



FEED *the* HOUSE

fall / winter



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Greater Washington, DC

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ABOUT THE Partnership

In an effort to promote health, wellness and giving back, **Ronald McDonald House Charities® of Greater Washington, DC (RMHCDC)** and **Giant Food** have partnered to provide a digital cookbook of hearty, healthy, and delicious recipes. These recipes come from *Giant's Savory* Recipe Center. In times of stress and uncertainty, meal planning and adequate nutrition is often an afterthought. These recipes were chosen by Giant's team of in-store nutritionists. It is our hope that each dish will warm the hearts of families who are dealing with much heavier matters.

MEET THE NUTRITIONISTS

Did you know that Giant has a team of in-store nutritionists?

SERVICES INCLUDE:

Individual and family consultations
Nutrition store tours and classes
Community outreach
Corporate wellness presentations
Nutrition Made Easy!™ podcast

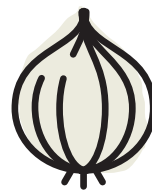
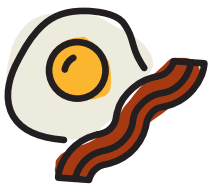
Please visit giantfood.com/nutrition for more information and to find a nutritionist near you.

YOUR LOCAL GIANT

Below is a list of Giant Food stores closest to Ronald McDonald House Charities of Greater Washington, DC.

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|---|--|
| VA | |
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| For Ronald McDonald House of Northern Virginia [3312 Gallows Road, Falls Church VA 22042]: | 7137 Columbia Pike Annandale, VA 22003 <i>[3.4 miles]</i> |
| 7235 Arlington Boulevard Falls Church, VA 22042 <i>[2.6 miles]</i> | 2932 Chain Bridge Road Oakton, VA 22124 <i>[4.8 miles]</i> |
| 359 Maple Avenue E Vienna, VA 22180 <i>[4.6 miles]</i> | |
| DC | |
| <hr/> | |
| For Ronald McDonald House of Washington, DC [3727 14th Street NE, Washington DC 20018]: | 1345 Park Road NW Washington, DC 20010 <i>[2.9 miles]</i> |
| 1050 Brentwood Road NE Washington, DC 20018 <i>[1.4 miles]</i> | 3336 Wisconsin Avenue NW Washington, DC 20010 <i>[5.4 miles]</i> |
| 300 H Street NE Washington, DC 20002 <i>[3.1 miles]</i> | |

fall & winter



**BREAKFAST
RECIPES**

CARROT-BANANA *Muffins*

SERVES

24

READY IN

30
min

PREP

10
min

COOKING

20
min

INGREDIENTS

- 4 bananas
- 4 medium carrots
- 1½ cup unsalted pecans
- 4 large eggs
- 2 cups sugar
- ¼ tsp salt
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 4 tsp baking powder
- 2 tbsp ground cinnamon



STEPS

1. Preheat the oven to 350°F. Peel and mash the bananas. Peel and grate the carrots. Chop the pecans coarsely. Beat the eggs, sugar, and salt with a mixer for 3 min., or until light and airy. Sift the flour, baking powder, and cinnamon over the egg mixture and fold to combine. Mix in the bananas, carrots, and pecans.
2. Line each cup in a muffin tin with paper baking cups. Pour the batter evenly among the 24 cups. Bake for about 20 min., or until muffins are cooked through and a toothpick inserted into the center comes out clean.

BACON & SWISS Cheese Strata

| SERVES | READY IN | PREP | COOKING |
|--------|----------------|-----------|---------------|
| 16 | 1 hr 25 min | 20 min | 1 hr 5 min |

INGREDIENTS

- 12 slices bacon [cooked]
- 4 tbsp butter
- $\frac{1}{2}$ cup finely chopped shallots
- 12 slices white bread
- 4 cups shredded Swiss cheese
- 18 large eggs, lightly beaten
- 6 cups milk
- 4 tbsp Dijon mustard
- 2 tsp dried thyme
- Salt to taste
- Freshly ground black pepper to taste



Notes

- Makes two casseroles

STEPS

1. Break the bacon into 1-inch pieces. Add bacon to a large bowl.
2. In a small skillet, melt the butter, add the shallots, and sauté. Set aside to cool slightly.
3. Trim the crusts from the bread slices and cut the slices into 1-inch pieces. Add to the bowl. Add the cooled shallots and the cheese to the bowl and stir to combine.
4. In a separate mixing bowl, whisk together the eggs, milk, mustard, thyme, and salt and pepper to taste.
5. Pour the egg mixture into the bread mixture and stir. **Important:** let sit for 30 min.-1 hour.
6. Preheat oven to 350°F. Lightly grease two 13x9x2-inch baking dishes. Before baking, pour half the mixture into each baking dish and spread evenly. Bake, covered with foil, for 30 min. Uncover and bake another 15-20 min. until eggs are cooked through.

BLACKBERRY JAM

Yogurt Cups

| SERVES | READY IN | PREP | COOKING |
|--------|-----------|-----------|-----------|
| 18 | 23 min | 10 min | 13 min |

INGREDIENTS

- 6 pints blackberries
- $\frac{1}{2}$ cup sugar
- 3 lemons
- 9 cups plain or vanilla Greek yogurt
- 3 cups Nature's Promise Organic Vanilla Almond Granola

Tips

- Use your favorite mix of fresh berries.



STEPS

1. In a large saucepan, combine the blackberries, sugar, and 6 tbsp water. Grate 3 tsp zest from lemon into pan and squeeze in 6 tbsp juice. Season with pinch of salt. Cook on medium 8 min., until berries are very tender, stirring often.
2. With potato masher, gently mash berries. Cook another 5 min., until slightly thickened, stirring often. Remove from heat and refrigerate until cool.
3. Spoon $\frac{1}{2}$ cup yogurt into each of the small glass jars or containers with lids. Top with blackberry mixture. Divide granola among containers. Seal lids and refrigerate up to 1 day. [If refrigerating for longer than 1 day, do not add granola until ready to go.]

CRANBERRY Crunch Muffins

SERVES

24

READY IN

30
min

PREP

10
min

COOKING

20
min

INGREDIENTS

- 4 cups all-purpose flour
- 1 tsp salt
- 1 tbsp & 1 tsp baking powder
- 2 tsp apple pie spice
- 2 cups packed light brown sugar
- $\frac{3}{4}$ cup vegetable oil
- 2 large eggs
- $1\frac{1}{2}$ cup whole milk
- $1\frac{1}{3}$ cup dried cranberries
- 2 cups oats and honey granola



STEPS

1. Preheat oven to 400°F. Line two 12-cup muffin pans with paper liners.
2. In a large bowl, combine the flour, salt, baking powder, apple pie spice, and brown sugar until well combined. In a medium bowl, whisk the vegetable oil, eggs, and milk. Add milk mixture to flour mixture, stirring to combine. Gently fold in cranberries.
3. Divide batter among muffin cups. Sprinkle the granola over tops of muffins, patting to adhere. Bake 15-20 min., until toothpick inserted into centers comes out clean.
4. Cool in pan on wire rack for 5 min., then remove muffins from pan to finish cooling.

FRUIT & CHIA *Breakfast Bowl*

SERVES

20

READY IN

40
min

PREP

40
min

INGREDIENTS

- 2½ cups chia seeds
- 10 cups unsweetened almond milk (or 2½ qts)
- ⅔ cup maple syrup
- 10 bananas
- 5 cups strawberries
- 3 pints fresh raspberries
- 5 cups unsweetened coconut flakes
- 2½ cups sliced almonds

Notes

- If this recipe is going to be prepared ahead of time and eaten later, omit bananas or substitute blueberries for bananas.



STEPS

1. Place chia seeds in a bowl with almond milk and maple syrup and leave to soak for at least 15 min. or up to overnight. Meanwhile, slice the bananas and the strawberries.
2. Divide the chia-almond milk mixture among 20 bowls and top with sliced bananas, raspberries, and sliced strawberries. Garnish with coconut flakes and almond slices.

MINI APPLE SPICED *Bran Muffins*

| SERVES | READY IN | PREP | COOKING |
|--------|------------------|------------------|------------------|
| 24 | 25 <i>min</i> | 10 <i>min</i> | 15 <i>min</i> |

INGREDIENTS

- 2 apples
- 2 cups All-Bran cereal
- 1½ cups flour
- ½ cup packed light brown sugar
- 2 tsp baking soda
- 6 tbsp unsalted butter, melted
- 2 large eggs
- 2 cups nonfat Greek yogurt
- 2 tsp ground cinnamon
- 2 tsp vanilla extract



Notes

- Makes approximately 48 mini muffins.

STEPS

1. Preheat oven to 350°F. Peel the apples and remove the core. Chop into small pieces. In a food processor, finely grind the cereal. Transfer to a bowl and combine with flour, sugar, baking soda, and a pinch of salt; set aside.
2. In a separate bowl, combine butter, eggs, yogurt, cinnamon, and vanilla. Mix the wet and dry ingredients until just combined. Do not overmix. Gently fold in chopped apples.
3. Add a heaping tablespoon of batter into each of the greased mini muffin tins. Bake until muffins spring back when touched, about 13-15 min. Remove from the pan and allow to cool slightly.

BANANA BLUEBERRY

Baked Oatmeal

SERVES

18

READY IN

50
min

PREP

20
min

COOKING

30
min



INGREDIENTS

- 6 cups uncooked oatmeal, quick or old-fashioned
- 1½ cups toasted and chopped walnut pieces
- ¾ cup brown sugar, loosely packed
- 1 tbsp baking powder
- 1 tbsp ground cinnamon
- 6 cups skim milk
- 3 eggs
- 6 tbsp butter, melted and cooled slightly
- 2 tbsp vanilla extract
- 5 cups blueberries, fresh or frozen (don't thaw)
- 6 bananas, peeled and sliced
- Maple syrup, optional

STEPS

1. Preheat oven to 350°F.
2. In a large bowl, mix together oats, half of the walnuts, sugar, baking powder, cinnamon and salt.
3. In another bowl, whisk together milk, eggs, butter, and vanilla; add to the dry ingredients and stir just until combined. Fold in the blueberries.
4. Generously butter the bottom of three 8-inch baking dishes (or two 13x9 baking dishes) and add sliced bananas. Divide batter over bananas and top with the remaining walnuts.
5. Bake uncovered for 25-30 min. until top is golden and the oatmeal is set.
6. Allow to cool for a few minutes before serving. Top with maple syrup if desired.

CRUSTLESS MINI. *Asparagus Quiches*



SERVES

24

PREP

15
min

COOKING

25
min

INGREDIENTS

- 4 cups asparagus, ends trimmed and chopped
- 2 cans (12 oz) evaporated skim milk
- 8 large eggs, beaten
- $\frac{1}{4}$ cup all-purpose flour
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp ground black pepper
- 4 cups reduced-fat shredded mild or sharp Cheddar cheese
- 1 cup red bell pepper, chopped

STEPS

1. Preheat oven to 350°F. Spray two 12-cup muffin tins with cooking spray.
2. Blanch asparagus by placing in a pot of boiling water for 1-2 min. Remove from water and set aside.
3. Whisk evaporated milk, eggs, flour, salt and black pepper in medium bowl until blended. Stir in asparagus, cheese and bell pepper.
4. Spoon $\frac{1}{3}$ cup of mixture into each muffin cup, filling almost to top. Stir mixture frequently to evenly distribute ingredients.
5. Bake for 25 min. or until knife inserted near centers comes out clean and tops are lightly browned. Cool in pans for 15 min. Run knife or small, flat spatula around inside edges of muffin cups to carefully remove quiches.

fall & winter



ENTREE
RECIPES

TURKEY MEATBALLS *w/ Arugula Pesto*

SERVES

20

READY IN

50
min

PREP

30
min

COOKING

20
min

INGREDIENTS

- 2 [16oz] boxes spaghetti noodles
- 4 [20 oz] pkgs zucchini noodles
- 5 lbs ground turkey
- 2^{1/2} cups seasoned bread crumbs
- 1^{1/4} cup olive oil
- 8 cups arugula
- 1^{1/2} cup fresh basil leaves
- 1 cup grated Parmesan cheese
- 1 cup chopped walnuts

Tips

- Brighten up the flavors with a squeeze of lemon, if desired.



Pairs well with...

**CHEESY
CORN MUFFINS**

STEPS

1. Preheat the oven to 425°F. Cook the spaghetti according to package directions, adding the green squash noodles 1 min. before pasta is done cooking. Reserve 2^{1/2} cups cooking liquid before draining.
2. Meanwhile, in a large bowl, mix the ground turkey, eggs, bread crumbs, salt, and pepper until well combined. Divide and shape turkey mixture into 1^{1/2}-inch balls. Place on a parchment-lined baking sheet and brush tops with olive oil. Bake 15-20 min., until golden brown and cooked through.
3. Meanwhile, to a food processor, add the arugula, basil, Parmesan, walnuts and garlic. Pulse until finely chopped. Drizzle in remaining olive oil and pulse until mostly smooth. Season with salt.
4. Toss spaghetti and green zucchini noodles with pesto and as much cooking liquid as desired. Divide among bowls and top with meatballs. Garnish with additional arugula, if desired.

RED CHICKEN *Enchiladas*

SERVES

20

READY IN

40
min

PREP

20
min

COOKING

20
min

INGREDIENTS

- 2 bunches green onions
- 4 deli rotisserie chickens
- 2 cans black beans, drained
- 1 pkg fajita seasoning mix or taco seasoning mix
- 4 (19 oz) cans red enchilada sauce
- 8 cups shredded Mexican-blend cheese, divided
- 40 (6-inch) flour tortillas



Pairs well with...

**QUICK & EASY
BLACK BEAN SOUP**

STEPS

1. Preheat oven to 375°F. Thinly slice the green onions.
2. Remove the chicken from bones and shred. In a large bowl, toss chicken with beans, taco seasoning, half the enchilada sauce, half the cheese and half the green onions.
3. Grease 2-3 large baking dishes. Add a small amount of enchilada sauce to the bottom of each dish. Divide chicken mixture among the tortillas and roll up. Arrange seam-side down in dish.
4. Top with remaining enchilada sauce and cheese. Cover with foil and bake 20 min., until cheese is bubbling.
5. Sprinkle reserved green onions on top.

MAPLE BBQ CHICKEN THIGHS *w/ Roasted Potatoes*

SERVES

20

READY IN

40
min

PREP

10
min

COOKING

30
min



INGREDIENTS

- 5 (24 oz) bags baby potato medley
- $\frac{1}{2}$ cup olive oil
- $\frac{2}{3}$ cup pure maple syrup
- $2\frac{1}{2}$ cups Nature's Promise Original Barbecue Sauce
- 40 small bone-in, skin-on chicken thighs

Tips

- Garnish with fresh chopped parsley for a pop of color.

Pairs well with...

**CRUNCHY
ASIAN COLESLAW**

STEPS

1. Preheat oven to 450°F. Cut the baby potatoes into $\frac{1}{4}$ -inch slices and place in a large bowl. Add the oil to potatoes and toss to coat. Season with salt and pepper. Arrange in single layer on two large, foil-lined baking sheets. Bake 25 min., until tender.
2. Meanwhile, to a large bowl, add the maple syrup. Whisk in the barbecue sauce. Add the chicken and toss to coat. Season with salt and pepper.
3. In large baking dishes, arrange chicken in a single layer, skin-sides up, and add to oven. Bake 25-30 min., until cooked through. Serve chicken with potatoes.

WEEKNIGHT *Lasagna Toss*

SERVES

16

READY IN

35
min

PREP

10
min

COOKING

15
min



INGREDIENTS

- 4 lbs lean ground beef
- 4 jars [24 oz] spaghetti sauce
- 6²/₃ cups water
- 1 cup Kraft Zesty Italian dressing
- 6 green peppers, chopped
- 12 cloves garlic, minced
- 48 [32 oz] oven-ready lasagna noodles, each noodle broken into 4 pieces
- 4 cups Kraft shredded low-moisture part-skim Mozzarella cheese

Pairs well with...

ROASTED
ZUCCHINI SLICES

STEPS

1. Brown half the meat in a large saucepan; drain.
2. Add 2 jars of sauce, 3¹/₃ cups water, ¹/₂ cup Italian dressing, half of the green peppers, and half of the garlic. Mix well. Bring to boil.
3. Stir in half the noodles; cover. Cook on medium-low heat 10-15 min. or until noodles are tender, stirring occasionally.
4. Remove from heat. Sprinkle with cheese; cover. Let stand 5 min. or until cheese is melted.
5. Repeat steps 1-4 with remaining ingredients.

SPINACH STUFFED *Tilapia*

SERVES

16

PREP

10
min

COOKING

20
min

INGREDIENTS

- 4 cups fresh spinach, chopped
- 1 cup grated Parmesan cheese
- $\frac{1}{2}$ cup grated onion
- 1 tbsp Tabasco sauce
- 4 lbs tilapia fillets
- 4 tbsp butter
- 4 cloves garlic, minced
- Paprika
- Parsley flakes



Pairs well with...

COUSCOUS w/
SQUASH, CHICKPEAS & RAISINS

STEPS

1. Spray pan with cooking spray and saute onion for 4 min. on medium heat. Let cool to room temperature.
2. In a large bowl, combine spinach with Parmesan cheese, onion and Tabasco sauce. Mix well.
3. Wash fillets and pat dry. Sprinkle liberally with Kosher salt and pepper. Divide spinach mixture among fillets and spread evenly over the surface. Roll up and place, seam side down, in baking pans.
4. Melt butter, remove from heat and stir in garlic. Brush fish with garlic butter and sprinkle with paprika and parsley.
5. Bake at 350°F for 20 min. until fish is opaque or until internal temperature registers 145°F. Do not overcook.

CHICKEN *Tortilla Soup*

SERVES

4

READY IN

30
min

PREP

5
min

COOKING

25
min

INGREDIENTS

- 5 lbs skinless boneless chicken breasts
- 5 qts chicken broth
- 20 corn tortillas
- 6 tbsp olive oil
- 3 jalapeños
- 5 cups diced onion
- 5 [15 oz] cans black beans
- 5 [10 oz] bags frozen corn, thawed
- 5 [15 oz] cans diced fire-roasted tomatoes
- 5 tbsp cumin



Notes

- For quicker preparation, use shredded rotisserie chicken and skip step #1.

Pairs well with...

**GRILLED ASPARAGUS
QUINOA SALAD**

STEPS

1. Cut the chicken into 2-inch chunks and season with salt and pepper. In a large pot, combine the broth and chicken. Heat to a boil on high. Reduce heat to a simmer. Cook 8-10 min., until chicken is cooked.
2. Meanwhile, preheat oven to 375°F. Slice the tortillas into $\frac{1}{4}$ -inch strips. Lay tortillas on a parchment-lined baking sheet and toss with 2 tbsp olive oil. Cook 15 min., until golden brown and crispy, stirring halfway through.
3. Remove the core and the seeds from the jalapeños and finely chop. In a heavy-bottom pot, heat $\frac{1}{4}$ cup olive oil on medium. Add the onion and jalapeño. Cook 3-5 min., until soft.
4. Transfer cooked chicken to a bowl and shred, reserving the broth. Drain and rinse the beans. To the pot with the onion, add the corn, beans, tomatoes, chicken broth, and cumin. Heat to a simmer and cook 15 min. Season with salt (in moderation) and pepper. Stir in chicken and cook 1 min., until chicken is warm. Serve with tortilla strips.

30 MINUTE *Chili*

SERVES

20

READY IN

30
min

PREP

15
min

COOKING

15
min



INGREDIENTS

- 3 lbs 80% lean ground beef
- 1½ cup chopped yellow onion
- 3 [1.25 oz] pkgs McCormick chili seasoning mix
- 3 [16 oz] cans Bush's chili beans, undrained
- 3 [14.5 oz] cans diced tomatoes, undrained
- 3 [10 oz] cans Ro*tel diced tomatoes & green chilies, undrained
- 3 [8 oz] cans Hunt's tomato sauce
- 3 cups water
- Shredded Cheddar cheese, optional
- Sour cream, optional

Tips

- Chili may be topped with shredded cheese, sour cream or sliced green onions, if desired.
- Chili also may be made with ground turkey in place of the ground beef.

Pairs well with...

**CHEESY
CORN MUFFINS**

STEPS

1. Cook beef and onion in large saucepan over medium-high heat 5 min. or until beef is crumbled and no longer pink, stirring occasionally; drain.
2. Stir in seasoning mix. Add remaining ingredients; bring to a boil. Reduce heat to medium; simmer 10 min., stirring several times.

HERB CHICKEN SKILLET *w/ Spinach & Tomatoes*

SERVES

18

READY IN

30
min

PREP

5
min

COOKING

25
min



INGREDIENTS

- 2 tbsp canola oil
- 5 lbs chicken tenders, or boneless skinless chicken breasts, cut into strips
- 3 medium onions, chopped
- 3 [14.5 oz] cans Hunt's diced tomatoes, undrained
- $\frac{3}{4}$ cup water
- 3 tsp McCormick dried basil leaves
- $1\frac{1}{2}$ tsp McCormick ground black pepper
- 2 tsp McCormick garlic powder
- $1\frac{1}{2}$ tsp dried oregano leaves
- $1\frac{1}{2}$ tsp salt
- 3 [6 oz] pkgs baby spinach leaves

Pairs well with...

ROOT
VEGGIE MASH

STEPS

1. Heat oil in large skillets on medium-high heat. Season chicken with salt and pepper. Add chicken; cook and stir 8 min. or until browned. Add onion; cook and stir 6 min. or until softened.
2. Stir in tomatoes, water, and seasonings. Bring to boil, stirring occasionally. Reduce heat to low; cover and simmer 5 min.
3. Stir in spinach; cook 2 min. or until spinach begins to wilt.

RAVIOLI W/ BROCCOLI & Sun-Dried Tomatoes

SERVES

20

READY IN

40
min

PREP

10
min

COOKING

30
min

INGREDIENTS

- 5 (17 oz) bags Nature's Promise Cheese Ravioli
- 5 (12 oz) bags fresh broccoli florets
- 2 cups sun-dried tomatoes in oil
- 1 cup butter
- $\frac{1}{4}$ cup minced garlic
- 1 tsp crushed red pepper
- 5 lemons
- $1\frac{1}{3}$ cup shredded Parmesan cheese



Pairs well with...

**KALE SALAD W/
CRANBERRIES, PEPITAS
& PARMESAN**

STEPS

1. Heat large pots of salted water to boiling on high. Cook ravioli according to package directions. Heat another large pot of salted water to boiling on high. Add the broccoli and cook 3-4 min., until tender and bright green.
2. Meanwhile, drain and chop the sun-dried tomatoes. In a deep skillet, melt the butter on medium. Add the garlic and crushed red pepper. Cook 30 seconds, stirring. Squeeze the juice from the lemons into the pan.
3. To same skillet, add the cooked ravioli, broccoli, sun-dried tomatoes, and reserved cooking liquid. Toss until well combined. Top with Parmesan.

MINI GREEK *Meatloaves*

SERVES

20

READY IN

40
min

PREP

20
min

COOKING

20
min

INGREDIENTS

- 5 tbsp fresh oregano leaves
- 5 small zucchinis
- 10 plum tomatoes
- 5 lbs 85% lean ground beef
- 1¹/₄ cup crumbled feta
- 2 cups seasoned bread crumbs
- 3 tbsp minced garlic
- 5 lemons

Tips

- To freeze, cool completely at room temperature, then wrap individually in plastic, then foil. To reheat, remove packaging and bake at 375°F for 10 min.



Pairs well with...

OVEN FRIES w/
ROMESCO SAUCE

STEPS

1. Preheat oven to 425°F. Line two rimmed baking sheets with foil. Finely chop the oregano and coarsely grate the zucchini. Thinly slice the tomatoes.
2. In a large bowl, combine the beef, oregano, feta, bread crumbs, grated zucchini, garlic, salt, and pepper. Grate the zest from the lemons into bowl. Mix until just combined and form into 20 mini loaves on prepared pan. Cover tops with tomato slices.
3. Bake 20 min., until thermometer inserted into centers reaches 160°F. Broil on high until tomatoes brown slightly.

CHICKEN & Artichoke Pizza

SERVES

18

READY IN

38
min

PREP

15
min

COOKING

23
min

INGREDIENTS

- 9 Frozen Fully Cooked Tyson® Grilled & Ready® Chicken Breast Fillets
- 3 [6 oz] jars artichoke hearts, marinated and undrained
- 3 cloves garlic minced
- 3 [10-12 inch] pre-baked pizza crusts
- 8 Roma tomatoes thinly sliced, seeds and liquid removed
- 1½ tsp dried basil
- 4½ cups mozzarella shredded



Notes

- Makes 3 pizzas.

Pairs well with...

QUINOA & BLACK
BEAN SALAD

STEPS

1. Preheat oven to 425°F. Cut Tyson® Grilled & Ready® chicken into ¾-inch pieces. Drain artichoke hearts, reserving liquid. Coarsely chop artichoke hearts.
2. Place artichoke liquid in large nonstick skillet and bring to boil over medium-high heat. Cook until most of liquid has evaporated, about 1 min. Add chicken and garlic to skillet. Cook chicken 3-5 min. or until heated through. Stir in artichoke hearts. Remove from heat.
3. Place pizza crusts on baking sheets; top evenly with tomato slices. Top with chicken mixture; sprinkle with basil. Top with cheese.
4. Bake 12-17 min. or until hot and cheese is melted.

CLASSIC SHRIMP & Grits

SERVES

20

READY IN

35
min

PREP

10
min

COOKING

25
min

INGREDIENTS

- 3 bunches green onions
- 1½ sticks butter, divided
- 2 cups diced red and green peppers
- ⅓ cup minced garlic
- 5 [14.5 oz] cans diced tomatoes
- ½ cup Worcestershire sauce
- 4 lbs jumbo peeled, deveined shrimp
- 5 cups Quaker quick grits
- 2 cups shredded sharp Cheddar

Tips

- Heat things up with a few splashes of Tabasco.



Pairs well with...

**DIJON-ROASTED
BRUSSELS SPROUTS**

STEPS

1. Thinly slice the green onions, reserving the dark green parts. In a large pot, melt 1 stick of butter on medium heat. Add the green onions, peppers, and garlic. Season with salt and black pepper. Cook 6 min. until golden, stirring occasionally.
2. To the pot, add the tomatoes (without draining) and Worcestershire sauce. Stir in the shrimp and cook 5-8 min. until shrimp are cooked through, stirring occasionally. Remove from heat.
3. Cook grits according to package directions. To cooked grits, add the Cheddar and ½ stick butter, stirring until butter and cheese have melted. Serve shrimp over grits. Garnish with reserved green onions.

CREAMY CHICKEN *Marsala*

SERVES

20

READY IN

35
min

PREP

10
min

COOKING

25
min

INGREDIENTS

- $\frac{1}{2}$ cup olive oil
- 5 lbs thin-sliced chicken breasts
- 2 cups all-purpose flour
- $\frac{1}{4}$ cup minced garlic
- 4 cups Marsala wine
- 5 cups chicken broth
- 5 oz cream cheese
- $\frac{1}{2}$ cup finely chopped parsley



Pairs well with...

ROASTED ROOT
VEGGIE MEDLEY

STEPS

1. In a nonstick skillet, heat the oil on medium-high. Season the chicken with salt and pepper. Place the flour in a wide dish and coat each piece of chicken.
2. Add chicken to skillet and cook 3 min. per side, until browned. Transfer to plate.
3. To same skillet, add the garlic. Cook 1 min., stirring. Stir in the Marsala wine and heat to a boil, scraping up any browned bits. Boil 1 min.
4. Add the broth and season with salt and pepper. Return chicken to skillet. Reduce heat to medium. Simmer 5 min., until chicken is cooked and wine has reduced.
5. Remove from heat. Stir in the cream cheese until melted. Garnish with the parsley.

BROWN BUTTER BUTTERNUT *Squash Rigatoni*



| SERVES | READY IN | PREP | COOKING |
|--------|------------------|------------------|------------------|
| 18 | 30 <i>min</i> | 10 <i>min</i> | 20 <i>min</i> |

INGREDIENTS

- 3 (16 oz) pkgs rigatoni
- 6 (14 oz) pkgs fresh butternut squash cubes
- $\frac{1}{2}$ cup olive oil
- 8 cloves garlic, thinly sliced
- $\frac{3}{4}$ cup butter
- 7 sage leaves, chopped
- $1\frac{1}{2}$ cups finely grated Parmesan cheese

Pairs well with...

ROASTED
GREEN BEANS

STEPS

1. Cook the rigatoni according to package directions, reserving $1\frac{1}{2}$ cup cooking liquid. Cut the butternut squash cubes into smaller chunks.
2. In a large skillet, heat the oil and garlic on medium. Cook 2 min., stirring often. Add the butternut squash and 6 tbsp water. Season with salt. Cover and cook 10 min. Uncover and add the butter and sage. Cook 6-8 min., until squash is tender and butter is browned, stirring occasionally.
3. In large bowls, toss the cooked rigatoni with the butternut squash mixture and cooking liquid. Add the cheese and toss until well combined. Season with salt and pepper.

CREAMY BEEF *Stroganoff w/ Peas*

SERVES

18

READY IN

30
min

PREP

10
min

COOKING

20
min

INGREDIENTS

- 3 (12 oz) bags egg noodles
- 5 lbs boneless NY strip streak
- $\frac{3}{4}$ cup flour
- $\frac{1}{4}$ cup olive oil
- 2 (16 oz) pkgs sliced mushrooms
- 3 cups diced onions
- $\frac{1}{4}$ cup minced garlic
- 5 cups beef stock
- 5 cups frozen peas
- 2 cups sour cream



Pairs well with...

**KALE SALAD w/
CRANBERRIES, PEPITAS
& PARMESAN**

STEPS

1. Cook the noodles according to the package directions.
2. Meanwhile, cut the beef into 1-inch cubes. Season with salt and pepper. Toss beef with the flour. In a skillet, heat the oil on high, then add beef. Cook 2 min. per side, until browned.
3. Add the mushrooms, onions, and garlic. Cook 4 min. until tender, stirring often. Add the stock and peas. Heat to a boil. Reduce heat and simmer 3 min., stirring occasionally. Remove from heat and stir in the sour cream. Serve over egg noodles.

ORANGE CHICKEN & CASHEWS

Over Cauliflower Rice

SERVES

20

READY IN

30
min

PREP

10
min

COOKING

20
min



INGREDIENTS

- 2 bunches green onions
- 6 lbs boneless, skinless chicken thighs
- $\frac{1}{2}$ cup orange marmalade
- $\frac{3}{4}$ cup reduced-sodium soy sauce
- $\frac{3}{4}$ cup sesame oil
- $\frac{1}{4}$ cup minced garlic
- 5 (12 oz) pkgs fresh cauliflower rice
- 3 cups roasted unsalted cashews

Pairs well with...

ROASTED SUGAR
SNAP PEAS w/ TAHINI

STEPS

1. Thinly slice the green onions. Chop the chicken into bite-size pieces. In a large bowl, whisk together the marmalade and soy sauce. Add the chicken and season with pepper, tossing to combine.
2. In a nonstick skillet, heat the oil on medium-high. Add the garlic and green onions, reserving some green parts for garnish. Cook 1 min., stirring. Add the chicken and sauce mixture. Cook 7 min., until chicken is cooked through, stirring often.
3. Meanwhile, to a large, microwave-safe bowl, add the cauliflower rice and cover with plastic. Microwave 3-5 min. Season the cauliflower rice with salt and pepper. Stir the cashews into chicken and serve over cauliflower rice. Garnish with reserved green onions.

FETTUCCINE W/ CHICKEN Sausage Ragu

SERVES

18

READY IN

35
min

PREP

10
min

COOKING

25
min



INGREDIENTS

- 3 [16 oz] boxes fettuccine
- 2 cups diced onions
- $\frac{1}{2}$ cup tomato paste
- 3 [1 lb] pkgs Nature's Promise Basil Pesto Chicken Sausage
- 3 [28 oz] cans fire-roasted diced tomatoes, drained

Pairs well with...

ROASTED
GREEN BEANS

STEPS

1. Cook pasta according to package directions.
2. Meanwhile, in a greased skillet on medium, cook the onions 8 min., until tender.
3. Stir in tomato paste and cook 2 min.
4. Thinly slice the chicken sausage. Add sausage to skillet and cook 7 min., until browned, stirring frequently.
5. Stir in the tomatoes and bring to a simmer. Cook 10 min., until sauce has thickened slightly. Season with salt and pepper. Drain pasta and add to skillet. Toss until well coated.

ONE POT CHEESY *Chili Mac*

SERVES

16

READY IN

35
min

PREP

10
min

COOKING

25
min

INGREDIENTS

- 2 tbsp vegetable oil
- 2 cups diced onion
- 3 cups diced peppers
- 4 tsp chili powder
- 4 tsp garlic powder
- 2 lbs lean ground beef
- 2 lbs campanelle pasta
- 4 (15 oz) cans diced tomatoes
- 2 (8 oz) pkgs shredded white cheddar cheese
- 8 cups water



Pairs well with...

**CHEESY
CORN MUFFINS**

STEPS

1. Preheat a large Dutch oven or pot over medium-high heat.
2. Add the oil and diced peppers and onions. Cook for 2-3 min., stirring occasionally, until vegetables are tender. Add the spices, and continue to cook for about 5 min. or until beef is fully cooked and breaks up with a spoon.
3. Add the diced tomatoes, and 8 cups of water. Bring the liquid to a boil. Add the pasta, and cover with a lid. Reduce heat to medium, and cook for 10-12 min. or until pasta is tender.
4. Remove the pot from the heat. Stir in the cheese and let stand for 5 min. Bowl up and enjoy!

MARINARA CHICKEN *Meatball Sliders*

SERVES

20

READY IN

42
min

PREP

24
min

COOKING

18
min



INGREDIENTS

- 5 (1 lb) pkgs Nature's Promise Mild Italian Chicken Sausage
- $\frac{1}{3}$ cup olive oil
- 8 cups marinara sauce
- 5 cups shredded mozzarella
- 40 mini slider buns

Pairs well with...

**LEMON-PARMESAN
ROASTED POTATOES**

STEPS

1. Remove casings from the sausage. Form sausage meat into 40 meatballs.
2. In a nonstick skillet, heat the oil on medium. Add the meatballs and cook 8 min., turning occasionally.
3. Pour the marinara over meatballs and cover skillet. Reduce heat to medium-low and simmer 10 min., until meatballs are cooked through.
4. Uncover and top each meatball with some mozzarella. Remove skillet from heat and let stand until cheese melts.
5. Divide meatballs among bottoms of buns. Place tops of buns on meatballs.

CHICKEN *Noodle Soup*

SERVES

20

READY IN

30
min

PREP

10
min

COOKING

25
min

INGREDIENTS

- $\frac{1}{3}$ cup olive oil
- 2 cups diced onions
- 10 stalks celery, thinly sliced
- 10 carrots, peeled and thinly sliced
- 10 boneless, skinless chicken breasts
- 3 [32 oz] containers chicken broth
- 12 cups water
- 1 box angel hair pasta
- $\frac{1}{2}$ cup fresh chopped dill
- $\frac{1}{3}$ cup lemon juice



Pairs well with...

BUTTERNUT LATKES
w/ CHIPOTLE MAYO

STEPS

1. In a large pot, heat the oil on medium-high. Add the onions, celery, and carrots. Season with salt. Cook 6 min., stirring often.
2. Meanwhile, chop the chicken into $\frac{1}{2}$ -inch chunks.
3. To pot, add the broth and water. Heat to a boil. Add chicken to the pot. Reduce heat and simmer 8 min., stirring occasionally.
4. Break the pasta into 1-inch pieces and add to pot. Cook 6 min., until pasta is tender and chicken is cooked through, stirring often. Season with salt and pepper. To serve, stir in the dill and lemon juice.

VEGETARIAN SKILLET *Tortilla Casserole*

SERVES

16

READY IN

45
min

PREP

30
min

COOKING

15
min



INGREDIENTS

- 2 bunches green onions
- 2 (15.5 oz) cans Nature's Promise Organic No-Salt-Added Black Beans
- 2 (16 oz) cans fat-free vegetarian refried beans
- 2 tbsp chili powder
- 2 cans white corn
- 4 large tomatoes
- 2 (16 oz) bags shredded Mexican-blend cheeses
- Cooking spray
- 8 burrito-size (about 9-10 inches) flour tortillas
- 2 small romaine hearts

Notes

- Makes 2 casseroles.

Pairs well with...

**ROASTED
ZUCCHINI SLICES**

STEPS

1. Heat oven to 375°F. Spray two cast-iron skillets (or two 12-inch pizza pans) with non-stick cooking spray. Set aside.
2. Thinly slice green onions. Thinly slice the tomatoes. Reserve $\frac{1}{2}$ cup cheese.
3. In a large bowl, combine 1 can drained black beans, one can refried beans, 1 tbsp chili powder, and one can drained corn. Fold in half of the green onions and half of the sliced tomatoes.
4. Place one tortilla on bottom and top with $\frac{1}{3}$ bean mixture and sprinkle with cheese. Repeat two more layers of tortillas, adding bean mixture, and cheese. Finish with a fourth tortilla and $\frac{1}{4}$ cup of the reserved cheese.
5. To assemble second casserole, repeat steps 3-4.
6. Bake 20-40 min. until center is hot. Meanwhile, thinly slice the romaine. Garnish the casserole with romaine.

CHICKEN & *Rice Casserole*

SERVES

16

READY IN

30
min

PREP

10
min

COOKING

20
min

INGREDIENTS

- 8 cups cooked whole grain brown rice
- 8 cups shredded rotisserie chicken
- 4 (12 oz) bags broccoli florets, thawed
- 4 cans cream of mushroom soup
- 6 cups shredded cheddar cheese



Pairs well with...

HARISSA
CARROTS w/ MINT

STEPS

1. Preheat the oven to 350°F. Prepare rice according to package directions.
2. In a large bowl, combine the chicken and rice.
3. Add the broccoli.
4. Stir in the mushroom soup until combined.
5. Transfer the chicken mixture to two large casserole dishes. Sprinkle with Cheddar. Cover with foil and bake 15 min. Uncover and bake an additional 5 min, until cheese is melted.

BEEF Stew

SERVES

16

READY IN

2 hr
20 min

PREP

20
min

COOKING

100
min

INGREDIENTS

- 5 lbs boneless beef chuck shoulder steak, cut into $\frac{1}{4}$ x 1-inch cubes
- $\frac{1}{2}$ cup flour
- $\frac{1}{2}$ cup vegetable oil
- 2 large onions, chopped
- 2 tbsp minced garlic
- $\frac{1}{4}$ cup tomato paste
- 8 cubes beef bouillon
- 8-10 cups water
- 2 bay leaves
- 6 large potatoes, peeled and cubed
- 8 large carrots, sliced
- 2 cups fresh green beans, cut into 2-inch segments



Pairs well with...

ROOT
VEGGIE MASH

STEPS

1. In a large bowl, season beef with salt and pepper. Coat with flour.
2. In a large pot, heat oil over medium-heat. Add onions and beef and brown 4-6 min. until beef browned on all sides.
3. Add garlic and cook for one minute. Add tomato paste, bouillon, water, and bay leaves. Bring to a boil. Reduce heat to low and simmer for 45 min.
4. Add potatoes, carrots, and green beans. Simmer on low another 45 min. until veggies are tender. Remove bay leaves before serving.

MEATLOAF SALSA BURGERS *w/ Mashed Potatoes*

| SERVES | READY IN | PREP | COOKING |
|--------|------------------|------------------|------------------|
| 20 | 40 <i>min</i> | 20 <i>min</i> | 20 <i>min</i> |



INGREDIENTS

- $1\frac{2}{3}$ cup ketchup
- $1\frac{1}{4}$ cup salsa
- $\frac{1}{3}$ cup lime juice
- 2 tbsp chili powder
- 5 lbs fresh meatloaf mix (beef, veal, and pork)
- 5 (24 oz) pkgs refrigerated home-style mashed potatoes

Pairs well with...

ROASTED
GREEN BEANS

STEPS

1. Turn the broiler to high. In a bowl, combine the ketchup, salsa, lime juice, and chili powder. Mix half the salsa-ketchup mixture with the ground meat and form into 20 burgers. Place burgers on foil-lined baking sheets and broil 3 min. Flip burgers and broil an additional 2-3 min.
2. While burgers cook, heat mashed potatoes according to package directions.
3. Divide the mashed potatoes among plates. Top the mashed potatoes with a burger and drizzle with some of the remaining ketchup-salsa mixture.

PASTA Primavera

SERVES

20

READY IN

35
min

PREP

20
min

COOKING

15
min

INGREDIENTS

- 2¹/₂ [16 oz] boxes bow tie pasta
- 5 bunches asparagus
- 5 red bell peppers
- 5 zucchinis
- 5 pints cherry tomatoes
- 5 [4 oz] pkgs goat cheese
- ¹/₂ cup olive oil
- 5 cups shredded carrots



Pairs well with...

ROASTED SUGAR
SNAP PEAS W/ TAHINI

STEPS

1. Cook the pasta according to package directions. Meanwhile, remove woody ends from asparagus and chop into 1-inch pieces. Slice the pepper into thin strips. Halve the zucchini lengthwise and cut into ¹/₂-inch pieces. Halve the tomatoes and crumble the goat cheese.
2. Heat oil in a heavy bottom pan over medium-heat. Sauté asparagus, bell pepper, zucchini, and carrots for 5 min. or until soft. Add the tomatoes and cook for an additional 2 min. Season with salt (in moderation) and pepper. Drain the pasta, reserving 1¹/₄ cup cooking liquid. Add the pasta and reserved cooking liquid to the pan with the vegetables. Stir in the goat cheese. Serve hot or cold.

TOMATO & Shrimp Risotto

SERVES

16

READY IN

35
min

PREP

20
min

COOKING

15
min

INGREDIENTS

- 4 [14-16 oz] cartons tomato bisque soup
- 8 cups instant rice
- 4 [12 oz] jars quartered artichoke hearts
- 8 small zucchinis
- 2 [8 oz] pkgs fresh mozzarella
- $\frac{1}{2}$ cup olive oil
- 4 lbs raw peeled shrimp, thawed
- 1 cup pesto
- 2 [0.75 oz] pkgs fresh basil



Pairs well with...

**ROASTED BROCCOLI
w/ SWEET SOY**

STEPS

1. Bring the tomato bisque to a boil, add the rice, and reduce to a simmer. Cook on low heat for 5 min. Turn off heat and leave covered.
2. Meanwhile, drain the artichokes and set in a bowl. Quarter the zucchini lengthwise and cut into 1-inch pieces. Dice the mozzarella. Heat oil in large skillet over medium-high heat and sauté the zucchini until slightly golden, about 3 min. Add the artichoke hearts, shrimp, and pesto. Stir-fry this mixture just until shrimp are pink and perfectly cooked through.
3. Meanwhile, thinly slice the basil. Stir half of the basil and the mozzarella into the rice. Add vegetable-shrimp mixture to the rice and season with salt (in moderation) and pepper to taste. Garnish with remaining basil.

BRAZILIAN *Fish Stew*

SERVES

20

READY IN

42
min

PREP

24
min

COOKING

18
min

INGREDIENTS

- 4 lbs cod fillets
- 4 lbs thawed frozen raw shrimp, peeled and deveined
- 10 limes
- 6 red bell peppers
- 10 tomatoes
- 2 bunches cilantro
- $\frac{3}{4}$ cup olive oil
- 4 cups diced onion
- 3 cups chicken broth
- 5 cups coconut milk

Tips

- Serve with white rice.



Pairs well with...

**HARISSA ROASTED
CARROTS w/ MINT**

STEPS

1. Cut the cod into large chunks and place in a bowl with the shrimp. Quarter 3 limes and juice the remaining limes. Add lime juice and half the garlic to the bowl with the cod. Season with salt (in moderation) and pepper and toss to combine. Set aside.
2. Cut peppers into thin strips and quarter the tomatoes. Finely chop the stems of the cilantro and coarsely chop the leaves.
3. Heat the oil in a heavy bottom pan over medium-heat and sauté the onion for 3 min. Add the peppers and remaining garlic and cook for 5 min., or until peppers are tender. Add the tomatoes, chicken broth, and cilantro stems and bring to a boil. Cook for 5 min. or until tomatoes get soft. Add the coconut milk and bring to a boil, stirring occasionally. Season with salt (in moderation) and pepper. Reduce the heat to low and place the cod and shrimp in the sauce. Cover with a lid and cook for 5-10 min. or until cod and shrimp are cooked through.

SUNDAY LONDON BROIL *w/ Salsa Verde*

SERVES

20

READY IN

32
min

PREP

20
min

COOKING

12
min

INGREDIENTS

- 5 lbs flank steak
- Olive oil
- $\frac{1}{3}$ cup minced garlic

For the salsa:

- 2 cups Italian parsley
- 2 tbsp minced garlic
- 1 tbsp crushed red pepper flakes
- $\frac{2}{3}$ cup lemon juice
- $1\frac{1}{2}$ cups olive oil
- 2 tbsp capers, drained



Pairs well with...

**BUTTERY TURNIPS
w/ CHIVES**

STEPS

1. Set steak on a foil-lined baking sheet and coat with olive oil, garlic, salt (in moderation), and pepper on both sides. Preheat the broiler. [For best results allow steak to sit in the marinade at room temperature for at least 10 min.]
2. Broil about 4 inches from the flame for 6-8 min. on each side for medium-well. [For best results allow steak to rest for 10 min. loosely covered with foil.]
3. Meanwhile, add the parsley, garlic, crushed red pepper flakes, lemon juice, olive oil, and capers to a food processor. Pulse until combined. Slice the steak against the grain and serve with the salsa verde.

BEET NOODLES W/ *Turkey Bolognese*

| SERVES | READY IN | PREP | COOKING |
|--------|-----------|----------|-----------|
| 20 | 23 min | 5 min | 18 min |

INGREDIENTS

- 5 pkgs beet noodles or zucchini noodles
- $\frac{1}{4}$ cup olive oil
- 5 lbs Nature's Promise 94% Lean Ground Turkey
- $\frac{1}{3}$ cup minced garlic
- 2 cups diced onions
- 4 (15 oz) cans crushed tomatoes
- 2 cups whole milk
- 2 cups grated Parmesan cheese



Simple Swap

- Use pasta instead of veggie noodles, if desired.

Pairs well with...

**DIJON ROASTED
BRUSSELS SPROUTS**

STEPS

1. Using a knife or kitchen shears, cut the beet noodles in half. Heat a large pot of salted water to a boil on high. Boil the beet noodles 3 min., until crisp-tender, then drain.
2. Meanwhile, in a large skillet, heat the oil on medium-high. Add the turkey and season with salt and pepper. Cook 6 min., until browned, breaking up meat with back of a spoon. Add the garlic and onions. Cook 4 min., stirring often.
3. Into skillet, stir the tomatoes. Cook 5 min., stirring often. Remove from heat and stir in milk and Parmesan. Toss noodles with turkey bolognese. Season with salt.

TURKEY TENDERLOIN *w/ Mushroom Sauce*

SERVES

18

READY IN

45
min

PREP

20
min

COOKING

25
min



INGREDIENTS

- 3 (30 oz) pkgs Shady Brook Farms turkey breast tenderloins
- $\frac{1}{3}$ cup olive oil
- 2 large onions, thinly sliced
- 1 (16 oz) pkg fresh portabello mushrooms, thinly sliced
- 18 slices smoked turkey bacon
- 1 cup shredded mozzarella cheese

Notes

- Turkey tenderloins can also be grilled. Preheat charcoal or gas grill and grill turkey for 6 min. on each side until no longer pink and internal temperature reaches 165°F.

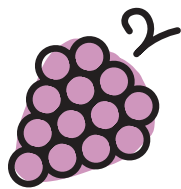
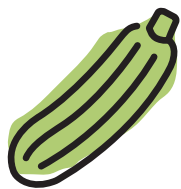
Pairs well with...

GRILLED ASPARAGUS
QUINOA SALAD

STEPS

1. Preheat oven to 425°F.
2. Heat oil in a large skillet over medium-heat. Cook onion and mushrooms until softened, about 5-7 min.
3. Arrange turkey breast tenderloins on a parchment-lined baking sheets. Season with salt and pepper. Wrap each tenderloin with 6 slices of turkey bacon.
4. Roast turkey tenderloins 25-35 min. (depending on tenderloin size), until a meat thermometer registers 165°F in the thickest part. Let rest for 5 min. To serve, slice turkey and top with onion, mushrooms, and cheese.

fall & winter



SIDE DISH
RECIPES

CHEESY Corn Muffins

SERVES

24

READY IN

25
min

PREP

10
min

COOKING

15
min

INGREDIENTS

- Baking spray
- 2 [8.5 oz] boxes corn muffin mix
- Eggs [see muffin package directions]
- Whole milk [see muffin package directions]
- 1½ cup corn kernels [fresh or canned]
- 2 cups shredded sharp Cheddar



STEPS

1. Preheat oven to 400°F. Spray two 12-cup muffin pans with baking spray.
2. Prepare the corn muffin mix according to package directions, using the egg and milk. Gently fold in the corn kernels and Cheddar.
3. Divide batter among greased cups. Bake 15-20 min., until golden brown. Cool slightly on wire rack before removing from pan.

ROASTED *Green Beans*

SERVES

16

READY IN

30
min

PREP

10
min

COOKING

20
min



INGREDIENTS

- 4 (12 oz) pkgs trimmed fresh green beans
- $\frac{1}{2}$ cup olive oil

STEPS

1. Preheat oven to 425°F. In large bowls, toss the green beans with olive oil. Season generously with pepper and Kosher salt. Spread evenly on parchment-lined baking sheets.
2. Roast 15-20 min., until golden brown, stirring once halfway through.

ROASTED *Zucchini Slices*

SERVES

18

READY IN

30
min

PREP

10
min

COOKING

20
min

INGREDIENTS

- 18 medium zucchinis
- $\frac{1}{2}$ cup olive oil



STEPS

1. Preheat oven to 425°F.
2. Cut zucchini into $\frac{1}{2}$ -inch slices on an angle. Toss zucchini with olive oil. Season generously with pepper and Kosher salt. Spread evenly on parchment-lined baking sheets.
3. Roast 15-20 min. until tender and golden brown.

COUSCOUS W/ SQUASH

Chickpeas & Raisins

SERVES

18

READY IN

30
min

PREP

5
min

COOKING

25
min



INGREDIENTS

- 3 (14 oz) pkgs fresh cubed butternut squash
- $\frac{1}{3}$ cup olive oil
- 3 tbsp honey
- 3 cups couscous
- 3 oranges
- 3 (15 oz) cans chickpeas
- 4 tbsp Moroccan seasoning Ras El Hanout
- $1\frac{1}{2}$ cup golden raisins

STEPS

1. Preheat the oven to 400°F. Cut the squash into smaller chunks and toss with olive oil and honey.
2. Season with salt. Arrange on parchment-lined baking sheets and bake 25 min., until squash is tender.
3. Meanwhile, prepare the couscous according to package directions. Into a large bowl, zest and juice the oranges. Drain and rinse the chickpeas. Add the couscous, chickpeas, oil, seasoning, and raisins to the orange zest and juice. Toss to combine.
4. Serve squash over couscous. Serve warm or at room temperature.

ROASTED ROOT *Veggie Medley*

SERVES

16

READY IN

30
min

PREP

20
min

COOKING

20
min



INGREDIENTS

- 10 lbs mixed root vegetables [beets, carrots, parsnips, Yukon Gold potatoes]
- $\frac{1}{2}$ cup olive oil
- $1\frac{1}{2}$ cup prepared pesto
- 1 bunch finely chopped parsley

STEPS

1. Preheat oven to 450°F. Line two large baking sheets with foil.
2. Peel the root vegetables and cut into $\frac{1}{4}$ to $\frac{1}{2}$ -inch-thick slices. Place vegetables in large microwave-safe bowls or baking dishes, along with $\frac{1}{4}$ cup water. Cover with vented plastic and microwave 5-7 min., until almost tender.
3. Drain the vegetables well and gently toss with the oil. Arrange in single layer on lined baking sheets. Season with salt and pepper. Roast 15 min., until golden brown.
4. Transfer vegetables to serving bowl and spoon pesto on top. Garnish with parsley.

QUICK & EASY *Black Bean Soup*

SERVES

20

PREP

15
min

COOKING

15
min



INGREDIENTS

- 2 cups chopped onion
- $\frac{1}{4}$ cup olive oil
- 10 cans (15 oz) Nature's Promise black beans, drained and rinsed
- 10 cups (80 oz) chicken broth
- $2\frac{1}{2}$ cups Southwest style salsa
- 4 tbsp chili powder
- 1 cup light sour cream
- Chopped cilantro

STEPS

1. Heat oil in a large pot. Saute onions for 5 min. until tender and translucent.
2. Mash half of the beans with a food processor or fork. Add mashed and whole beans into the pot.
3. Add chicken broth, salsa, onion and chili powder. Bring to a boil, then reduce heat and simmer for 15 min.
4. Top each serving with sour cream and garnish with cilantro if desired.

KALE SALAD W/ *Cranberries, Pepitas & Parmesan*

SERVES

18

READY IN

10
min

COOKING

20
min



INGREDIENTS

- 5 (5 oz) pkgs baby kale
- $\frac{1}{2}$ cup olive oil
- $\frac{1}{3}$ cup lemon juice
- $\frac{1}{2}$ cup red wine vinegar
- $\frac{1}{3}$ cup honey
- 2 cups dried cranberries
- 2 cups roasted pepitas
- 6 oz Parmesan cheese

STEPS

1. In a small bowl, whisk together olive oil, lemon juice, vinegar, and honey.
2. Add kale to a large bowl. Season with salt and pepper. Drizzle the dressing over kale and with hands, massage the dressing into the kale for 2 min.
3. Add the cranberries and pepitas. With a vegetable peeler, shave Parmesan over salad.

ROASTED ASPARAGUS W/ *Blistered Tomatoes*

SERVES

20

READY IN

28
min

PREP

10
min

COOKING

18
min

INGREDIENTS

- 5 bunches asparagus
- 5 cloves garlic
- 4 pints grape tomatoes
- $\frac{1}{2}$ cup olive oil
- $\frac{3}{4}$ cup pine nuts
- 1 pkg fresh basil, chopped



STEPS

1. Preheat oven to 450°F. Trim the bottom inch from the asparagus and thinly slice the garlic. Halve the tomatoes.
2. On large foil-lined baking sheets, toss the asparagus, tomatoes, and garlic with the oil. Season with salt and pepper. Roast 15-18 min., until asparagus is tender.
3. Transfer roasted asparagus and tomatoes to a serving platter. Garnish with pine nuts and chopped basil.

OVEN FRIES

w/ Romesco Sauce

SERVES

20

READY IN

60
min

PREP

20
min

COOKING

40
min



INGREDIENTS

- 10 lbs baby Yukon Gold potatoes
- 1½ cup olive oil
- 3 tbsp ground turmeric
- 7 red bell peppers
- 5 slices day-old bread
- 10 cloves garlic
- 10 medium tomatoes
- 2½ cups sliced almonds
- ⅓ cup red wine vinegar
- 1 cup fresh parsley
- 1 tsp cayenne

Tips

- Don't have any day-old bread? Lightly toast fresh bread before adding it to the food processor.

STEPS

1. Preheat the oven to 425°F. Quarter the potatoes. Place in a bowl and drizzle with ½ cup olive oil, turmeric, and salt (in moderation). Toss to coat evenly. Arrange on a foil-lined baking sheet and roast for 20 min, or until crisp and golden brown, turning once or twice to ensure fries brown on all sides.
2. While the potatoes roast, roughly chop the bell peppers. Cut the bread into pieces. Slice the garlic and quarter the tomatoes.
3. Add the bell pepper, garlic, tomatoes, almonds, red wine vinegar, bread, parsley, cayenne, and remaining 1 cup olive oil to a food processor, and pulse until you get a chunky purée. Serve the sauce with the potatoes.

QUINOA & BLACK Bean Salad

SERVES

16

READY IN

27
min

PREP

15
min

COOKING

12
min

INGREDIENTS

- 4 cups quinoa
- 4 shallots
- 8 tomatoes
- 2 (12 oz) pkgs mini bell peppers
- 8 limes
- 1 bunch cilantro
- 1 cup olive oil
- 4 (15 oz) cans black beans, drained and rinsed
- 2 cups crumbled feta cheese
- 8 cups baby arugula
- 4 avocados, diced



STEPS

1. Prepare quinoa according to package directions. Meanwhile, dice the shallots and chop the tomatoes and mini bell peppers. Zest and juice the limes and chop the cilantro. Transfer shallot, tomatoes, bell peppers, lime zest and juice, and olive oil to a large bowl.
2. Carefully mix the beans and quinoa with the vegetables and season with salt (in moderation) and pepper. Scatter the crumbled feta and arugula over the top of the salad, and serve with diced avocado.

LEEK & PEA *Panzanella Salad*

SERVES

16

READY IN

50
min

PREP

20
min

COOKING

30
min



INGREDIENTS

- 2 loaves ciabatta
- 6 medium leeks
- 6 tbsp butter
- 2 (8 oz) pkgs baby peas
- 1 cup pitted Kalamata olives
- 1 cup mint leaves
- 8 cups arugula
- 2 large lemons
- $\frac{1}{3}$ cup olive oil

STEPS

1. Cut the ciabatta into $\frac{3}{4}$ -inch-thick slices. On a grill pan or outdoor grill, grill ciabatta slices on medium 2-4 min., until crisp but not dried out. Cool completely.
2. Halve the leeks lengthwise and rinse under water to remove any dirt or grit. Thinly slice the light green and white parts, discarding dark green parts. In a large saucepan, melt the butter on medium-high. Add leeks and cook 5 min., stirring often. Stir in the peas and cook 5 min., until leeks and peas are tender. Season with salt and pepper.
3. Meanwhile, coarsely chop the olives and mint.
4. In a large bowl, add cooked leeks, olives, mint, peas, and arugula. In a separate bowl, whisk olive oil and lemon juice. Add dressing to salad and toss until combined. Serve with ciabatta slices.

ROASTED BROCCOLI *w/ Sweet Soy*

SERVES

20

READY IN

32
min

PREP

10
min

COOKING

22
min



INGREDIENTS

- 6 (10 oz) pkgs fresh broccoli florets
- 10 cloves garlic
- $\frac{1}{2}$ cup olive oil
- $\frac{1}{2}$ cup reduced-sodium soy sauce
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{2}$ cup sesame seeds

STEPS

1. Preheat oven to 450°F. Cut the broccoli into smaller florets.
2. Thinly slice garlic. In a large bowl, toss the oil, broccoli, and garlic until well coated. Arrange broccoli in an even layer on baking sheets. Cover with foil and roast 12 min. Remove foil and continue roasting until tender, about 10 min.
3. Meanwhile, whisk together soy sauce, sugar, and sesame seeds. Remove broccoli from oven and toss with soy mixture.

STUFFED *Mushrooms*

SERVES

20

READY IN

40
min

PREP

20
min

COOKING

20
min

INGREDIENTS

- 3½ cups stuffing mix
- 3 [16 oz] pkgs whole white mushrooms
- ¼ cup olive oil
- ¾ cup grated Parmesan
- 2 [0.75 oz] pkgs chives



Tips

- This is also a great way to use up any leftover Thanksgiving stuffing!

STEPS

1. Preheat the oven to 400°F. Prepare the stuffing mix according to package directions. Gently clean mushrooms and pull the stem from each mushroom. Place mushrooms, cavity sides up, on a parchment-lined baking sheet.
2. Drizzle mushrooms with olive oil and season with salt (in moderation) and pepper. Spoon stuffing into mushroom cavities. Top with the Parmesan and bake 20 min., until filling is golden brown. Chop the chives and sprinkle over mushrooms.

WARM BRUSSELS SPROUTS & Apple Slaw

SERVES

20

READY IN

30
min

PREP

20
min

COOKING

10
min



INGREDIENTS

- 10 crisp apples, such as Pink Lady
- 5 lemons
- 10 sprigs fresh thyme
- $\frac{1}{2}$ cup canola oil
- $\frac{1}{2}$ cup minced fresh ginger
- 5 (12 oz) bags shredded fresh Brussels sprouts
- 1 cup raisins

STEPS

1. Halve the apples and cut into quarters and then thin slices the size of matchsticks. Zest the lemon and juice half, cutting the other half into quarters. Sprinkle the lemon juice over the apple to prevent discoloration and mix gently, so all the apple is coated.
2. Strip the leaves from the thyme sprigs. Heat the oil and ginger in a large skillet and stir-fry the shredded sprouts and thyme, 3 min. Stir in the lemon zest and raisins. Season to taste with salt (in moderation) and pepper. Divide the apple over the sprouts. Garnish with lemon wedges.

LEMON-PARMESAN *Roasted Potatoes*

SERVES

20

READY IN

1 hr

PREP

15
min

COOKING

45
min

INGREDIENTS

- 5 (24 oz) bags baby medley potatoes
- 5 lemons
- 2¹/₂ cups finely grated Parmesan cheese
- 2 tbsp garlic powder
- 2 tbsp Italian seasoning
- ²/₃ cup olive oil
- ¹/₄ cup chopped chives



STEPS

1. Preheat oven to 350°F. Halve each of the baby potatoes. Zest and juice the lemons, reserving them separately.
2. In a small bowl, combine lemon zest, Parmesan, garlic powder, Italian seasoning, salt, and pepper. Coat large rimmed baking sheets with the oil. Sprinkle cheese mixture in an even layer over oil.
3. Arrange potatoes cut-sides down on Parmesan mixture in a single layer. Bake 45 min., until potatoes are tender. Chop the chives.
4. Use a spatula to transfer potatoes onto a serving platter cheese-sides up. To serve, garnish with chives and drizzle with reserved lemon juice.

PIZZERIA-STYLE

Garlic Knots

SERVES

24

READY IN

28
min

PREP

12
min

COOKING

16
min

INGREDIENTS

- 1½ sticks butter, softened
- ⅓ cup olive oil
- 2 tbsp minced garlic
- 2 tsp garlic powder
- 1 tbsp Italian seasoning
- ¼ cup fresh parsley, chopped
- 4 cans pizza crust dough
- ⅔ cup grated Parmesan cheese



STEPS

1. Preheat oven to 425°F. Line 4 baking sheets with parchment. In a medium bowl, microwave the butter, oil, minced garlic, garlic powder, and Italian seasoning 1 min., until butter melts. Finely chop the parsley and stir into butter. Season with salt and pepper.
2. Roll out 1 pizza crust dough and shape into 13x9-inch rectangle. Brush top with some of butter mixture. With pizza cutter, cut into 6 long, skinny strips, then cut strips in half to form 12 shorter strips. Stretch and tie each strip into a knot and place on lined sheet. Repeat with other pizza crust dough and some of remaining butter mixture.
3. Bake garlic knots 5 min. Brush tops with some more butter mixture and sprinkle with Parmesan. Bake another 6-8 min., until golden brown. Brush with remaining butter mixture before serving.

SOUTHWESTERN

Sweet Potato Chowder

SERVES

18

READY IN

1 hr

PREP

20
min

COOKING

40
min

INGREDIENTS

- 3 tbsp canola oil
- 3 medium onions, chopped
- 6 celery stalks, thinly sliced
- 6 garlic cloves, minced
- 3-6 tbsp chopped pickled jalapeño slices
- 3 cans [14.5 oz] fire-roasted diced tomatoes, undrained
- 6 medium sweet potatoes, peeled and cut into $\frac{1}{2}$ -inch pieces
- 3 cans [14 oz] hominy, drained
- 3 qts vegetable or chicken broth
- 3 cups low-fat milk
- 9 green onions, thinly sliced



Comments

- Use caution when handling hot peppers. Wear disposable gloves or wash hands in hot, soapy water after handling.

STEPS

1. In a large heavy-bottomed pot, heat oil over medium-high heat. Add onion, celery, garlic and jalapeños; cook and stir 5 min. or until softened. Stir in tomatoes, sweet potatoes, hominy and broth; bring to boiling. Reduce heat; simmer 25 min.
2. Stir in milk, and pepper to taste; simmer 10 min. more or until heated through and sweet potatoes are tender (do not boil). Ladle into soup bowls, top with green onions and serve.

CRUNCHY ASIAN *Cole Slaw*

SERVES

18

READY IN

20
min

PREP

20
min



INGREDIENTS

- 12 cups shredded cabbage
- 6 cups matchstick cut carrots
- 3 red bell peppers
- 3 bunches scallions
- 3 limes
- 3 tbsp toasted sesame oil
- 3 tbsp canola oil
- 3 tbsp sugar
- 3 tbsp lower sodium soy sauce
- 3 tbsp sesame seeds

STEPS

1. Combine the shredded cabbage and carrots in a large bowl. Thinly slice the pepper and scallions and add to the other vegetables.
2. Juice the lime in a small bowl. Whisk in the oils, sugar and soy sauce. Add to the cabbage mixture and toss well to coat. Sprinkle with sesame seeds and chill until serving.

ROOT VEGGIE *Mash*

SERVES

18

READY IN

40
min

PREP

20
min

COOKING

20
min

INGREDIENTS

- 6 lbs sweet potatoes
- 3 lbs carrots
- 1½ sticks butter, melted
- 3 tbsp minced garlic
- ¾ cup heavy cream



STEPS

1. Peel the sweet potatoes and cut into 1-inch chunks. Add to a large pot and cover with water. Heat to a boil on high. Season with salt. Boil sweet potatoes 10 min., stirring occasionally.
2. Meanwhile, thinly slice the carrots. Add to pot with sweet potatoes. Boil carrots and sweet potatoes together 10 min., until very tender.
3. Meanwhile, in a skillet, combine the butter and garlic. Cook 2 min. on medium, until golden, stirring. Remove from heat and stir in the cream.
4. Drain sweet potatoes and carrots and transfer to a large bowl, along with cream mixture. With potato masher, mash until smooth. Season with salt and pepper.

ROASTED SUGAR SNAP

Peas w/ Tahini

SERVES

18

READY IN

30
min

PREP

20
min

COOKING

10
min

INGREDIENTS

- 3 shallots
- 5 (15 oz) pkgs stringless sugar snap peas
- $\frac{1}{2}$ cup olive oil
- 2 cups cilantro leaves
- 6 cloves garlic
- $\frac{3}{4}$ cup lemon juice
- $\frac{3}{4}$ cup tahini

Tips

- Stringless sugar snap peas are trimmed and ready to go. Find them in the produce section next to the other pre-cut and prepped vegetables.



STEPS

1. Preheat oven to 450°F. Finely chop the shallots. On large baking sheets, toss the peas with shallot, 3 tbsp oil, salt, and pepper. Roast 10-12 min., until golden brown and tender, stirring once halfway through.
2. In a food processor, pulse the cilantro and garlic until chopped. Add the lemon juice, 9 tbsp water, tahini paste, and remaining olive oil. Pulse until smooth. Transfer to a bowl and season with salt.
3. Drizzle sugar snap peas with prepared sauce. Toss and serve.

BUTTERNUT LATKES

w/ *Chipotle Mayo*

SERVES

18

READY IN

30
min

PREP

10
min

COOKING

20
min

INGREDIENTS

- 2 (14 oz) pkgs cubed, fresh butternut squash
- 2 yellow onions, halved and peeled
- $\frac{1}{2}$ cup flour
- 2 tsp baking powder
- 1 tsp salt
- 4 large eggs, whisked
- $\frac{1}{2}$ cup canola oil
- $\frac{1}{2}$ cup prepared chipotle mayonnaise



STEPS

1. In the bowl of a food processor, pulse the squash and onion until vegetables are finely ground. Transfer to a large bowl and mix in the flour, baking powder, and salt. Add eggs and stir until well combined.
2. In a large skillet, heat 3 tbsp oil, then drop 6 small mounds of latke batter into the pan. Cook for 3 min. on one side, or until golden brown, then flip and cook for another 3. If the oil begins to spit, lower the heat. Repeat with remaining batter, adding more oil as needed.
3. Transfer finished latkes to a baking sheet lined with paper towels to drain. Serve with chipotle mayo on the side.

HARISSA-ROASTED *Carrots w/ Mint*

SERVES

20

READY IN

55
min

PREP

10
min

COOKING

45
min



INGREDIENTS

- 20 large carrots
- $\frac{1}{3}$ cup olive oil
- 3 tbsp harissa sauce
- 2 tbsp honey
- $\frac{1}{2}$ cup shelled pistachios
- $\frac{1}{2}$ cup fresh mint
- 2 tbsp lemon juice

STEPS

1. Preheat oven to 375°F. Peel the carrots and arrange in a roasting pan. Toss with a small amount of olive oil and season with salt. Roast 30 min.
2. Meanwhile, in a small bowl, whisk harissa, honey, and remaining $\frac{1}{3}$ cup olive oil. Drizzle mixture over carrots and toss to combine. Roast 25-30 min. more, until carrots are tender.
3. Finely chop the pistachios and mint. Drizzle lemon juice over carrots. Transfer carrots to a serving platter and garnish with pistachios and mint.

BUTTERY TURNIPS

w/ Chives

SERVES

18

READY IN

40
min

PREP

20
min

COOKING

20
min



INGREDIENTS

- 6 lbs turnips
- $\frac{3}{4}$ cup butter
- $\frac{1}{3}$ cup honey
- $\frac{1}{3}$ cup chopped fresh chives

STEPS

1. Heat a large pot of salted water to a boil on high. Peel the turnips and cut into $\frac{1}{2}$ -inch chunks. Add turnips to boiling water and cook approx 15 min, until tender. Drain.
2. In a large skillet, melt the butter on medium. Stir in the honey. Season with salt and pepper. Cook 1 min., until runny, stirring often.
3. Add the turnips. Cook 5 min., stirring constantly, until turnips are well coated. Garnish with the chives.

DIJON-ROASTED *Brussels Sprouts*

SERVES

18

READY IN

50
min

PREP

10
min

COOKING

40
min



INGREDIENTS

- $\frac{1}{2}$ cup Dijon mustard
- $\frac{1}{4}$ cup maple syrup
- 4 tsp garlic powder
- 1 cup olive oil
- 2 red onions
- 6 (12 oz) pkgs Brussels sprouts, halved

STEPS

1. Preheat oven to 400°F. In a large bowl, whisk the mustard, maple syrup, garlic powder, and oil to combine. Thinly slice the red onion and add to the mustard mixture, along with the Brussels sprouts. Toss to coat.
2. Spread vegetables in a single layer on parchment-lined baking sheets and roast 35-40 min., until sprouts are tender and caramelized, stirring halfway through.

GRILLED ASPARAGUS

Quinoa Salad

SERVES

20

READY IN

45
min

PREP

30
min

COOKING

15
min



INGREDIENTS

- 2 cups quinoa
- 5 lemons
- 3 bunches asparagus
- 1 cup olive oil
- 3 pkgs basil leaves
- 3 cloves garlic
- 2 red bell peppers
- 1 (8 oz) container fresh mozzarella pearls

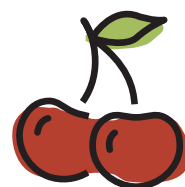
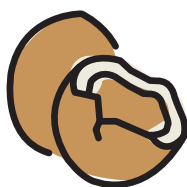
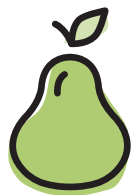
Tips

- If you can't find mozzarella pearls, use small mozzarella balls, like bocconcini or ciliegine, and quarter them.
- Asparagus can be roasted instead of grilled. Preheat oven to 450°F. Bake for 5 min. until crispy-tender.

STEPS

1. Cook the quinoa according to package directions. Set grill to high. Grate lemon zest and squeeze juice from the lemons reserving zest and juice separately.
2. Meanwhile, trim the bottom inch off the asparagus spears. Toss with olive oil and lemon zest and season with salt and pepper. Grill 3-4 min., until fork-tender and charred, turning often. Let asparagus cool and cut into 2-inch pieces on an angle.
3. Meanwhile, in a food processor, pulse the basil, garlic, lemon juice, salt, and pepper until chopped. Pulse in $\frac{3}{4}$ cup olive oil until well mixed.
4. Halve and seed the bell pepper, then finely chop. Add cooked quinoa to a large bowl and fluff with a fork. Add sliced asparagus, bell pepper, and vinaigrette. Toss to combine. To serve, drain the mozzarella pearls and add to salad.

fall & winter



DESSERT
RECIPES

STONE FRUIT *Crumble*

SERVES

20

READY IN

60
min

PREP

18
min

COOKING

42
min

INGREDIENTS

- 5 lbs ripe peaches
- 3 lbs ripe plums
- 2 cups light brown sugar, divided
- 2 tsp cinnamon, divided
- $\frac{1}{4}$ tsp + pinch salt
- 4 tbsp cornstarch
- 1 tsp almond extract
- 1 cup all-purpose flour
- 10 tbsp butter, cut up
- $1\frac{1}{2}$ cup chopped walnuts

Tips

- Upgrade this dessert by serving it à la mode with vanilla or butter pecan ice cream.



STEPS

1. Preheat oven to 375°F. Pit the peaches and plums and cut into thin wedges. In a nonstick skillet, combine peaches, plums, 1 cup brown sugar, 1 tsp cinnamon, and pinch of salt. Cook 6-8 min. on medium, until fruit softens, stirring often.
2. Remove skillet from heat. Stir in the cornstarch and extract. Transfer to two baking dishes.
3. In a large bowl, combine the flour, remaining 1 cup brown sugar, 1 tsp cinnamon, and $\frac{1}{4}$ tsp salt. Add the butter and, with hands, pinch butter into sugar mixture until clumps form. Add the walnuts and continue squeezing mixture together until crumbs form in various sizes. Freeze 15 min. or up to 2 days.
4. Sprinkle crumb topping all over fruit. Bake 35 min., until topping is golden brown and fruit is bubbling. Let cool 10 min. before serving.

EASY LATTICE *Apple Pie*

SERVES

16

READY IN

90
min

PREP

40
min

COOKING

50
min

INGREDIENTS

- 5 lbs Golden Delicious apples
- 1 cup granulated sugar
- 6 tbsp cornstarch
- 4 tsp apple pie spice
- Pinch of salt
- 2 tbsp lemon juice
- 4 refrigerated ready-to-bake pie crusts
- 2 tbsp butter, softened
- 2 tbsp heavy cream
- 2 tbsp coarse or sanding sugar

Tips

- If the edges are browning too quickly, cover them with strips of foil.

Notes

- Makes two 9-inch pies.



STEPS

1. Place two rimmed baking sheets in the middle of the oven. Preheat oven to 425°F. Peel, core, and thinly slice the apples. In a large bowl, combine the sugar, cornstarch, apple pie spice, and salt. Add the apples and lemon juice. Toss until well coated.
2. Arrange one pie crust in two 9-inch pie plates. Add an equal amount of pie filling to each pie shell, along with any residual syrup in bowl. Dot apples with bits of the butter.
3. Unroll remaining pie crusts and, with pizza cutter, cut into $\frac{3}{4}$ -inch strips. Discard 2 end strips. Arrange pie crust strips in lattice format, spacing about $\frac{3}{4}$ in apart. Place remaining pie crust strips on top, perpendicular to first set, spacing about $\frac{3}{4}$ in apart. With fork, press top and bottom crust edges together to seal. Trim off any excess dough pieces from the lattice strips.
4. Brush top crusts with the heavy cream, then sprinkle evenly with the coarse sugar. Place pies on heated baking sheets in oven. Bake 15 min. Reduce heat to 375°F. Bake another 35-40 min., until tops are golden brown. Cool on wire rack before serving.

WHOLE GRAIN CEREAL *S'mores Treats*

SERVES

24

READY IN

30
min

PREP

10
min

COOKING

20
min

INGREDIENTS

- 12 cups Oats & O's Toasted Whole Grain Oat Cereal
- 6 tbsp butter
- 2 (10 oz) bags marshmallows
- 1 cup cashew butter
- 1 tsp ground cinnamon
- 2 cups mini chocolate chips
- 2 cups mini marshmallows



STEPS

1. Spray two large baking dishes. In a food processor, pulse the cereal a few times, until just broken up or, put cereal in a plastic bag and crush with a rolling pin. In a large saucepan, melt the butter on medium-low. Add the marshmallows and cook until melted, stirring constantly. Stir in the cashew butter and cinnamon. Remove from heat. Working quickly, stir in cereal and mix until combined.
2. Transfer cereal mixture to two prepared baking dishes, spreading in an even layer. Sprinkle with chocolate chips and mini marshmallows and press to flatten. Refrigerate until mixture sets.
3. Cut treats in squares or with a heart shaped cookie cutter.

CHOCOLATE-COFFEE

Truffle Tart

SERVES

20

READY IN

1 hr
30 min

PREP

20
min

COOKING

25
min

INGREDIENTS

- $\frac{1}{2}$ cup butter
- 2 [9 oz] boxes Nabisco Famous Chocolate Wafers
- 1 lb bittersweet chocolate
- 4 large eggs
- 1 cup heavy cream
- 2 tbsp espresso powder
- $\frac{1}{2}$ cup maple syrup
- 2 tsp vanilla extract
- 2 tbsp confectioners' sugar
- 1 cup raspberries

Notes

- Makes two tarts.



STEPS

1. Preheat oven to 350°F. Melt $\frac{1}{4}$ cup butter. In a food processor, pulse the chocolate wafers and melted butter until fine crumbs form. Transfer crumbs to two tart pans. Using the bottom of a large measuring cup, press crumb mixture firmly into an even layer. Bake 10-12 min., until crusts have set.
2. Meanwhile, chop the chocolate. In a heatproof bowl set over a large saucepan of simmering water, melt chocolate and remaining $\frac{1}{4}$ cup butter on medium, stirring often. Remove bowl from saucepan. In a separate bowl, whisk the eggs, cream, espresso powder, maple syrup, and vanilla with a pinch of salt. Slowly whisk the egg mixture into the melted chocolate until smooth.
3. Pour the chocolate mixture evenly into two crusts and smooth the top using a small offset spatula. Bake 15 min., until filling has mostly set but still jiggles slightly in the center. Let cool completely on a wire rack. Dust with the confectioners sugar and garnish with the raspberries.

NO BAKE ROCKY *Road Clusters*

SERVES

20

READY IN

50
min

PREP

10
min

COOKING

10
min

INGREDIENTS

- 12 oz dark chocolate
- 2 cups mini marshmallows
- 2 cups cranberry trail mix
- 4 oz white chocolate



STEPS

1. In a large pot, bring 1 inch of water to a simmer. Meanwhile, coarsely chop the dark chocolate and set in a heatproof bowl. Position the bowl over the pot in such a way that it does not touch the water. Stir chocolate continuously for about 5 min., or until melted.
2. In a large bowl, mix together the mini marshmallows and trail mix. Pour in the melted chocolate and toss evenly to coat. Spoon the mixture onto a parchment-lined baking sheet, making 40 mounds of about 2 tbsp each. Refrigerate for 30 min. or until clusters set.
3. Meanwhile, coarsely chop the white chocolate and melt it, the same way you did the dark chocolate. When the white chocolate is melted, remove clusters from the fridge, and use a fork to drizzle the white chocolate over them. Return to the fridge, and allow 10 min. to set.

NO BAKE MINI PUMPKIN *Cheesecakes*

SERVES

24

READY IN

20
min

PREP

20
min

INGREDIENTS

- 18 graham cracker sheets, plus more to garnish
- $\frac{1}{2}$ cup melted butter
- 2 (12 oz) containers cream cheese
- $1\frac{1}{3}$ cup sugar
- 2 (15 oz) cans pumpkin puree
- 1 tsp pumpkin pie spice
- 2 tsp vanilla extract
- 1 (8 oz) container whipped topping, thawed



STEPS

1. Line two cupcake tins with 24 paper liners. In a food processor, pulse the graham crackers with the melted butter. Divide graham cracker mixture evenly between the cupcake liners and gently press the mixture down with the back of a spoon.
2. In the bowl of an electric mixer, or with a hand mixer, blend together cream cheese, sugar, pumpkin purée, pumpkin spice, and vanilla extract until light and fluffy, 2 min. Divide filling between cupcake liners. Let cheesecake set in the freezer for at least 1 hour.
3. Dollop cheesecakes with whipped topping and garnish with crumbled graham cracker.

PEAR-POMEGRANATE- *Pistachio Galette*

SERVES

18

READY IN

35
min

PREP

20
min

COOKING

10
min

INGREDIENTS

- 6 pears
- 3 tbsp lemon juice
- $\frac{3}{4}$ cup sugar
- 6 tbsp flour
- 3 tsp ground cinnamon
- $1\frac{1}{2}$ tsp ground coriander
- 3 round ready-to-bake pie crusts
- $\frac{3}{4}$ cup shelled pistachios
- 3 large eggs
- $\frac{3}{4}$ cup pomegranate seeds



Notes

- Makes 3 galettes.

STEPS

1. Preheat the oven to 425°F. Remove stem, core, and thinly slice each pear. In a large bowl, toss the pears, lemon juice, sugar, flour, cinnamon, and coriander until pears are well coated.
2. Unroll the pie crusts on three parchment-lined baking sheets. Arrange the pears in the center of the crust, leaving a 2-inch border around the edge. Chop the pistachios and sprinkle over pears. Pull the edges of the crust over the filling, folding and pressing gently to keep in place.
3. Whisk the egg and brush each crust with egg. Bake 20-25 min. until each crust is golden and pears are tender. Let cool slightly. Garnish with pomegranate seeds.

OLD FASHIONED CHOCOLATE *Chip Cookies*

SERVES

52

READY IN

30
min

PREP

20
min

COOKING

10
min



INGREDIENTS

- 2¹/₄ cups all-purpose flour
- 1 tsp baking soda
- 1 tsp salt
- 1 cup [2 sticks] butter, softened
- ³/₄ cup dark brown sugar
- ³/₄ cup sugar
- 1¹/₂ tsp vanilla extract
- 2 large eggs
- 1 cup dark chocolate chips
- 1 cup milk chocolate chips

Tips

- Store these in an airtight container at room temperature for up to 1 week.

STEPS

1. Preheat oven to 375°F. In a medium bowl, whisk the flour, baking soda, and salt until combined.
2. In a large bowl, with a hand mixer or stand mixer, beat the butter, brown sugar, sugar, and vanilla until smooth and fluffy.
3. Beat in the eggs, one at a time, until well mixed. Beat in the flour mixture just until incorporated. Do not overmix. With wooden spoon, fold in the chips until well distributed.
4. Onto parchment-lined cookie sheets, drop the cookie dough by heaping tablespoon or small cookie scoop, spacing 2 inches apart. Bake 8-9 min., until center is done.
5. Cool cookies on wire racks.

CHOCOLATE BARK W/ *Cranberries & Pistachios*

SERVES

24

READY IN

1 hr
15 min

PREP

5
min

COOKING

10
min

INGREDIENTS

- 1 cup shelled pistachios
- 1 cup dried cranberries
- 6 (3.5 oz) bars 65-70% cocoa dark chocolate
- 6 (3.5 oz) bars white chocolate



STEPS

1. Roughly chop the pistachios and cranberries. Chop the chocolates, keeping them separate. Place each in a separate medium heatproof bowl. Arrange bowl with dark chocolate over saucepan of simmering water (do not let bottom of bowl touch the water) and heat dark chocolate until melted, stirring often. Remove bowl and repeat with bowl of white chocolate.
2. Pour melted dark chocolate onto a parchment-lined baking sheet. Smooth into a thin, even layer. Dollop white chocolate onto dark chocolate. With the tip of a knife, swirl together dark and white chocolates.
3. Sprinkle evenly with chopped pistachios and cranberries. Refrigerate bark until set, about 1 hour. Break into pieces. Store in a sealed container or plastic bag in the refrigerator.