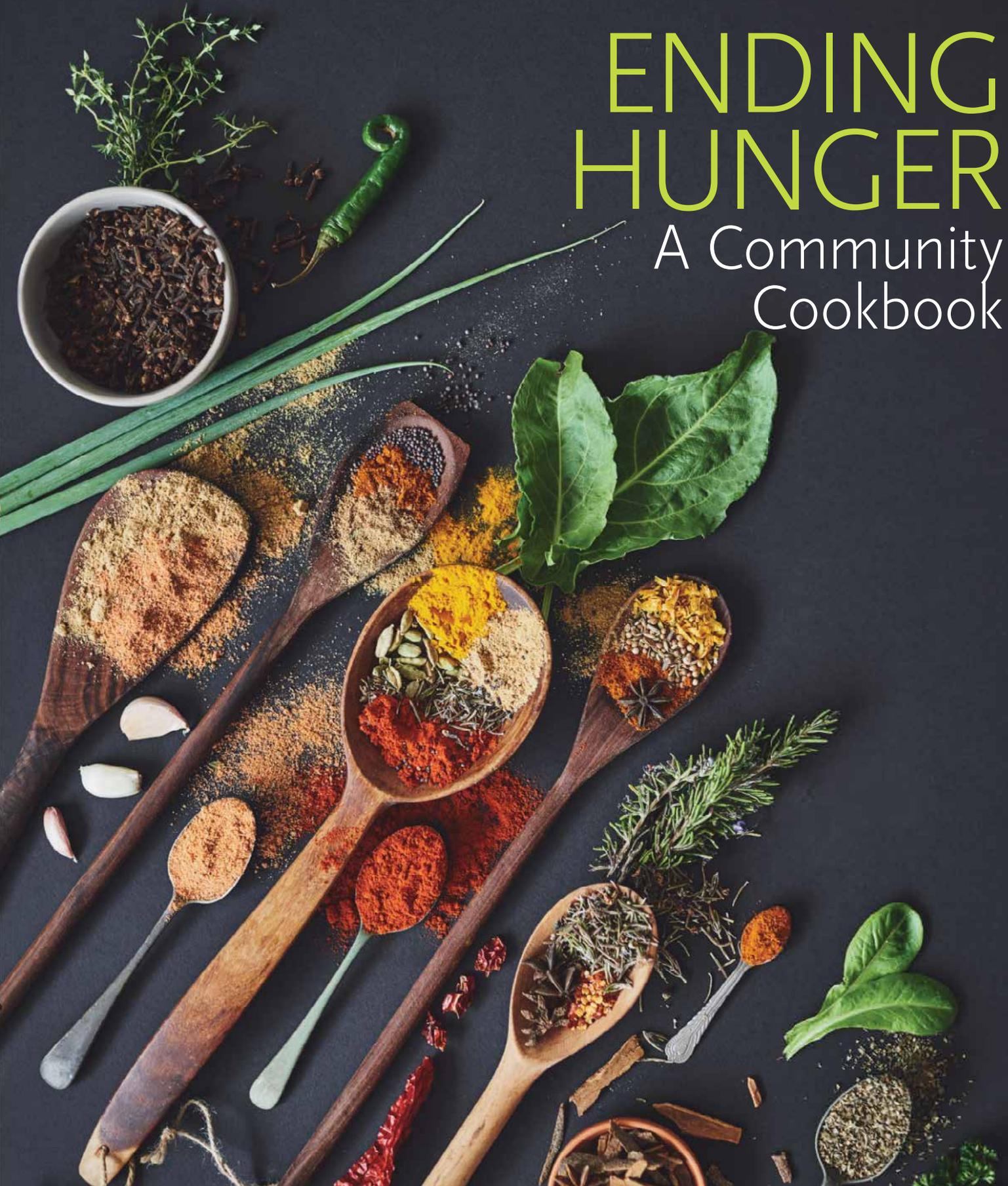


# ENDING HUNGER

A Community  
Cookbook





There's nothing like sitting down with those you love and enjoying good food. Food brings people together regardless of culture or continent.

For some of our neighbors though, sharing a meal is a dream. During the Coronavirus pandemic, hunger has increased in some areas by 800%. At National Life, we adopted a cause to help end childhood hunger well before covid-19 struck. Little did we know, our efforts would become more important than ever.

The good news is that many have stepped up to help, including those who submitted recipes here in Ending Hunger: A Community Cookbook. The National Life Group Foundation made a donation for each recipe submitted to the Vermont Foodbank or the North Texas Food Bank.

We hope you enjoy these delicious recipes from the National Life community to benefit our larger community.

**Let's end hunger together!**

**Beth Rusnock**

President – National Life Group Foundation

# SMALL PLATES

To enjoy before, or with, the meal.



**Because food banks can maximize their purchasing power, \$1 equals three meals. So if you donate \$20, you can feed one person three meals a day for almost a month.**

# Texas Caviar

SHARED BY BRYAN PRITCHARD



## INGREDIENTS

- 2 (15 ounce) cans black beans, rinsed and drained
- 2 (15 ounce) cans pinto beans, rinsed and drained
- 2 (15 ounce) cans white corn, rinsed and drained
- 1 (4 ounce) can chopped green chilis, undrained
- 1 jalapeno chili pepper, seeded and finely chopped (optional)
- 1 red bell pepper - cored, seeded and finely chopped
- 1 green bell pepper - cored, seeded and finely chopped
- 1 small red onion, finely chopped
- 1 bunch cilantro leaves, finely chopped
- 1/2 cup rice vinegar
- 1/2 cup olive oil
- 1/3 cup white sugar
- 1/2 teaspoon garlic powder

## BRYAN SAYS:

Best ever Texas Caviar made with black beans and pinto beans instead of black-eyed peas. Serve with scoop-style tortilla chips as a great party appetizer.

Mix the black beans, pinto beans, white corn, green chilis, jalapeno pepper, red and green bell peppers, red onion, and cilantro together in a large bowl.

## TO MAKE THE DRESSING

Stir the rice vinegar, olive oil, sugar, and garlic powder together in a pan.

Bring to a boil, then remove from heat, and cool.

Pour dressing over bean mixture, and toss to mix evenly.



# Basil Nectarine Summer Salad

SHARED BY BETH RUSNOCK



## INGREDIENTS

2 ripe nectarines  
6 large fresh basil leaves  
1 pint cherry tomatoes  
1 small English cucumber  
10 slices of a baguette cut in half  
3 tablespoons olive oil  
1 burrata cheese or  
sliced fresh mozzarella  
Salt and pepper to taste

## BETH SAYS:

My favorite season for fruit and vegetables is summer. This super easy salad brings together the best of it all: fresh nectarines, sweet tomatoes, basil, cheese, and grilled bread.

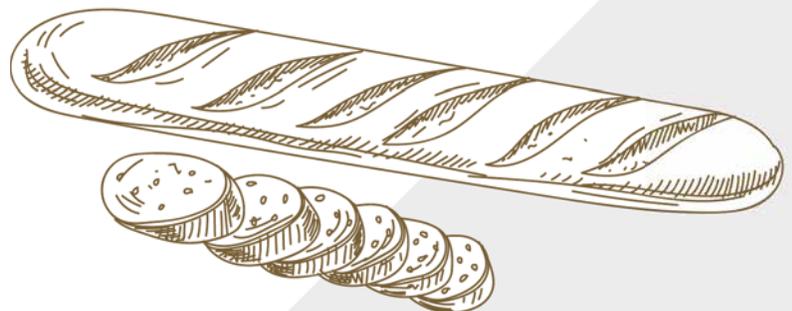
Slice cucumber and nectarines.

Toss with tomatoes, torn basil leaves, and 2 tablespoons oil, salt and pepper.

Heat remaining 1 tablespoon olive oil over medium high heat.

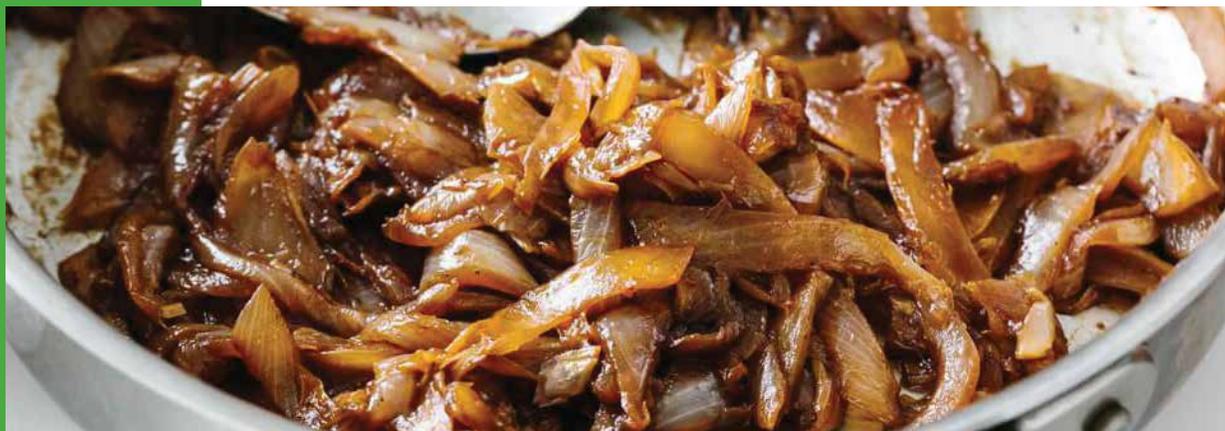
Place slices of bread in the oil, turning once and cook until brown.

Add bread to the veggies and place around the burrata or mix with mozzarella on a platter.



# Caramelized Onions

SHARED BY ROSS SNEYD



## INGREDIENTS

3 tablespoons olive oil

2 pounds onions  
(about 6 medium),  
thinly sliced crosswise  
into rounds

1 teaspoon coarse kosher salt

## ROSS SAYS:

It does take time to caramelize the onions, but it is absolutely worth it; they add a depth of flavor that really makes this dish special.

Heat the olive oil until hot in a large heavy-bottom sauté pan or skillet over medium heat.

Add the onions to the pan and turn the heat down to medium-low.

Sprinkle the onions with the salt and cook, stirring frequently to make sure they brown evenly, for about 30-40 minutes or until they are completely golden brown and soft. You should have about 1 1/2 - 2 cups of onions. Set aside.

## PREPARE-AHEAD TIP

Make the caramelized onions up to one week ahead.

FROM THE  
SHELburnE FARMS  
COOKBOOK



# Cheddar Smashed Potatoes

SHARED BY ROSS SNEYD



## INGREDIENTS

3 pounds all-purpose potatoes, such as Yukon gold, scrubbed but not peeled and cut into 2-inch chunks

4 garlic cloves, smashed with the flat side of a knife

1 teaspoon coarse kosher salt plus more to taste

1/4 cup (1/2 stick) unsalted butter, cut into 4 pieces

## ROSS SAYS:

Steaming, rather than boiling, potatoes makes for a firmer and drier mashed potato topping, although it's fine to boil them if that's easier for you.

Select a large pot that can accommodate a steamer insert or heatproof colander large enough to hold your potatoes. Fill it with water up to the bottom of the steamer insert, add the potatoes and garlic cloves, and sprinkle them with the salt. Cover the pot, set it over high heat, and bring the water to a boil.

Reduce the heat to maintain an active simmer and steam the potatoes for 25-30 minutes until they break apart easily when poked with a fork.

Remove the potatoes and garlic from the steamer, pour off the hot water, and return the potatoes and garlic to the pot.

Cover the potatoes with a clean dish towel and let them dry out for about 5 minutes. (Do not allow the potatoes to cool before mashing or they will get disastrously gummy.) Add the butter to the pot and use a potato masher to smash the potatoes and garlic until blended but not completely smooth. Adjust seasoning to taste.

## PREPARE-AHEAD TIP

Make the smashed potatoes up to 24 hours ahead.



# Best Corn Bread Ever

SHARED BY ASHLEY CATCHPAW



## INGREDIENTS

1 box jiffy corn bread mix  
11 oz sweet whole kernel corn  
11 oz cream corn  
1/4 cup melted butter  
1 cup plain yogurt or  
sour cream  
1 egg

## ASHLEY SAYS:

This is it is super moist and very filling.  
It's almost a meal in itself.

Preheat oven to 350.

Mix everything together and put into a well-greased 8" x 8" baking dish.

Bake 55 minutes.

Hope you enjoy.



# Fresh Garden Pesto

SHARED BY DAWN LEE MINTER



## INGREDIENTS

2 cups cleaned loosely packed  
fresh basil leaves (no stems)

3 garlic cloves

1/2 cup olive oil

1/2 cup grated Parmesan or  
Romano or Pecorino cheese

1/3 cup blanched slivered almonds  
(alternate is walnuts or  
pine nuts)

1/4 teaspoon salt

## DAWN SAYS:

Spread on bread, put on pasta, or eat by the spoon full.

Place all ingredients in food processor. Puree.

Store in airtight container. Freezes well.

(Top of pesto may turn light brown—still tastes great and is not spoiled.)



# Mushroom Risotto with Peas

SHARED BY ROSS SNEYD



## INGREDIENTS

6 to 7 cups chicken, vegetable or garlic broth or stock

Salt and freshly ground pepper

2 tablespoons extra-virgin olive oil

1/2 cup finely chopped onion or 2 shallots, minced

3/4 to 1 pound wild mushrooms, sliced into smaller pieces if thick (small mushrooms should be left whole, maitake can be separated into small pieces)

2 garlic cloves, minced

2 teaspoons fresh thyme leaves or chopped sage

1 1/2 cups arborio or carnaroli rice

1/2 cup dry white wine, such as pinot grigio or sauvignon blanc

1 cup frozen peas, thawed

2 tablespoons chopped fresh parsley

1/2 cup grated Parmesan cheese, or a mixture of Parmesan and Pecorino Romano

## ROSS SAYS:

This is the ultimate comfort food for me. It's easy to modify this and use any mushrooms you find at the store.

Bring stock or broth to a simmer in a saucepan, with a ladle nearby. Make sure stock is well seasoned, and keep it simmering on the stove.

Heat oil in a wide, heavy nonstick skillet or saucepan over medium heat. Add onions or shallots and cook gently until just tender, 3 to 5 minutes.

Turn up heat and add mushrooms. Cook, stirring, until they begin to sweat, about 3 minutes, then add garlic and thyme or sage. Cook, stirring, until fragrant, about 30 seconds. Season mushrooms with salt and pepper and continue to cook over medium heat until they are soft. Taste and adjust seasoning.

Add rice and stir until grains begin to crackle. Add wine and cook, stirring, until wine is no longer visible in pan. Stir in enough simmering stock to just cover the rice. The stock should bubble slowly. Cook, stirring often and vigorously, until stock is just about absorbed. Add another ladleful or two of stock and continue cooking, not too fast and not too slowly, stirring often and adding stock when rice is almost dry, for 15 minutes.

Add peas, if using, and continue adding stock and stirring for another 10 minutes. Rice should be tender but still al dente. Taste now and adjust seasoning.

Add another ladleful or two of stock to rice. Stir in parsley and Parmesan. Remove from the heat. Season with black pepper and serve right away.

## TIP

You can begin up to several hours before serving: proceed with the recipe and cook halfway through Step 4, for about 10 minutes. Rice should still be hard in the middle when you remove it from the heat, and there should not be any liquid in the pan. Spread it in an even layer in the pan or on a baking sheet and keep it away from the heat until you resume cooking. 15 minutes before serving, resume cooking as instructed.

FROM  
NEW YORK TIMES  
COOKING

# Vegan Caesar Salad

SHARED BY SARA MARIE AKERS



## INGREDIENTS

1 15-ounce can chickpeas  
drained and rinsed  
1/4 teaspoon smoked paprika  
1.5 teaspoon garlic powder  
Salt and pepper to taste  
Olive oil  
3 heads romaine hearts

## CROUTONS

200 grams of your favorite bread,  
cubed (I used Udi's Gluten  
Free Bread)  
3 tablespoons butter  
(I used Earth Balance soy free)  
3 tablespoons olive oil  
2 teaspoons garlic powder  
1 teaspoon onion powder  
1/4 teaspoon salt  
1 teaspoon parsley dried

## CAESAR DRESSING

1/3 cup tahini  
1-2 lemons juiced, to taste  
1 tablespoon apple cider vinegar  
or to taste  
1 tablespoon olive oil  
3 cloves garlic diced  
Salt and pepper to taste  
Water as needed

## SARA SAYS:

A great recipe, highly recommend, my six year-old had two helpings! We top it with Good Planet Plant Based Parmesan Cheese. I did not roast the lettuce, but do what your heart desires!

## CHICKPEAS

Preheat the oven to 350 degrees and line a baking sheet with parchment paper. Combine the chickpeas, 1 teaspoon of olive oil, smoked paprika, 1/2 teaspoon of garlic powder and a pinch of salt and pepper in a bowl. Stir to combine. Spread on the baking sheet and bake for 20 minutes, flipping halfway through.

## CROUTONS

Melt the butter and mix with the olive oil then add onion powder, garlic powder, salt, and parsley – mix well. Place half of the cubed bread in a large bowl and mix well with half of the butter/oil mix. Add the remaining bread cubes to the bowl then the rest of the butter/oil and mix well until all pieces are coated. Spread the bread cubes onto a large pan lined with parchment paper or tin foil. Bake for 15-20 minutes, stirring every few minutes until croutons are crisped, let them cool and serve.

## DRESSING

While those are baking, prepare the dressing. Combine the tahini, lemon juice, apple cider vinegar, olive oil, garlic, salt & pepper to bowl or mason jar. Stir to combine, adding water until desired consistency is reached. Place in the fridge until ready to use.

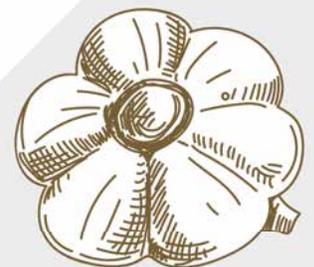
Once you remove the chickpeas and croutons from the oven, heat the grill. Cut the romaine hearts in half (lengthwise) and brush the cut sides with olive oil (you can also use an olive oil spray).

When the grill is hot, use tongs to place the romaine on the grill – cut side down. Once grill marks appear (3-4 minutes), remove the romaine from the grill and place on a serving dish. You are not cooking the romaine. You just want grill marks on the cut side, but the other side should still be nice and raw/crunchy.

To assemble, layer the romaine with chickpeas, croutons and a drizzle of dressing.

## TIPS

Make it Vegan with Vegan butter and cheese.  
Make it Gluten Free by using GF bread.  
You can prepare everything ahead except the romaine.  
Grill the romaine right before serving.



# Talent-Free Bread Recipe

SHARED BY GORDON CLOW



## INGREDIENTS

3 cups all-purpose flour  
1 tablespoon baking powder  
1/3 cup white sugar  
1 teaspoon salt  
1 teaspoon baking soda  
1 egg, lightly beaten  
2 cups buttermilk  
1/4 cup butter, melted  
1 cup raisins (optional)

## GORDON SAYS:

National Life has a number of skilled and accomplished breadmakers. I am not one of them. However, I decided to look for a soda bread recipe, and found one that is extremely forgiving. This simple recipe has become a favorite of ours. (The photo shows two loaves, but the recipe is for one.)

Preheat oven to 325 degrees.

Grease a 9" x 5" loaf pan.

Combine flour, baking powder, sugar, salt and baking soda.

Blend egg and buttermilk together, and add all at once to the flour mixture.

Mix just until moistened - add raisins if desired. Stir in butter. Pour into prepared pan.

Bake for 65 to 70 minutes, or until a toothpick inserted in the bread comes out clean.

Cool on a wire rack. Wrap in foil for several hours, or overnight, for best flavor.



# Cole Slaw

SHARED BY ROSS SNEYD



## INGREDIENTS

- 2 carrots, trimmed, peeled and chopped coarsely
- 1 medium sweet onion such as a Vidalia, peeled and chopped coarsely
- 1/2 each red bell pepper and green bell pepper, seeded, chopped coarsely
- 1 head cabbage (about 2 pounds), outer leaves discarded, cored and shredded
- 2 tablespoons sugar
- 2 tablespoons distilled white vinegar
- 1 1/2 cups Hellmann's mayonnaise, or more to taste
- 1 teaspoon celery seed or caraway seed
- Kosher salt

## ROSS SAYS:

This is an easy and really tasty cole slaw. For some reason I never seem to have celery seed in the house when I make it. Or caraway seed, for that matter. This weekend I tried fennel seed, which for some odd reason was in the spice drawer. Best yet.

In batches, pulse carrots, onion, peppers and cabbage separately, until each is finely chopped. Do not overprocess! Combine ingredients in a bowl.

Combine sugar and vinegar in a pan and stir over low heat until sugar melts.

Pour over vegetables and mix.

Add 1 1/2 cups mayonnaise and caraway or celery seeds, stir to combine and season with salt to taste.

Add more mayonnaise, if desired.

Chill for an hour and serve.



FROM  
NEW YORK TIMES  
COOKING

# Indian Pudding

SHARED BY ASHLEY CATCHAPAW



## INGREDIENTS

2 cups whole milk  
1 cup heavy cream  
1/2 cup molasses  
1/4 cup dark brown sugar  
1/3 cup cornmeal  
1 teaspoon ground ginger  
1 teaspoon cinnamon  
Pinch of salt  
1 pint of vanilla ice cream

## ASHLEY SAYS:

This is a family favorite at our house.

Preheat oven to 350.

In a medium saucepan bring milk, cream, molasses and brown sugar to just before a simmer over medium high heat, whisking occasionally.

In a bowl whisk together corn meal, ginger, cinnamon and salt.

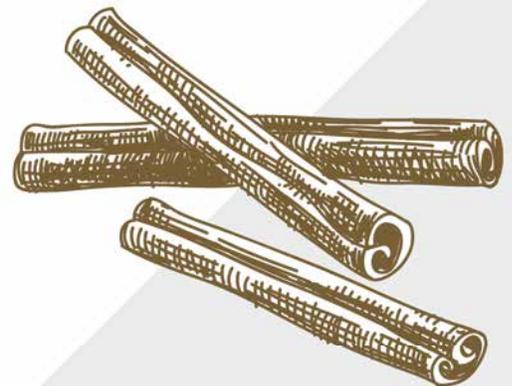
When the milk mixture is just to a simmer whisk in the cornmeal mixture and bring to a boil; whisk often.

Once it has come to a boil, pour into an 8" x 8" baking dish.

Bake for 20 minutes, then stir well and return to the oven for 20 minutes

Let cool for 5 minutes.

Scoop into individual bowls with a scoop of vanilla ice cream on top.



# Onion Corn Bread

SHARED BY ENA ANTHONY



## INGREDIENTS

1 1/2 cups all-purpose flour  
2/3 cup granulated sugar  
1/2 cup yellow cornmeal  
1 tablespoon baking powder  
1/2 teaspoon salt  
1/2 cup heavy cream  
1/2 cup buttermilk  
3 whole eggs, beaten  
1/3 cup vegetable oil  
3 tablespoons melted butter

## ALSO NEEDED

4 slices of bacon  
1 large Vidalia onion

In a large bowl, whisk together: all-purpose flour, granulated white sugar, yellow corn meal, baking powder and salt. Set aside.

In a separate bowl, mix together heavy cream, buttermilk, eggs, vegetable oil, and melted butter until combined. The mixture will emulsify. Set aside.

Add wet to dry ingredients and mix until combined. Don't over mix. Batter should look slightly lumpy. Set aside.

Dice up four slices of bacon. Saute the bacon in a cast iron skillet until crisp. Remove bacon from pan but leave the bacon grease for the onions to cook in.

Slice on large Vidalia onion into thin rounds and keep the pieces in rounds. Carefully place onion rounds in the bottom of the cast iron skillet to cover the surface. Cook onions until the edges begin to brown. Be careful to keep onions in place. Season onions with a dusting of fresh ground pepper. Turn off the heat.

Add the cooked bacon back into the cast iron skillet, putting it in the areas around the onions, not on top of the onions. Pour cornbread batter directly into the hot skillet. Place in the center rack of the oven and bake for 30 minutes, or until a toothpick inserted in the middle comes out clean.

Cool in the pan for 20 minutes, run a blunt knife around the edges of the skillet to make sure that it isn't sticking on the sides. Carefully turn the skillet upside down and flip cornbread out of the pan to expose onion rounds. Invert the cornbread and place it upside down back in the skillet for serving. Serve at room temperature or warm.



# Bok Choy Salad

SHARED BY AMELA VARGA



## CRUNCHY PART

2 tablespoons butter  
2 tablespoons sugar  
1/4 cup sesame seeds  
3 oz sliced almonds

## DRESSING

1/2 cup olive oil  
1/4 cup rice wine vinegar  
1/2 cup sugar  
2 tablespoons soy sauce

## VEGGIES

2 to 2 1/2 lbs bok choy  
(may substitute romaine lettuce  
and/or spinach)  
1 small red onion (optional)

## NOODLES

2 30 oz packages of  
Ramen noodles  
sliced almonds (optional)

## AMELA SAYS:

This is a great salad. Always asked for and first to go.

Melt the butter in saucepan.

Add remainder of the crunchy part ingredients.

Cook and stir 4-5 minutes over low to medium heat until slightly brown.

Remove from heat and cool to room temperature. Once cooled, removed the solidified crunchy stuff from the saucepan and break up into smaller pieces. It breaks easily and uneven chunks are created.

Combine dressing ingredients in a large bowl, mix well.

Wash and chop the veggies.

Remove the ramen noodles from the package and discard the seasoning. Break the noodles into bite-size pieces and use them uncooked as is.

Keep the crunchy part, dressing, veggies and ramen separated until serving time. This salad may be served all at once for larger group, or it can be used in smaller portions. Mix it just before serving – it should not be left mixed for a long time as the crunchy part would not be crunchy any more.

## TIPS

Add some extra sliced almonds with the noodles if you like.



# Dry Rub for Barbecue

SHARED BY ROSS SNEYD



## INGREDIENTS

- 4 tablespoons sweet paprika
- 2 tablespoons chili powder
- 2 tablespoons ground cumin
- 2 tablespoons dark brown sugar
- 2 tablespoons salt
- 1 tablespoon dried oregano
- 1 tablespoon ground black pepper
- 1 tablespoon ground white pepper
- 1-2 teaspoons cayenne pepper

## ROSS SAYS:

This rub works well with ribs or brisket and with Boston butt if you want to make pulled pork. This is really easy to make and is so great to have on hand to grill chops or ribs or anything. If you make the full recipe, you'll have a lot, which is easy to keep in a jar. Highly recommended.

Mix all ingredients in a small bowl.

Generously massage this rub all over meats making sure to get every nook and cranny, while massaging the dry rub into the meat. Rubbed meats can be cooked right away or for extra flavor, store the rubbed meat in your refrigerator for 12 to 24 hours before cooking.

## TIP

Can be stored in an airtight container for several weeks.



# The Quarantini

SHARED BY RACHEL BRACKEN



## INGREDIENTS

4 oz vodka or gin (we used Death's Door Gin for the irony)

2 oz. Naked Juice Mighty Mango smoothie (we had this on hand – but you can use any mango/orange juice blend)

1 1/2 oz fresh lime juice

1 oz. pomegranate or cherry juice

Orange slice for garnish

1 packet of Emergen-C

2 tablespoons sugar

## RACHEL SAYS:

Disclaimer: does not prevent death or cure colds, viruses, or other illnesses. Please consult a physician before consuming alcoholic beverages when ill.

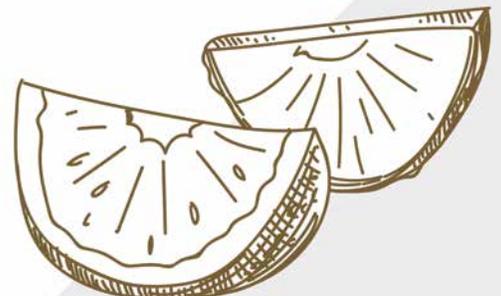
Mix the sugar and Emergen-C together (toss in a small covered container or sandwich baggie) and pour onto a saucer.

Squeeze a halved lime into a drink shaker (about 1 1/2 oz.) and rub the lime on the rim of the martini glass and dip the rim into the saucer of sugar and Emergen-C.

Add the gin or vodka, mango juice, and cherry or pomegranate juice.

Add ice. Shake and strain into the rimmed martini glasses.

Makes 2.



# Fresh Eggnog

SHARED BY DAWN LEE MINTER



## INGREDIENTS

12 FRESH eggs  
separated

2 quarts whipping cream

1 lb confectioners' sugar

2 cup rum

2 cup brandy

2 cup Bourbon

Cinnamon & Nutmeg

## DAWN SAYS:

Yes, add that much alcohol. Drink in moderation and enjoy!

Beat yolks with the 1 pound of confectioners' sugar.

Add 1 cup of rum and all the whipping cream.

Let sit 1 hour in refrigerator.

Add remaining alcohol and let sit 3 hours in refrigerator.

Just before serving, whip egg whites until stiff and standing.

Fold into egg yolk mixture. Sprinkle each serving with cinnamon and nutmeg.  
Serve cold and have a designated driver.



# SOUP/STEW

Satisfying food with a dash of culture or nostalgia.



**Want to donate food?**  
Consider the expiration date and quality of what you're donating. Everyone deserves food that is safe (unopened boxes, labeled cans, food that hasn't been sitting out in the elements).

# Gigi's Lentil Soup

SHARED BY RACHEL BRACKEN



## INGREDIENTS

1 medium yellow onion, diced  
3 tablespoons olive oil  
1 14.5 oz can crushed tomatoes  
2 cups dried lentils  
2 carrots, shredded  
8 cups broth (or water with bouillon)  
1 cup dry white wine  
1 tablespoons dried marjoram  
1 tablespoons dried thyme  
Salt and pepper to taste

## RACHEL SAYS:

A family recipe for a whole pot of lentil soup. Easy to freeze and save some for later. Substitute vegetable broth for chicken broth to make it vegetarian.

Heat the olive oil over medium heat and add dried thyme and marjoram to hot oil to release aromatics.

Add diced onions and sauté until translucent.

Add shredded carrots and sauté for another five minutes.

Add crushed tomatoes, cover with broth and add dried lentils.

Bring to a boil and then lower heat to a simmer and simmer for 1-2 hours until lentils are tender.

Add white wine and continue to simmer for another fifteen minutes.

Serve hot with crusty bread and add grated cheese for a little extra gooey deliciousness.



# Vegan Minestrone Soup

SHARED BY SARA MARIE AKERS



## INGREDIENTS

1 small onion diced, about 1/3 cup  
2 cloves garlic, minced  
1 medium carrot (1 cup), chopped  
1 large celery stalk (1 cup), chopped  
2 teaspoons dried basil  
1 teaspoon dried oregano  
3/4 teaspoon dried thyme  
1 32 oz can diced tomatoes,  
(I use fire-roasted or Italian-style)  
3 tablespoons tomato paste  
1 bay leaf  
1 (32 oz carton - 4 cups)  
low sodium vegetable broth  
1 medium zucchini ( 2/3 cups)  
sliced into halves or quarters  
1/4 cup canned or cooked red kidney  
beans , drained and rinsed  
(leave out for paleo & low carb)  
1/4 cup canned or cooked cannellini  
beans, chickpeas or great northern  
beans, drained and rinsed  
(leave out for paleo & low carb)  
water - add only as much as needed  
to cover vegetables  
1/4 cup dried small shell pasta,  
(use gluten free if necessary)  
(leave out for paleo & low carb  
and add chopped cauliflower  
and green beans instead)  
1 cup fresh baby spinach chopped  
optional  
1/2 - 1 teaspoon balsamic vinegar,  
optional but adds great flavor  
Shredded or grated Parmesan  
cheese, for serving  
Fresh parsley finely chopped,  
for garnish (optional)

## SARA SAYS:

Just made this the other night, soooo good! You can also make it GF by replacing the shells with chickpea pasta.

In a large heavy bottomed pot or dutch oven, heat olive oil over medium heat.

Add onions, garlic, carrots and celery and saute for about 4 minutes, or until vegetables are slightly softened.

Add basil, oregano and thyme – cook for an additional minute.

Add the diced tomatoes, tomato paste, bay leaf, vegetable broth and both beans.

Depending on how large your pot is, add just enough water to cover the vegetables.

Bring soup to a boil, then reduce heat and allow to simmer for 20-25 minutes.

Stir in the dried pasta shells and zucchini and cook for another 10 minutes,

or until pasta is cooked. Stir in the spinach and allow to wilt (about 1-2 minutes).

Add more water as needed if you like a thinner soup.

Season with more salt and pepper as needed and stir in balsamic vinegar (if using).

Serve warm with bread and top with Parmesan cheese and garnish with parsley if desired.



# Quinoa Vegetable Stew

SHARED BY ALICIA LAMORE



## INGREDIENTS

2 tablespoons vegetable oil  
1 onion, chopped  
1 red bell pepper, stemmed, seeded and cut into 1/2 inch pieces  
5 garlic cloves, minced  
1 tablespoon paprika  
2 teaspoons ground coriander  
1 1/2 teaspoons ground cumin  
6 cups vegetable broth  
1 pound red potatoes, unpeeled and cut into 1/2 inch pieces  
1 cup prewashed white quinoa  
1 cup fresh or frozen corn  
2 tomatoes, cored and chopped coarse  
1 cup frozen peas  
Salt and pepper  
1 avocado, halved, pitted and diced  
1/2 cup minced fresh cilantro

## ALICIA SAYS:

Working and cooking from home for multiple months has brought out my curiosity for more creative recipes! I loved this Test Kitchen cookbook and have found this recipe to be an excellent meatless weeknight alternative. Easily adaptable with vegetables you have on hand to add additional variety every time you make it!

Heat oil in Dutch oven over medium heat until shimmering. Add onion and bell pepper then cook until softened, 5 to 7 minutes.

Stir garlic, paprika, coriander and cumin then cook until fragrant, about 30 seconds.

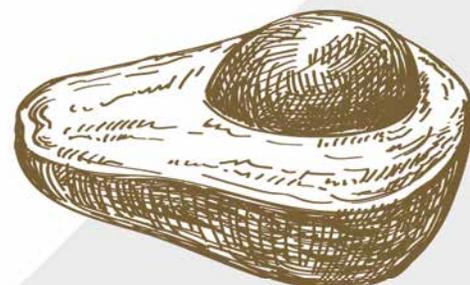
Stir in broth and potatoes and bring to a boil over high heat. Reduce heat to medium low and simmer gently for 10 minutes.

Stir in quinoa and simmer for 8 minutes.

Stir in corn and simmer until potatoes and quinoa are just tender, 5 to 7 minutes.

Stir in tomatoes and peas and simmer until heated through, about 2 minutes.

Turn off heat, season with salt and pepper to taste.  
Serve, sprinkle individual bowls with avocado and cilantro.



FROM AMERICA'S  
TEST KITCHEN

# Mexican Chicken Soup

SHARED BY NATHANIEL C. CAHOON



## INGREDIENTS

- 2 (14.5 oz) cans of Mexican-style diced tomatoes
- 1 (15 oz) can of black beans, drained and rinsed
- 2 cups of fresh or frozen corn, or 1 (15 oz) can of corn, drained and rinsed
- 1 (14.5 oz) can of chicken broth (sodium reduced) or 2 cups of homemade broth
- 2 cloves garlic, minced or 1/2 teaspoon of garlic powder
- 1 teaspoon of chili powder
- 1 teaspoon of cumin
- 1/4 teaspoon pepper
- 1 pound of skinless chicken breast

## NATHANIEL SAYS:

Simple, affordable, and serves plenty. I enjoy this with plenty of extra spice (see tip #1) but the basic recipe is great as well!

Add tomatoes, beans, corn, broth, garlic, chili powder, cumin, and pepper to a large pot.

Cut chicken into large chunks and add to pot. Heat to boiling, reduce heat and simmer, covered, for 20 minutes, or until chicken is tender.

Remove the chicken and use forks to shred the chicken. Return shredded chicken to soup.

Dish out soup and add garnishes

## TIPS

Personal Spicy Additions

1 or 2 habanero peppers diced and 1 teaspoon of cayenne pepper powder

Optional Garnishes

Chopped Cilantro, Sliced Avocado, Shredded Cheese, Sour Crème, Baked Tortilla Chips



# BREAKFAST

A great start to your day.



**Did you know hunger is a health issue? When children don't have enough nutritious food regularly, they're at risk of chronic illnesses like asthma and anemia, and behavioral problems like hyperactivity, anxiety and aggression.**

(FeedingAmerica.org)

# Breakfast Bagel Casserole

SHARED BY AMY MITCHELL



## INGREDIENTS

- 6 bagels  
sliced or torn into bite size-pieces  
(I like to use Everything Bagels)
- 6-8 oz cooked bacon, ham or  
breakfast sausage, cut or  
crumbled into small pieces.  
(Substitute leftover roasted  
veggies, if you prefer)
- 3/4 cup shredded cheese  
(whichever type of cheese  
your family likes best)
- 8 oz cream cheese
- 8 eggs
- 2 1/2 cups milk
- 2 teaspoons brown mustard
- 1 small onion, chopped
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- Optional: chopped cilantro

## AMY SAYS:

This never fails to impress and satisfy! It can be assembled the night before to make things a breeze the next morning. A tasty way to use leftover bagels – you can use them straight out of the bag or toasted.

Lightly spray 9" x 13" casserole dish with baking spray. Scatter bagel pieces into the dish and top with 1/2 cup of the shredded cheese.

In a large bowl, combine the eggs, milk, mustard, salt, pepper, onion and cilantro and mix until smooth.

Pour egg mixture over the bagels and press down so the bagels absorb the egg.

Cut cream cheese into small pieces and dot on top and sprinkle on remaining shredded cheese.

Cover tightly with foil refrigerate overnight or go ahead and pop it into a 350° oven.

Bake covered for 40 minutes, then remove foil and bake 20 more minutes.

Tastes great topped with salsa and crema or sour cream!

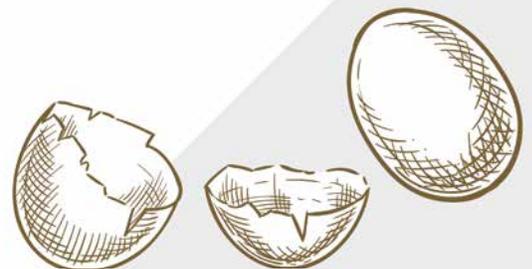
## TIPS

To keep foil from sticking to the cream cheese pieces, before covering with foil, spray the inside of the foil with baking spray or insert a few wooden toothpicks into the casserole to keep foil from touching the top.

Do not use fat-free cream cheese.

Add fresh spinach and tomatoes to sneak in a few extra veggies.

This recipe can be halved and cooked in a smaller casserole or pie dish for smaller families.



# Eggless Waffles

SHARED BY JUSTIN TEASE



## INGREDIENTS

2 cups flour  
4 teaspoons baking powder  
2 teaspoons sugar  
2 cups milk  
2 tablespoons vegetable oil  
2 tablespoons water  
1 teaspoons vanilla  
4 tablespoons melted butter

### JUSTIN SAYS:

Don't know about you all, but home cooking has gained focus in our home during the Covid outbreak. Here's our Sunday AM, new, traditional waffle recipe. (New because we had to find a version that didn't include eggs for one of our kids – trust me, you can't tell the difference with this recipe!) Enjoy.

Combine the flour, baking powder and sugar.

In a separate bowl mix together the milk, oil, water, vanilla.

Add the wet ingredients to the dry ingredients, and mix together gently. As with all pancake batters, it should be slightly lumpy.

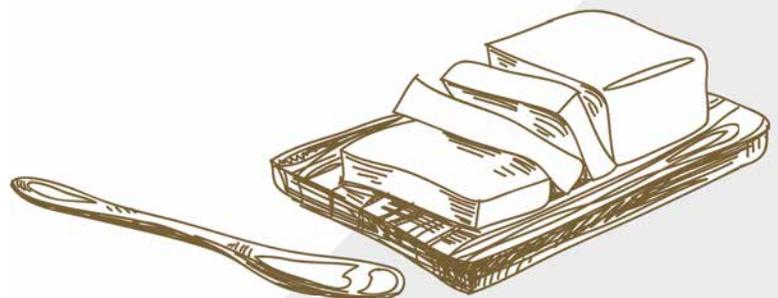
Added melted butter and stir

Let the batter sit for a few minutes to give it time to puff up. You should see some bubbles rise to the surface.

Once your waffle maker is ready to go, depending on the size of your maker, scoop the batter in and enjoy! (For my maker I used 1/4 cup batter for each waffle)

Add syrup.

Add more syrup.



# Oatmeal

SHARED BY CHARLIE MAITLAND



## INGREDIENTS

Steel cut oats

Walnuts, almonds, cashews,  
or pecans

Raspberries, blueberries  
or any berry you prefer  
Banana or apple also work well

Cinnamon, nutmeg or turmeric

Ground flax seeds (optional)

## CHARLIE SAYS:

Oatmeal is healthy and keeps you full. Use steel cut oats, refuse any alternative. Other oats are not as good, no matter how good your toppings are, they are guaranteed to be a sad-soggy-morning.

It can be harder to find steel cut oats in the store. Almost every oat product is rolled, pre-cooked, or advertising some time saving (and texture destroying) feature. I buy my oats in bulk at the co-op. While these stores have a reputation of being costlier, oats are just \$1.00 to \$1.50 per pound, probably the cheapest item in the bulk section!

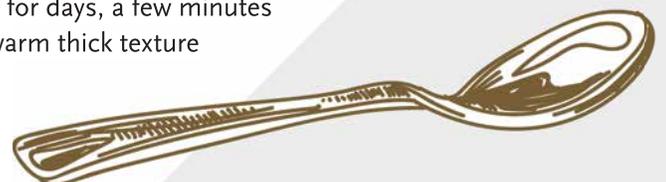
Steel cut oats use a 4:1 water to oat ratio.

Cook long and low. Add boiling water to the oats then simmer on a low heat for 20-30 minutes. Stir when done. Preparing your oatmeal slowly is the key to a delicious thick and creamy texture. Besides a slight nutty taste, oats are very plain. They are providing texture to the meal, flavor is handled by the toppings.

Toppings are key. Use a tasty combo of nuts, berries, and spices. I like to use a generous amount of cinnamon and a dash of nutmeg or turmeric. I add walnuts, but almonds, cashews, or pecans also work well. The nuts can be crushed, whole, or even in “butter” form, it’s up to you. My favorite berry to have with oatmeal is raspberries, but any berry will work. Pictured are some wild blueberries. Frozen berries are actually preferable because they are juicy when thawed (It’s best to thaw overnight on the counter). If you don’t have berries, a banana or apple also works well. If you have a sweet tooth, maple syrup or brown sugar are options too! I try to keep it healthy by adding a spoonful of ground flax seeds.

## TIP

Save time by preparing steel cut oats in large batches. Even after sitting in the fridge for days, a few minutes in the microwave brings the warm thick texture back to life.



# MAIN COURSE

Something hearty to fill your soul.



Those who suffer from chronic hunger often make difficult choices: for example, to pay the rent and medical bills, they go without food. And during the pandemic, those choices are compounded.

# Shepherd's Pie

with Caramelized Onions and Cheddar Smash  
SHARED BY ROSS SNEYD



## INGREDIENTS

- 1 tablespoon olive oil
- 3 medium carrots, scrubbed trimmed and finely diced (about 1 1/2 cups)
- 2 pounds ground lamb
- 1 1/2 teaspoons minced fresh thyme leaves
- 1 teaspoon coarse kosher salt
- 2 tablespoons all-purpose flour
- 1 tablespoon tomato paste (ketchup will do in a pinch)
- 2 cups chicken stock, preferably low sodium
- 1 cup (about 3-4 ounces) grated cheddar

## ROSS SAYS:

This is really good. A little involved, but worth it. See page 6 for caramelized onion and page 7 for cheddar smash directions.

Preheat the oven to 400°F.

In a large sauté pan or skillet set over medium high heat, heat the olive oil until hot. Add the diced carrots and cook, stirring occasionally, for 5-7 minutes until softened.

Add the lamb, thyme, and salt. Cook, stirring occasionally for 8-10 minutes until the meat is no longer pink. Carefully pour off all the fat and discard.

Sprinkle the flour over the lamb and cook for 1 minute while stirring. Then stir in the tomato paste and cook while stirring for 2 minutes longer.

Pour in the chicken stock along with 1 cup of the caramelized onions. (Directions for caramelized onions are on a separate page.) Increase the heat slightly and simmer for 2-3 minutes until the gravy thickens slightly.

Spread the lamb into a shallow round or oval 3-quart casserole or a 9" x 13" baking dish. Spread the potatoes on top. (Directions for cheddar smashed potatoes are on a separate page.) Distribute the remaining caramelized onions over the mashed potatoes, and then sprinkle the cheddar evenly on top.

Bake until the top is golden and crusty, about 20 minutes.

## PREPARE-AHEAD TIP

Shepherd's pie can be assembled up to 24 hours ahead and kept refrigerated.

Start baking it at 375°F for 30 minutes to warm the pie through, then increase to 400°F for 20 minutes to brown the top.



# Caramelized Shallot Pasta

SHARED BY LAUREN FINNEY



## INGREDIENTS

1/4 cup olive oil

6 large shallots, very thinly sliced

5 garlic cloves, 4 thinly sliced,  
1 finely chopped

Kosher salt and freshly ground  
black pepper

1 teaspoon red pepper flakes,  
plus more to taste

1 (2-ounce) can anchovy fillets  
(about 12), drained

1 (4.5-ounce) tube or  
(6-ounce) can of tomato paste  
(about 1/2 to 3/4 cup)

10 ounces pasta

1 cup parsley, leaves and tender  
stems, finely chopped

Flaky sea salt

## LAUREN SAYS:

I've made this recipe several times – it's delicious and affordable! The fresh herbs on top are a great treat, but not vital to the dish. Additionally, you can save leftover paste in your fridge up to six weeks to make more pasta, spread on toast, top your eggs or whatever!

Heat olive oil in a large heavy-bottomed Dutch oven over medium high. Add shallots and thinly sliced garlic, and season with salt and pepper. Cook, stirring occasionally, until the shallots have become totally softened and caramelized with golden-brown fried edges, 15 to 20 minutes.

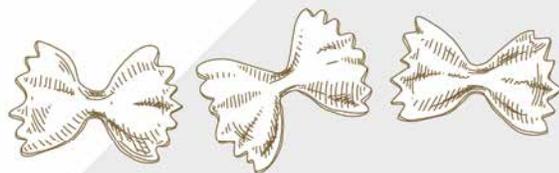
Add red pepper flakes and anchovies. (No need to chop the anchovies; they will dissolve on their own.) Stir to melt the anchovies into the shallots, about 2 minutes.

Add tomato paste and season with salt and pepper. Cook, stirring constantly to prevent any scorching, until the tomato paste has started to cook in the oil a bit, caramelizing at the edges and going from bright red to a deeper brick red color, about 2 minutes. Remove from heat and transfer about half the mixture to a resealable container, leaving the rest behind. (These are your leftovers to be used elsewhere: in another batch of pasta or smeared onto roasted vegetables, spooned over fried eggs or spread under crispy chicken thighs.)

To serve, cook pasta according to package instructions in a large pot of salted boiling water until very al dente (perhaps more al dente than usual). Transfer to Dutch oven with remaining shallot mixture (or a skillet if you are using the leftover portion) and 1 cup pasta water. Cook over medium-high heat, swirling the skillet to coat each piece of pasta, using a wooden spoon or spatula to scrape up any bits on the bottom, until pasta is thick and sauce has reduced and is sticky, but not saucy, 3 to 5 minutes.

In a small bowl, combine parsley and finely chopped garlic clove, and season with flaky salt and pepper. Divide pasta among bowls, or transfer to one large serving bowl, and top with parsley mixture and a bit more red pepper flakes, if you like.

FROM  
NEW YORK TIMES  
COOKING



# World's Best and Simplest Fettuccini Alfredo

SHARED BY ANDREA DONAHUE



## INGREDIENTS

2 packages of fresh fettuccini pasta (typically 10oz packages)

1 pint heavy cream

1/2 stick of butter

12 oz parmesan cheese  
(fresh or Kraft grated)  
do not use reduced fat  
or fat free parmesan

Black Pepper to taste

## ANDREA SAYS:

This recipe was given to me by a well renowned chef and professor from Johnson & Wales University's culinary school.

## SAUCE

Melt butter in medium saucepan. Pour in heavy cream and cook over medium heat stirring constantly. Bring to a soft, rolling boil but do not overcook as it will separate.

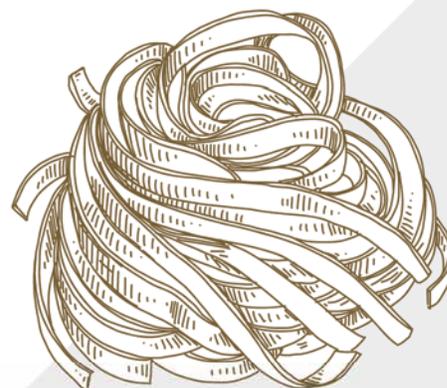
Divide cheese into thirds adding roughly 4 oz at a time stirring until melted. Continue until all remaining cheese is added then bring to a soft boil but again do not overcook. Add black pepper to taste.

## PASTA

While sauce is cooking add fresh pasta to boiling water for about 3 or 4 minutes. Do not overcook; best served al dente. Mix in a large bowl. Sprinkle top with parsley and serve immediately.

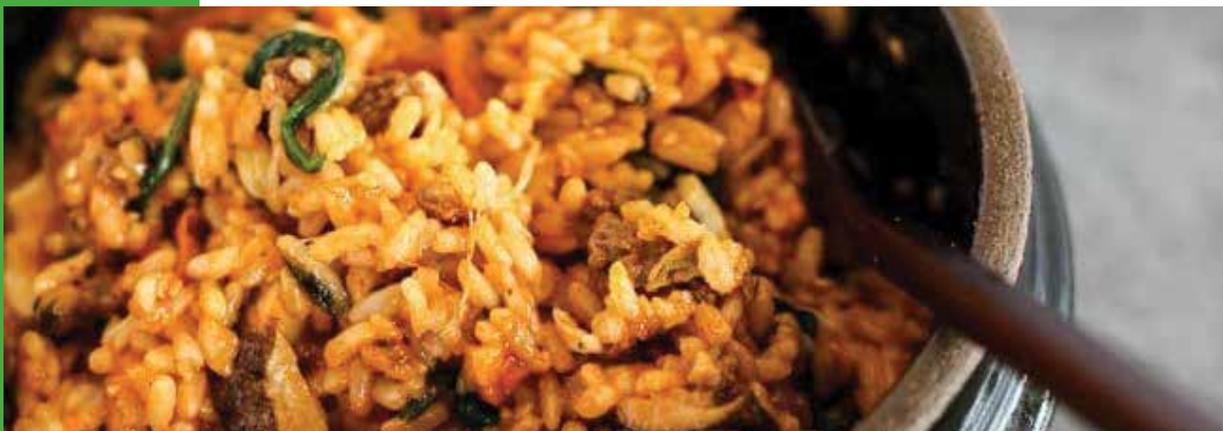
## TIPS

Adding sliced baked chicken strips or cooked shrimp works great as well. If you like it cheesier add more Parmesan!



# Korean Bibimbap Bowls

SHARED BY CHRISTINA D'AGOSTINO



## MEAT AND MEAT SAUCE

3.5 ounces minced beef  
1 tablespoon soy sauce  
1 tablespoon sesame oil  
1 teaspoons brown sugar  
1/4 teaspoons minced garlic

## VEGETABLES AND OTHER

0.6 pounds spinach  
0.8 pounds bean sprouts  
3.5 ounces shiitake mushroom  
4.2 ounces carrots (1 small)  
1/2 teaspoons fine sea salt  
3 to 4 servings of steamed rice  
1 egg per serving  
Cooking oil  
Korean seasoned seaweed

## BIBIMBAP SAUCE

2 tablespoon gochujang  
1 tablespoon sesame oil  
1 tablespoon raw sugar  
1 tablespoon water  
1 tablespoon roasted sesame seeds  
1 teaspoon apple cider vinegar  
1 teaspoon minced garlic

## CHRISTINA SAYS:

To my mother, cooking is an art form, especially when it comes to traditional Korean cuisine. Bibimbap bowls are a staple in any Korean kitchen - it's the perfect combination of vegetables, protein and carbohydrates. If you like a little kick, add gochujang hot sauce. You won't be disappointed!

Mix the beef with the meat sauce. Marinate for about 30 minutes while you work on the other ingredients.

Mix the Bibimbap sauce ingredients in a bowl. Prepare the steamed rice and shred the seaweed into thin slices. Cook other ingredients individually as follows:

Rinse, peel and julienne the carrots. Add cooking oil and 1/4 teaspoon of fine sea salt to a wok or fry pan. Cook the carrots on medium high to high heat for 2 to 3 minutes.

Clean and rinse the shiitake mushrooms and thinly slice them. Add cooking oil and 1/4 teaspoon of fine sea salt then cook the on medium high for 2 to 3 minutes.

Cook spinach until wilted, cut into small pieces then season lightly with salt, sesame oil and seeds.

Cook bean sprouts for 1-2 minutes then season lightly with salt, sesame oil and seeds.

Add cooking oil to the wok or pan and cook the meat on medium high to high heat. It takes about 3 to 5 minutes to thoroughly cook it.

Make fried eggs. (Sunny side up or according to your preference.)

Put the rice into a bowl and add the meat, assorted vegetables, seaweed, Bibimbap sauce and place the egg on top. Serve it.

Mix the ingredients well in the bowl and enjoy!



# Fiddlehead Dinner Crêpe

SHARED BY ASLIN TREPANIER



## CRÊPE INGREDIENTS

1 cup all-purpose flour  
2 eggs  
1/2 cup milk  
1/2 cup water  
1/4 teaspoon salt  
2 tablespoons butter, melted  
1/2 teaspoon cumin  
1/2 teaspoon paprika

## ADDITIONAL INGREDIENTS

1 cup chopped asparagus  
1 cup fiddleheads  
1 sliced bell pepper  
1 sliced onion  
6-7 sliced mushrooms  
1 cup whole corn kernels  
1 tablespoon lemon juice  
Siracha  
1-2 cups wine (optional)  
1/2 cup of grated cheddar cheese  
Pat of butter

## ASLIN SAYS:

Crepes have always been a breakfast custom amongst my friends and I. They are great for groups of people to enjoy and get creative with. I came up with the savory Fiddlehead Dinner Crepe so I could incorporate wild Vermont fiddleheads in a dish.

Steam the fiddleheads and asparagus in a pot until they are soft. Add some lemon juice and a pat of butter, salt and pepper. Set aside in warming oven.

In a skillet add olive oil, salt and pepper. When hot add the bell pepper, onions, corn, and mushrooms. You can substitute or add any vegetables you would like to go in your dinner crêpe. Add paprika and siracha to taste. Cook until the onions are translucent and just golden brown. Set aside with fiddleheads in warming oven.

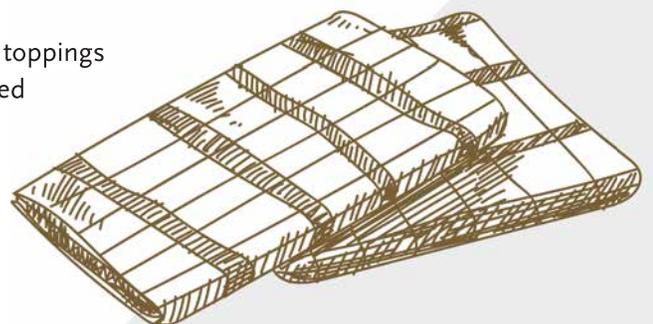
In a large mixing bowl, whisk together the flour and the eggs. Gradually add in the milk and water, stirring to combine. Add the salt, cumin, paprika, and butter; beat until smooth.

Take the 1-2 cups of wine and have a drink before embarking on crêpe cooking (can substitute wine with your favorite refreshment). You earned it!

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crêpe. Tilt the pan with a circular motion so that the batter coats the surface evenly.

Cook the crêpe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side.

Serve hot – add all the prepared toppings to center of crêpe. Top with grated cheddar cheese and siracha. Enjoy!



# Orange Chicken Made Easy

SHARED BY RENEE LAWRENCE



## INGREDIENTS

1/2 cup sweet BBQ sauce  
3/4 cup orange marmalade  
1 teaspoon garlic, minced  
2 tablespoons soy sauce  
1 teaspoon ginger  
Pinch of red pepper flakes  
Chicken  
Egg  
Bread Crumbs

Simmer the first six ingredients until they are melted together.  
Once that is done I leave on low until my chicken is done.

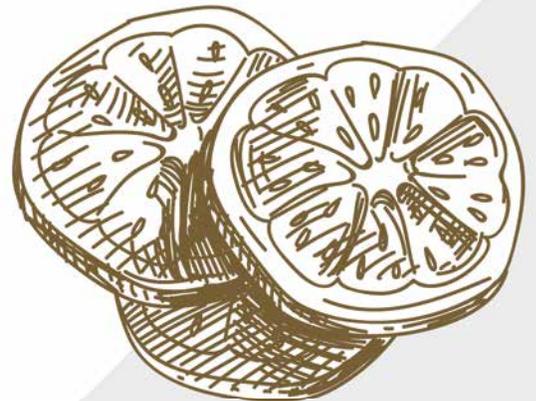
If you want it spicier add more pepper flakes and/or more ginger.  
You may also like to have more BBQ than marmalade.

The key is to taste and adjust ingredients to your liking. You can't go wrong.

Cube chicken into bite size pieces then coat with egg and bread crumb mixture.

Deep fry until golden brown. Toss with sauce.

I like to serve mine over rice.



# Pasta Sauce

SHARED BY CÉLINE CASTONGUAY



## INGREDIENTS

1 cup diced carrots  
1 cup diced onions  
1 cup diced celery  
1/2 diced pepper  
1 cup diced zucchini  
1 cup diced mushrooms  
2 pounds of ground beef  
2 cans of Campbell tomato soup  
1 can of Italian tomatoes (28 oz)  
Tomato juice (20 oz)  
3 basil leaves  
1/2 tablespoon parsley  
1/2 tablespoon salt  
1 tablespoon paprika  
1/2 teaspoon Italian spices  
1/2 teaspoon oregano  
1 teaspoon thyme  
2 tablespoons soy sauce  
2 tablespoons Worcestershire  
1/2 cup sugar  
1/4 cup chili sauce  
1/4 BBQ sauce

## CÉLINE SAYS:

This is my favorite pasta sauce.

Brown meat with vegetables and remove extra fat.

Add all other ingredients. Simmer for about 3 hours.

## TIP

The recipe is even better if you can find paprika from Europe. American paprika is not as flavorful and spicy as the European one.



# The Marry Me Fried Sandwich

SHARED BY RACHEL BRACKEN



## INGREDIENTS

Favorite hearty sandwich bread (seed bread, sourdough, rosemary sourdough, rye)

Nut butter (peanut, cashew, almond, cookie butter, or sesame tahini or sun butter if you have a nut allergy)

Cheese of your choice (brie, cheddar, muenster, pepper jack, gouda, blue cheese)

Cured meat (bacon, prosciutto, thinly sliced BBQ chicken, crumbled chorizo or other sausage, spam)

Jam/jelly (fig jam, blackberry, strawberry, blueberry, pear butter, apple butter, marmalade, plum, strawberry lemonade jam)

Thinly sliced stone or core fruit (peaches, apples, plums, pears, cherries, mangoes, pineapple)

Thinly sliced and caramelized onions or shallots – can use leeks or slow roasted garlic mashed into a spread or fennel (using two tablespoons salted butter to every quarter cup of veggie being sautéed and caramelized)

Optional: one aromatic added to caramelized onions or shallots at the end (examples: fresh ginger, cinnamon, rosemary, basil, thyme, garlic, etc., PICK ONE!)

## RACHEL SAYS:

Experiment with flavor combos, some suggestions are below.

Put nut butter on one side of the sandwich interior and cheese on the other piece of bread using the fats to keep the bread from getting soggy. Layer the rest of the ingredients in between, just enough to fill the sandwich and not spill out of the sides when you fry it.

Put together and fry each sandwich until golden brown and crispy over medium low heat in at least one tablespoon of butter on each side.

You're welcome.

## A FEW SUGGESTED COMBINATIONS:

Seed bread, cashew butter, blackberry jam, bacon, brie, peaches, caramelized onions.

Rosemary sourdough, peanut butter, marmalade, shallots, fresh ginger, granny smith apples, cheddar, prosciutto.

Raisin bread, almond butter, pear butter, gouda, banana slices, maple syrup, and thinly sliced smoked chicken breast.

Marble rye, pepper jack, tahini, cherries, crumbled chorizo, caramelized fennel, and fig jam.

Sourdough, blueberry jam, blue cheese, almond butter, fresh sliced pears and some strips of roasted jalapeños.



# Beef Stroganoff

SHARED BY ROSS SNEYD



## INGREDIENTS

Kosher salt and freshly ground black pepper

1 1/2 pounds sirloin roast, or beef tenderloin, if you're feeling fancy

2 tablespoons all-purpose flour

1 1/2 teaspoons hot paprika

1 tablespoon neutral oil, such as canola or grapeseed

4 tablespoons unsalted butter

1/2 pound button mushrooms, cleaned and cut into quarters

2 small shallots, thinly sliced

12 ounces wide egg noodles

1/4 cup dry white wine

1 cup heavy cream or crème fraîche

1 1/2 teaspoons Worcestershire sauce

1 1/2 teaspoons Dijon mustard

Chopped fresh parsley, for garnish

FROM  
NEW YORK TIMES  
COOKING

## ROSS SAYS:

You can use any kind of beef in this one, including ground beef if you want. And it's really good with homemade egg noodles.

Bring a large pot of salted water to a boil.

Cut the beef against the grain into 1/2-inch slices, pound lightly, then cut those slices into 1-inch-wide strips.

Add the flour, paprika, 1 1/2 teaspoons salt and 1 1/2 teaspoons pepper to a large shallow bowl and toss to combine. Dredge the strips of meat in the flour mixture, shake them to remove excess flour, then transfer them to a rimmed baking sheet.

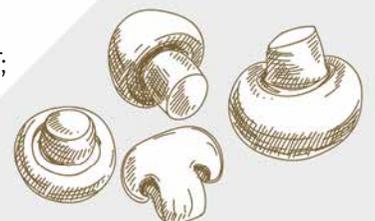
Place a large skillet over high heat and swirl in the oil. When the oil begins to shimmer, sauté the beef slices, in two batches, until they are well browned on both sides but rare inside, 3 to 4 minutes per batch. Transfer the seared meat to the baking sheet. Turn the heat down slightly.

Add 1 tablespoon of the butter to the pan. When it has melted and started to foam, add the mushrooms, toss to coat them with the fat, and season with salt and pepper. Cook, stirring frequently, until the mushrooms have released their moisture and are a deep, dark brown, 12 to 15 minutes. About halfway into the process, add the sliced shallots and 1 tablespoon butter and stir to combine.

While the mushrooms cook, add the noodles to the boiling water, and cook until just done, about 10 minutes. Drain the noodles, and toss with the remaining 2 tablespoons butter. Set aside.

When the mushrooms and shallots are soft and caramelized, deglaze the pan with the wine, scraping at all the stuck-on bits on the pan's surface. When the wine has reduced by about half, slowly stir in the cream, followed by the Worcestershire and mustard. Add the meat, along with any accumulated juices, and stir to combine. Cook, stirring occasionally, until the dish is hot and the beef is medium-rare, 2 to 3 minutes. Taste, and adjust the seasonings.

Serve the noodles under or alongside the stroganoff; sprinkle stroganoff with parsley.



# Chickpea Vegetarian/Vegan Tuna Salad

SHARED BY CATHY SHIRES



## INGREDIENTS

NOTE: measurement is not important, adjust portion sizes to satisfy your preference.

Chickpeas

Celery

Onion

Garlic powder

Sweet pickles

Vegan mayo

Lemon juice

Dill

Walnuts or sunflower seeds

Mustard

Lettuce

Whole-grain bread,  
crackers or pita chips

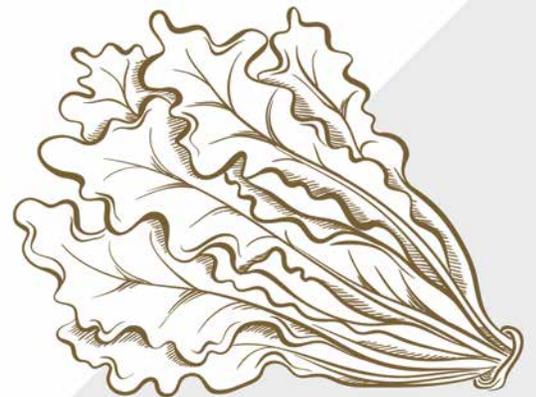
## CATHY SAYS:

My daughter introduced this recipe to us during the pandemic and it's been a great way to use our pantry items. What we love about it is how flexible the recipe is where if you use vegan mayonnaise or hummus it is a vegan recipe but you can also use whatever you have that is around the house. Experiment with what you have for herbs and ingredients to get a good crunch and flavor.

Roughly mash about 3/4 of the chickpeas with the back of a fork or potato masher.

Add celery, onion, garlic powder, chopped sweet pickles, vegan mayo (or hummus or other mayonnaise you have in the house), lemon juice, dill, chopped walnuts or sunflower seeds and some mustard. (Pretty much whatever you would like but we like onions, sweet pickles and chopped walnuts to give it crunch and add celery if we have it.)

You can serve it on lettuce, whole-grain bread, with crackers or pita chips.



# Brown Rice Burrito Bowl

SHARED BY ALICIA LAMORE



## INGREDIENTS

- 1 1/2 cups long-grain brown rice, rinsed
- Salt and pepper
- 5 tablespoons extra-virgin olive oil
- 1 tablespoon lime juice
- 1 1/2 teaspoon ground cumin
- 1 1/2 teaspoon ground coriander
- 2 ears corn, kernels cut from cobs
- 3 garlic cloves, minced
- 3 poblano chilis, stemmed, seeded and cut in 1/2 inch pieces
- 1 onion, chopped
- 1 (15-ounce) can black beans, rinsed
- Creamy Chipotle Sauce
- 1/4 cup chopped fresh cilantro

Bring 4 quarts water to boil in large pot. Add rice and 1 tablespoon salt, return to boil and cook, stirring occasionally, until rice is tender, 25 to 30 minutes. Drain rice.

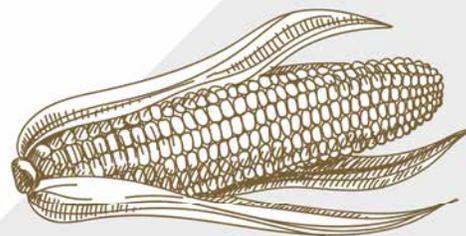
Whisk 2 tablespoons oil, lime juice, 1/2 teaspoon cumin, 1/2 teaspoon coriander, 1/4 teaspoon salt and 1/4 teaspoon pepper together in a large bowl. Stir in hot rice and toss to coat. Cover to keep warm.

While rice is cooking, heat 1 tablespoon oil in a 12-inch nonstick skillet over medium high heat until shimmering. Stir in corn, 1/4 teaspoon salt and 1/4 teaspoon pepper and cook until spotty brown, about 3 minutes. Transfer to second bowl and cover to keep warm.

Heat 1 tablespoon oil in now-empty skillet over medium high heat until shimmering. Stir in 2 teaspoons garlic, remaining 1 teaspoon cumin and remaining 1 teaspoon coriander then cook until fragrant, about 30 seconds. Stir in poblanos and cook until charred and tender, 6 to 8 minutes. Transfer to a third bowl and cover to keep warm.

Heat remaining 1 tablespoon oil in now-empty skillet over medium heat until shimmering. Add onion and cook until softened and just beginning to brown, 5 to 7 minutes. Stir in remaining garlic and cook until fragrant, about 30 seconds. Stir in beans, 1/4 cup water and 1/4 teaspoon salt then bring to a simmer. Reduce heat to medium low and simmer, stirring occasionally, until beans are warmed through and most of the liquid has evaporated, about 2 minutes.

Divide rice among serving bowls, then top with poblanos, corn and beans. Drizzle with chipotle sauce, sprinkle with cilantro and serve.



# DAL

SHARED BY HANNAH MORRIS



## INGREDIENTS

1 1/2 cups yellow split peas  
or yellow dal

1 teaspoon salt

1 onion

1/2 sweet red pepper, diced  
(optional)

2 fresh small hot peppers  
of your choice, diced  
(I use 'Matchbox') (optional)

1 teaspoon turmeric

3/4 teaspoon curry powder

2 tablespoons oil  
(safflower, sunflower or canola)

1 1/2 teaspoon black mustard seeds

Juice of one lemon

## HANNAH SAYS:

I learned how to cook from my mother and through reading cookbooks. As a fledgling vegetarian at age 16, I looked to and learned a lot from Laurel's Kitchen, though I didn't start making this dal recipe until I was in college. It's still my go to recipe when I don't have much time and/or I need something easy, tasty, and comforting to eat.

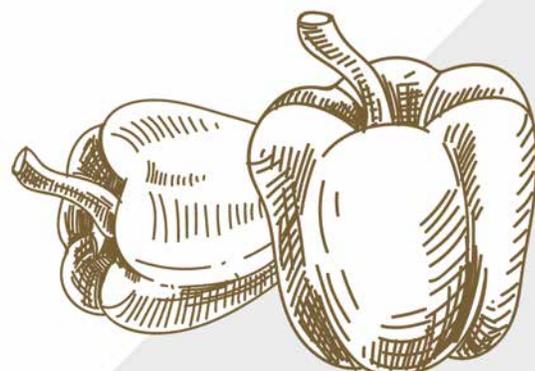
Boil the peas and about 3 cups of water on the stove top (around 30 minutes) with or in a pressure cooker (around 4-5 minutes) until they're tender. If you like a drier consistency, drain the water if there's any left. Stir in the salt.

While the peas are cooking, dice the onion and pepper and in a separate bowl. Combine with the turmeric and curry powder.

Heat oil in a large heavy pan with a lid; when it's hot, add the mustard seed and cover. The seeds will pop noisily – once it quiets, add the onion/pepper/spice mixture and sauté until the onions are golden and transparent.

Stir this mixture into the peas along with the lemon juice.

Add a dallop of fresh yogurt and handful of chopped fresh cilantro to each serving, and if you have, serve with a warm chapati (or pita bread or buttered toast) or over rice or other grain.



FROM  
LAUREL'S KITCHEN  
COOKBOOK

# Grilled Chicken with Brown Rice

SHARED BY KYRSTYNA TEXEIRA



## INGREDIENTS

4 skinless, boneless chicken breast halves

1/2 cup chopped tomato

1/2 cup corn

1/4 cup canned black beans, rinsed and drained

1 tablespoon lemon juice

3 cups cooked brown rice

## PEANUT SAUCE

1/2 cup creamy peanut butter

2 tablespoons hoisin sauce

1 tablespoon rice vinegar

1/4 tablespoon kosher salt

1/2 cup water or low-sodium chicken stock

## KYRSTYNA SAYS:

This heart healthy dish it is one of my favorites and it also goes well with a homemade peanut sauce.

Season chicken with some salt and pepper.

Grill on medium heat for 12 to 15 minutes or until done, turning once.

To make salsa, stir together tomato, corn, beans, cilantro, lemon juice, and a little salt.

Spoon salsa over chicken and put rice on the side.

## PEANUT SAUCE

Add all ingredients to a bowl. Whisk to combine.

Store in an airtight container in the fridge until you're ready to use.

## TIP

If you want to add a little bit of spice, throw everything into a food processor or blender along with 1/4 tablespoon and 1/2 teaspoon crushed red pepper flakes.



# Salmon with Asparagus Sauce

SHARED BY KATIE JABLONSKI



## INGREDIENTS

2 salmon fillets

Fresh rosemary (2 sprigs)

1/2 onion

2 teaspoons of chopped garlic

1 teaspoon of minced ginger

2 teaspoons of lemon juice

1 teaspoon of soy sauce

8 ounces of heavy cream

1/4 cup of white wine

1 bunch of asparagus

1 lb of baby potatoes

2 teaspoons of paprika

5 teaspoons of olive oil

5 teaspoons of butter

Salt and pepper

Steam the asparagus for 10 minutes until soft and blend or process with 1 teaspoon of water and 1 teaspoon of lemon until smooth.

Cut the baby potatoes in half mix them in a bowl with salt and pepper, olive oil and paprika. Roast at 350 until crispy and brown for 30 minutes.

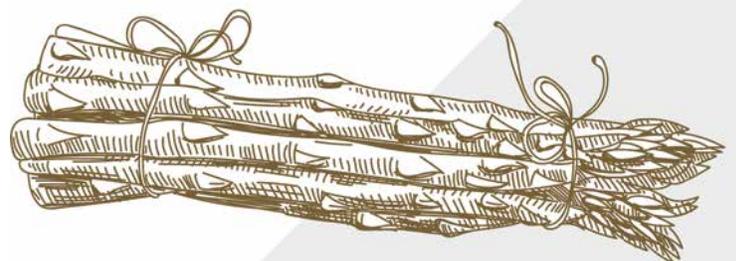
Sauté chopped onions with one teaspoon of olive oil and butter for 3 minutes at high temperature. Add garlic and ginger and sauté for 2 more minutes.

Add white wine and let the alcohol evaporate.

Add lemon juice, soy sauce and the asparagus puree. Mix and add the cream. Cook for 10 minutes at medium low heat until consistency is thicken.

Cook the salmon on a hot pan with butter, olive oil and fresh rosemary. Grab a spoon and keep adding the fat on top of the salmon until cooked.

Serve.



# Vegan Tamales

SHARED BY JESSICA BALL



## TOOLS

Pot with steamer basket – preferably large enough for the tamales to stand upright in.

Some good upbeat music to build these delicious treats to!

## INGREDIENTS

Tamale dough  
25-30 corn husks  
4 cups masa harina  
3 – 3 1/2 cups vegetable broth  
1/2 cup olive or vegetable oil  
1 teaspoon baking powder  
1/2 teaspoon salt  
1/4 teaspoon turmeric

## FILLING

1 cup black beans  
1 cup pinto beans  
1 roma tomato diced  
1/4 cup chopped red onion  
1-2 cloves garlic chopped  
1/2 cup chopped cilantro  
1 cup seitan chorizo  
1 Jalapeno finely diced (optional)  
1 cup vegan cheese  
1 teaspoon cumin  
1 teaspoon chili powder

## JESSICA SAYS:

A big hit on the weekend walks with my girlfriends! The filling can really be anything you want – I have included my favorite below.

Separate and soak husks in a bowl of hot water for 30-60 minutes until pliable. Drain.

## TAMALE DOUGH

Mix the dry ingredients together until uniform. Pour in 3 cups of broth to start and the oil. Add more broth as needed so dough is spreadable but not too moist – you want the dough to “peel” up from the corn husk easily when rolling.

## FILLING

Saute seitan, onion and garlic; let cool. Mash the black and pinto beans, it's okay to leave some whole. Add everything together and mix well. Put in fridge until ready to use.

## ASSEMBLY

Spread 3-4 tablespoons of dough mixture on the center of the corn husk. Spread to about 1/4 to 1/2 inch thickness (as desired) – be careful not to tear the corn husk in this process. Place 1 1/2 to 2 tablespoons of filling down the center of the dough (you'll need to judge this by each one depending on the husk size – eventually you'll get into a rhythm and figure out amounts). Fold in and overlap both sides of the husk so the dough “connects” – sometimes one side of the husk will be wrapped under the other. Fold up the bottom of the husk. At this point if you aren't filling your steamer basket OR if you are using a small vegetable foldable steamer basket it's recommended to tear strips from a husk and tie the tamale them around at the top and bottom so the husk does not come off during cooking.

## COOKING

Place the tamales open side up in your steamer basket. Fill the pot with only enough water so the basket is not in the water. Once the water is boiling, turn it down so it's at a slow rolling boil. Place your basket of tamales in the pot, cover and steam for 60 minutes. Be sure to check the water level periodically to assure you don't boil the pot dry. Remove from basket once done, be careful they are hot!

## EATING

Remove the husk and add desired toppings and enjoy right away! OR these can be frozen or kept in the fridge (only for a few days) after being steamed and reheated either by steaming or in the microwave for a few minutes covered in a wet paper towel – again top and enjoy!

# Asian Chicken Salad

SHARED BY MELODY SHAW



## SALAD INGREDIENTS

4 oz. (115 g) dry angel hair pasta  
10 oz. (275 g) chicken breast  
1 cup Napa Cabbage  
(Chinese Cabbage)  
1 cup Purple Cabbage  
(red cabbage)  
1 red bell pepper (capsicum)  
1 yellow bell pepper (capsicum)  
1/2 cup cilantro (coriander)  
2 scallions (spring onions)  
1 cucumber  
2 cups spinach  
1/2 cup bean sprouts  
2 oz. (50 g) cashews

## DRESSING INGREDIENTS

1/2 lime  
1 tablespoon fresh ginger  
1 clove garlic  
1 jalapeno pepper  
2 tablespoons chopped cilantro  
(coriander)  
3 tablespoons olive oil  
3 tablespoons low sodium  
soy sauce  
1 tablespoon sesame oil  
1 tablespoon brown sugar

FROM CURVES

## MELODY SAYS:

This is one of my all-time favorites.

## SALAD

Cook pasta according to package directions. Drain and cool it.

Boil or bake chicken breast. Shred chicken breast and set it aside.

Slice cabbage and bell peppers (capsicum) and place them in a large bowl.

Chop cilantro (coriander), scallions (spring onions), and cucumber then place them in the same large bowl.

Add spinach, bean sprouts and cashews to the bowl.

Add pasta and chicken to the bowl.

## DRESSING

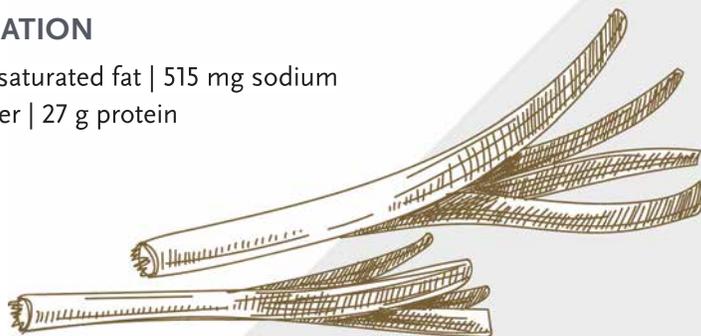
Juice 1/2 lime, mince ginger, garlic, jalapeno and cilantro (coriander).

Whisk in the remaining dressing ingredients.

Pour the dressing over the salad. Mix well and serve.  
(serves four)

## NUTRITION INFORMATION

417 calories | 18 g fat | 3 g saturated fat | 515 mg sodium  
40 g carbohydrate | 5 g fiber | 27 g protein



# DESSERT/BREAD

Baking – the oldest culinary art.



**Consider donating your time  
to help feed our hungry neighbors!  
Volunteer at a local food shelf, a food bank or  
gleaning to get fresh fruit and veggies  
to those who need it.**

# Dawn's Toffee

SHARED BY DAWN LEE MINTER



## INGREDIENTS

1/3 cup blanched slivered almonds  
(alternate with pecans,  
peanuts, walnuts)

1/8 cup finely chopped walnuts  
(dusted) (alternate with  
pecans, peanuts, almonds)

1 cup chocolate chips  
(milk or dark)

1 cup salted butter

1 cup pure cane sugar

Candy thermometer needed

## DAWN SAYS:

People will hunt you down for the recipe or bring the empty tin back for more. This one is a favorite!

Spread almonds in bottom of a 9" x 13" jelly roll pan.

Cook butter and sugar in saucepan over medium heat to hard crack temperature (302 degrees F), stirring constantly. Be patient, take it slow and do not exceed 302° or the mixture will separate.

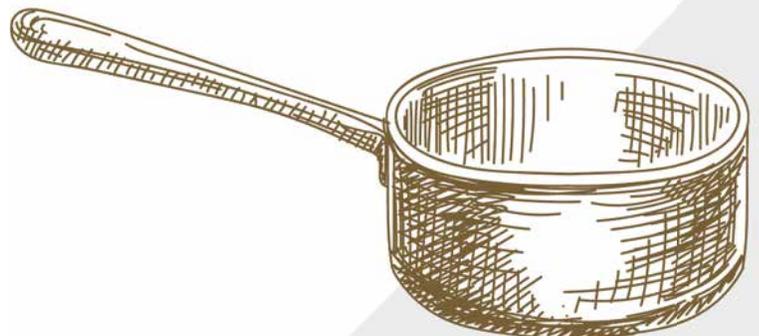
Pour mixture over blanched almonds when ready.

Immediately sprinkle chocolate chips on hot mixture.  
Allow chocolate to soften, spread evenly.

Sprinkle walnut dust, covering very lightly.

Allow to cool and harden for a few hours.  
Turn out onto wax paper and "crack" into pieces.

Store in airtight tin. Refrigerate or freeze.  
Bring to room temp before serving.



# Carrot Layer Cake

SHARED BY ENA ANTHONY



## CAKE

- 1 3/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 1/2 teaspoons ground cinnamon
- 3/4 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1/4 teaspoon ground cloves
- 1 1/4 cups packed light brown sugar
- 3/4 cup vegetable oil
- 3 large eggs
- 1 teaspoon vanilla extract
- 2 2/3 cups shredded carrots (approx. 4 carrots) (use large holes of a box grater or a food processor with a shredding disk)
- 2/3 cup dates (or dried currants)

## FROSTING

- 16 tablespoons unsalted butter, softened
- 3 cups confectioners' sugar
- 1/3 cup buttermilk powder
- 2 teaspoons vanilla extract
- 1/4 teaspoon salt
- 12 ounces cream cheese, cut into 12 equal pieces and chilled
- 2 cups pecans, toasted and chopped coarse

Adjust oven rack to middle position and heat to 350 degrees. Grease an 18" x 13" rimmed baking sheet, line with parchment paper, and grease parchment.

Whisk flour, baking powder, baking soda, cinnamon, nutmeg, salt, and cloves in a bowl.

Whisk sugar, oil, eggs, and vanilla together in second bowl until mixture is smooth. Stir in carrots and dates. Add flour mixture and fold with rubber spatula until it is just combined. Transfer batter to prepared sheet and smooth surface with offset spatula.

Bake until the center is firm to touch, 15 to 18 minutes. Cool in pan on wire rack for 5 minutes. Invert cake onto wire rack (do not remove parchment), then reinvert onto second rack. Cool completely, about 30 minutes.

## FROSTING

Using stand mixer fitted with paddle, beat butter, sugar, buttermilk powder, vanilla, and salt together on low speed until smooth, about 2 minutes, scraping down bowl as needed. Increase speed to medium low; add cream cheese, one piece at a time; and mix until smooth, about 2 minutes.

Transfer cooled cake to cutting board, parchment side down. Cut cake and parchment in half crosswise then lengthwise, to make 4 equal rectangles, about 8" x 6" each.

Place one cake layer, parchment side up, on 8" x 6" cardboard and carefully remove parchment. Using offset spatula, spread 2/3 cup frosting evenly over top and to edge of cake. Repeat with two more layers of cake, pressing lightly to adhere and frosting each layer with 2/3 cup frosting. Top with last layer and spread 1 cup frosting evenly over top. Spread remaining frosting over sides of cake. (It's fine if some crumbs show through on sides – if you go back to smooth top of cake, be sure that spatula is free of crumbs.)

Hold cake with one hand and gently press chopped pecans onto sides with other hand. Chill at least one hour before serving. (Frosted cake can be refrigerated up to 24 hours.)



# Cherry Crumb Pie

SHARED BY BETH RUSNOCK



## INGREDIENTS

- 2 cups fresh pitted cherries, some cut in half
- 1 21 oz can of cherry pie filling
- 3/4 teaspoon almond extract
- 1 refrigerated 9 inch pie crust, thawed
- 1 cup all purpose flour
- 1/2 cup brown sugar
- 1/4 teaspoon cinnamon
- 1/4 cup chopped walnuts (optional)
- 1/2 cup cold butter (1 stick)

## BETH SAYS:

Growing up in Pennsylvania, Cherry Crumb Pie (not just Cherry Pie) was very popular. Not with an oatmeal crumble, but with walnuts. It's one of my Dad's favorites and my husband's, too. So when Father's Day rolled around and I couldn't find a Cherry Crumb Pie here in Vermont, I decided to make my own. It was a hit! And using a premade crust, it's easy.

Preheat oven to 425 degrees.

Place pie crust in a deep dish pie plate, crimping edges if interested.

In a medium bowl, stir together fresh cherries with pie filling and almond extract. Spread into pie crust.

In a separate medium bowl, stir together flour, brown sugar, cinnamon and walnuts. Cut in cold chunks of butter with a pastry blender or two forks until the mixture resembles coarse crumbs. Sprinkle the mixture over the cherry pie filling.

Place the pie on a baking sheet. Bake at 425 degrees for 45 minutes.

Allow to cool and serve by itself or with whipped cream or ice cream.



# GF Chocolate Zucchini Bread

SHARED BY SARA MARIE AKERS



## INGREDIENTS

1 3/4 cups zucchini finely grated

2 eggs

1/2 cup coconut sugar

1/4 cup pure maple syrup

1/2 cup coconut oil or butter,  
melted

1 1/2 teaspoons vanilla extract

1 1/2 cup all-purpose flour  
gluten-free

1 teaspoon baking soda

1/2 teaspoon salt

1/3 cup cocoa powder regular

3/4 cup mini chocolate chips

## SARA SAYS:

Another winner! To make Vegan replace the eggs with flax meal, or a different Vegan egg replacer, and use Dairy Free chocolate chips. Top with your favorite Dairy Free ice cream or put your favorite buttery spread on top.

Preheat oven to 350 degrees.

Using a food processor, finely grate zucchini and measure out 1 3/4 cups. Squeeze excess moisture out of the zucchini by dabbing with a paper towel. (You will end up with a little over 1 cup of grated zucchini once water is squeezed out.)

In a large bowl whisk together eggs, coconut sugar, maple syrup, oil or butter, and vanilla.

In a separate medium-sized bowl combine flour, baking soda, cocoa powder, and salt. Whisk until well combined.

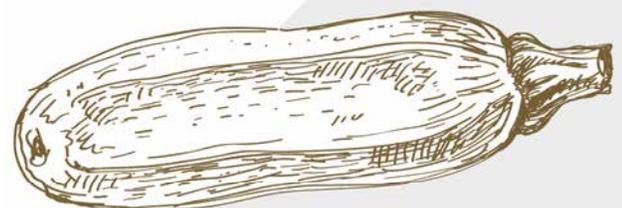
Add dry ingredients to wet ingredients and mix by hand until batter is smooth.

Stir in grated zucchini and chocolate chips until just combined.

Spray a 9" x 5" loaf pan with non-stick cooking spray and/or line it with parchment paper. Pour in the zucchini bread batter and spread it out evenly in the pan. Sprinkle with additional chocolate chips, if desired.

Bake in preheated oven for 50-60 minutes or until a toothpick when inserted in comes out clean.

Let cool to room temperature before serving. Enjoy!



# Coconut Cupcakes

with Coconut Cream Cheese Frosting  
SHARED BY ENA ANTHONY



## CUPCAKES

- 2 1/2 cups cake flour (also works well using King Arthur GF)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 2 1/2 sticks unsalted butter, softened
- 2 cups sugar
- 5 large eggs
- 1 1/2 teaspoon vanilla extract
- 1 teaspoon coconut extract
- 2/3 cup buttermilk
- 1 1/2 cups sweetened coconut flakes

## FROSTING

- 2 8oz pcks cream cheese, softened
- 1 stick unsalted butter, softened
- 2 teaspoons vanilla extract
- 6 cups confectioners' sugar
- 2 cups sweetened coconut flakes, for garnish

Preheat oven to 350 degrees.

Line 2 standard size 12-cup muffin tins with paper liners.

In a medium bowl whisk flour, baking powder, baking soda, and salt; set aside.

In a stand mixer, with paddle attachment, cream butter and sugar together until light and fluffy, about 4 minutes. Add eggs, one at a time, until just combined. Add vanilla and coconut extracts. Add buttermilk and dry ingredients, being careful not to over mix. Mix in the shredded coconut.

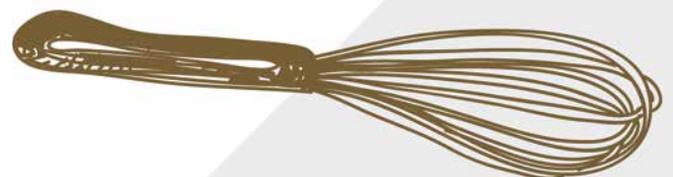
Fill cupcake liners 2/3 full with batter. Bake for 15 to 18 minutes (I bake for 17 minutes) until golden brown and toothpick inserted in the center comes out clean. Remove from oven and let cool on wire racks before frosting.

## FROSTING

In a stand mixer, with paddle attachment, beat cream cheese and butter together until light and smooth. Add vanilla extract and slowly add the confectioners' sugar, one cup at a time, until thoroughly incorporated.

Pour coconut flakes evenly onto a baking sheet. Place in oven for 2 to 3 minutes allowing flakes to cook and turn a golden brown color. Watch closely as they can easily burn due to the sugar content.

Frost cupcakes high with about 4 tablespoons of frosting on each.  
Garnish with toasted coconut flakes



# Easiest Muffins EVER

SHARED BY DAWN LEE MINTER



## INGREDIENTS

2 large eggs  
1/2 cup vegetable oil  
1 cup brown sugar  
1/2 teaspoon pure vanilla extract  
2 cups unbleached white flour  
(King Arthur is the BEST)  
1 teaspoon baking powder  
1/2 teaspoon salt

## ADDITIONS TO CHOOSE FROM:

2 cup frozen or fresh fruit  
(blueberries, raspberries,  
peaches, mangos...)  
1 cup chocolate chips  
(delish with the fruit)  
2 cup grated apple, zucchini  
Lemon peel, raisins, currants...

## DAWN SAYS:

Our family has been making muffins from this recipe for more than 20 years. Easy and delicious!

Preheat oven to 350 degrees.

Mix wet ingredients, stir in additions.

Add this to combined dry ingredients.

Spoon the batter into oiled muffin tins.

Bake 20-30 minutes, until plumped and golden.



# Grandma Anderson's Banana Bread

SHARED BY ROBIN LAHUE



## INGREDIENTS

1 3/4 cups all-purpose flour  
2 teaspoons double-action  
baking powder  
1/4 teaspoon baking soda  
3/4 teaspoon salt  
1/3 cup shortening  
2/3 cup sugar  
2 eggs  
1 cup mashed very ripe bananas  
(2 or 3)

## ROBIN SAYS:

One of my family's all time favorite recipes, my Grandma Anna Anderson's Banana Bread. We have made quite a few batches during this stay at home time. It comes from her 1952 cookbook, which I was lucky enough to inherit. It has 1700 pages! Four generations of my family have made this recipe, and now my 13 year-old twin granddaughters are carrying on the tradition. Enjoy!

Sift flour, measure and resift 3 times with baking powder, baking soda and salt.

Cream shortening and sugar until light and fluffy.

Add eggs one at a time and beat well after each addition.

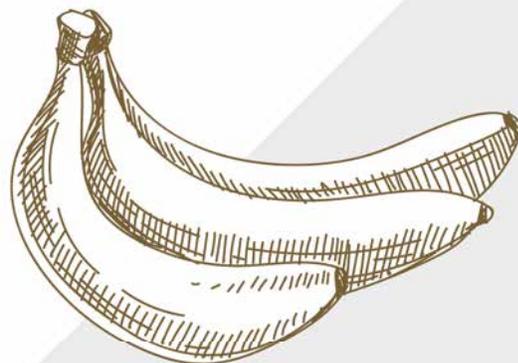
Add bananas and mix.

Add flour in 4 portions and beat until smooth after adding each portion.

Pour into a well-greased pan (8" x 4" x 2 1/2"). Bake at 350° for 50-60 minutes until done (when a knife inserted into the bread comes out clean). Cool on a rack.

## TIP

You can make a healthier version by substituting 1/3 cup applesauce for the shortening. It does not affect the flavor, and it comes out moist and delicious with a lower fat content.



# Cranberry Brie Bites

SHARED BY CHRISTINA D'AGOSTINO



## INGREDIENTS

1 (8 oz.) tube crescent dough

Cooking spray, for pan

Flour, for surface

1 (8 oz.) wheel of brie

1/2 cup whole berry  
cranberry sauce

1/4 cup chopped pecans

6 sprigs of rosemary,  
cut into 1" pieces

## CHRISTINA SAYS:

So yummy and easy to make!

Preheat oven to 375° and grease a mini muffin tin with cooking spray.

On a lightly floured surface, roll out crescent dough, and pinch together seams.

Cut into 24 squares. Place squares into muffin tin slots.

Cut brie into small pieces and place inside the crescent dough.

Top with a spoonful of cranberry sauce, some chopped pecans, and one little sprig of rosemary.

Bake until the crescent pastry is golden, about 15 minutes.



# Fudge Brownies

SHARED BY ENA ANTHONY



## INGREDIENTS

1 cup butter (2 sticks)  
6 1-ounce squares  
unsweetened chocolate  
2 cups sugar  
4 large eggs, beaten  
1 cup all-purpose flour  
1 teaspoon vanilla extract  
1/2 teaspoon salt  
2 cups walnuts,  
coarsely chopped

Preheat oven to 350 degrees.

Line 9" x 9" metal baking pan with foil; grease foil.

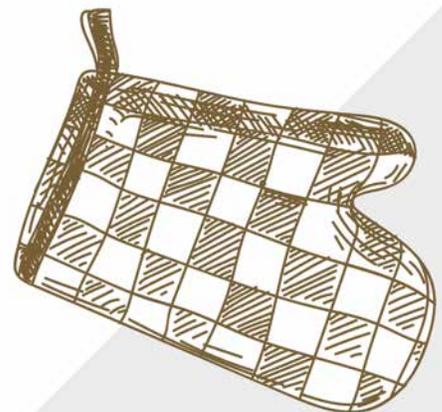
In heavy 3-quart saucepan over low heat, melt butter and chocolate, stirring frequently. Remove saucepan from heat.

With wooden spoon, beat in sugar and eggs until well blended.

Stir in flour, vanilla, salt, and walnuts. Spread batter evenly in pan.

Bake 55 minutes until toothpick inserted 2 inches from edge of pan comes out clean. Cool brownies in pan on wire rack.

When cold, cut brownies into 4 strips, then cut each strip into 4 pieces. Store in tightly covered container. Makes 16 brownies.



# Blueberry Zucchini Bread

SHARED BY THERESA SWEET



## INGREDIENTS

2 cups shredded raw zucchini  
3 eggs  
1 3/4 cups sugar  
1 cup vegetable oil  
2 cups flour  
1/4 teaspoon baking powder  
2 teaspoons baking soda  
2 teaspoons cinnamon  
1 teaspoon salt  
2 teaspoons vanilla  
2 cups blueberries  
1/2 cup crushed walnuts  
or pecans (optional)

## THERESA SAYS:

This recipe was given to me by a now retired National Life employee, Gail Andrews, who worked at National Life for over 25 years. The best time to make this bread is in the late summer when the zucchini and blueberries come fresh from our gardens.

Mix everything together pour into 2 greased and floured pans.

Bake 55 to 65 minutes at 350 or until done.



# Lemon Meringue Tartlets

SHARED BY ENA ANTHONY



## THE CRUST

1 cup all-purpose flour  
1/2 cup blanched almonds  
1/4 cup sugar  
1/2 teaspoon salt  
1 stick cold unsalted butter, cut in small pieces, +more to grease pans

## THE FILLING

1 cup sugar  
2 tablespoons finely grated lemon zest (from 2 lemons)  
1/2 cup fresh lemon juice (from about 4 lemons)  
1/3 cup fresh orange juice (1 orange)  
2 tablespoons cornstarch  
1 large egg plus 3 egg yolks (reserve whites for meringue)  
6 tablespoons unsalted butter, cut into pieces  
3 tablespoons limoncello or other lemon-flavored liqueur

## THE MERINGUE

3 large egg whites  
1/2 teaspoon cream of tartar  
7 tablespoons sugar

## TO MAKE THE CRUST

Pulse the flour, almonds, sugar and salt in a food processor until nuts are finely ground. Add the butter and pulse until the mixture looks like coarse meal. Add 3 tablespoons of ice water and pulse until the dough starts to come together. Turn the dough out on a piece of plastic wrap, pat into a disk and wrap in the plastic. Refrigerate until cold but still malleable, about 15 minutes. Meanwhile, preheat the oven to 375 degrees.

Lightly butter six 4-inch tart plans with removable bottoms. Divide the prepared dough into six pieces, then press into the bottom and up the sides of each prepared pan. Freeze until firm, about 10 minutes, then use a paring knife to trim the excess pastry.

Place the tart shells on a baking sheet, line each with foil and fill with pie weights or dried beans. Bake until golden around the edges, about 20 minutes. Remove the foil and weights then continue baking until the crusts are golden brown all over, 5 to 10 more minutes. Cool, then carefully loosen the crusts but leave in the pans on the baking sheet.

## TO MAKE THE FILLING

Whisk sugar, lemon zest, lemon juice, orange juice, cornstarch and 1/4 cup water in a medium saucepan until smooth. Whisk in the whole egg and yolks. Cook over medium heat, whisking, until it simmers, about 5 minutes. Add the butter and limoncello and continue whisking over medium heat until thick like pudding, 4 to 6 more minutes. Strain the curd through a sieve to remove lumps. Then spoon the curd into the crusts.

## TO MAKE THE MERINGUE

Beat the egg whites, in a stand mixer on medium speed, until foamy, about 1 minute. Sprinkle in cream of tartar and continue beating until soft peaks form, about 3 minutes. Gradually beat in the sugar and beat until stiff shiny peaks form, 4 to 5 more minutes. Transfer to a pastry bag fitted with a star tip and pipe on the tarts. Bake at 375 degrees until meringue is set and golden, about 15 minutes. Cool completely before serving.

## TIP

Make maple meringue by only adding 3 tablespoons of sugar with 4 tablespoons of maple syrup.



# MK's Spicy Candied Pecans

SHARED BY DAWN LEE MINTER



## INGREDIENTS

4 cups shelled halved raw pecans

1/3 cup maple syrup

1 teaspoon coarse salt

1/2 teaspoon cayenne pepper

## DAWN SAYS:

Maple syrup on everything, right?  
The cayenne pepper gives these a surprise kick.

Preheat oven to 250 degrees.

Have lined baking sheet with parchment paper ready.

Lightly toast pecans in dry skillet over medium heat for approximately 10 minutes and remove pecans.

In the same warm empty pan, place back on heat and add maple syrup, salt and cayenne, heat until it reaches a light bubble. Add toasted pecans. Mix to coat.

Remove from heat.

Spread maple covered pecans on parchment and bake for about 20 minutes.  
Allow to cool. Store in airtight container.

