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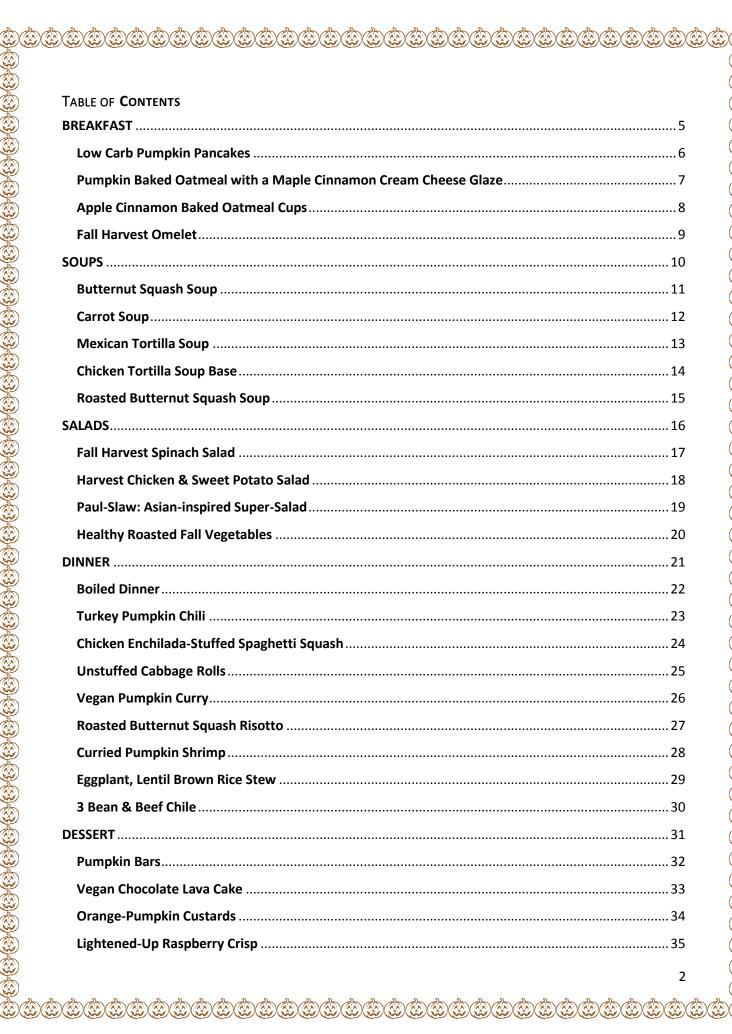
FLAVORS

LIVEWELL VERMONT STATE EMPLOYEE RECIPE BOOK

2019







HAPPY FALL

Welcome to a Fall Festive version of the LiveWell Vermont Employee Recipe Book! The recipe book includes some seasonal favorites submitted by State of Vermont Employees. We recognize that not every recipe is "traditional healthy". However, we have included a list of simple substitutions you can make to reduce calories, unhealthy fats and simple sugars!

Along with this fabulous recipe book, LiveWell Vermont also offers:

- An Annual Incentive Program
- Flu clinics
- Wellness Screenings
- Classes and Workshops
- Wellness Coaching
- Educational Information on our <u>Blog</u>, <u>Facebook</u> and <u>Instagram!</u>

If you are seeking any additional information, please contact the LiveWell Vermont Team!

Email: DHR.livewellvermont@vermont.gov Phone: (802) 828-7308

Happy Fall....Maura, Anna & Grace

SIMPLE SWAPS

When it comes to cooking and baking there are easy (and tasty) heart-healthy substitutions you can incorporate into your daily meal preparation. Substituting new foods for your tried and true staples might feel foreign at first. (We've been there.) But, don't knock 'em until you try 'em! You might be surprised by how great "lightened up versions" can taste! To create healthy recipes, first look at what's on hand in your own pantry. You may have healthier ingredients available and not realize it. If you don't have the ingredients on hand to create healthy recipes, just make a shopping list for the next time you hit the store.

Use the following substitutions to help reduce the amount of fat, salt, sugar and calories as you prepare healthy recipes:

- Noodles → Zoodles (zucchini noodles)
- Potatoes → Cauliflower
- Whole Egg → Egg Whites or Egg Substitutes
- 1 cup Mayo → 1 cup Mashed Avocado or 1 cup Mashed Banana
- 1 cup Sugar → 1 cup Unsweetened Applesauce
- 1 egg → 1 Banana OR ¼ cup Applesauce + 1 tsp Baking Powder
- 1 cup Sour Cream → 1 cup Plain non-fat Greek yogurt
- Bread Crumbs → Chopped Nuts

Prepare

- Read the recipe, do any preheating
- Get all the ingredients and cooking gear out
- Prepare all ingredients per the instructions

Work safely

- Position pot/pan handles to prevent accidents
- Place a shelf liner or damp kitchen towel under cutting boards to prevent slipping
- Wash any items immediately after touching raw meat to prevent cross-contamination

Work clean

- Keep a kitchen towel close to wipe down
- Wipe cutting boards as you go
- Keep trash can or another disposal nearby

BREAKFAST 5



LOW CARB PUMPKIN PANCAKES

Submitted by: Wendy Dente



Ingredients:

- 1 cup fine ground almond flour
- 4 large whole eggs
- ½ cup pumpkin puree (not pie filling, just pure pumpkin)
- ½ teaspoon ground cinnamon
- 1 teaspoon baking powder
- 2 teaspoons liquid stevia
- Butter for pan and for topping

- 1. Combine all ingredients in a bowl except butter whisk thoroughly to combine.
- 2. Cook in a skillet on the stove just like a "normal" pancake. Top with butter. Extras can be frozen and reheated in a toaster oven.

PUMPKIN BAKED OATMEAL WITH A MAPLE CINNAMON CREAM CHEESE GLAZE

By: Joy Food Sunshine



Ingredients:

- 1 ½ cups quick-cooking oats
- ¼ cup almond meal
- 1 teaspoon baking powder
- ½ teaspoon sea salt
- 1 teaspoon pumpkin pie spice
- 1 teaspoon ground cinnamon
- 1 cup unsweetened applesauce
- ½ cup pumpkin puree
- 1 large egg lightly beaten
- ½ cup pure maple syrup or honey

- ¾ cup unsweetened vanilla almond milk
- 1 teaspoon pure vanilla extract

Maple cream cheese glaze:

- 4 oz cream cheese room temperature
- 3 Tablespoons pure maple syrup
- ½ teaspoon ground cinnamon
- ¼ teaspoon pure vanilla extract

- 1. Preheat oven to 350 degrees.
- 2. Grease a 9x9" baking pan, set aside.
- 3. In a small bowl mix together the oats, almond meal, baking powder, salt, pumpkin pie spice, and cinnamon. Set aside.
- 4. In a large bowl, mix the applesauce and pumpkin puree.
- 5. Add the egg and maple syrup and stir until combined.
- 6. Add the almond milk and vanilla and stir until completely combined.
- 7. Add dry ingredients to the wet ingredients and stir until completely combined.
- 8. Pour batter into prepared baking dish.
- 9. Bake in the preheated oven for 30-35 minutes or until the top is set and slightly browned. Remove from oven and let the oatmeal cool to room temperature.
- 10. While oatmeal is baking/cooling, add glaze ingredients to a medium bowl or the container of your standing mixer and whisk/beat until combined.
- 11. Once the oatmeal has cooled, drizzle or spread the glaze on top! Cut and serve!
- 12. This pumpkin baked oatmeal can be served warm or cold! Store it in an airtight container in the refrigerator and reheat in the microwave. If you will be reheating it, I recommend saving some of the glaze to put on after it's warm!



APPLE CINNAMON BAKED OATMEAL CUPS

Submitted by: Anna Baggett



Ingredients

- 3 cups quick cook oats
- 1 1/2 teaspoons baking powder
- 2 teaspoons cinnamon
- 1 cup milk

- 1 cup unsweetened applesauce
- 2 eggs
- 1/4 cup honey
- 1 finely diced apple

- 1. Preheat oven to 375 degrees.
- 2. Mix all ingredients together.
- 3. Spray muffin liners with nonstick spray and fill each cup with oatmeal mixture.
- 4. Bake for 20 minutes until oats are fully set and mixture is not runny.
- 5. Enjoy!



FALL HARVEST OMELET

By: Body Compass Discovery



Ingredients

- 2 eggs
- 1/3 beet
- 1/4 cup brussels sprouts
- 1/3 sweet potato

- 1/4 cup spinach
- 2 tbsp gouda shredded
- 1/4 tsp sea salt
- 1/4 tsp pepper

- 1. Chop your veggies, coat with oil and sauté for 10-15 minutes on medium high heat in skillet. Set aside.
- 2. Spray oil in skillet and pour in beaten eggs. Add a dash of salt and pepper. Pick up the edges as they cook so there is no liquid left.
- 3. When the egg is ready place the veggies on one side and add in the handful of spinach. Top with the cheese and then fold the other half over. You can flip if desired and then serve immediately!

<u>}</u> **SOUPS** 10



Submitted by: Evan Phippen



Ingredients:

- 30 ounces Cannellini Beans (canned)
- 1 Butternut Squash (halved)
- ¹/₄-pound Pancetta (diced)
- 1 sprig Rosemary (stem removed)
- 4 cloves Garlic (rough chop)
- 1 teaspoon Red Pepper Flakes
- 2 Shallots (diced)
- 2 stalks Celery (rough chop)

- 1 Carrot (peeled, rough chop)
- 4 cups chicken broth
- ¹/₂ cup Half & Half or Cream
- ¹/₂ cup Freshly Grated Parmesan
- 2 Tablespoons Unsalted Butter
- Olive Oil
- salt and pepper

- 1. Preheat oven to 400 degrees. Cut the butternut squash in half, long ways and remove the seeds and pulp. Rub some olive oil on it and put it in the oven on a baking sheet. Let cook for about 30 minutes.
- 2. After the squash has been in the oven for about 20 minutes, heat some olive oil and butter in a soup pot over medium heat.
- 3. Add the pancetta and let crisp up and brown a bit, 5 minutes. Next, add shallots, celery, and carrots. Add salt, pepper and red pepper flakes to mirepoix and let cook for 10 minutes, until vegetables are softened.
- 4. Add the rosemary and cannellini beans to the mixture and let the beans soak up the flavors for about 5 minutes.
- 5. Add all the chicken broth to the pot, raise the heat and bring to a simmer. Add the garlic and let simmer for 10 minutes, until garlic is soft. Turn off heat.
- 6. Remove the squash from the oven and add the flesh to the pot. With an immersion blender, blend the mixture until smooth. (You could strain through a fine mesh sieve if you wanted it to be super smooth, but I don't) Mix in the half and half/cream and Parmesan cheese and keep on very low heat until ready to serve.



Submitted by: Maura O'Brien



Ingredients:

- 1 pound fresh carrots, peeled and chopped
- 3 Tablespoons unsalted butter, melted
- 1/2 teaspoon ground cumin
- 1 teaspoon ground ginger
- 1 teaspoon ground coriander
- 2 Tablespoons extra-virgin olive oil
- 2 cups chopped yellow onion (about 1 large onion)
- 4 cups chicken broth
- 2 cups carrot juice

- ¹/₂ Tablespoon freshly squeezed lemon juice
- ½ teaspoon salt

Topping

- 4 Tablespoons salted sunflower seeds
- 3 Tablespoons sesame seeds, toasted
- 3 Tablespoons poppy seeds
- 1 avocado, sliced
- crumbled feta

Instructions:

- 1. Preheat oven to 425. Place chopped carrots in a large bowl and pour the melted butter over them. Stir to be sure the butter coats each piece. Sprinkle in cumin, ginger, coriander, olive oil and onion. Stir to be sure the spices are evenly distributed.
- 2. Dump onto a half sheet pan and roast for 30 minutes. Stir once.
- 3. While the carrots roast, heat olive oil in a Dutch oven (I use 6.75 quart) over medium heat. Add the onion and sauté for 8-10 minutes until soft and translucent.
- 4. Add the roasted carrot, juice (carrot and lemon) and broth. Cover and bring to a simmer. Simmer for 20 minutes.
- 5. Add 1/2 tsp salt and lemon juice. Gently reheat and taste for seasonings. Be careful of adding too much salt as the feta and sunflower seeds will also add saltiness.
- 6. Serve with a sprinkle of the seed mixture, a few slices of avocado and some feta.

Topping

To toast the sesame seeds, place them in a small dry skillet over medium heat and toast until fragrant (about 5 minutes). When slightly cooled, combine them with the other seeds in a small bowl.



Submitted by: Amy Bolger



Ingredients

- 2 Tablespoons canola/neutral oil
- 1.5 cups chopped onion
- 1 cup chopped carrot (optional)
- 1 poblano (or ancho) pepper, finely chopped
- 2 large cloves garlic, finely chopped
- 5 cups chicken stock
- 1 (14.5 oz.) can diced, undrained fireroasted tomatoes

- 2 ounces tortilla chips, finely crushed
- 1 teaspoon chili powder
- ½ teaspoon ground black pepper
- ¾ teaspoon salt
- 1/2 cup chopped cilantro (optional)
- 6 oz. skinless, boneless chicken breast, poached and shredded
- 6 oz. skinless, boneless chicken thigh, poached and shredded

Garnishes:

- 2 oz. tortilla chips, lightly crumbled; OR strips of corn tortillas strips, fried or baked
- 1 avocado, peeled and diced

- 1. Heat a Dutch oven or soup pot over medium-high heat. Add oil to pan, and swirl to coat. Add onion, carrot, if using, and chili pepper; sauté, stirring, for 8 minutes. Add garlic and stir for one minute. Add stock, crushed tortilla chips, chili powder, pepper and salt (if using at this time.)
- 2. Cover and reduce heat and simmer until carrot is tender, about 8 more minutes.
- 3. Stir in chicken, fire-roasted tomatoes and cilantro, if using, and heat for about 30 seconds more to blend flavors.
- 4. Ladle about 1 and 1/3 cups soup into each of 6 bowls. Top with chosen garnishes and have each diner squeeze lime juice over the top.



Submitted by: Jennifer Aines



Ingredients:

- 3 tablespoons butter
- 1 yellow onion diced
- 1 red pepper diced
- 1 yellow pepper diced
- 2 cloves garlic
- 32 ounces chicken broth
- 2 chicken breasts
- 2 teaspoons cumin

- 1 teaspoon chili powder
- 1 teaspoon oregano
- 1 teaspoon taco seasoning
- 14 ounces red enchilada sauce
- 2 cups heavy cream to make it creamy, if desired
- 1 can pinto beans
- 1 1/2 cups corn canned or frozen
- 1/2 cup fresh cilantro

- 1. Add butter to sauté pan over medium heat. Add in peppers, onion and garlic and cook vegetables until slightly tender. Add to slow cooker/crock pot.
- 2. Place chicken breast on top of the vegetables, add remaining base ingredients and cook on high for 3-4 hours
- 3. Once the chicken is cooked shred the chicken. Add any additional veggies or spices you wish to and cook on high for 1 hour. Serve with your choice of garnishes (avocado, sour cream, cheese, tortilla strips).



Cookie + Kate, submitted by: Hannah Pfadenhauer



Ingredients:

- 1 large butternut squash, halved vertically and seeded
- 1 Tablespoon olive oil, plus more for drizzling
- ½ cup chopped shallot
- 1 teaspoon salt
- 4 garlic cloves, pressed or minced

- 1 teaspoon maple syrup
- ½ teaspoon ground nutmeg
- Freshly ground black pepper, to taste
- Up to 4 cups (32 ounces) vegetable broth
- 1 to 2 Tablespoons butter, to taste (substitute olive oil for dairy free/vegan soup)

- 1. Preheat the oven to 425 degrees and line a rimmed baking sheet with parchment paper. Place the butternut squash on the pan and drizzle each half with olive oil (about 1 teaspoon each).
- 2. Turn the squash face down and roast until it is tender, about 45 to 50 minutes. Set the squash aside until it's cool enough to handle. Then use a large spoon to scoop the flesh into a bowl.
- 3. Meanwhile, in a medium skillet/large soup pot warm 1 Tablespoon olive oil over medium heat until shimmering. Add the chopped shallot and 1 teaspoon salt. Cook, stirring often, until the shallot has softened. Add the garlic and cook until fragrant.
- 4. Transfer the cooked shallot and garlic to your blender. Add the reserved butternut, maple syrup, nutmeg and a few twists of freshly ground black pepper. Pour in 3 cups vegetable broth, being careful not to fill the container past the maximum fill line. Blend until desired consistency.
- 5. If you would like to thinner soup, stir in the remaining cup of broth. Add 1 to 2 Tablespoons butter or olive oil, to taste, and blend well. Taste and stir in more salt and pepper, if necessary.
- 6. Serve immediately. Leftover soup can be refrigerated for up to 4 days (leftovers taste even better the next day!). Or, freeze this soup for up to 3 months.

SALADS 16



Submitted by: LiveWell Vermont



Ingredients

Salad:

- 4 cups fresh baby spinach, chopped
- 1 1/2 cups cooked quinoa (cooked according to package directions)
- 3/4 cup butternut squash, chopped
- 1 medium apple, peeled and chopped
- 1/3 cup pumpkin seeds or pecans
- 3 Tablespoons dried cranberries

Tahini Apple Cider Vinegar Dressing

- 2 Tablespoons tahini
- 2 Tablespoons apple cider vinegar
- 2 Tablespoons lemon juice
- 2 Tablespoons low sodium tamari or aminos
- 4 Tablespoons nutritional yeast
- 2 teaspoons minced garlic (2 cloves of garlic)
- 2 teaspoons maple syrup

- 1. Prepare the squash by peeling it, cutting it in half and scraping out the seeds.
- 2. Cut the squash into bite-size cubes, place on a lightly oiled baking sheet and roast at 400° for 30-40 minutes.
- 3. If your pepitas or pecans are raw, you can toast them in the oven with the roasting squash. Spread seeds/nuts on a separate baking sheet and add to the oven with the butternut squash for 5 to 10 minutes or until the seeds/nuts are golden and crunchy.
- 4. While roasting the squash, toss together spinach, cooked quinoa, apple and cranberries in a large salad bowl. Add cooled pumpkin seeds (or pecans) once they've been toasted.
- 5. Prepare dressing by placing all dressing ingredients in a blender and blend until smooth.
- 6. Once the butternut squash is done roasting, allow it to cool and then place into the salad bowl with the other ingredients. Pour the dressing over the salad and toss to coat. Serve immediately.



Submitted by: Grace Thompson



Ingredients

- 2 large sweet potatoes, diced (about 800 grams)
- 1 pound chicken breast (skinless)
- 1 1/2 cups whole cranberries
- 1/2 cup halved pecans
- 1/4 cup packed parsley, roughed chopped
- 2 Tablespoons + 1 teaspoon avocado oil, divided
- 1 teaspoon garlic powder
- 1/2 teaspoon ginger

- 1/2 teaspoon cinnamon
- Pinch of red pepper flakes
- Salt and pepper, to taste

Dressing

- 1/4 cup orange juice (about 1/2 large orange)
- 2 teaspoons tahini
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ginger
- Salt, to taste

- 1. Preheat oven to 375 degrees. Line two baking sheets with parchment paper. Mix diced sweet potatoes with 2 tablespoon avocado oil and salt and pepper. Place on baking sheets and roast for 30 minutes.
- 2. While the sweet potatoes bake, make the chicken. Mix garlic, ginger, cinnamon, red pepper flakes, and salt and pepper in a small bowl. Rub evenly over chicken. Heat a medium skillet over medium heat. Add 1 teaspoon avocado oil and let it get hot, about 30 seconds. Cook chicken breast until cooked through then shred with either a fork or pull apart with your hands.
- 3. Make the dressing. Mix all ingredients in a small bowl.
- 4. Place chicken, cranberries, pecans, parsley, and cooked sweet potatoes in a large bowl. Pour over dressing and mix well.



Submitted by: Paul Hochanadel



Ingredients:

- Small head of red cabbage
- 1 bunch of green kale
- 2 medium heads of broccoli
- 4 or 5 carrots
- 2 red peppers
- 1 bag frozen edamame
- 1 ½ cups quinoa
- Optional: Crunchy topping (pepitas, almonds, etc.)

Dressing:

- 2/3 cup sesame oil
- 2/3 cup vinegar
- 2 Tbsp tamari
- 2 tsp red chili oil (adjust to taste)
- 2 cloves diced garlic
- 1 ½ Tbsp maple syrup
- Pinch of salt

Instructions:

- 1. Rinse quinoa, add about 2 cups water. Add pinch of salt, dash of sesame oil. Bring to boil, simmer for 15 minutes.
- 2. Wash your veggies!
- 3. Shred cabbage: 1/8th inch slices. Place cabbage into bowl, fill with water. Set aside, then drain. (This keeps cabbage from turning salad purple.)
- 4. Remove stem from kale, cut into thin slices.
- 5. Remove broccoli stem, cut flowers into thin slices/small chunks.
- 6. Peal and then grate carrots.
- 7. Cut peppers into quarters, then cut into 1/8th inch slices on the short side.
- 8. Thaw edamame in bowl of warm water, then drain.
- 9. Add all dressing ingredients to a jar with a lid. Shake, shake, shake!

Putting it all together

Add all salad ingredients to large bowl with lid. Pour in dressing. Shake, shake!

Refrigerate until needed. Add an optional crunchy topping when served.



Submitted by: Joe Sampsell



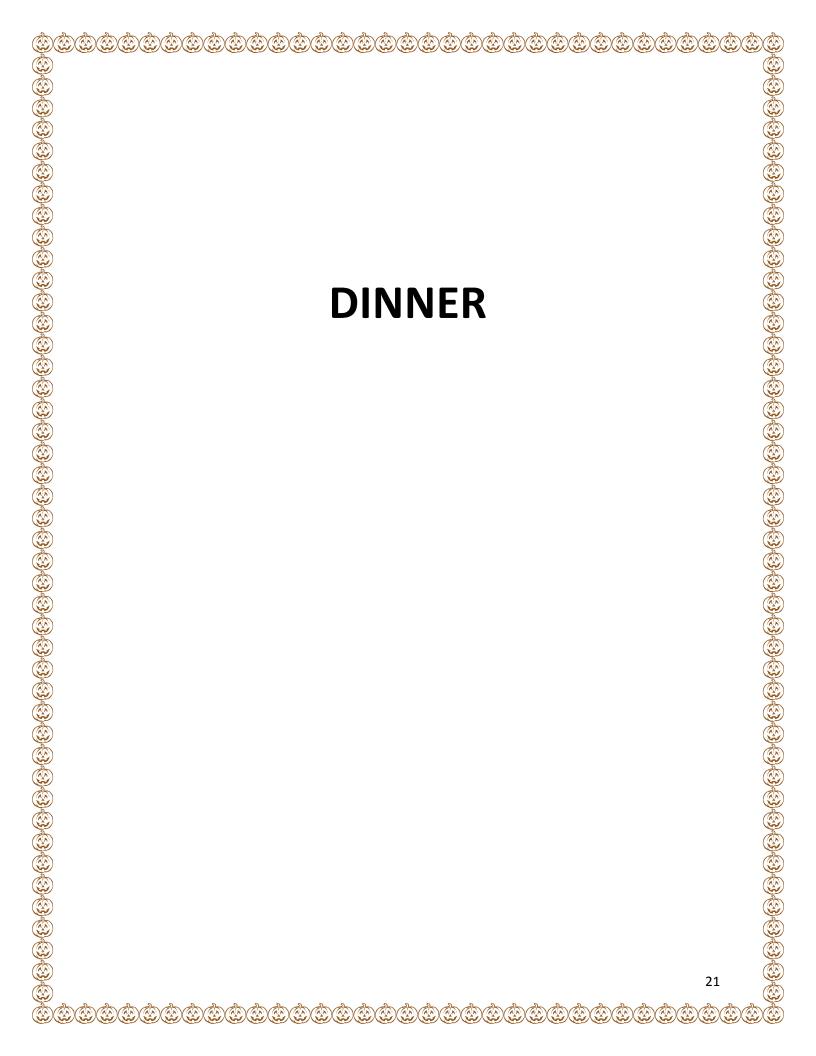
Ingredients:

- 1 acorn squash (cleaned and cut into 1/2" cubes)
- 2 large parsnips (peeled and cut into 1/2" cubes)
- 3 medium/large carrots (peeled and cubed)
- 3 medium beets (peeled and cubed)
- 2 small potatoes (peeled and cubed)
- 2 Tablespoons olive oil
- 1 teaspoon coarse salt
- Optional topping: fresh thyme/chopped parsley

Instructions:

- 1. Pre-heat oven to 400°F
- 2. Mix the cubed vegetables with the olive oil and salt in a large bowl
- 3. Pre-heat two large sheet pans for 4 or 5 minutes in the 400° oven.
- 4. Remove from the oven and spread 1/2 of the vegetables on each pan, trying to separate each of the pieces.
- 5. Roast for 60 minutes, tossing a couple times
- 6. Garnish with fresh thyme or chopped parsley

Breakfast option: Use a heavy skillet with a little oil and brown the veggies up a little and serve with fried eggs for a wonderful breakfast or lunch. The vegetables have just the right amount of natural sweetness to make this a unique and satisfying meal.





Submitted by: Wanda Woodard



Ingredients:

- 1 piece boneless fully cooked ham (16 ounces)
- 6 medium carrots, halved lengthwise and cut into thirds
- 4 medium red potatoes, quartered
- 2 medium onions, cut into wedges
- 1 bay leaf

- 1 teaspoon dried thyme
- 1 teaspoon peppercorns
- 1 garlic clove, halved
- 1/2 teaspoon whole all spice
- 1/2 medium head cabbage, cut into wedges

- 1. Place the ham, carrots, potatoes and onions in a Dutch oven. Place the bay leaf, thyme, peppercorns, garlic and allspice on a double thickness of cheesecloth; bring up corners of cloth and tie with kitchen string.
- 2. Add to pan. Add water just to cover the ham and vegetables; bring to a boil. Reduce heat; cover and simmer for 10 minutes. Add cabbage; cover and simmer 15-20 minutes longer or until vegetables are tender; drain. Discard spice bag.



TURKEY PUMPKIN CHILI

Submitted by: Sally Blanchard O'Brien



Ingredients:

- 1 lb. ground turkey (can use beef if preferred)
- 8-10 oz. dark fall or winter beer (can be replaced with apple cider or veggie/chicken broth)
- 1 red onion, chopped
- 15 oz. can pumpkin puree
- 15 oz. can black beans, drained and rinsed

• 15 oz. can fire-roasted diced tomatoes

Spices, to taste:

- Smoked paprika (1/2 to 1 Tablespoon)
- Ground cayenne pepper (1/2 to 1 teaspoon)
- Chili powder (1/2 to 1 teaspoon)
- Garlic powder (1 teaspoon)
- Ground roasted coriander (pinch)

- 1. Heat about a tablespoon oil in a large pot over medium-high heat.
- 2. Crumble ground turkey into pot and break into small pieces. Cook until no longer pink. Add onion and cook for a few minutes, until onion begins to be translucent.
- 3. Add all spices and coat the onion and meat. Pour in beer and let simmer for a few minutes for the flavors to blend.
- 4. Add tomatoes in their juice and allow to simmer for another minute or two.
- 5. Add in pumpkin puree and stir to blend.
- 6. Stir in black beans. If more liquid is needed, add water or more beer a little at a time.
- 7. Turn heat to low setting and allow to simmer for 30-45 minutes. Add more spices to taste, if desired.



Submitted by: Jessica Gladden



Ingredients:

- 2 8-ounce boneless, skinless chicken breasts
- 1 2½- to 3-pound spaghetti squash, halved lengthwise and seeded
- 1¼ cups red enchilada sauce, divided
- 1 medium zucchini, diced
- 1 cup shredded pepper Jack cheese
- Salt and pepper to taste

- 1. Position racks in upper and lower thirds of oven; preheat to 450 degrees.
- 2. Place chicken in a medium saucepan, add water to cover and bring to a boil. Cover, reduce heat to low and gently simmer until an instant-read thermometer inserted into the thickest part registers 165 degrees, 10 to 15 minutes.
- 3. Transfer the chicken to a clean cutting board and shred with 2 forks. Transfer to a large bowl.
- 4. Meanwhile, place squash cut-side down in a microwave-safe dish and add 2 tablespoons water. Microwave, uncovered, on high until the flesh is tender, about 10 minutes. (Alternatively, place squash halves cut-side down on a rimmed baking sheet. Bake in a 400°F oven until the squash is tender, 40 to 50 minutes.)
- 5. Use a fork to scrape the squash from the shells into the large bowl. Place the shells on a broiler-safe pan. Stir 1 cup enchilada sauce, zucchini, ½ teaspoon pepper and ¼ teaspoon salt into the squash and chicken. Divide the mixture between the shells; top with the remaining ¼ cup enchilada sauce and cheese.
- 6. Bake on the lower rack for 10 minutes. Move to the upper rack, turn the broiler to high and broil, watching carefully, until the cheese starts to brown, about 2 minutes. To serve, cut each shell in half.



UNSTUFFED CABBAGE ROLLS

Submitted by: Ellen Hinman



Ingredients:

- 2 pounds ground beef
- 1 large onion, chopped
- 1 small head cabbage, chopped
- 2 (14.5 ounce) cans diced tomatoes
- 1 (8 ounce) can tomato sauce

- 1/2 cup water
- 2 cloves garlic, minced
- 2 teaspoons salt
- 1 teaspoon ground black pepper

- 1. Heat a Dutch oven or large skillet over medium-high heat.
- 2. Cook and stir beef and onion in the hot Dutch oven until browned and crumbly, 5 to 7 minutes; drain and discard grease.
- 3. Add cabbage, tomatoes, tomato sauce, water, garlic, salt, and pepper and bring to a boil.
- 4. Cover Dutch oven, reduce heat, and simmer until cabbage is tender, about 30 minutes.



By: Well and Full



Ingredients

- 1 Medium white onion diced
- Neutral vegetable oil for sauté
- 2-3 cloves garlic minced
- 1 15 oz can chickpeas rinsed and drained
- 1 15 oz can pumpkin purée
- 2 cups vegetable broth
- 2 teaspoons curry powder

- 1 teaspoon turmeric
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne
- Juice from 1/2 a lemon
- Parsley for serving
- Brown rice for serving

- 1. Bring a drizzle of neutral vegetable oil to medium heat in a large pot. Add in the diced onion, and sauté for about 5-10 minutes.
- 2. Then, add in the minced garlic and sauté until fragrant, about one minute.
- 3. Then, add in all the other ingredients and stir or whisk until evenly combined. Simmer for about 20-25 minutes, partially covered, or until chickpeas are soft and curry has thickened.
- 4. When done, serve with brown rice and parsley.



By: Cookie and Kate submitted by Lynne Robbins



Ingredients

- 3 Tablespoons olive oil, divided
- 1 small yellow onion, chopped
- 2 cloves garlic, pressed or minced
- 4 cups (32 ounces) vegetable broth, divided
- 1 cup water
- 1 ½ cups brown arborio/short-grain brown rice
- 1 small butternut squash (about 2 pounds), peeled and sliced into ½" cubes

- 1 cup freshly grated Parmesan cheese* (about 2 ½ ounces)
- ½ cup dry white wine, optional
- 3 Tablespoons unsalted butter, diced
- 1 teaspoon salt, more to taste
- Freshly ground black pepper, to taste
- Pinch red pepper flakes, to taste

Fried sage

- 1 Tablespoon extra-virgin olive oil
- 16 to 20 fresh sage leaves, chopped (to yield about \(^{1}\)4 cup chopped fresh sage)

- 1. Place your oven racks in the lower third and upper third positions (in order to bake the risotto on the middle rack and roast the squash on the upper rack *at the same time*), then preheat oven to 375 degrees Fahrenheit. Line a large, rimmed baking sheet with parchment paper for the butternut squash. Reserve 1 cup broth from your container and set it aside for when the risotto is out of the oven
- 2. Heat 1 Tablespoon olive oil in a medium-to-large Dutch oven over medium heat until shimmering. Add onion and a pinch of salt. Cook, stirring occasionally, until softened and turning translucent, about 5 minutes. Add the minced garlic and cook until the garlic is fragrant, 1 to 2 minutes.
- 3. Add 3 cups broth and 1 cup water, cover, and bring to a boil over medium-high heat. Remove from heat and stir in the rice. Cover the pot and bake on the lower rack until rice is tender and cooked through, about 65 to 70 minutes. It will seem pretty dry when you take off the lid, but don't worry!
- 4. Toss the cubed butternut with 2 Tablespoons olive oil on your lined baking sheet. Sprinkle with salt and some freshly ground black pepper and arrange the butternut in a single layer on the pan. Start checking for doneness around 40 minutes (but could take as much as 55 to 60 minutes).
- 5. While the risotto and butternut are in the oven, fry the sage: Heat 1 Tablespoon olive oil in a medium skillet over medium heat. Once the oil is shimmering, add the sage and toss to coat.
- 6. Carefully remove the Dutch oven from the oven. Remove the lid and pour in the remaining cup of broth, the Parmesan, wine and butter. Stir vigorously for 2 to 3 minutes, until the rice is thick and creamy. Stir in the salt, a generous amount of pepper and a pinch of red pepper flakes (optional).
- 7. Stir in the roasted butternut. Taste and add more salt and/or pepper, as needed. Divide the risotto into bowls and top each with a sprinkle of fried sage.



Submitted by: James Clancy



Ingredients:

- Shrimp and/or scallops, sautéed
- 16 oz pumpkin puree
- 8 oz veggie broth
- 8 oz cheese, like mascarpone
- 1 red pepper
- 2 small onions
- 1 cayenne pepper (or other hot mildly hot pepper)
- 1 garlic bulb

- 1 tsp oregano
- 1 tsp turmeric
- ½ tsp cinnamon
- 2 tsp curry
- Salt
- Pepper
- Olive oil
- 1 lb penne pasta
- Cilantro

- 1. Drizzle onions, peppers, garlic with olive oil, salt pepper and spices.
- 2. Roast at 425°F for about 40 minutes. Let cool.
- 3. Add pumpkin puree, veggie broth, and roasted onion & peppers etc. to a pot. Add remaining spices (oregano, cinnamon, curry) and simmer, about 20 minutes.
- 4. Meanwhile sauté shrimp or scallop and let sit.
- 5. Cook pasta according to packaging.
- 6. Transfer pumpkin mixture to blender and blend to desired texture. Pour over pasta and add shrimp. Garnish with cilantro if desired.



EGGPLANT, LENTIL BROWN RICE STEW

Submitted by Sue Zeller



Ingredients:

- 1 clove garlic (optional)
- 1 medium onion chopped
- 2 stalks celery chopped
- 2 carrots chopped
- 1 small eggplant, peeled, sliced and cut in cubes
- 1 cup brown rice
- 1 cup lentils

- 1 8-oz can tomato sauce
- 2 C chicken or vegetable broth
- 2 C water
- 1 tsp each salt, basil, oregano, parsley
- ½ tsp pepper
- Shredded parmesan cheese for top (optional)

- 1. Add oil to Dutch oven and heat.
- 2. Sauté onion, garlic, celery and carrot 2 4 minutes.
- 3. Add eggplant and sauté 2 minutes more.
- 4. Add all other remaining ingredients (rice, lentils, tomato sauce, broth, water, spices), bring to boil, reduce heat to simmer, cover and cook 30 minutes.
- 5. Stir once, cover and simmer 10 minutes more.
- 6. Serve in bowls with parmesan on top (if desired).



Submitted by: Katrina Porch



Ingredients:

- 1-1/2 pounds beef stew meat, cut into 1-inch pieces
- 2 teaspoons chili powder
- 2 Tablespoons canola oil
- 2 small onions, chopped
- 1 can (16 ounces) kidney beans, rinsed and drained
- 1 can (15 ounces) cannellini beans, rinsed and drained
- 1 can (15 ounces) black beans, rinsed and drained

- 2 cans (14-1/2 ounces each) diced tomatoes, undrained
- 1 cup beef broth
- 1 can (6 ounces) tomato paste
- 2 jalapeno peppers, seeded and chopped
- 1 Tablespoon brown sugar
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon ground cumin
- Sour cream, optional

- 1. Sprinkle beef with chili powder. In a large skillet, heat oil over medium heat. Brown beef and onion in batches.
- 2. Meanwhile, in a 5-qt. slow cooker coated with cooking spray, combine beans, tomatoes, broth, tomato paste, jalapenos, brown sugar, garlic, salt, pepper and cumin. Stir in beef, onion and drippings.
- 3. Cook, covered, on low 5-6 hours or until meat is tender. If desired, serve with sour cream.

DESSERT 31



Submitted by: Lisa Wright



Ingredients:

Bars:

- 4 large eggs, room temperature
- 1-2/3 cups sugar
- 1 cup canola oil
- 1 can (15 ounces) solid-pack pumpkin
- 2 cups all-purpose flour
- 2 teaspoons ground cinnamon
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt

Icing:

- 6 ounces cream cheese, softened
- 2 cups confectioners' sugar
- 1/4 cup butter, softened
- 1 teaspoon vanilla extract
- 1 to 2 Tablespoons whole milk

- 1. In a bowl, beat the eggs, sugar, oil and pumpkin until well blended. Combine the flour, cinnamon, baking powder, baking soda and salt; gradually add to pumpkin mixture and mix well. Pour into an ungreased 15x10x1-in. baking pan. Bake at 350° for 25-30 minutes or until set. Cool completely.
- 2. For icing, beat the cream cheese, confectioners' sugar, butter and vanilla in a small bowl. Add enough milk to achieve spreading consistency. Spread over bars. Store in the refrigerator.

VEGAN CHOCOLATE LAVA CAKE

By: Cuisinicity



Ingredients:

- ½ cup raw walnuts halves
- 6 medjool dates, pitted
- 1 baked small sweet potato, skin removed, mashed with a fork (about ½ cup)
- 1(15 oz) can organic black lentils, rinsed & drained
- 3 Tablespoon flaxmeal diluted in ²/₃ cup water
- 10 ounces dark chocolate (60% cocoa)

Vegan Chocolate Fudge Sauce

- 4 oz bittersweet chocolate (60% cocoa)
- ¼ cup almond milk (unsweetened)
 Instructions

Instructions:

- 1. Preheat the oven to 375 F
- 2. Break the dark chocolate into large pieces and place in a microwavable cup. Heat for 1-2 minutes on high until melted, stir and set aside.
- 3. Place the walnuts & pitted dates in the bowl of a food processor and grind well for 30 seconds.
- 4. Add the mashed sweet potato, drained black lentils and diluted flaxmeal (with the water) to the date/nut ground mixture and pulse a few times, scraping the sides of the bowl in between to make sure the "batter" is very smooth.
- 5. Add the melted dark chocolate. Process for an additional 20-30 seconds until creamy and smooth.
- 6. Line a muffin baking pan with 12 silicone cupcake liners or individual porcelain ramekins (2.5 oz) lightly greased with a little canola oil (so that you can later easily unmold them onto a plate) and scoop the batter in so that each is ½ full.
- 7. Bake in preheated oven for 15 minutes (It's OK to under bake as this is a vegan recipe and the middle doesn't have to be fully baked).
- 8. Let cool, then gently run a knife around the perimeter before unmolding onto a small plate.

Instructions for Chocolate Fudge Sauce: Break up the chocolate into pieces and place it in a microwavable cup. Add the almond milk to the chocolate and heat in microwave oven for 1 minute on high to melt. Stir well, until creamy and smooth. When cooled down, transfer to a plastic squeeze bottle (optional).



By: Eating Well



Ingredients:

- 2 Tablespoons orange juice
- 1 teaspoon vanilla
- ½ cup golden raisins or dark raisins
- 1 (15 ounce) can pumpkin
- ²/₃ cup evaporated fat-free milk
- ½ cup packed brown sugar or brown sugar substitute (see Tip) equivalent to ⅓ cup brown sugar
- ½ cup refrigerated or frozen egg product, thawed or 1 egg white plus 1 egg, slightly beaten

- 1 teaspoon pumpkin pie spice
- ½ cup rolled oats
- 2 Tablespoons packed brown sugar or brown sugar substitute (see Tip) equivalent to 2 tablespoons brown sugar
- 2 teaspoons butter or margarine, melted

- 1. In a small saucepan, heat orange juice and vanilla just until hot (do not boil). Add raisins; set aside to cool.
- 2. Meanwhile, preheat oven to 375°F. Lightly coat eight 6-ounce soufflé dishes or custard cups or one 1-quart casserole with nonstick cooking spray. Place soufflé dishes or custard cups in a shallow baking pan for ease of handling; set aside.
- 3. In a large bowl, combine pumpkin, evaporated milk, the ½ cup brown sugar, the egg product or egg white plus egg and the pumpkin pie spice. Stir in raisins and any liquid that is left in the saucepan. Spoon pumpkin mixture into prepared dish(es).
- 4. For topping, in a small bowl, stir together rolled oats and the 2 tablespoons brown sugar. Stir in melted butter. Sprinkle over pumpkin mixture.
- 5. Bake about 30 minutes for soufflé dishes or custard cups, 40 to 45 minutes for 1-quart casserole or until a knife inserted near the center(s) comes out clean. Transfer to a wire rack; cool slightly before serving.



By: Aimee Mars



Ingredients:

- 4 cups Frozen Raspberries (or mixed berries, or strawberries...)
- 1 teaspoon cornstarch (or Tapioca Powder)
- 2 teaspoons Maple Syrup (or Honey)
- 2 cups Rolled Oats
- 2 teaspoons Ground Cinnamon
- 2 teaspoons Baking Powder
- 1/2 teaspoon Sea Salt

- 1/2 cup Chopped Walnuts (or Pecans)
- 2 Tablespoons Chia Seeds (or Hemp Seeds, Pumpkin Seeds)
- 4 Tablespoons Maple Syrup (or Honey)
- 4 teaspoons Cold Butter (or Coconut Oil)
- 4 Tablespoons Coconut Milk (or Almond Milk, Whole Milk, Rice Milk

- 1. Heat oven to 350 degrees. If frozen, warm the raspberries in a medium pot on medium-low heat, just until they defrost and become juicy. Add the Cornstarch, and 2 teaspoons of the Maple Syrup and mix. Divide the berry mixture among 4 ramekin dishes.
- 2. In a medium mixing bowl, combine the Oats, Cinnamon, Baking Powder, Sea Salt, Walnuts, Chia Seeds, and 4 Tablespoons of Maple Syrup. Cut the butter into small pieces and then cut into the oat mixture. Make sure the butter is mixed in fairly well. Add in the milk and mix again.
- 3. Place the oat mixture on top of the berries. Place ramekin dishes in the oven and bake for about 25 minutes or until the berries begin to bubble. Remove from oven and let cool for 5-10 minutes.