



Fall Kale & Sausage Bake

Ingredients:

- Nonstick cooking spray, for the baking dish
- 1-pound rigatoni
- Kosher salt and freshly ground black pepper
- 2 tablespoons olive oil
- 1 yellow onion, diced
- 4 cloves garlic, minced
- Pinch crushed red pepper flakes, or more as desired
- 1-pound turkey or pork Italian sausage, casings removed
- 2 cups heavy cream
- 2 bunches Tuscan kale, stemmed and roughly chopped
- Pinch freshly grated nutmeg
- 1-pound fresh whole-milk ricotta
- 1/2 cup grated fontina
- 1/2 cup grated part-skim mozzarella
- 1/4 cup grated Parmesan

Directions:

1. Preheat the broiler. Spray a 9-by-13-inch ceramic or metal baking dish with nonstick cooking spray.
2. Cook the pasta in a large pot of salted, boiling water until about 2 minutes less than package instructions. Reserve 1 1/2 cups pasta cooking water. Drain and set aside.
3. Meanwhile, heat a large Dutch oven or heavy saucepan over medium-high heat (*if you use a pan that can go from stove to oven, like Le Creuset, that works great*). Heat the olive oil in the pan, then add the onion and cook, stirring occasionally, until softened and starting to brown at the edges, 4 to 5 minutes. Add the garlic and red pepper flakes and cook until the garlic is very aromatic, another minute. Add the sausage and cook, crumbling into small chunks with the back of a wooden spoon, until browned all over, 4 to 5 minutes. Add 1/2 cup pasta water to the pan and scrape up any of the browned bits from the bottom of the pan. Pour in the heavy

cream and cook, stirring frequently, until it comes to a simmer. Stir in the kale, then cover the pan and cook, stirring occasionally, until the kale is wilted and tender and the heavy cream has thickened, another 4 to 5 minutes. Sprinkle the nutmeg and about 1 teaspoon each of salt and pepper on the kale (taste here, as your sausage might have different seasonings).

4. Remove from the heat and stir in the ricotta until just combined, followed by 1/4 cup each of the fontina and mozzarella. Add the pasta and stir until it is coated in sauce and the cheese starts to melt, adding pasta water if the mixture seems too thick. Taste and season with a little more salt, pepper and red pepper flakes if desired.
5. Transfer the mixture to the prepared baking dish (*or keep it in the pan you make it in*) and top it with the remaining 1/4 cup fontina, 1/4 cup mozzarella and the Parmesan. Broil the pasta until the cheese is brown and bubbling, about 5 minutes. Serve immediately.

Cook's Note:

This pasta is great for freezing. Stop right after you fill the baking dish. When reheating from frozen, preheat the oven to 350 degrees F and bake until warmed through. To finish, top with 1/4 cup each fontina, mozzarella and Parmesan and broil until browned, about 5 minutes.

-Recipe submitted by Steph Tyson

Chocolate Gravy (Vegetarian)

Ingredients:

- 1/4 cup cocoa
- 3 tablespoons all-purpose flour
- 3/4 cup white sugar
- 2 cups milk
- 1 tablespoon butter, softened
- 2 teaspoons vanilla

Directions:

1. Whisk the cocoa, flour, and sugar together in a bowl until there are no lumps.
2. Pour the milk into the mixture and whisk until well incorporated.
3. Transfer the mixture to a saucepan and cook over medium heat, stirring frequently, until its consistency is similar to gravy, 7 to 10 minutes.
4. Remove from heat and stir the butter and vanilla into the mixture until the butter is melted.
5. Serve immediately.

Fried Okra (Vegetarian)

Ingredients:

- 1-1/2 cups sliced fresh or frozen okra, thawed
- 3 tablespoons buttermilk
- 2 tablespoons all-purpose flour
- 2 tablespoons cornmeal
- 1/4 teaspoon salt
- 1/4 teaspoon garlic herb seasoning blend
- 1/8 teaspoon pepper
- Oil for deep-fat frying
- Additional salt and pepper, optional

Directions:

1. Pat okra dry with paper towels. Place buttermilk in a shallow bowl. In another shallow bowl, combine the flour, cornmeal, salt, seasoning blend and pepper. Dip okra in buttermilk, then roll in cornmeal mixture.
2. In an electric skillet or deep-fat fryer, heat 1 in. of oil to 375°. Fry okra, a few pieces at a time, for 1-1/2 to 2-1/2 minutes on each side or until golden brown. Drain on paper towels. Season with additional salt and pepper if desired.

Slow Cooked Chunky Chili

Ingredients:

- 1 pound ground beef
- 1 pound bulk pork sausage
- 4 cans (16 ounces each) kidney beans, rinsed and drained
- 2 cans (14-1/2 ounces each) diced tomatoes, undrained
- 2 cans (10 ounces each) diced tomatoes and green chiles, undrained
- 1 large onion, chopped
- 1 medium green pepper, chopped
- 1 envelope taco seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Shredded cheddar cheese, optional
- Chopped red onion, optional
- Sour cream, optional

Directions:

1. In a large skillet, cook beef and sausage over medium heat until meat is no longer pink; drain. Transfer to a 5-qt. slow cooker. Stir in the remaining ingredients.
2. Cover and cook on high for 4-5 hours or until vegetables are tender. If desired, serve with shredded cheese, chopped onion and sour cream.

Freeze option: Before adding toppings, cool chili. Freeze chili and toppings separately in freezer containers. To use, partially thaw in the refrigerator overnight. Heat through in a saucepan, stirring occasionally and adding a little water if necessary. Sprinkle with toppings.

Easy Tamale Pie

Ingredients:

- 1 pound ground beef
- 1/4 pound bulk pork sausage
- 1/4 cup chopped onion
- 1 garlic clove, minced
- 1 can (14-1/2 ounces) stewed tomatoes, drained
- 1 can (11 ounces) whole kernel corn, drained
- 1 can (6 ounces) tomato paste
- 1/4 cup sliced ripe olives
- 1-1/2 teaspoons chili powder
- 1/2 teaspoon salt
- 1 large egg
- 1/3 cup 2% milk
- 1 package (8-1/2 ounces) cornbread/muffin mix
- Dash paprika
- 1/2 cup shredded cheddar cheese

Directions:

1. Combine the beef, sausage, onion and garlic in a 3-qt. microwave-safe dish. Cover and microwave on high for 4-5 minutes, stirring once to crumble meat. Drain. Add the tomatoes, corn, tomato paste, olives, chili powder and salt; mix well. Cover and microwave on high for 4-6 minutes or until heated through.
2. Whisk egg in a large bowl; add milk and cornbread mix. Stir just until moistened. Spoon over meat mixture; sprinkle with paprika.
3. Microwave, uncovered, on high for 14-16 minutes or until a toothpick inserted in the center of the cornbread comes out clean. Sprinkle it with cheese.

Chopped Garden Salad (Vegetarian/Vegan)

Ingredients:

- 6 medium tomatoes
- 2 medium green peppers
- 2 large cucumbers
- 2 medium red onions
- 1-1/4 cups water
- 3/4 cup cider vinegar
- 4-1/2 teaspoons sugar
- 1-1/2 teaspoons mustard seed

- 1-1/2 teaspoons celery salt
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Directions:

1. Dice the tomatoes, green peppers, cucumbers and onions; place in a 3-qt. salad bowl.
2. In a small saucepan, combine the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 1 minute, stirring occasionally. Cool slightly. Pour over vegetables and toss to coat. Cover and refrigerate overnight. Serve with a slotted spoon.

Grilled Cheese & Tomato Soup Bake (Vegetarian)

Ingredients:

- 3 ounces reduced-fat cream cheese
- 1-1/2 teaspoons dried basil, divided
- 12 slices Italian, sourdough or rye bread (1/2 inch thick)
- 6 slices part-skim mozzarella cheese
- 6 tablespoons butter, softened
- 1/2 cup tomato paste
- 1 garlic clove, minced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1-3/4 cups 2% milk
- 2 large eggs
- 1 cup shredded Italian cheese blend or part-skim mozzarella cheese

Directions

1. Preheat the oven to 350°. In a small bowl, mix cream cheese and 1 teaspoon basil until blended; spread onto 6 bread slices. Top with mozzarella cheese and remaining bread. Spread outsides of sandwiches with butter. Arrange in a greased 13x9-in. baking dish.
2. In a small saucepan, combine tomato paste, garlic, salt, pepper and remaining basil; cook and stir over medium heat for 1 minute. Gradually whisk in milk; bring to a boil. Reduce heat; simmer, uncovered, 4-5 minutes or until thickened, stirring frequently. Remove from heat.
3. Whisk eggs in a large bowl; gradually whisk in a third of the milk mixture. Stir in remaining milk mixture; pour over sandwiches. Sprinkle with Italian cheese blend.
4. Bake, uncovered, 25-30 minutes or until golden brown and cheese is melted. Let stand 10 minutes before serving.

Veggie Pesto Pasta (Vegan/Gluten Free)

Ingredients:

- 16 oz orecchiette pasta (use gluten-free noodles if necessary)

- 3 cups fresh basil leaves
- 1/2 cup unsalted pistachios (shelled)
- 2 small garlic cloves
- 1/2 large avocado
- 2 tbsp fresh lemon juice
- 1/4 cup extra virgin olive oil (or water)
- 1/4 tsp salt 1/4 tsp salt
- 1/8 tsp black pepper
- 1/2 cup hot pasta water
- 1 cup green peas
- 3-4 cups baby arugula

Directions

1. In a large pot, bring water to a boil, and cook the noodles.
2. While the noodles are cooking, make the pesto. Add 3 cups basil, 1/2 cup pistachios, 2 garlic cloves, 1/2 avocado, 2 tbsp lemon juice, 1/4 cup olive oil, 1/4 tsp salt, and 1/8 tsp black pepper to a small food processor or blender and blend until smooth and creamy.
3. Before you drain the pasta, reserve 1/2 cup of the hot water. Add the pesto, green peas, and 1/2 cup pasta water to the pot with the pasta. Mix it well to coat the noodles with the pesto sauce. Stir in the arugula and let it sit for 1-2 minutes so the heat from the pasta will start to wilt the greens.

Dinner Rolls (Vegan)

Ingredients:

- 2 Tbsp organic cane sugar
- 1/2 tsp sea salt
- 1 packet rapid-rise yeast
- 2 cups unbleached all-purpose flour
- 1/2 cup unsweetened plain almond milk
- 1/4 cup water
- 2 Tbsp vegan butter/margarine

Directions

1. In a large mixing bowl, combine 3/4 cup flour (amount as recipe is written // adjust if altering batch size), yeast, sugar and salt.
2. In a separate mixing bowl (or small saucepan over medium heat), microwave the water, almond milk and butter until warm - about 110 - 120 degrees F (~55 seconds). It should be the temperature of bath water. If it's too hot, it can kill the yeast
3. Add wet to the dry ingredients and whisk or beat for 2 minutes, scraping sides as needed.
4. Add 1/4 cup (amount as recipe is written // adjust if altering batch size) more flour and beat for another 2 minutes. Then, add only enough remaining flour to make a

soft dough. Transfer to a lightly floured surface and knead until smooth and elastic. Then let rest for 10 minutes.

5. Divide the dough into 12 pieces (amount as recipe is written // alter if adjusting batch size), shape into balls, and place in a greased 8x8 dish or 8-inch round pan. Cover and let rise in a warm place until doubled in size - about 30-45 minutes.
6. Preheat the oven to 375 degrees and brush the tops with additional melted vegan butter (optional). Bake for 18-20 minutes, or until fluffy and light golden brown.

Make-Your-Own Pizza

Ingredients:

- 2 1/2 cups all-purpose flour + more to dust the dough and surfaces
- 1 teaspoon instant yeast
- 1/4 teaspoon salt
- 1 teaspoon olive oil + more to coat the dough
- 3/4 cup water
- Your favorite pizza toppings

Directions

1. Combine the flour, instant yeast, and salt in a mixing bowl. Add the olive oil and water. Mix and knead by hand until it's a soft, non-sticky dough or put all the ingredients in a kitchen machine and let the machine knead the dough for you. Finetune the dough: If it's too sticky, add more flour. If it's too crumbly, add more water.
2. Coat the ball of dough in a drizzle of olive oil. Cover the bowl with a clean kitchen towel and let the dough rise until it has doubled in size (2-3 hours depending on the room temperature).
3. Preheat the oven to 480°F/250°C.
4. Divide the dough into two equal parts. Carefully roll it out on a lightly floured parchment paper into two pizza crusts (don't use too much pressure). You can stretch it a bit with your hands until it has the right shape.
5. Transfer the crust on the parchment paper onto a baking tray. Top the pizza dough with tomato sauce, cheese, and your favorite toppings!
6. Bake the pizza for 10-15 minutes (depending on how many toppings you add) until the crust is golden and slightly crispy. Enjoy!

Deep Dish Apple Crumble (Vegan Option)

Ingredients:

Pie Crust

- 1 heaping cup unbleached all-purpose flour (sub up to half with whole-wheat pastry flour)
- 1/2 tsp salt
- 6 Tbsp cold butter (non-dairy for vegan)
- 3-6 Tbsp cold water

Filling

- 7 medium apples (cored, peeled and sliced // a mix of sweet and tart)
- 3/4 scant cup sugar
- 1 tsp cinnamon
- 1 Tbsp flour
- 1 Tbsp butter (non-dairy for vegan, such as Earth Balance)

Crumble Topping

- 1 cup rolled oats
- 1/2 cup almond meal
- 1/2 cup roughly chopped pecans (or sub additional almond meal)
- 1/3 cup packed light brown sugar
- 1 pinch sea salt
- 4 Tbsp cold butter (non-dairy for vegan // or sub olive oil)

Directions

1. Preheat the oven to 400 degrees F (204 C).
2. For the crust: Mix salt in flour and cut butter into flour with a fork or pastry cutter until well blended. Add enough water until the dough scrapes away from the bowl - usually about 3-5 Tbsp (amount as original recipe is written // adjust if altering batch size).
3. Remove from bowl, mold together with hands on a well-floured surface. Form into a 1-inch thick disc and then roll out into an even circle, adding more flour if it's sticky.
4. Use the rolling pin to roll it up and lay it gently over a 10-inch cast iron skillet or pie baking dish and gently form it to the edges with your fingers. It should extend to the top of the pan but you don't have to crimp the edges or anything - we're going for rustic. Refrigerate until you're ready to add the apples.
5. For the filling: Next prep the apples. Add them to the same bowl as you made the dough in and toss with sugar, cinnamon and flour. Add to pie crust and top with 1 Tbsp butter, scored into little dots or strips (amount as original recipe is written // adjust if altering batch size).
6. For the topping: In the same bowl, add the crumble topping ingredients and mix with fingers or a pastry cutter until crumbly. Then pour it over the pie, spreading it evenly to coat. Bake at 400 for 35-45 minutes, or until the pie is warm and bubbly and the top is golden brown. If you notice the crumble top getting too brown, simply top it with foil.
7. Let rest for 30 minutes before slicing.

