



## ***Central Decatur SY21 4th hour Food and Nutrition Class***

***Featuring...***

4th Grade Farm to School

Crop of the Month

Cookbook

Featuring:

Cantaloupe

Sweet Potatoes

Squash

Mangoes

Oranges

Beets

Local Meats



**Food of the Month:      Oranges**

**Mandarin Orange Cake**

**Author: The Frugal Sisters**

**Ingredients:**

- 1 box yellow cake mix
- 4 eggs
- 3/4 cup oil
- 15 oz can of mandarin oranges undrained

**Topping Ingredients:**

- Container of cool whip, thawed
- 1 3.4 oz package of vanilla instant pudding
- 20 oz can crushed pineapple drained

**Directions:**

1. Preheat the oven to 350 degrees.
2. Grease a 9 x 13 baking dish or pan.
3. In a large bowl, beat cake mix, oil and eggs for 2 minutes. Add mandarin oranges with the juice to the cake mixture and beat until well combined.
4. Pour batter into the prepared dish and bake for 35 to 40 minutes, or until a toothpick inserted in the middle comes out clean.
5. Let the cake cool completely before adding the topping.
6. While the cake is baking make your topping by combining the drained pineapple with the dry instant vanilla pudding. Once combined well, fold in the cool whip topping. Refrigerate topping until it is time to put on the cake.
7. Once the cake has been frosted you may want to garnish the top with additional mandarin oranges to make it a little prettier for your gathering
8. Store this cake in the refrigerator.

## Orange Coffee Cake with Cinnamon Topping

**Author:** Diana Rattray

### Ingredients

- 2 cups flour (all-purpose, 9 ounces)
- 1/2 teaspoon salt
- 1 tablespoon baking powder
- 1/3 cup sugar
- 1 to 2 teaspoons orange zest (grated)
- 1/4 cup shortening
- 1/4 cup milk
- 1/2 cup orange juice
- 1 teaspoon vanilla extract
- 1 egg (beaten)

### Topping:

- 1/2 cup sugar
- 1 to 2 tablespoons orange zest (finely grated)
- 1 teaspoon cinnamon
- 1 tablespoon butter

### Steps to Make It

1. Grease and flour a 9-inch square baking pan. Heat the oven to 400 F.
2. Combine the flour, salt, baking powder, and 1/3 cup of sugar; add 1 to 2 teaspoons of orange zest. Cut in shortening until mixture resembles coarse crumbs.
3. In another bowl whisk together the milk, orange juice, egg, and vanilla; add all at once then stir just until dry ingredients are moistened.
4. Spread the batter in the prepared baking pan.

### Topping

1. In a bowl, combine the 1/2 cup sugar, 1 to 2 tablespoons of orange zest, 1 teaspoon cinnamon, and the butter.
2. Work with a fork or fingers until crumbly.
3. Sprinkle the topping crumb mixture over the batter.
4. Bake for 30 minutes. Serve orange coffee cake warm.

## **Orange Chicken:**

**Source:** <https://www.modernhoney.com/chinese-orange-chicken/>

4 Boneless Skinless Chicken Breasts cut into bite-size pieces

3 Eggs whisked

1/3 cup Cornstarch

1/3 cup Flour

Oil for frying

Orange Chicken Sauce:

1 cup Orange Juice

1/2 cup Sugar

2 Tablespoons Rice Vinegar or White Vinegar

2 Tablespoons Soy Sauce use tamari for a gluten-free dish

1/4 teaspoon Ginger

1/4 teaspoon Garlic Powder or 2 garlic cloves, finely diced

1/2 teaspoon Red Chili Flakes

Orange Zest from 1 orange

1 Tablespoon Cornstarch

## **Instructions**

To make orange sauce:

In a medium pot, add orange juice, sugar, vinegar, soy sauce, ginger, garlic, and red chili flakes. Heat for 3 minutes.

In a small bowl, whisk 1 Tablespoon of cornstarch with 2 Tablespoons of water to form a paste. Add to orange sauce and whisk together. Continue to cook for 5 minutes, until the mixture begins to thicken.

Once the sauce is thickened, remove from heat and add orange zest.

To make chicken:

Place flour and cornstarch in a shallow dish or pie plate. Add a pinch of salt. Stir.

Whisk eggs in a shallow dish.

Dip chicken pieces in egg mixture and then flour mixture. Place on plate.

Heat 2 -3 inches of oil in a heavy-bottomed pot over medium-high heat. Using a thermometer, watch for it to reach 350 degrees.

Working in batches, cook several chicken pieces at a time. Cook for 2 - 3 minutes, turning often until golden brown. Place chicken on a paper-towel-lined plate. Repeat.

Toss chicken with orange sauce. You may reserve some of the sauce to place on rice. Serve it with a sprinkling of green onion and orange zest, if so desired.

## **Orange Buttermilk Pancakes**

**Source: [tidymom.net](http://tidymom.net)**

### **INGREDIENTS**

1  $\frac{3}{4}$  cups Bisquick Baking Mix  
3 tablespoons sugar  
1 egg  
1 cup plain yogurt  
 $\frac{3}{4}$  cup buttermilk  
 $\frac{1}{2}$  cup orange juice  
 $\frac{1}{4}$  cup butter, melted  
 $\frac{1}{2}$  teaspoon grated orange peel  
 $\frac{1}{2}$  teaspoon vanilla extract

### **INSTRUCTIONS**

In a small bowl, combine the baking mix and sugar. In another bowl, whisk the egg, yogurt, buttermilk, orange juice, butter, orange peel and vanilla.

Add the buttermilk mixture to the dry ingredients, stirring just until moist; let stand 15 minutes at room temperature.

Pour batter by  $\frac{1}{4}$  cupfuls onto a greased hot griddle; turn when bubbles form on top. Cook until the second side is golden brown

Serve with whipped orange honey butter

### **NOTES**

If you don't have buttermilk, you can add 2 teaspoons of white vinegar or lemon juice to  $\frac{3}{4}$  cup milk. Stir and let stand for 5-10 minutes. Use curdled milk in the recipe.

## **Orange cranberry cookies**

**Author: Shelly Jaronsky**

### **Ingredients-**

1 cup dried cranberries  
1 cup butter, room temperature  
1 cup granulated sugar  
1 tablespoon orange zest  
1 egg  
1 teaspoon vanilla extract  
3/4 teaspoon baking soda  
2 1/2 cups flour

### **Glaze**

1 1/4 cups powdered sugar  
2–3 tablespoons orange juice

### **Instructions-**

Preheat the oven to 375°F. Line a baking sheet with parchment paper and set aside.

Place the dried cranberries in a small bowl and cover with water. Allow them to soak for 5-10 minutes.

In the bowl of your stand mixer, fitted with the paddle attachment, mix the butter and sugar on medium speed for 2 minutes. Add in the zest, egg, vanilla, and baking soda. Mix for 1 minutes until combined, scraping down the sides of the bowl as necessary.

Turn the mixer to low and mix in the flour until just combined.

Drain the cranberries and pat dry. Add them into the dough and stir until evenly incorporated.

Using a medium (2- tablespoon) cookie scoop, portion the dough onto the prepared baking sheet 2 inches apart. Bake for 8-10 minutes, until the edges are slightly golden, being careful not to over bake.

Allow the cookies to cool on the baking sheet for 5 minutes before transferring to a wire rack.

Whisk together the powdered sugar and orange juice in a medium bowl. Drizzle 1 teaspoon of the glaze onto each cookie and allow the glaze to set.

## **Food of the Month: Local Meats**

### **Taco Quesadillas**

Servings 6 quesadillas

#### Ingredients

1 lb. ground beef

1 (1 ounce) packet taco seasoning (such as Old El Paso brand)

$\frac{2}{3}$  cup water

6 (8-inch) flour tortillas ("burrito size")

3 cups grated cheddar or Mexican-blend cheese

Optional, for serving: sour cream, guacamole, salsa, diced red onion, sliced green onion

#### Instructions

Cook ground beef in a large skillet over medium-high heat until meat is no longer pink. Drain and return to the skillet. Stir in taco seasoning and  $\frac{2}{3}$  cup water. Bring to a boil, reduce heat to low, and simmer uncovered for 3-4 minutes (stirring often), until thickened.

Preheat a flat griddle or a large skillet over medium heat.

To prepare one quesadilla: Spread  $\frac{1}{4}$  cup of cheese on half of a tortilla. Sprinkle about  $\frac{1}{4}$  -  $\frac{1}{2}$  cup of the taco meat. Add another layer of cheddar on top of the meat.

Fold tortilla over. Repeat with remaining ingredients to make additional quesadillas.

Grease a griddle or large skillet and cook quesadillas over medium heat for 2-3 minutes per side, or until golden brown.

Remove to a cutting board and allow the quesadilla to cool for a few minutes. Cut into triangles and serve.



## THE BEST BAKED GARLIC PORK TENDERLOIN

The Best Baked Garlic Pork Tenderloin

© Courtney O'Dell

### INGREDIENTS

2 tbsp extra virgin olive oil  
1 tbsp celtic sea salt and fresh cracked pepper  
2 lb pork tenderloin, optional: pre-marinate pork before cooking  
4 tbsp butter, sliced into 4-6 pats  
2 tbsp diced garlic  
1 tsp dried basil\*  
1 tsp dried oregano\*  
1 tsp dried thyme\*  
1 tsp dried parsley\*  
1/2 tsp dried sage\*  
\*OR 2 tbsp Italian Herb Seasoning Blend

### INSTRUCTIONS

Preheat the oven to 350 degrees.

Line the baking sheet with aluminum foil.

In a small bowl, combine garlic, basil, oregano, thyme, parsley, and sage. Set aside.

Generously season meat with salt and pepper.

In a large pan, heat oil until shimmery.

Add to the pan, and cook on all sides until dark golden brown.

Transfer to a baking sheet.

Generously coat with herb mix.

Place pats of butter on top of the pork.

Wrap in foil, bake until meat is 150 degrees internally at the widest, thickest part of the tenderloin (about 25 minutes.)

When pork has come to temperature, remove and let rest, tented with foil, for at least five minutes to lock in juices.

Slice against the grain and serve immediately.

To store leftovers, place in an airtight container and keep in the refrigerator for up to three days.

To freeze leftovers, place in a plastic bag or wrap in plastic wrap and keep in the freezer for up to three months.

To reheat, let thaw naturally in the refrigerator overnight, and bake at 350, wrapped in foil, until piping hot when ready to serve.

## **Triple Cheese Barbecue Pork Stuffed Shells**

### **Small Town Woman | Family Friendly Recipes**

#### **Ingredients**

##### **Meat**

1 pound ground pork cooked

##### **Produce**

2 large cloves Garlic minced

1 Onion, small

##### **Condiments**

1 cup Kansas city style barbecue sauce

##### **Pasta & Grains**

24 Pasta shells, jumbo

##### **Oils & Vinegars**

1 tbsp Olive oil

##### **Dairy**

1 cup Cheddar

1/2 cup Mozzarella

Cook jumbo shells per box instructions and drain in a colander. Preheat the oven to 350° F. Heat olive oil in a large skillet over medium heat. Cook onion for 2-3 minutes. Reduce heat to medium low and add garlic. Cook for one minute.

Add Keystone Pork and barbecue sauce. Simmer for 5 minutes. Remove from heat.

Stuff each shell with a heaping tablespoon of pork and place in a 13 x 9 inch casserole dish sprayed with nonstick olive oil spray. Sprinkle with the cheeses.

Cook for 25 minutes or until the cheese is melted.

## **Honey BBQ Meatballs**

**By:Amanda Rettke**

### **Ingredients**

- 2 pounds ground pork
- 1 large egg, beaten
- 1/2 cup grated parmesan cheese
- 2 tablespoons flat-leaf parsley, chopped
- 2 teaspoons salt
- 1/2 teaspoon black pepper
- 1/2 cup milk
- 1/2 cup fine dry breadcrumbs
- 2 cloves garlic, minced
- 1/4 cup onion, finely chopped
- 1 cup barbecue sauce
- 1/3 cup honey
- 1/3 cup grape jelly

### **Instructions**

1. Preheat the oven to 350°F.
2. In a large bowl, combine the ground pork, beaten egg, cheese, parsley, salt, and pepper. Mix together until just combined.
3. In a medium bowl, combine the milk, breadcrumbs, garlic, and onion.
4. Add milk mixture to the meat mixture being careful not to overwork ingredients.
5. Form into desired size meatballs, greasing hands before starting to keep the meat from sticking, and place in a greased 8x8 pan.
6. Place in a preheated oven and roast for about 15 minutes (or until the meatballs are crisp on the outside).
7. In a medium bowl, combine the barbecue sauce, honey, and grape jelly.
8. Pour the sauce over the cooked meatballs. Cover the dish with foil and return it to the oven to bake for an additional 15 minutes (or until the meatballs are cooked through – 165°F on a meat thermometer).

# Easy Honey Garlic Chicken

**Author: Karina Cafedelites**

## Ingredients

- 6 chicken thighs, bone in or out, with or without skin\*
- Salt and pepper, to season
- 2 teaspoons garlic powder, to season
- 6 cloves garlic, crushed
- 1/3 cup honey
- 1/4 cup water (or chicken broth)
- 2 tablespoons rice wine vinegar (or apple cider vinegar, or any white vinegar)
- 1 tablespoon soy sauce

## Instructions

1. Season chicken with salt, pepper and garlic powder; set aside.
2. Heat a pan or skillet over medium high heat; sear chicken thigh fillets or breast fillets on both sides until golden and cooked through.

## FOR BONE IN THIGHS:

1. Reduce heat after searing on both sides, cover skillet with a lid and continue cooking until the chicken is cooked through, while turning every 5 minutes until done. Alternatively, see notes for the oven method.
2. Drain most of the excess oil from the pan, leaving about 2 tablespoons of pan juiced for added flavour.

## FOR SAUCE:

1. When chicken is done and cooked through, arrange chicken skin-side up in the pan (if cooking with skin); add the garlic between the chicken and fry until fragrant (about 30 seconds). Add the honey, water, vinegar and soy sauce. Increase heat to medium-high and continue to cook until the sauce reduces down and thicken slightly (about 3-4 minutes).
2. Garnish with parsley and serve over vegetables, rice, pasta or with a salad.

**Food of the Month:      Mango**

**Mango Lemon Bar   Grand Baby Cakes By Jocelyn Delk Adams**

**Ingredients**

**For the Crust**

- 1 cup salted butter room temperature
- 1/2 cup granulated sugar
- 2 cups all-purpose flour

**For the Filling**

- 1/2 cup diced mango
- 1 tbsp fresh lime juice
- 1 1/2 cups granulated sugar
- 1/4 cup all-purpose flour
- 4 large eggs
- 1 cup fresh lemon juice
- 1 tsp pure vanilla extract
- Confectioner's sugar for garnish

**Instructions**

**For the Crust**

1. Preheat the oven to 350 degrees.
2. In a stand mixer, mix together butter, sugar, and flour. Press into the bottom of a parchment-lined 9x13 inch pan.
3. Bake for 15 to 20 minutes in the preheated oven, or until firm and golden then remove to prepare to fill.

**For the Filling**

1. Add diced mango and lime juice to a heavy-duty blender or food processor and puree until completely smooth.
2. In a medium-sized bowl, whisk together granulated sugar and flour to combine dry ingredients. Next, whisk in the eggs, lemon juice, 1/4 cup of the prepared mango puree, and vanilla extract. Pour over the baked crust.
3. Bake for 25-30 minutes or until no longer liquidy or jiggly. The bars will firm up more as they cool.
4. Once cooled to room temperature, dust with confectioner's sugar, cut, and serve.

## MANGO STIR-FRY

### Ingredients

- 2 tablespoons grapeseed oil
- 2 chicken breasts cut into strips
- 1/2 cup yellow bell pepper, julienned
- 1/2 cup orange bell pepper, julienned
- 1/2 cup mango, diced
- 1 cup of teriyaki sauce
- 1/4 cup mango, sliced
- Chow mein noodles for serving

### TERIYAKI SAUCE

- 1/4 cup scallions, diced, plus more for garnish
- 1 tablespoon ginger, minced
- 1 1/2 teaspoon garlic, minced
- 1/4 teaspoon garlic, minced
- 1/2 teaspoon sesame oil
- 1 3/4 cup mango juice
- 2 teaspoons sesame seeds, toasted, plus more for garnish
- 5 tablespoons honey

Add oil to heated wok. Add chicken breast. Cook until golden brown, turning occasionally. While the chicken is cooking, make the teriyaki sauce by combining all ingredients and whisking together. Once the chicken starts to brown add yellow bell pepper, orange bell pepper and diced mango. Let sauté for about 3-4 minutes. Next add teriyaki sauce. Let reduce until thick, about 6-8 minutes, add sliced mango about 2-3 minutes before it is completely done reducing. In a separate pan add about 1/2 cup of the teriyaki sauce and reduce for garnish. Serve on a plate of chow mein noodles. Garnish with sliced scallions, toasted sesame seeds, and the separately reduced teriyaki sauce. Enjoy!

<https://www.mango.org/recipes/mango-stir-fry/>

## Mango Cheesecake

### Ingredients

#### Mango Cheesecake

1 1/2 lb ladyfingers  
16 oz cream cheese  
1 1/2 cups heavy cream  
2/3 cup sugar  
3 large mangos, *cubed, juices reserved*

#### Jello Glaze

1 cup mango juice  
1 oz gelatin powder, *or agar agar*  
1/2 cup boiling water  
1 tbsp rum, *or triple sec, optional*

#### Serving (Optional)

whipped cream  
fresh mint sprigs  
fresh berries

### Instructions

#### Mango Cheesecake

1. Peel and dice mangos, reserving leftover juices in a small bowl.
2. In a medium bowl, beat cream cheese, cream and sugar together into a thick cheesecake pudding. Fold in mango chunks.
3. Dip each ladyfinger quickly into the reserved juice, and place around the edge of the springform pan. Then line the bottom of the pan the same way.
4. Pour mango mixture into a springform pan, using a spatula to spread evenly until flat. Tap pan gently on the work surface to flatten. Chill while making the finish.

#### Jello Glaze

1. Sprinkle gelatin on top of leftover juice, and wait one minute. Mix in boiling water and rum/triple sec, stirring slowly for one minute. Set aside 15 minutes to cool.
2. Once the gelatin mixture is at room temperature to lukewarm, slowly pour over the back of a spoon to cover the cheesecake mixture completely.
3. Chill for one hour. Garnish with optional whipped cream, berries and mint. Serve and enjoy!

## **Mango Toast with Hazelnut-Pepita Butter** By:Chris Morocco

1 cup blanched hazelnuts

1 cup raw pumpkin seeds (pepitas)

¼ tsp Kosher salt

2 cup freeze-dried blueberries

4 teaspoons mild red pepper flakes (such as Aleppo-style or Urfa pepper)

2 slices sourdough bread, toasted

2 tablespoons extra-virgin olive oil, plus more for drizzling

2 large ripe mangoes, peeled, sliced

Honey (for serving)

Flaky sea salt

### **Step 1**

Preheat the oven to 300°. Toast hazelnuts on a rimmed baking sheet, tossing once, until golden brown, 20–25 minutes.

### **Step 2**

Meanwhile, toast pumpkin seeds on a separate baking sheet, tossing once, until just beginning to brown in a few spots and very fragrant, 14–16 minutes.

### **Step 3**

Let hazelnuts and pumpkin seeds cool. Purée in a food processor until a smooth paste forms (this will take several minutes and you will need to scrape down sides a few times.) Taste and season hazelnut–pumpkin seed butter with kosher salt.

### **Step 4**

Finely grind blueberries, red pepper flakes, and a pinch of kosher salt in a spice mill or with mortar and pestle. Drizzle toast with 2 Tbsp. oil and spread 2 Tbsp. hazelnut–pumpkin seed butter over each. Top with mango; drizzle with honey and oil. Sprinkle it with blueberry–red pepper mixture and sea salt.



## **Easy Mango Cobbler Recipe Will Make Your Tastebuds Happy**

**Author- The Simple Parent**

### **Ingredients-**

- 4 cups frozen Mango Chunks
- 1/8 cup granulated sugar
- 1/8 cup all-purpose flour
- 1 teaspoon lemon juice
- 1 cup dry easy oats
- 1/3 cup all-purpose flour
- 1/2 cup brown sugar
- 1 teaspoon vanilla extract
- 1/2 cup cold cubed butter

Directions- Preheat the oven to 350° and spray the bottom of a small baking dish with a nonstick cooking spray.

1. In the bottom of the baking dish, mix your mango chunks, sugar, flour, and lemon juice until the fruit is well coated.
2. In a separate mixing bowl mix together the oats, flour, brown sugar, vanilla, and butter (the butter is supposed to be cold and hard to mix, try using your fingertips).
3. Scoop the topping mix onto the fruit, spreading the butter out as much as you can.
4. Bake for one hour, let cool slightly and serve warm.
5. Top it with a scoop of vanilla ice cream for extra tastiness!

## **Food of the Month Beets**

### **Beet Alfredo Sauce**

**Source: Plant Based Blonde**

**<https://www.plantbasedblonde.com/beet-alfredo-sauce/>**

#### **Ingredients**

1 cup yellow onion chopped  
2-3 cloves garlic minced  
1 tsp olive oil  
2/3 cup raw cashews soaked  
1 cup almond milk  
Juice of 1 lemon  
1 large roasted beet approx 1/2 cup  
1 tsp salt  
1/2 tsp pepper

#### **Instructions**

Cook 16oz bag of pasta according to package instructions

Warm a pan over medium heat. Add olive oil and sauté onion until soft and translucent. Then stir in garlic for 30 seconds or so. Be careful not to burn. Remove from heat.

In a blender add the roasted beet, soaked cashews, almond milk, lemon juice, salt, pepper and the onion and garlic mixture. Blend on high until smooth and creamy. I like to use the soup setting on my @vitamix to warm the sauce as well.

Pour the sauce over cooked pasta and gently toss to coat. Garnish and serve.

## Red Velvet Beet Cake: Tasting Table

### Ingredients:

#### Cake

672 grams / 1½ pounds medium red beets

Butter or nonstick cooking spray, for the pan

5 large eggs at room temperature

2¾ cups / 570 grams / 20 ounces sugar

½ teaspoon / 2 grams kosher salt

2¼ cups / 226 grams / 8 ounces cake flour, sifted

5 tablespoons / 36 grams / 1¼ ounces finely ground 70% chocolate (use a spice grinder)

#### Chocolate Caramel Ganache:

2¾ cups / 412 grams / 14 ounces chopped 70% chocolate

¾ cup / 150 grams / 5½ ounces sugar

2 cups / 450 grams / 16 ounces heavy cream

### Directions:

1. Make the Cake: Prepare the beets: Preheat the oven to 350°F (176.7°C). Wrap each beet in foil, and roast the beets for about 1 hour, until a knife pokes easily through the entire flesh. Allow the beets to cool in the foil, and then carefully peel each beet, discarding the skins. In a blender, puree the cooked beets on high speed with 3 tablespoons of water until very smooth, a minute or two. Measure out 2 cups plus 2 tablespoons (480 grams/17 ounces) of the puree, and set it aside. (Reserve the remaining puree for another use.)
2. Butter or spray two 8-inch round cake pans, line them with parchment, and grease again. In the bowl of a stand mixer fitted with the whisk attachment, whisk the eggs, sugar, and salt on high speed until the mixture becomes pale in color and falls back on itself in ribbons when the whisk is removed, 4 to 6 minutes. Fold in the beet puree until the batter is streaked with color but not completely incorporated. This will prevent the beaten eggs from deflating too much as you mix the batter.
3. Sift together the cake flour and finely ground chocolate, then fold them into the batter until just combined. Divide the mixture evenly between the prepared cake pans. Bake the cakes for 25 to 30 minutes, until a cake tester inserted in the center comes out clean. Allow the cakes to cool completely on a wire rack, and refrigerate for 2 to 3 hours. Slice the cakes in half horizontally (using a serrated knife) to make 4 cake rounds.
4. Make the Chocolate Caramel Ganache: Place the chocolate in a large bowl and set aside.
5. Heat the sugar over medium-low heat in a dry heavy-duty saucepan. Watch it carefully—the sugar on the bottom will begin to melt. When you see the edges begin to brown, use a heatproof spatula to drag the sugar toward the center to prevent any burning, and continue to stir occasionally until the sugar is completely melted and has turned an amber color.
6. Remove the pan from the heat and immediately start pouring the cream into the caramel in a small, steady stream while whisking constantly. The caramel will bubble violently and may even seize up

slightly, and that's okay. Continue to whisk, and put the pan back on high heat. As you bring the caramel liquid to a boil, any seized sugar chunks that may remain should dissolve. Once the liquid reaches a rolling boil, immediately pour it over the chocolate. Let the hot cream sit undisturbed on top of the chocolate for 30 seconds. Then use a whisk to stir slowly at first and then more vigorously as the chocolate and cream combine and the mixture thickens. The ganache should appear shiny and thick, but still be liquid enough to pour. Allow the ganache to fully cool and thicken before assembling the cake.

7. Using a large offset spatula, spread a thin layer of ganache evenly on top of each cake layer, and layer one on top of another to create a 4-layer cake. Before cutting it, allow the cake to sit in the refrigerator, uncovered, for about an hour. The cake will keep in an airtight container at room temperature for several days, or in the refrigerator for up to 1 week.

## **Beet Panna Cotta and Meyer Lemon Mousse**

### **BY ODD DUCK, AUSTIN**

#### **BEET PANNA COTTA:**

½ pound red beets, peeled, cut into ½" pieces  
2 cups heavy cream  
½ teaspoon kosher salt  
1 teaspoon unflavored powdered gelatin  
3 tablespoons honey  
½ teaspoon vanilla extract

#### **MEYER LEMON MOUSSE:**

1 tablespoon finely grated Meyer lemon zest  
½ cup fresh Meyer lemon juice  
½ cup (1 stick) chilled unsalted butter, cut into pieces, divided  
½ cup sugar, divided  
4 large egg yolks  
1 large egg  
½ cup chilled heavy cream

Special equipment: six 8 ounce glasses or ramekins

#### **BEET PANNA COTTA**

##### **Step 1**

Bring beets, cream, and salt to a simmer over medium heat in a medium saucepan. Cover, reduce heat, and simmer very gently until beets are tender, 25–30 minutes. Let cool slightly.

##### **Step 2**

Meanwhile, combine gelatin and 2 Tbsp. cold water in a blender; let sit for 5 minutes for gelatin to soften.

##### **Step 3**

Transfer beets and their cooking liquid to a blender; add honey and vanilla and purée until smooth. Strain through a fine-mesh sieve into a large bowl; discard solids.

##### **Step 4**

Divide purée among glasses and chill until set, 3½–4 hours.

##### **Step 5**

Do Ahead: Panna cotta can be made 3 days ahead. Cover and keep chilled.

#### **MEYER LEMON MOUSSE**

##### **Step 6**

Bring lemon zest and juice, ¼ cup butter, and ¼ cup sugar to a simmer over medium heat in a medium saucepan, stirring to dissolve sugar. Remove from heat.

##### **Step 7**

Whisk egg yolks, egg, and remaining ¼ cup sugar in a small bowl until pale and thick, about 2 minutes. Whisking constantly, slowly pour hot lemon mixture into egg mixture. Transfer back to the saucepan and cook over medium-low heat, whisking constantly, until curd is thickened and whisk leaves a trail, about 5 minutes. Remove from heat and add remaining ¼ cup butter, whisking until melted and curd is smooth.

##### **Step 8**

Transfer curd to a bowl and cover with plastic wrap, pressing directly onto surface. Chill until cold, at least 2 hours.

##### **Step 9**

When ready to serve, whisk cream in a small bowl to soft peaks and gently fold into curd. Spoon mousse over panna cotta.

##### **Step 10**

Do Ahead: Lemon curd can be made 3 days ahead. Cover and chill.

## **Healthy Brownie Recipe made with Beet Puree**

**Author: Lee Funke**

### **Ingredients**

#### **WET INGREDIENTS**

- 1/2 cup beet puree (about 2 medium beets\*)
- 1/3 cup pure maple syrup
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 cup dark chocolate chips, melted

#### **DRY INGREDIENTS**

- 1/4 cup dark chocolate chips (for topping)
- 1 cup superfine almond flour
- 2 tablespoons coconut flour
- 1/3 cup unsweetened cocoa powder
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder

### **Instructions**

1. Preheat the oven to 350°F and spray an 8×8-inch pan with cooking spray OR line with parchment paper. Set aside.
2. Mix all dry ingredients (except for chocolate chips) in a medium-sized bowl and set aside. The 1/4 cup of chocolate chips will be used on top.
3. Prepare beet puree by placing 2 cooked beets into a food processor for 2-3 minutes or until you've formed a puree.
4. In a separate bowl, mix together all wet ingredients except for 1/2 cup of chocolate chips (you will be melting these for later). Add dry ingredients to wet ingredients and mix.
5. Place 1/2 cup of chocolate chips into a small, microwave-safe bowl and heat on high for 1 minute and 30 seconds, stirring every 30 seconds. When chocolate chips are melted, fold them into brownie batter.
6. Pour brownie batter into the pan and spread evenly with a spatula. Top with chocolate chips.
7. Bake for 18-21 minutes (depending on how gooey you want them).

## **Food of the Month:      Squash**

### **Yellow Squash Tots**

**Author: by Kate at Babaganosh**

### **Ingredients**

#### **For the tots:**

- 3 small yellow squashes or zucchini - about 1-1.5 lb yellow squash
- 1 egg
- 4 oz grated cheddar cheese or other meltable cheese (about ½ cup grated)
- ¾ cup breadcrumbs
- ½ medium onion, finely chopped
- ½ teaspoon garlic powder
- ½ teaspoon salt
- Ground black pepper, to taste
- Optional: 2 tablespoons - ¼ cup finely minced parsley leaves

#### **For the yogurt dip**

- ⅓ cup unsweetened Greek yogurt
- 2 tsp lemon juice (from about ½ lemon, or to taste - see notes)
- 1 tsp finely minced parsley (or dill, or ½ tsp dried parsley or dill)
- ¼ tsp garlic powder (or use 1 small clove garlic, minced)
- ¼ tsp salt, or to taste
- ¼ tsp pepper, or to taste

### **Instructions**

#### **1. Make the tots!**

1. Preheat the oven to 400F. Line a [large baking sheet](#) with [parchment paper](#) (or grease the baking sheet with olive oil).
2. Grate the squash on a [fine grater](#) (or use a [food processor](#)). Add ½ teaspoon salt, and mix it together. Put the grated squash in a colander (or use a cheesecloth, see notes). Let sit while you prepare the rest of the ingredients.
3. Use your hands to squeeze all the extra liquid from the grated squash in the colander. You should have about 1 cup of liquid for every pound of squash you use. Discard the liquid.

4. Combine all the tot ingredients in a large bowl and mix well. The mixture should be sticky and wet, like a thick paste. If it is too wet, add extra breadcrumbs. Form small tots with your hands (about 1.5-2 tablespoons squash mixture per tot). Tip: dip your hands into a bowl of cold water in between every few tots - this will help keep the squash mixture from sticking to your hands!
5. Arrange the tots on the parchment-lined baking sheet. Bake at 400F for 25 minutes, or until golden on top and lightly browned on the bottom. Allow to rest 5 minutes before removing them from the baking sheet - this will help prevent them from sticking.



## **Homemade Squash Biscuits**

**Author: Diane Hoffmaster**

### **Ingredients**

2 cups yellow squash, shredded  
1 teaspoon salt  
3 cups flour  
1 Tablespoon Baking Powder  
2 teaspoons Baking Soda  
3/4 teaspoon Garlic Powder  
1 teaspoon Dried Rosemary  
4 Tablespoons Butter, melted  
1 cup extra sharp Cheddar Cheese, shredded  
3/4 cup Whole Milk

### **Instructions**

- Shred the yellow squash. Squeeze out the excess water and measure out 2 cups. Set aside.
- Preheat the oven to 400 degrees.
- Place parchment paper or a silpat baking mat on a cookie sheet.
- In a large bowl, combine flour, baking powder, baking soda, salt, garlic powder and rosemary.
- Mix biscuit dough together gently until combined.
- Add in the shredded squash, milk, melted butter, and cheddar cheese.
- Mix well. Start with a wooden spoon and move on to mixing by hand if you have to. You want the excess flour mixed in but don't overmix the dough.
- Dump the dough ball onto a well floured cutting board. Press out gently to about 2 inches thick.
- Dip the top of a glass into some flour. Use it to cut out biscuit shapes from your dough.
- Place them on the cookie sheet. Combine the dough scraps, reflower the surface if needed, press out dough again and cut more biscuits. Repeat until all the dough is used.
- Bake yellow squash biscuits in the preheated oven for 15 minutes or until golden brown.
- Remove from the oven and let cool slightly before serving.

# **Lemon Yellow Squash Bread**

**Author: Melissa Howell**

## Ingredients

### For the Lemon Yellow Squash Bread

- 1 1/3 cups granulated sugar
- 1/2 cup vegetable oil
- 2 eggs
- 1/2 cup buttermilk
- 2 tablespoons lemon juice
- zest from one lemon
- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1 cup yellow squash, grated

### For the Lemon Glaze

- 1 cup powdered sugar
- 1 tablespoon lemon juice
- 1 tablespoon milk

## Instructions

1. Grease and flour a 9x5" bread pan. Preheat your oven to 350 degrees F.
2. In a large mixing bowl using a hand mixer, beat the eggs. Add the 1/2 cup of oil and 1 1/3 cups of sugar and mix until well blended.
3. Add 1/2 cup of buttermilk, 2 tablespoons of lemon juice, and lemon zest to the mixture and blend well.
4. Add the 2 cups of flour, 1/2 teaspoon of salt, and 2 teaspoons of baking powder all at once. Blend on low speed just until everything is incorporated and most of the lumps are gone.
5. Add the one cup of grated yellow squash and fold in using a spoon.
6. Pour the batter into your prepared bread pan and bake for 45-50 minutes, until the top is golden brown.

7. Allow the bread to cool for at least 30 minutes in the pans. Then slide a knife or spatula around the edges to loosen and turn out onto a cutting board. Allow to cool completely. (Alternatively, you can leave the bread in the pans, uncovered, overnight).
8. Before serving, make the glaze by mixing the powdered sugar, lemon juice and milk together. Drizzle over the top of the bread. Glaze will harden up in time.

## Ingredients

- ☐ 2 cups summer squash thinly sliced
- ☐ 14 oz canned diced tomato
- ☐ 1 pound ground beef cooked and drained
- ☐ 2 teaspoons chili powder
- ☐ 1½ teaspoons paprika
- ☐ 1½ teaspoons cumin
- ☐ 1 teaspoon onion powder
- ☐ ¾ teaspoon garlic salt
- ☐ ½ teaspoon salt
- ☐ ⅛ teaspoon cayenne
- ☐ 2 cups cheddar cheese grated

## Instructions

1. Preheat the oven to 350 degrees.
2. Add canned tomato and seasonings to cooked meat and simmer for about 5 minutes.
3. Place the sliced squash at the bottom of a 9×13 inch baking pan. Place meat mixture on top of squash, sprinkle grated cheese on top.
4. Bake in a preheated oven for about 25 minutes.

**Food of the Month:      Sweet Potatoes**

**Vegetarian Quesadillas**

Caitlyn Erhardt

**INGREDIENTS**

- ☐ 4 Medium [Flour Tortillas](#)
- ☐ 1 Large Sweet Potato
- ☐ 2 Avocados
- ☐ ½ Cup [Black Beans](#) Rinsed and Drained
- ☐ ¼ Cup Corn Rinsed and Drained
- ☐ 1 Mini Red Pepper
- ☐ 1 Mini Orange Pepper
- ☐ 1 Tsp Jalapeno Diced-Optional
- ☐ 1 Tbsp [Easy Homemade Taco Seasoning](#) Or Store Bought Mix Packet
- ☐ 1 Cup Cheddar or Pepper Jack Cheese
- ☐ 1 Tbsp Butter For Pan Frying
- ☐ 2 Tsp [Olive Oil](#) Divided

**Suggested For Serving**

- ☐ Fresh Cilantro
- ☐ Lime Juice
- ☐ Your Favorite Salsa
- ☐ Sour Cream

## **INSTRUCTIONS**

### **Prepare Filling**

1. Use a fork to poke several holes into the sweet potato and drizzle with 1 tsp olive oil. You can also sprinkle with a small amount of salt and pepper. Wrap the sweet potato in paper towels and microwave for 8 minutes or until very tender.
2. Dice jalapeno and peppers, removing the ribs and seeds. Add diced peppers and jalapeno(if using) to a large pan and cook until tender, about 5-7 minutes. Then add black beans, corn and taco seasoning and stir to combine cooking for another 3 minutes. Pour into a bowl and set aside.

### **Assemble the Quesadilla**

1. Lightly spread butter over one side of the tortilla. On the other side spread about 3 tbsp of sweet potato over the tortilla. Next mash half of an avocado over the sweet potato. Add about ¼ cup of the veggie/bean filling over the top of the avocado. Finally sprinkle a generous amount of cheese over top.
2. Place the butter side of the tortilla down on the warm pan and cook over medium heat until the tortilla is browned and cheese is melted. Carefully fold the tortilla in half on to itself using the spatula. Repeat until all tortillas are filled and cooked. Slice and serve warm with suggested toppings and enjoy!

## Baked Sweet Potato Chips

Source: [aspicyperspective.com](http://aspicyperspective.com)

### Ingredients

- 1 1/2 pounds sweet potatoes
- 1/3 cup **olive oil**
- **Salt**

### Instructions

1. Preheat the oven to **300 degrees F**. Line several baking sheets with parchment paper and set aside. Use a **mandolin slicer** to cut the sweet potatoes into paper-thin rounds. (I set mine to the thinnest setting.) You can use a knife to do this, but it takes much longer.
2. Pile all the sweet potato rounds into a large bowl and pour the olive oil over the top. Gently toss to coat every piece with oil. Then lay the sweet potato rounds out on the baking sheets in a single layer.
3. Sprinkle the chips lightly with Diamond Crystal® Kosher Salt. Bake for **20-25 minutes** until crisp and golden around the edges. Remove from the oven and cool for 5 minutes on the baking sheets. Then move the chips to a bowl, or plastic bag to store. If you happen to find a few chips with soft centers, pop them back in the oven for about 5 minutes.

## Sweet Potato Chicken Poppers

Author: Unbound Wellness

### INGREDIENTS

- 1 lb ground chicken (uncooked)
- 2 cups uncooked sweet potato, finely grated (I used a wide cheese grater like [this](#) or you can use your food processor)
- 2 tbsp coconut oil + 1 tsp for greasing the baking sheet
- 2 tbsp coconut flour (I recommend [this brand](#) )
- 2–3 sprigs green onion, chopped fine
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tsp sea salt
- 1/2 tsp black pepper (omit for AIP)
- Optional: 1 tsp paprika or chili powder (not AIP but adds a kick!)

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### INSTRUCTIONS

Preheat the oven to 400 F and line a baking sheet with parchment paper lightly greased with oil

Combine all of the ingredients in a large mixing bowl and thoroughly mix.

Begin rolling the mixture into small, slightly flattened poppers about one inch in diameter (you'll have about 20-25 poppers) and place them on the baking sheet

Place in the oven for 25-28 minutes, flipping halfway through. Crisp further in a pan or place under the broiler if desired for 1-2 minutes to crisp further. Remove from the oven when thoroughly cooked through

Allow to cool and serve with your favorite sauce! These are made for dipping so pair them with guacamole, ketchup, mustard, etc!



# **Vegan Sweet Potato Pasta Sauce**

**Author: Biana Zapatka**

## **Ingredients**

### **Pasta:**

- 12 oz any pasta (340 g) (gluten-free, if desired)
- chopped herbs (for garnish)

### **Vegan Sweet Potato Sauce:**

- 1 sweet potato (approx. 12 oz)
- ½ tbsp olive oil or coconut oil
- 1 onion chopped
- 2 cloves garlic chopped
- ½ cup soaked cashews (75 g) or cashew butter (or sub coconut cream)
- ⅔ cup water (160 ml)
- 2 tbsp nutritional yeast flakes (optional)
- 1 tsp smoked paprika (optional)
- ½ tsp sea salt or more to taste
- freshly ground black pepper
- 1 tbsp lemon juice (optional)

### **Garlic Mushrooms:**

- 1 tbsp oil
- 9 oz mushrooms (250 g) sliced
- 2 cloves garlic chopped (optional)
- salt and pepper to taste

## **Instructions**

1. Soak the cashews for at least 3-4 hours. Otherwise, you can cover them with boiling water and soak for only approx. 15 minutes to speed up the process, or simply use cashew butter.

2. Prick the sweet potato a few times with a fork and microwave until soft, for 6-7 minutes.  
(*Optionally, bake the sweet potato in the oven at 425°F for about 50-60 minutes*). Once soft, peel it and scoop out the flesh.
3. Cook pasta according to package directions in a salted pot of water.
4. While the pasta is boiling, in a pan over medium high heat, heat the oil. Add the onion, stir and let cook until translucent, about 5 minutes. Add garlic and roast for one minute longer.
5. Remove the onions and garlic from the pan and add it to a blender along with the soft sweet potato, cashews, water, nutritional yeast, smoked paprika, lemon juice, salt, and black pepper.
6. Blend it all together for 2-3 minutes, or until smooth and creamy. Add more water and seasonings until desired consistency if necessary.
7. Pour the sauce into a large skillet or pan. Heat over medium heat while stirring for 2-3 minutes, or until hot and bubbly.
8. When the pasta is al dente, drain, add to the sauce and toss to combine. Cook for about 1-2 minutes until the sauce sticks well to the pasta. (*If the sauce gets too thick, add more water or plant milk to thin. For more creaminess, you can also add a little coconut cream*).
9. Pan-fry mushrooms in a pan with some oil for 6-8 minutes until golden brown. Add garlic and roast for one minute longer. Season with salt and pepper to taste.
10. Serve your creamy pasta with roasted mushrooms and fresh chopped herbs to garnish and more yeast flakes/ vegan parmesan cheese if you like.
11. Enjoy!

## **Food of the Month: Cantaloupe**

### **Cantaloupe Pie**

#### **Ingredients:**

- 1 medium cantaloupe
- 1 (3 ounce) cream cheese
- ¼ cup of sugar
- 2 (1/4 ounce) unflavored gelatin
- ½ cup of orange juice
- 9 inch graham cracker crust
- Cool whip topping

#### **Directions:**

1. Peel and seed the melon, cut in chunks and process in the blender or food processor until smooth
2. Pour into a large mixing bowl set aside
3. Combine ½ melon puree and cream cheese in blender
4. Process until smooth
5. Add remaining puree and set aside
6. Combine sugar gelatin and orange juice in a small saucepan
7. Cook on low heat, stirring until sugar and gelatin are dissolved
8. Slowly add melon mixture, stirring well
9. Pour into crust
10. Chill until firm
11. Garnish pie with cool whip and melon balls

## **Creamy Cantaloupe Popsicles**

### **Ingredients**

- 1 ½ cups of cubed cantaloupe
- 1 cup of heavy whipping cream
- ½ cup of sugar

### **Instructions**

1. Puree the cantaloupe into a blender and set aside
2. Combine the whipping cream and sugar in a sauce and stir over low heat until the sugar is dissolved (should only take a few minutes)
3. Remove the sauce from the heat and stir the in the pureed cantaloupe
4. Pour into popsicle molds and freeze until firm.

32 total servings

## **Name of Recipe- Cantaloupe Muffins**

### **Ingredients-**

Whole Wheat Flour 1 cup

All Purpose Flour ½ cup

Baking Powder 2 tsp

Baking Soda 1 tsp

Ground Ginger ½ tsp

Ground Cinnamon ½ tsp

Brown Sugar ½ cup

Salt ½ tsp

Cantaloupe Pure 1 and ½ cup

Vanilla Extract ½ tsp

Oil 2 tbsp

### **Directions-**

- Preheat the oven to 375 degrees Fahrenheit. Line Muffin pan with paper liners or grease pan with oil or cooking spray and keep ready.
- Wash Cantaloupe well and cut into half and remove the seed portion and scoop out the pulp and blend it to a smooth puree and measure 1 and ½ cup and keep aside.
- In a large mixing bowl add flours, baking soda, baking powder, ground ginger, brown sugar, salt and mix well.
- In another bowl combine cantaloupe puree, oil and vanilla extract.
- Now add the cantaloupe juice mixture to the flour mix and combine well until you get a smooth batter.
- Divide the batter evenly into the prepared pan.
- Place in the oven and bake for 15-20 minutes or until a toothpick inserted in the center of the muffins comes out clean.
- Allow to cool on the wire rack and serve.
- Store muffins in ziploc or containers in the refrigerator. This stays good in room temp for 2 days.

Servings- 12 Standard Muffins

## **Cantaloupe and Pancetta Cream Sauce for Pasta**

### **Ingredients**

- 3 tablespoons of unsalted butter
- 2 ounces sliced pancetta, diced
- ¼ cup minced shallot
- 3 cups diced ripe cantaloupe (from 1 medium cantaloupe)
- ½ cup heavy cream
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper, plus more for garnish
- 1 teaspoon minced fresh marjoram leaves
- 8 ounces spaghetti rigati, linguine, or fettuccine
- ½ cup freshly grated Parmigiano-Reggiano cheese

### **Preparation**

Bring a large pot of salted water to a boil.

Heat 1 tablespoon of the butter in a large saute pan or Dutch oven over medium-high heat. Add the pancetta and cook, stirring frequently, until it is crisp and has rendered most of its fat, 3 to 4 minutes. Add the shallot and cook, stirring, until softened, 1 to 2 minutes. Add the remaining 2 tablespoons butter, and when it has melted, add the melon. Cook, stirring frequently, until the melon completely breaks down and forms a smooth, thick sauce, 8 to 10 minutes.

Add the heavy cream, salt, pepper, and marjoram, and cook until the cream has reduced by half and the sauce has a smooth, thick consistency that coats the back of a spoon, about 3 minutes. Remove the sauce from heat.

Add the pasta to the boiling water, stir well, and cook until al dente (about 10 minutes). Drain well, reserving ½ cup of the pasta cooking water.

Add the hot pasta and ¼ cup of the Parmesan to the warm sauce. Return the pan to medium heat, and toss until the pasta is nicely coated with sauce and heated through. Should the sauce seem too thick, add a bit of the pasta cooking water to help toss the pasta and thin the sauce.

Serve the pasta immediately, garnish with the remaining Parmesan cheese and with freshly grated black pepper.

Serves 4 as an appetizer

## Spiced Cantaloupe Tea Loaf

### Ingredients

- 3 cups all-purpose flour
- 1  $\frac{3}{4}$  tsp cinnamon (ground)
- 1  $\frac{1}{2}$  tsp salt
- 1 tsp ginger (ground)
- 1 tsp baking soda
- 1 tsp baking powder
- 2 cups sugar (granulated)
- 3 large eggs
- 1 cup vegetable oil
- 2 tsp vanilla extract
- 1  $\frac{3}{4}$  cups cantaloupe (ripe, grated, (only the flesh))

### Instructions

1. Heat the oven to 350 F degrees. Grease and flour 5X8 inch loaf pans. Combine the flour, cinnamon, salt, ginger, baking soda, and baking powder in a medium bowl.
2. With an electric mixer or a whisk, beat the sugar, eggs, oil, and vanilla in a bowl until well blended and slightly frothy. Fold in the grated cantaloupe. Add the dry ingredients to the wet mixture and fold until blended: don't overmix or your tea cakes will be tough.
3. Divide the batter between the loaf pans and bake until a toothpick inserted into the center comes out dry, about 1 hour.
4. Let cool on a rack, then invert. Just slightly warm or at room temperature.