the pie crust, spreading it thin but not too close to the edges. Roll the crust from one edge to the other, and close the ends. Repeat with the second pie crust.
4. Bake for 20 to 25 minutes or until golden.
5. Cut the strudel crosswise into 8 pieces.
6. Cool slightly before serving.



S o u p s / S t e w  
**A m a z i n g C h i l i**

1 2 S E R V I N G S



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**R E C I P E .**

This can be a vegetarian or meat dish. You can substitute the ground beef/turkey/venison for a vegetarian meat substitute if desired.

**Prep Time:** 30 minutes

**Total Time:** 7-8 hours (crockpot);  
2.5 hours (stovetop)

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**I N G R E D I E N T S .**

- 2 pounds ground beef, turkey or venison
- 4 Tbsp. extra-virgin olive oil
- 1 yellow or white onion, chopped
- 1 green bell pepper, chopped
- 4 cloves garlic, minced
- 1/4 cup flat-leaf parsley, finely chopped
- 2 jalapeño peppers, finely chopped (optional)
- 3 Tbsp. chili powder
- 2 tsp. cumin
- 1 tsp. sugar
- 1 tsp. oregano
- 1 tsp. salt
- 1 tsp. black ground pepper
- 1/4 teaspoon cayenne pepper
- 46-oz. can tomato juice
- 28-oz. can diced tomatoes
- 15-oz. can tomato sauce
- 16-oz. can kidney beans, drained and rinsed
- 16-oz. can pinto beans, drained and rinsed
- Shredded cheese and sour cream, for topping

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**D I R E C T I O N S .**

1. In a large skillet, cook ground meat over medium-high heat until no longer pink. Transfer the meat to a bowl. Drain excess grease from skillet, but do not clean.
2. Add the olive oil to the skillet. Add the onion, green pepper, garlic, parsley and jalapeño peppers (if using) and cook over medium heat, stirring occasionally, until onions are soft and fragrant (about 5 minutes). Remove from heat and add the chili powder, cumin, sugar, oregano, salt, pepper and cayenne pepper. Stir until combined.
3. If cooking the chili stovetop, add the cooked meat back to the skillet. If using a slow cooker, add meat-veggie mixture to the slow cooker. Add the tomato juice, diced tomatoes, tomato sauce, kidney beans and pinto beans to either the skillet or slow cooker, depending on which you are using. On stovetop, bring to a boil, dial back to medium-low and simmer for 2 hours. In slow cooker, cook on low for 7 to 8 hours.
4. Serve warm with cheese and sour cream.



S o u p s / S t e w  
**A u t u m n W i l d R i c e S o u p**

6 S E R V I N G S



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**RECIPE.**

This Autumn Wild Rice Soup is full of hearty seasonal vegetables and wild rice (plus chicken, if you would like), it's wonderfully creamy and comforting, and easy to make! Feel free to mix it up with veggies/seasonings you have on hand; some suggestions are cauliflower, butternut squash, parsnips, bell peppers.... whatever sounds good!

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**INGREDIENTS.**

- 6 cups vegetable stock (or chicken stock)
- 1 cup uncooked wild rice
- 8 ounces baby bella mushrooms, sliced
- 4 cloves garlic, minced
- 2 medium carrots, diced
- 2 ribs celery, diced
- 1 large (about 1 pound) sweet potato, peeled and diced
- 1 small white onion, peeled and diced
- 1 bay leaf
- 1 1/2 tablespoon Old Bay or Italian or Herbs de Provence or Cajun seasoning
- 4 Tablespoons of butter, + 1 Tablespoon for sauteeing vegetables
- 1/3 cup all-purpose flour
- 1 1/2 cups milk (can use 1 (15-ounce) can of full-fat coconut milk as an alternative )
- 2 large handfuls of kale, roughly chopped with thick stems removed
- Kosher salt and freshly-cracked black pepper

**Prep Time:** 15 minutes

**Total Time:** 1 hour

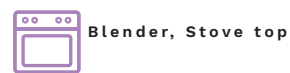
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**DIRECTIONS.**



1. Heat 1 tablespoon butter in a large stockpot over medium-high heat. Add onion and sauté for 5 minutes, stirring occasionally, until soft and translucent. Stir in the garlic and cook for an additional 1-2 minutes, stirring occasionally, until fragrant.
2. Add in the vegetable stock, wild rice, mushrooms, carrots, celery, sweet potato, bay leaf and seasoning of choice. Stir to combine.
3. Continue cooking until the soup reaches a simmer. Then reduce heat to medium-low, cover and simmer for 45 minutes, or until the rice is tender, stirring occasionally.
4. Meanwhile, during those final 10 minutes, prepare your cream sauce in a separate saucepan on the stove. In it, cook the butter over medium-high heat until melted. Whisk in the flour until combined, and cook for 1 minute. Gradually add in the milk, and whisk until combined. Continue cooking, stirring frequently, until the mixture nearly comes to a simmer and has thickened. (It should be very thick.)
5. Add the cream sauce and kale to the soup, and stir gently until combined. Taste and season with salt and pepper (plus any extra Old Bay seasoning, if you would like) as needed.
6. Serve warm. Or transfer to sealed container(s) and refrigerate for up to 4 days.

S o u p s / S t e w  
B a c o n , S h r i m p , C o r n C h o w d e r

4 S E R V I N G S



R E C I P E .

Crispy bacon, perfectly cooked shrimp and corn are the ultimate comfort foods in this creamy chowder!

**Prep Time:** 15 minutes

**Total Time:** 30-45 minutes

I N G R E D I E N T S .

- 5 slices bacon, cut into small pieces
- 1 pound medium shrimp, peeled and deveined
- 2 cups chopped yellow onion
- 1 tablespoon fresh minced garlic
- 1 teaspoon paprika
- 1/2 teaspoon dried thyme
- Pinch crushed red pepper
- 2 and 1/2 cups frozen corn kernels
- 3 cups chicken stock
- 1 cup half and half
- Salt and pepper, to taste
- Fresh thyme sprigs for garnish, if desired

D I R E C T I O N S .

1. In a large pot or Dutch oven over medium heat, fry the bacon pieces until crispy. Transfer to a plate lined with paper towels. Drain off fat from pot, leaving 1 Tbsp.
2. Add shrimp to the pot and cook until pink (about 3-4 minutes), stirring frequently. Remove shrimp with a slotted spoon and add to the plate with the bacon. Leave juices in pot.
3. Add onions and garlic. Sauté for about 3 minutes, or until onions are soft and translucent.



4. Add paprika, crushed red pepper, thyme, salt and pepper. Cook, stirring frequently for 2 minutes.
5. Add corn, chicken stock and half and half. Stir to combine. Bring to a boil. Reduce heat to medium-low and simmer for 15 minutes.
6. Using an immersion blender, blend about half of the soup until creamy. If you don't have an immersion blender, blend 2 cups of soup in a blender and pulse until creamy (exercise caution while blending hot liquids – blend small amounts at a time and hold down the top of blender pitcher while blending because there is a risk of the top blowing off and hot liquids to blow out!) and return to pot and stir well.
7. Serve with shrimp and sprinkle with bacon pieces.
8. Garnish with fresh thyme sprigs, if desired.

S o u p s / S t e w  
**B l a c k B e a n S o u p**

8 S E R V I N G S



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**RECIPE.**

**Prep Time:** 10 minutes  
**Total Time:** 20 minutes

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**INGREDIENTS.**

- 2 cans Black Beans
- 1 can Kidney Beans
- 1 can Southwest Corn
- 1 16 oz Veggie Broth
- 1 16 oz Jar of Salsa
- 1 White Onion
- 1 tsp Garlic Powder
- 1/2 tsp Cummin

**Top with:**

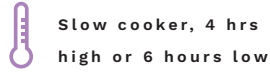
- lime juice to taste
- cilantro sprinkle on top
- cheddar cheese sprinkle on top
- sour cream or plain greek yogurt to taste
- salt and pepper to taste

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**DIRECTIONS.**

1. Finely chop whole onion
2. Drain and rinse kidney beans
3. Blend rinsed kidney beans in the blender until creamy
4. Drain and rinse black beans and corn
5. Combine veggie broth, onion, blended kidney beans, black beans, corn and salsa into a medium pot
6. Add garlic powder and cummin to pot
7. Bring to a boil
8. Turn down to medium heat and stir continuously for 5 minutes
9. Serve hot and top with combination of lime juice, cilantro, cheddar cheese, sour cream/plain greek yogurt, salt and pepper to taste

*S o u p s / S t e w*  
**Classic Slow Cooker Corn Chowder**

8 S E R V I N G S



**RECIPE.**

Once the chowder is finished in the crockpot, another tasty addition is to crumble cooked bacon on top.

**Prep Time:** 15 minutes

**Total Time:** 4 hours 15 minutes

**INGREDIENTS.**

- 3 cups milk
- 2 (14.75 ounce) cans cream-style corn
- 2 (10.75 ounce) cans condensed cream of mushroom soup
- 2 (4 ounce) cans chopped green chiles
- 2 cups frozen corn
- 2 cups frozen shredded hash brown potatoes
- 2 cups cubed cooked ham
- 1 large onion, chopped
- 2 tablespoons butter
- 2 tablespoons hot sauce
- 2 teaspoons dried parsley
- 1 teaspoon chili powder
- salt and ground black pepper to taste

**DIRECTIONS.**

1. Stir milk, cream-style corn, cream of mushroom soup, chopped green chiles, frozen corn, hash brown potatoes, ham, onion, butter, hot sauce, parsley, and chili powder in a slow cooker. Season with salt and black pepper.
2. Cover and cook on High for 4 hours or on Low and for 6 hours.



S o u p s / S t e w  
G u m b o Z



Under 2 hours



Vegan



Stove top, big stock pot

RECIPE.

This soup will make you love hearty greens. Don't skip the gumbo filé and use a rich broth/stock - It makes all the difference.

**Preparation Instructions:**

In a large pot over high heat, bring 4 quarts of water to a boil. Add 1 tbsp salt.

**Total Time:** Under 2 hours

INGREDIENTS.

- Course sea salt
- 1 lg bunch collard greens (1 lb), trimmed and chopped to bite-size pieces
- 1 lg bunch mustard greens (1 lb), trimmed and chopped
- 1 lg bunch curly kale (1/2 lb), trimmed and chopped
- 1 lg bunch spinach (1/2 lb), trimmed and chopped
- Olive oil to sauté and to make the roux
- 7 cloves garlic, minced
- 1/2 cup whole wheat pastry flour
- 2 lg yellow onions, diced fine
- 2 lg red bell peppers, diced fine
- 2 celery ribs, halved lengthwise and chopped small
- 1/4 tsp cayenne
- 6 cups vegetable broth or stock
- 1 tbsp minced fresh thyme
- 1 tsp gumbo filé powder
- 1 tbsp apple cider vinegar
- 2 lg scallions, thinly sliced, for garnish

DIRECTIONS.

1. Add the leafy greens to the water, bring back to a boil, and cook uncovered for 3 to 4 minutes.
2. Drain in a colander and cool. Transfer the greens to a cutting board and chop as needed. Combine a little olive oil with the garlic in a large sauté pan over medium heat and sauté until fragrant and starting to golden, about 2 minutes.
3. Add the greens mixture, raise the heat to high, sprinkle with 1 tsp. salt, and sauté, stirring occasionally for 2 to 3 minutes, coating the greens. Set aside.
4. In a large pot over very low heat, combine the flour and a little more olive oil (this is a roux), stirring often until caramel colored, about 25 minutes. Add the onion, bell peppers, celery, cayenne, and 1/2 tsp salt. Raise the heat to medium and sauté, stirring occasionally and scraping the bottom of the pot, until the vegetables soften, about 15 minutes. Slowly stir in the stock. Add the reserved greens, bring to a boil, and reduce the heat to low. Cover and simmer until meltingly tender, about 45 minutes. Stir in the thyme and simmer for an additional 2 minutes.
5. Remove from the heat, stir in the gumbo file and apple cider vinegar, and set aside to cool for 10 minutes.
6. Serve garnished with scallions over rice.

*S i d e D i s h*  
“ T u n a ” S a l a d

4 S E R V I N G S



10 Minutes



Vegetarian

RECIPE.

**Prep Time:** 10 Minutes

INGREDIENTS.

- 2 cans garbanzo beans
- 1 pack seaweed snacks, chopped/torn into little pieces
- 1/4-1/2 cup finely diced onion (to taste)
- 1-2 stalks celery, finely diced
- 1/2 poblano or Anaheim chili, finely
- diced (optional)
- 1/2 cup relish
- 1/2 cup mayo
- Salt
- Pepper

DIRECTIONS.

1. Smash up the garbanzo beans, add everything, and mix!

*S i d e   D i s h*  
**C a u l i f l o w e r   R i c e**

4   S E R V I N G S



2 minutes



Vegetarian, Vegan, Gluten-free



Blender, Food processor

**RECIPE.**

Cauliflower rice or 'crumbles' can be used to replace couscous, grains, or rice, and serves as a blank canvas for seasonings. You can buy bags of frozen riced cauliflower or refrigerated cauliflower crumbles in the refrigerated aisle of your super-market, but it takes 5 minutes to make your own.

**Prep Time:** 2 minutes

**Total Time:** 5 minutes

**INGREDIENTS.**

- 1 head of cauliflower

**DIRECTIONS.**

1. Cut 1 head of cauliflower into large florets.
2. In batches, place the florets into a food processor or blender (don't fill processor or blender more than 3/4 full).
3. Pulse the florets until processed into crumbles/riced sized pieces.
4. Remove any unprocessed large pieces from food processor or blender.
5. Transfer the crumbles or rice to a bowl, then reprocess the larger pieces.

**To cook crumbles or rice:**

1. Place cauliflower crumbles or rice in a microwave-safe bowl; drizzel with 1 tablespoon olive oil and stir to coat.
2. Tightly cover the bowl with lid or plastic wrap and cook until tender (about 3 minutes)



S a l a d

# Five Minute Super Bean Sun-dried Tomato & Basil Salad

4 S E R V I N G S



10 minutes



Vegetarian, Vegan, Gluten-free

RECIPE.

This high protein, healthy, hearty salad comes together in just 5 minutes. Just rinse, chop, mix- and you have a great salad that's perfect for picnics or packed lunches!

\*Some great choices for chopped vegetables include cucumber, broccoli, cauliflower, tomato, summer squash, green beans, and spinach.

**Additional Instructions:**

If making this salad in advance, keep the fresh vegetables separate from the bean mixture and mix together right before serving.

**Total Time:** 10 minutes

INGREDIENTS.

- 1 (15 oz) can Garbanzo Beans (Chickpeas)
- 1 (15 oz) can Great Northern Beans or other favorite bean
- 1 cup chopped Vegetables of choice\*
- 1 Tbsp. chopped Parsley
- 1 Tbsp. chopped Basil
- 2 Tbsp. Oil from Sun-Dried Tomatoes
- 8 Sun-dried Tomatoes, chopped
- 1 - 2 Tbsp. very high quality Balsamic Vinegar
- 1/4 - 1/2 tsp. Salt

DIRECTIONS.

1. Rinse beans and shake off excess water.
2. Combine all ingredients in a bowl and serve. Start with the lower amounts of vinegar and salt; taste and then add more according to your preferences.



*S a l a d*  
**C u c u m b e r   a n d   S t r a w b e r r y   P o p p y s e e d  
S a l a d**

4   S E R V I N G S



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**RECIPE.**

Healthy and easy salad for summertime.

**Total Time:** 10 minutes

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**INGREDIENTS.**

- 2 large cucumbers (can spiralize if desired), or thinly slice with a mandoline kitchen slicer or knife
- 4 cups strawberries, sliced
- 1/2 cup feta, crumbled
- 1/2 cup poppyseed dressing

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**DIRECTIONS.**

1. In a large bowl, toss cucumbers and strawberries together.
2. Divide among four plates, sprinkle with feta and pour 2 tablespoons dressing over each salad and serve immediately!



# Salad

## Spinach and Mandarin Orange Salad

6 SERVINGS



1 hour 30 minutes



Vegetarian



Stove top

### RECIPE.

This is a quick and easy recipe that is sure to impress guests. It's not your ordinary spinach salad.

#### Additional Info:

The entire preparation of this salad requires approximately 1.5 hours, as the dressing needs to cool before serving with salad.

**Prep Time:** 20 minutes

**Dressing Cook Time:** 10 minutes

**Total Time:** 1 hour 30 minutes

### INGREDIENTS.

#### Dressing:

- 1/2 cup red wine vinegar
- 1/2 cup white sugar
- 1 1/2 tablespoons water
- 1 1/2 tablespoons butter
- 1/2 teaspoon salt
- 1 egg, beaten

#### Salad:

- 1 (10 ounce) package baby spinach
- 1 (6 ounce) package sliced fresh mushrooms
- 1 (15 ounce) can mandarin oranges, drained
- 1/3 cup toasted slivered almonds
- 4 slices cooked bacon, crumbled
- 1/4 red onion, sliced and separated into rings (optional)
- 1/4 cup croutons, or as desired (optional)

### DIRECTIONS.

1. Mix vinegar, sugar, water, butter, and salt together in a saucepan; bring to a boil. Cook and stir until sugar dissolves and mixture is bubbling, about 1 minute. Remove from heat and cool to room temperature, about 1 hour.
2. Whisk egg into dressing; return saucepan to low heat and simmer until dressing thickens, 5 to 10 minutes.
3. Combine spinach, mushrooms, mandarin oranges, almonds, bacon, red onion rings, and croutons in a large bowl; pour dressing over salad. Toss to coat.



*M a i n   D i s h*  
**B e s t   S p a g h e t t i   S a u c e   E v e r !**

1 0   S E R V I N G S



.....

**RECIPE.**

“As you can see, this sauce takes time to make, but I guarantee it is the best spaghetti sauce you’ll ever taste. If you like a thick and meaty sauce, you will love this!”

**Prep Time:** 45 minutes

**Total Time:** 1 hour 45 minutes

**INGREDIENTS.**

- 2 (29 oz) cans tomato puree
  - 2 (8 oz) cans tomato sauce
  - 2 (6 oz) cans tomato paste
  - 8 oz. of water (use one of the tomato cans)
  - approx. 1-2 tsp crushed red pepper, (depends on how much bite you like)
  - 1 tsp garlic salt
  - 1 Tbs of salt
  - 1-2 tsp of black pepper
  - 1 and 1/2 lb of bacon, chopped
- 2 green peppers, chopped
  - 2 yellow onions, chopped
  - Small container of sliced fresh mushrooms, break into smaller pieces if too large
  - 2 ½ – 3 lbs. of very lean hamburger
- (The spices are approximate. You can add more of any of the spices as the mix simmers at the end.)

**DIRECTIONS.**

1. Mix the tomato puree, sauce and paste and water in a large pot and heat at med to low heat. When hot, cover, reduce heat to a simmer. Add the crushed red pepper, garlic salt, salt and pepper, and continue to keep warm but avoid letting it boil. You must stir frequently!
2. Dice up the green peppers and onions and cut the bacon in very small pieces. Put all of it into a large fry pan and fry until very browned, DO NOT DRAIN THE JUICE. Pour the contents, juices fat and all, into the sauce. Add mushrooms that have been cut into small pieces. Continue to stir.
3. Fry up the hamburger until well browned. The hamburger should be as crumbly as possible when done frying, not in chunks. When brown drain as much fat from the hamburger as possible, and pour hamburger into the sauce. If you fail to drain the fat from the hamburger it may ruin the taste of the sauce. It easiest way to drain the fat is to use a strainer.
4. Simmer for about an hour, stirring repeatedly.

# Boozy Roasted Cauliflower Tacos

6 SERVINGS



10 minutes



400°F



Vegan



Oven, Stove top

## RECIPE.

Cauliflower soaks up the seasonings and the slaw adds crunch to these flavorful tacos.

### Preparation Instructions:

Preheat oven to 400 degrees F. Prepare a rimmed baking sheet with parchment paper.

**Prep Time:** 10 minutes

**Total Time:** 30 minutes

## INGREDIENTS.

- 1 head cauliflower (1lb)
- 3/4 cup beer (no stouts or heavy stuff)
- 1/4 cup vegetable broth
- 1 tbsp lime juice
- 1 1/2 tsp soy sauce, tamari or liquid aminos
- 1 1/2 tbsp chipotle Tabasco
- 1 to 2 cloves garlic, minced
- 1 1/2 tsp chili powder
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1/4 tsp garlic powder
- pinch of salt
- 1 tbsp olive oil
- 1/2 yellow onion, chopped
- 6 corn tortillas (double for more durable tacos)
- bag slaw (use cabbage/carrot mix, a little lime juice and cilantro)
- your favorite roasted salsa

## DIRECTIONS.

1. Chop the cauliflower into small florets (quarter size).
2. In a saucepan, warm the beer, broth, lime juice, tamari, Tabasco, and garlic over medium heat. Add the cauliflower and simmer for about 1 1/2 minutes. Drain.
3. Toss the spices, salt, and oil together in a large bowl. Add the cauliflower and onion and stir until coated.
4. Dump the mixture onto the baking sheet and bake until browned, stirring halfway through, about 20 minutes.
5. To make the tacos, warm the tortillas in the oven or microwave and pile them with the cauliflower mixture, slaw, and salsa.

*M a i n D i s h*  
**C h o r i z o a n d S w e e t P o t a t o S k i l l e t**  
4 S E R V I N G S



**RECIPE.**

This skillet combines chorizo and sweet potato for a sweet and spicy, no-hassle dish to that comes together in no time. This makes for a great breakfast dish, and you can add an egg on top to add extra protein/substance.

**Prep Time:** 15 minutes

**Total Time:** 20 minutes

**INGREDIENTS.**

- 2 tablespoons cooking oil
- 2-3 medium sweet potato, peeled and cut into 1/2 inch cubes
- 1/2 medium yellow onion, diced
- 1 red bell pepper, diced
- 1 clove minced garlic
- 1/2-1 lb chorizo
- 4 cups loosely packed baby spinach (optional)

**DIRECTIONS.**

1. Heat cooking oil in large skillet over medium heat.
2. Add the sweet potatoes and cook covered for 8 minutes. Stir once during that time.
3. Uncover and cook, stirring frequently, until potatoes are tender, 5-8 additional minutes.
4. Add the onion and bell pepper to the sweet potato and cook until tender.
5. While potatoes, onion, and peppers are cooking brown chorizo in a separate pan until fully cooked.
6. Add garlic and spinach to the chorizo, stirring occasionally until spinach is wilted and the chorizo is heated through.
7. Once chorizo mixture is fully cooked through, add to the sweet potato mixture and stir to combine.

*M a i n   D i s h*  
**E a s y   R i c o t t a   P a s t a**  
4   S E R V I N G S



20 minutes



Stove top

**RECIPE.**

Cook pasta according to instructions on the box.

**Prep Time:** 20 minutes

**Total Time:** 30 minutes

Adjust quantities as needed.

**INGREDIENTS.**

- Pasta or any desired shape - 1 box
- Ricotta - 1 container
- White pepper - to taste
- Salt - to taste
- Boiling water from pasta - as needed
- Parmesan cheese - as desired

**DIRECTIONS.**

1. Follow instructions on box to cook the pasta.
2. As the pasta cooks, pour the ricotta in a mixing bowl and mix in enough water from the pasta to soften the ricotta to a creamy consistency.
3. Mix in white pepper and salt to taste.
4. Add cream to drained pasta and mix.
5. Serve hot with parmesan cheese as desired.

# Mike's Super Secret Grilled Cheese

1 SERVINGS



## RECIPE.

This recipe is top secret.  
Variation from recipe is strictly forbidden.

## INGREDIENTS.

- two pieces of bread
- your preferred allowance of butter
- a handful of shredded cheese

## Preparation Instructions:

Turn griddle to 400 degrees F.

**Prep Time:** 1 minute

**Total Time:** 5 minutes

## DIRECTIONS.

1. Butter two pieces of bread on one side each. Warm butter spreads better. Important: Go all the way to the edges.
2. Place one piece of bread butter-side down on the griddle. You should hear a pleasant sizzling sound upon contact.
3. Put your favorite type of shredded cheese on top of the bread. Pile it sky high. Like for real. Make a mountain of cheese. Mount Cheesimanjaro, if you will.
4. Put the other piece of bread non-butter-side down on top of the cheese. Carefully press down with a spatula. A cheesy overflow is not a bad thing.
5. Let one side cook until the crust of the bottom piece of bread is firm. Pro Tip: Test by tapping with a spatula.
6. Flip once. Exercise extreme caution when flipping to the uncooked side. Many almost perfect grilled cheeses have been ruined by wild flipping techniques.
7. Let the other side cook until the crust of the bottom piece of bread is firm.
8. Gently remove one perfectly cooked grilled cheese from the griddle. Place on your finest china.
9. MOST IMPORTANT STEP! DO NOT SKIP: Cut diagonally from corner to corner with a sharp knife and separate the halves slightly so cheese oozes out of the middle.





*M a i n D i s h*  
**M o r o c c a n S t e w**

8 S E R V I N G S



**RECIPE.**

A healthy Moroccan stew with cozy spices makes this vegetable and lentil stew perfect for cold nights. You can easily modify it to include whatever vegetables you have on hand. This stew freezes well for a quick, go-to weekday dinner option; simply make the stew ahead of time and freeze in a freezer-safe dish. When ready to eat, thaw in refrigerator for 24-48 hours, then pour stew into a pot, bring to a boil, and simmer until heated through. Recipe can be doubled for double the enjoyment, but be warned, you need to have a very large pot!

**Prep Time:** 30 minutes

**Total Time:** 45 minutes

**INGREDIENTS.**

**Spice Mixture:**

- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1 teaspoon kosher salt
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground turmeric
- 1/8 teaspoon curry powder

**Stew Vegetables:**

- 1 tablespoon butter
- 1 sweet onion, chopped
- 2 cups finely shredded kale
- 4 (14 ounce) cans organic vegetable

broth

- 1 (15 ounce) can garbanzo beans, drained
- 1 (14.5 ounce) can diced tomatoes, undrained
- 3 large potatoes, peeled and diced
- 2 sweet potatoes, peeled and diced
- 4 large carrots, chopped
- 1 cup dried lentils, rinsed
- 1/2 cup chopped dried apricots
- 1 tablespoon honey
- 1 teaspoon ground black pepper, to taste
- 1 tablespoon cornstarch (optional)
- 1 tablespoon water (optional)

**DIRECTIONS.**

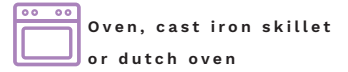
1. Combine spices named in spice mixture (cinnamon, cumin, salt, ginger, cloves, nutmeg, turmeric, and curry powder) in a large bowl.
2. Melt butter in a large pot over medium heat. Cook the onion in the butter until soft

- and just beginning to brown, 5 to 10 minutes. Stir in kale and spice mixture; cook until kale begins to wilt and spices are fragrant, about 2 minutes.
3. Pour the vegetable broth into the pot. Stir garbanzo beans, tomatoes, potatoes, sweet potatoes, carrots, lentils, apricots, and honey, into the broth; bring to boil, reduce heat to low, and simmer until vegetables and lentils are cooked and tender, about 30 minutes. Season stew with black pepper.
  4. (Optional Step: Dissolve cornstarch in water; stir into stew and simmer thickened, about 5 minutes.)
  5. Taste, add extra seasonings from spice mix to taste (I add half portions of all spices in spice mixer to increase the flavor.)



# One Pot Caribbean Jerk Chicken & Rice

6 SERVINGS



## RECIPE.

One Pot Caribbean Jerk Chicken & Rice – A flavor explosion in a pot! Comes together quickly- chicken thighs baked to crispy perfection on a bed of fragrant rice and beans.

### Preparation Instructions:

Preheat oven to 350 degrees F.

**Prep Time:** 15 minutes

**Total Time:** 45 minutes

## INGREDIENTS.

- 2-3 pounds chicken thighs (about 5-6 thighs) (adjust accordingly depending on size of pan)
- 3 Tablespoons creole spice or Jerk seasoning
- 4 Tablespoons cooking oil
- 1/2 medium onion, diced
- 1 sprig fresh thyme or 1 teaspoon dried thyme
- 2 garlic cloves, minced
- 2 small bay leaves
- 2 cups uncooked long grain rice
- 13.5 oz. can coconut milk
- 15.5 oz. can red kidney beans, rinsed and drained
- Salt and fresh ground pepper, to taste
- 2 cups chicken broth or water

## DIRECTIONS.

1. Season both sides of chicken thighs with generous amount of the spice blend (Creole, Jerk or your favorite spice mix)
2. Add about 2 Tablespoons oil in a skillet / Dutch oven or oven safe pot/pan. Then add chicken thighs skin side up , brown for about 3 minutes each, side be very careful with the chicken, it shouldn't burn. Remove from the pan and set aside
3. Wipe pan with paper towel or napkin to remove any burns from pan. Add another 2 Tablespoons oil, followed by onions, thyme, garlic, bay leaf and sauté until soft but not golden, about 2-3 minutes. Then add rice, beans
4. And all the remaining ingredients, chicken stock, coconut milk, paprika, jerk seasoning (1-2 teaspoons), and salt. Add chicken, bring to a boil.
5. Place in the oven and cook, uncovered, for about 30- 35 minutes or until chicken is fully cooked.
6. Remove, let it cool, and serve.



*M a i n   D i s h*  
**S l o w   C o o k e r   P o t   R o a s t**

6 - 1 0   S E R V I N G S



.....

**R E C I P E .**

**Prep Time:** 10 minutes

**Total Time:** 4-5 hours on high;  
6-8 hours on low

**I N G R E D I E N T S .**

- 1 tablespoon olive oil
- 4 pounds (2 kg) chuck roast or blade roast, boneless and trimmed of excess fat
- 2 yellow onions chopped
- 8 cloves garlic smashed with the back of a spoon (or 2 tablespoons minced garlic)
- 1 pound (500 grams) baby potatoes, white or Yukon gold, (you may need to halve them if they are too large)
- 4 large carrots, cut into 2-inch pieces
- 2 stalks celery, cut into 1-inch pieces
- 1/4 cup balsamic vinegar
- 2 tablespoons Dijon mustard
- 1 tablespoon brown sugar
- 2 teaspoons dried thyme
- 1-2 teaspoons vegetable stock powder or bullion powder
- 1 teaspoon salt, or to taste
- 1/2 teaspoon freshly ground black pepper, or to taste
- 1 cup reduced-sodium beef broth
- 2 tablespoons plain flour (optional -- for a thick gravy)
- 2 tablespoons fresh chopped parsley, to serve

**D I R E C T I O N S .**

.....

1. Heat oil in a large skillet or pan over high heat. Season roast with a good amount of salt and pepper. Sear on all sides until browned (about 5-6 minutes each side).

Transfer roast to the bowl of a 6-quart slow cooker.

2. Add the onions, garlic, potatoes, carrots, celery, vinegar, mustard, brown sugar, thyme, stock powder (or bullion) and salt and pepper to taste. Mix the stock together with the flour and pour into the slow cooker bowl (don't worry about any lumps, they will cook out).

3. Cook on high setting for 4-5 hours, or low for 6-8 hours, OR until meat is tender and falling apart, and the vegetables are soft.

4. Taste test and add any extra balsamic vinegar, brown sugar, salt or pepper, until reaching your desired flavour. (We didn't need to add anything to ours. It was perfect.)

5. Slice beef. Garnish with parsley, drizzle over the gravy and sprinkle with black cracked pepper to serve!



# Shrimp In Thai Coconut Sauce

3 SERVINGS



## RECIPE.

Coconut milk flavored with peanut butter makes a classic Thai-inspired, creamy sauce for bell peppers and sautéed shrimp for an easy dinner any night of the week.

**Prep Time:** 30 minutes

**Total Time:** 1 hour

## INGREDIENTS.

- 1 pound jumbo shrimp shell and tail on
- 4 tablespoons vegetable oil divided
- 2 gloves garlic minced or pressed
- 1/4 teaspoon kosher salt
- 1/4 teaspoon red chili flakes
- 1/2 onion peeled and sliced
- 1/2 red bell pepper seeded and sliced
- 1/2 orange bell pepper seeded and sliced
- 1/2 yellow bell pepper seeded and sliced
- 1 cup coconut milk
- 4-6 tablespoons high quality fish sauce; start with 4 tablespoons and add more to taste
- 2 tablespoons peanut butter
- 2 tablespoons lime juice about 1/2 large lime, juiced
- 1 tablespoon brown sugar
- 2 teaspoons ground ginger (if using fresh ginger: 1 and 1/2 tablespoons minced fresh ginger and cook with peppers and onions, and omit dried ginger from the coconut milk mixture)
- 2 tablespoons basil leaves chopped
- 2 tablespoons cilantro chopped
- 1 green onion chopped
- Red jalapeno pepper thinly sliced (optional)

## DIRECTIONS.



1. Peel and devein shrimp, leaving tails on. Place the shrimp in a bowl with 1 tablespoon of the oil, garlic, kosher salt and red chili flakes. Toss to coat and let marinade for 10 minutes.
2. Heat a 12-inch skillet over medium high heat with 1 tablespoon of oil. Add the onion and peppers and cook until softened, about 5 minutes (if using fresh ginger, add to the onions and peppers and cook together; then omit ground ginger from step 3). Transfer the peppers and onion to a bowl. Add 1 tablespoon of oil and cook half of the shrimp for 2 minutes, then flip and cook for another 2 minutes or until opaque. Transfer the shrimp to a plate. Add the remaining tablespoon of oil and cook the remaining shrimp then add to the other shrimp.
3. In another bowl or 4 cup measuring cup mix the coconut milk, fish sauce, peanut butter, lime juice, brown sugar and ground ginger and stir well. Transfer the cooked onion and peppers to the skillet and pour the coconut milk mixture of the peppers. Bring to a boil then reduce to simmer and cook until reduced by half, about 5 minutes. Add the shrimp to the skillet with the basil and cilantro and toss to coat. Serve over rice or noodles. Garnish with more cilantro and basil, chopped green onion and sliced red jalapeño of desired.

*M a i n D i s h*  
**S h r i m p S t i r - F r y o v e r C a u l i f l o w e r**  
**G r i t s**

4 S E R V I N G S



.....  
**RECIPE.**

A new take on shrimp and grits!

**Preparation Instructions:**

In a large skillet, cook the bacon over medium heat until crisp. Transfer bacon to paper towels and set aside. Reserve 1 tablespoon of the drippings in the skillet.

**Prep Time:** 20 minutes

**Total Time:** 35 minutes

.....  
**INGREDIENTS.**

- 2 slices of bacon

**For the Cauliflower Grits:**

- 2 bags (12 oz each) frozen riced cauliflower, or 6 cups raw cauliflower rice ([see cauliflower rice recipe on page 16](#))
- 1/4 cup butter
- 2 teaspoons minced garlic
- 1/2 teaspoon each of salt and pepper
- 1/2 cup milk or milk alternative (I use

unsweetened almond milk)

**For the Shrimp:**

- 1 tablespoon butter
- 1 1/2 lbs peeled shrimp
- 2 teaspoons minced garlic
- 1/4 cup sliced green onions
- 2 tablespoons fresh lemon juice
- 2 tablespoons chopped fresh parsley

.....  
**DIRECTIONS.**

**For Cauliflower Grits:**

1. While bacon is cooking, place riced cauliflower in a large microwave-safe bowl. Cover and cook on high for 5-6 minutes or until hot, this steams the rice.
2. Add the butter, garlic, salt, pepper, and milk.

3. Using an immersion blender or food processor or blender, blend until fairly smooth
4. Cover and keep warm while cooking shrimp.

**Make the Shrimp:**

1. Add butter to the skillet with the bacon drippings.
2. Add the shrimp and cook over medium-high heat, stirring for 1 minute.
3. Add the garlic and green onions.
4. Cook, stirring until the shrimp are opaque, about 3 minutes.
5. Stir in lemon juice.
6. Serve the shrimp on the grits, sprinkled with bacon and parsley.



*M a i n   D i s h*  
**S p a g h e t t i   S q u a s h   P a d   T h a i**

4   S E R V I N G S



.....  
**RECIPE.**

This meal can easily be adapted to have more protein (adding cooked tofu, chicken, or any other meat would work), be gluten free (use gluten-free soy sauce), or vegan (omit the egg, sub soy sauce for fish sauce, and don't add meat). The recipe below serves 4, but if you added meat it could be increased to serve 6, also depending on the size of your squash.

**Preparation Instructions:**

Preheat oven to 425 degrees F.

**Prep Time:** 5-10 minutes to prep sauce and ingredients

**Total Time:** 1 hour 25 minutes (10 minutes prep, 60 minutes baking, plus 15 minutes cooking)

.....  
**INGREDIENTS.**

**For the sauce:**

- 1/3 cup chicken or vegetable stock, or water in a pinch
- 1 tablespoon soy sauce (could use GF if needed)
- 1 tablespoon fish sauce (sub 2 tablespoons soy sauce if needed)
- 2-3 tablespoons of brown sugar, to taste
- 3 tablespoons peanut butter
- 1 tablespoon lime juice
- 1 tablespoon rice wine vinegar (or another tablespoon lime juice or regular vinegar if you don't have rice wine vinegar)
- 1 teaspoon grated fresh ginger or dried (spice)
- 1 teaspoon minced garlic

**Optional:** 1 teaspoon Sriracha or thai chili sauce (it definitely enhances it if

you have it)

**For the pad thai:**

- 1 medium spaghetti squash (3-pounds is average)
- Peanut oil or other oil for cooking
- 1/2 medium yellow onion, diced
- 2 large eggs (omit for vegan)
- 2 cloves garlic, minced

**Optional:** frozen bag of peas and/or carrots

**Optional toppings:**

- Sriracha or thai chili sauce
- Scallions, sliced
- Bean sprouts
- Chopped peanuts
- Lime wedges
- Cilantro
- Red pepper flakes

.....  
**DIRECTIONS.**

1. Whisk together the sauce ingredients (shaking in a jar actually works really well, vs. getting a whisk full of peanut butter). It's ok if it's thin; you can cook it down later. If it's thick, that's great.
2. Cut the squash in half and scoop out seeds and pulp. Brush or drizzle with oil. Place face-down on a foil-lined baking sheet and roast at for 45-60 minutes until tender. Once cooked and cooled, shred the squash with a fork, removing the skin.
3. Heat a large skillet or wok over high heat. Add a tablespoon of oil to coat the pan. Cook the onion for 3-4 minutes until softened and just starting to turn golden. Add garlic and cook 1 more minute. Add egg (if using) and scramble until cooked. Add frozen veggies if using (careful - adding a frozen item to a hot skillet with oil in it may cause smoking and spattering, it may be prudent to turn down the heat before adding and allowing the pan to cool a bit) and cook until thawed. Add squash and cook, stirring, until squash is reheated and begins to brown a bit. Add sauce and cook down until sauce reaches desired thickness and is warmed through.
4. Transfer to a plate or bowl and top with desired toppings.

*M a i n   D i s h*  
**Z u c c h i n i   C a r r o t   B r e a d   O a t m e a l**

2   S E R V I N G S



6-8 hours



Slow cooker, Low



Vegan



Slow cooker

**RECIPE.**

A great way to use up leftover zucchini! A sweet but healthy option to standard oatmeal. This should be made overnight and heated in the morning if needed.

**Preparation Instructions:**

Oil the slow cooker.

**Prep Time:** 10 minutes

**Total Time:** 6 to 8 hours in slow cooker

**INGREDIENTS.**

- 1/2 cup steel-cut or thick-rolled oats
- 1 1/2 cups vanilla non-dairy milk
- 1 sm carrot, grated
- 1/4 sm peeled zucchini, grated
- pinch of salt
- pinch of nutmeg
- pinch of ground cloves
- 1/2 tsp cinnamon
- 2 tbsps. brown sugar or maple syrup
- 1/4 cup chopped pecans

**DIRECTIONS.**

1. Combine the oats, milk, carrot, zucchini, salt, nutmeg, cloves, cinnamon, and brown sugar in the slow cooker.
2. Cook on low for 6 to 8 hours.
3. In the morning, stir the oatmeal, taste and adjust the seasonings, and add more milk if needed.
4. Warm up oatmeal if preferred.
5. Top with the chopped pecans.

*D e s s e r t*  
**B l u e b e r r y   B u t t e r m i l k   B u n d t   C a k e**

1 0   S E R V I N G S



2 hours 30 minutes



350°F



Oven, Mixer

.....  
**R E C I P E .**

**I N G R E D I E N T S .**

**Preparation Instructions:**

Preheat oven to 350 degrees F.

**Prep Time:** 1 hour 30 minutes

**Total Time:** 2 hours 30 minutes

**For the cake:**

- 2 sticks unsalted butter, at room temperature, plus more for the pan
- 3 cups plus 2 tablespoons all-purpose flour
- 2 ½ teaspoons baking powder
- 1 ¼ teaspoons salt
- 1 ¾ cups granulated sugar
- ¼ cup vegetable oil
- 4 large eggs, at room temperature
- 1 teaspoon vanilla extract

- ¾ cup buttermilk

- 2 cups blueberries (about 1 pint)

**For the toppings:**

- 2 to 3 cups large strawberries, halved or quartered (about 1 pint)
- 1 to 2 tablespoons granulated sugar
- 2 ½ cups confectioners' sugar
- 1 tablespoon unsalted butter, at room temperature
- 4 to 5 tablespoons milk

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**D I R E C T I O N S .**

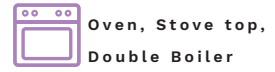
1. Make the cake: Preheat oven to 350 degrees F. Generously butter a nonstick 12-cup Bundt pan. Whisk 3 cups flour, the baking powder and salt in a medium bowl.
2. Beat 2 sticks butter, the granulated sugar and vegetable oil in a bowl with a mixer on medium-high speed until fluffy, at least 5 minutes, scraping down the sides of the bowl with a rubber spatula as needed.
3. Reduce the mixer speed to low; beat in the eggs one at a time, then beat in the vanilla. Add about one-third of the flour mixture and half of the buttermilk; beat until almost incorporated. Add another one-third of the flour mixture and the remaining buttermilk. Beat, scraping down the sides of the bowl as needed, until just combined. Add the remaining flour mixture and beat 30 seconds. Finish incorporating the flour by hand to avoid overmixing.
4. Toss the blueberries with the remaining 2 tablespoons flour in a small bowl.
5. Spoon one-third of the batter evenly into the prepared pan.
6. Sprinkle in half of the blueberries, and then top with another one-third of the batter. Scatter the remaining blueberries on top and cover with the rest of the batter; smooth the top.
7. Bake until the cake is golden brown and a toothpick inserted into the center comes out clean, about 1 hour to 1 hour, 10 minutes.
8. Transfer to a rack and let cool 30 minutes in the pan. Run a small sharp knife around the edge of the pan to loosen the cake, then invert onto the rack to cool completely.
9. Meanwhile, make the toppings: Toss the strawberries with the granulated sugar in a bowl; set aside to macerate, 30 minutes.
10. Just before serving, make the glaze: Whisk the confectioners' sugar, butter and 4 tablespoons milk in a bowl; if the glaze is too thick, whisk in up to 1 more tablespoon milk, a little at a time. Pour the glaze over the cake, letting it drip down the sides.
11. Serve with the strawberries and their juices.





*D e s s e r t*  
**C a r a m e l B r o w n i e s**

6 S E R V I N G S



.....

**RECIPE.**

**Preparation Instructions:**

Preheat oven to 350 degrees F.  
Grease and flour a 9-by-9-inch  
baking pan.

**Prep Time:** 15 minutes

**Total Time:** 2 hours

**INGREDIENTS.**

- 1 stick butter, melted, plus more for greasing
- All-purpose flour, for dusting
- 1/3 plus 1/2 cup evaporated milk
- One 18.5-ounce box German chocolate cake mix (I use Duncan Hines)
- 1 cup finely chopped pecans
- 60 caramels, unwrapped
- 1/3 cup semisweet chocolate chips
- 1/4 cup powdered sugar, sifted

**DIRECTIONS.**

1. Begin by pouring 1/3 cup evaporated milk into a bowl with the cake mix. Add the melted butter and the chopped pecans. Mix the ingredients together; it'll be pretty thick!
2. Divide the dough in half down the middle. Press half of it into the bottom of the prepared pan to make the first brownie layer. Bake until slightly set, 8 to 10 minutes. Then remove from the oven and set aside.
3. While the brownie layer is baking, in a double boiler (or glass bowl set over a bowl of simmering water) combine the caramels and the remaining 1/2 cup evaporated milk. Stir occasionally until the caramels are totally melted and the mixture is smooth. Pour the caramel mixture over the first baked layer, spreading so it's evenly distributed. Sprinkle the chocolate chips all over the top.
4. Next, on a clean surface or a sheet of waxed paper, press the remaining dough into a square shape slightly smaller than the baking pan. Carefully set it on top of the chocolate chips. Bake for 20 to 25 minutes. Remove the pan from the oven and let the brownies cool to room temperature. Cover the pan and refrigerate the brownies for several hours to allow them to set.
5. When you're ready to serve them (or give them to someone you love!) sprinkle generously with the powdered sugar and cut them into large rectangles before removing from the pan.

*D e s s e r t*  
**C a r r o t C a k e C o o k i e s**

2 0 S E R V I N G S



30 minutes



350°F



Vegetarian



Oven

.....  
**RECIPE.**

**Prep Time:** 30 minutes  
**Total Time:** 45 minutes

**INGREDIENTS.**

- 1 cup Butter (unsalted)
- 1 cup Granulated Sugar
- 1/2 cup Brown Sugar
- 2 Eggs
- 1 teaspoon Vanilla
- 3 cups All-Purpose Flour
- 2 1/4 teaspoons Cinnamon
- 1 teaspoon Baking Powder
- 1 teaspoon Baking Soda
- 1/2 teaspoon Salt
- 2 cups grated or chopped raw Carrots

**DIRECTIONS.**

1. Grate 2 cups raw carrots.
2. In a large bowl, cream butter and sugars until light and fluffy.
3. Beat in eggs and vanilla.
4. Mix in cinnamon, baking powder, baking soda and salt and mix well.
5. Add flour and mix until combined.
6. Add in 2 cups of carrots.
7. Place 1.5" balls of dough 1.5" apart on a parchment-lined cookie sheet
8. Bake the cookies in a 375 degree oven for 13-15 minutes or until golden brown around the edges.
9. Allow cookies to cool.
10. Frost with cream cheese frosting.

*D e s s e r t*  
**C r a n b e r r y O r a n g e C o o k i e s**

4 8 S E R V I N G S



**RECIPE.**

Perfect for the holidays, but they won't last long! These orange-flavored cranberry cookies are tart and delicious

**Preparation Instructions:**

Preheat oven to 375 degrees F.

**Prep Time:** 20 minutes

**Total Time:** 45 minutes

**INGREDIENTS.**

- 1 cup butter, softened
- 1 cup white sugar
- 1/2 cup packed brown sugar
- 1 egg
- 1 teaspoon grated orange zest
- 2 tablespoons orange juice
- 2 1/2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups chopped cranberries
- 1/2 cup chopped walnuts (optional)
- 1/2 teaspoon grated orange zest
- 3 tablespoons orange juice
- 1 1/2 cups confectioners' sugar

**DIRECTIONS.**

1. In a large bowl, cream together the butter, white sugar and brown sugar until smooth. Beat in the egg until well blended. Mix in 1 teaspoon orange zest and 2 tablespoons orange juice. Combine the flour, baking soda and salt; stir into the orange mixture. Mix in cranberries and if using, walnuts, until evenly distributed. Drop dough by rounded tablespoonfuls onto ungreased cookie sheets. Cookies should be spaced at least 2 inches apart.
2. Bake for 12 to 14 minutes in the preheated oven, until the edges are golden. Remove from cookie sheets to cool on wire racks.
3. In a small bowl, mix together 1/2 teaspoon orange zest, 3 tablespoons orange juice and confectioners' sugar until smooth. Spread over the tops of cooled cookies. Let stand until set.



*D e s s e r t*  
**N e w Y o r k C h e e s e c a k e**

8 - 1 0 S E R V I N G S



.....  
**R E C I P E .**  
.....

**Preparation Instructions:**

Preheat oven to 375°F and set an oven rack in the lower middle position.

**Prep Time:** 30 minutes

**Total Time:** 2 hours

**I N G R E D I E N T S .**  
.....

**For the Crust**

- 1-1/2 cups graham cracker crumbs, from 12 whole crackers
- 5 tablespoons unsalted butter, melted
- 2 tablespoons sugar
- 1/8 teaspoon salt

**For the Filling**

- 32 oz (four 8-oz blocks) cream cheese, at room temperature
- 2 cups sugar
- 3 tablespoons all-purpose flour
- 4 teaspoons vanilla extract
- 1 teaspoon lemon zest
- 2 teaspoons lemon juice
- 1/4 teaspoon salt
- 6 large eggs
- 1/2 cup sour cream

**D I R E C T I O N S .**  
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**Special equipment:** 9- or 10-inch springform pan; 18-inch heavy-duty aluminum foil  
Berry sauce, for serving (optional)

1. Wrap a 9- or 10-inch springform pan with one large piece of heavy-duty aluminum foil, covering the underside and extending all the way to the top so there are no seams on the bottom or sides of the pan.
2. Repeat with another sheet of foil for insurance. Spray the inside of the pan with nonstick cooking spray.

**Make the crust:**

1. In a medium bowl, combine the graham cracker crumbs, melted butter, sugar, and salt. Stir until well combined.
2. Press the crumbs into an even layer on the the bottom of the prepared pan.
3. Bake the crust for 10 minutes, until set.
4. Remove the pan from the oven and set aside.
5. Reduce the oven temperature to 325°F.
6. Set a kettle of water to boil.

**Make the batter:**

1. In the bowl of an electric mixer fitted with the paddle attachment or beaters, beat the cream cheese, sugar, and flour together on medium speed until just smooth, about 1 minute.
2. Scrape the bottom and sides of the bowl to be sure the mixture is evenly combined.

*D e s s e r t*  
**N e w Y o r k C h e e s e c a k e**

8 - 1 0 S E R V I N G S

3. Add the vanilla, lemon zest, lemon juice, and salt; beat on low speed until just combined.
4. Add the eggs, one at a time, mixing on low speed until incorporated, scraping the bowl as necessary.
5. Mix in the sour cream.
6. Make sure the batter is uniform but do not over-mix.
7. Check to make sure your oven has cooled to 325°F, then set the cheesecake pan in a large roasting pan.
8. Pour the batter on top of the crust.
9. Pour the boiling water into the large roasting pan to come about 1 inch up the side of the cake pan.
10. Bake until the cake is just set, 1 hour and 30 minutes to 1 hour and 45 minutes (the cake should not look liquidy at all but will wobble just a bit when the pan is nudged; it will continue to cook as it cools).
11. Carefully remove the roasting pan from the oven and set it on a wire rack.
12. Cool the cheesecake in the water bath until the water is just warm, about 45 minutes.
13. Remove the springform pan from the water bath and discard the foil. If necessary, run a thin-bladed knife around the edge of the cake to make sure it's not sticking to the sides (which can cause cracks as it cools).
14. Cover with plastic wrap and transfer to the refrigerator to cool for at least 8 hours or overnight.

**For serving:**

1. Remove the sides of the springform pan.
2. Serve the cheesecake plain or top with berry sauce

*D e s s e r t*  
**R a w B l u e b e r r y “ C h e e s e c a k e ”**

1 2 S E R V I N G S



20-30 minutes.



Vegetarian, Vegan, Gluten-free



Blender, Food processor, Freezer

**R E C I P E .**

Raw, grain free, gluten free, dairy free, no bake, kid-friendly, crowd-pleaser!

**Preparation Instructions:**

Pre-soak cashews and dates overnight or boil them prior to starting the recipe.

**Prep Time:** 20-30 min.

**Total Time:** 4 hours min. (freezer time)

**I N G R E D I E N T S .**

**Crust ingredients:**

- 2 cups slivered almonds
- 1 cup pre-soaked pitted dates
- 1/2 cup unsweetened shredded coconut
- zest of 1/2 a lemon
- juice of 1/2 a lemon

**“Cheesecake” layer ingredients:**

- 2+1/3 cups pre-soaked cashews
- 1/4 cup coconut oil

- 1/4 cup agave nectar OR maple syrup
- 1 tsp vanilla extract
- juice of 1/2 a lemon

**Blueberry topping ingredients:**

- 1/2 cup blueberries (fresh or thawed AND extra for topping)
- 1/4 cup agave nectar or maple syrup
- 1/4 cup coconut oil

**D I R E C T I O N S .**

1. Spray an 8x8 (or pie) baking dish with a healthy non-stick oil (I've forgotten before and it came out fine)
2. Place CRUST ingredients into food processor or blender and pulse until dough-like.
3. Add dough into baking dish and press down evenly.
4. Place all “CHEESECAKE” FILLING ingredients into your food processor or blender and blend until completely smooth (scrape down the sides along the way).
5. Layer on top of crust evenly.
6. Place all BLUEBERRY topping ingredients into blender or food processor and pulse until mixed.
7. Layer on top of cheesecake layer evenly.
8. Place the whole cake in the freezer, covered with saran wrap for 4 hours or overnight.
9. Remove from freezer an hour prior to serving and cut into squares (or pie slices if using pie dish), and top with fresh blueberries if desired.
10. Serve and enjoy! (Note: the blueberry layer could certainly be replaced with other berries OR even pumpkin for the holidays!)

# Walnut Pear Sour Cream Coffee Cake

1 2 S E R V I N G S



30 minutes



350°F



Oven, Mixer

.....  
**RECIPE.**

**INGREDIENTS.**

**Preparation Instructions:**

Preheat oven to 350°F.

**Prep Time:** 30 minutes

**Total Time:** 1 hour 30 minutes

- 1 cup chopped walnuts
- 1/3 cup packed brown sugar
- 1 teaspoon ground cinnamon
- 1/3 cup all-purpose flour
- 1/4 cup cold butter, cubed
- 1/2 cup butter, softened
- 1 cup sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1-3/4 cups all-purpose flour
- 3/4 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup sour cream
- 1/2 cup chopped walnuts

**Filling:**

- 2 medium ripe pears, peeled and sliced (about 2 cups)
- 2 teaspoons lemon juice

**DIRECTIONS.**

1. In a small bowl, combine the walnuts, brown sugar and cinnamon; set aside. Place flour in a small bowl; cut in butter until mixture resembles coarse crumbs. Stir in 3/4 cup of nut mixture; set aside for topping. Set aside remaining nut mixture for filling.
2. In a small bowl, toss pears with lemon juice; set aside. In another bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Combine the flour, baking powder, baking soda and salt; gradually add to creamed mixture alternately with sour cream, beating well after each addition.
3. Spread two-thirds of the batter into a greased 9-in. springform pan. Top with the reserved nut mixture, pears and remaining batter. Sprinkle with walnuts and reserved topping mixture.
4. Bake at 350° F for 50-55 minutes or until a toothpick inserted in the center comes out clean. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen.
5. Cool for 1 hour before cutting.



B e v e r a g e s  
G l ü h w e i n

4 S E R V I N G S



10 minutes



Vegetarian, Vegan, Gluten-free



Stove top

R E C I P E .

Ever since having glühwein at a Christkindlmarkt with my German husband 10 years ago, this has been a staple in our house in the winter months. It's the perfect warm, spiced beverage for a gathering of friends (you can keep it warm in a Crock-Pot for hours) or just enjoying a mug by the fireplace on a snowy day.

**Prep Time:** 10 minutes  
**Total Time:** 40 minutes

I N G R E D I E N T S .

- 3/4 Cup Orange Juice
- 3/4 Cup White Sugar
- 1 Cinnamon Stick
- 1 Star Anise
- 10 Whole Cloves
- 1 Orange
- 1 750 ml bottle of dry red wine (Shiraz, Merlot, Garnacha, etc. - the cheaper the better)

D I R E C T I O N S .

1. In a medium saucepan on medium heat, combine the orange juice, sugar, cinnamon stick and anise. Bring to a boil, reduce heat to low, and simmer.
2. Cut the orange in half, and squeeze the juice into the simmering water. Push the cloves into the outside of the orange peel, and place peel in the simmering water. Continue simmering for 30 minutes, until thick and syrupy.
3. Pour in the wine, and heat until steaming but not simmering. Obviously you don't want to burn off all the alcohol, so be careful if you're trying to keep it warm for a long period of time! Remove the clove-studded orange halves. Serve hot in mugs and enjoy!
4. Alternately, you can store the syrup in a closed container in the fridge for up to a week and make individual servings by combining with wine in a mug and heating in the microwave on the Beverage setting.



B r e a d s  
C h a l l a h

6 S E R V I N G S



20 minutes



350°F



Vegetarian



Oven

R E C I P E .

From Julie Gottlieb in Ann Arbor, Michigan. The kneading helps to reduce stress.

**Preparation Instructions:**

Preheat oven to 350 degrees F.

**Prep Time:** 20 minutes

**Total Time:** 2 hours 45 minutes

I N G R E D I E N T S .

- 4 eggs plus enough milk to equal 3 cups
- 1 egg for brushing
- 1 capful honey
- 1 stick butter
- 8 tablespoons sugar
- 3 teaspoons salt
- 2 packages yeast
- 1/2 cup warm water
- 8-9 cups flour

D I R E C T I O N S .

1. Scald milk and cool.
2. Dissolve yeast in water.
3. Pour in milk and egg mixture (beat eggs in measuring cup, add milk and honey to make 3 cups.)
4. Pour in butter, melted and sugar and salt. stir.
5. Add flour and mix a cup or two at a time until knead-able.
6. Knead until non sticky and satiny or until you get bored.
7. Let rise about an hour or little more.
8. Shape into loaves.
9. Divide into loaves, divide each into three pieces and braid.
10. Let rise again (45 minutes).
11. Brush tops with beaten egg and sprinkle with poppy seeds or sesame seeds.
12. Bake 35 minutes at 350 F.
13. Cover with foil after about 15-20 minutes when brown enough.