

## Summer Recipes

### *Cowboy Caviar*

<https://www.culinaryhill.com/cowboy-caviar-recipe/>

#### **Ingredients:**

- 1/2 cup olive oil
- 2 Tbsp. sugar or to taste
- 1/4 cup rice vinegar
- 1 teaspoon chili powder
- 1/4 teaspoon Salt
- 1 can diced tomatoes
- 1 (15 ounce) can black-eyed peas drained and rinsed
- 1 (15 ounce) can black beans drained and rinsed
- 1 (11 ounce) can sweet corn, drained
- 1 red onion diced
- 1/2 cup diced green bell pepper
- 1/2 cup diced red bell pepper
- 1 cup chopped cilantro or parsley, from 1 bunch

#### **Instructions:**

1. Chop onions, peppers & cilantro/parsley
2. Rinse beans and drain corn & tomatoes
3. Wisk together olive oil, sugar, vinegar & spices in bowl
4. Mix everything together, cover & chill

## ***Corn Tortilla Chips***

<https://cookingmatters.org/recipes/homemade-corn-tortilla-chips>

### **Ingredients:**

- 8 (6-inch) corn tortillas
- Non-stick cooking spray

### **Instructions:**

1. Preheat oven to 375°F.
2. Cut each corn tortilla into six triangles.
3. Coat a baking sheet with nonstick cooking spray.
4. Place tortilla slices on baking sheet. Lightly spray the chips with nonstick cooking spray to prevent burning.
5. Bake until golden brown and crispy, about 8-10 minutes.

## ***Lime & Mint Infused Water***

<https://www.cleaneatingwithkids.com/lime-mint-infused-water/>

### **Ingredients:**

- 1 lime, sliced
- Small handful fresh mint leaves
- 5 cups cold water

### **Instructions:**

1. Slice lime & rinse mint
2. Add cold water & ice
3. Chill and serve

## Fall Recipes

### ***Cornbread***

<https://cookingmatters.org/recipes/confetti-pepper-cornbread>

#### **Ingredients:**

- 2 red or green chili peppers, like jalapeño or serrano
- 1 large egg
- 1 cup low-fat buttermilk
- 1/3 cup nonfat plain yogurt
- 1 cup all-purpose flour
- 1 cup cornmeal
- 1/3 cup sugar
- 2½ teaspoons baking powder
- 1/4 teaspoon salt
- Non-stick cooking spray

#### **Instructions:**

1. Preheat oven to 400°F.
2. Rinse, remove stems, and halve chilies. Scrape out seeds with the tip of a knife. Dice chilies.
3. In a medium bowl, beat egg slightly with a fork.
4. Add buttermilk, yogurt, and chilies to the egg. Mix until smooth.
5. In a large bowl, mix flour, cornmeal, sugar, baking powder, and salt.
6. Add wet mixture to dry ingredients. Blend with a rubber spatula or mixing spoon until just moist. Small lumps are OK. Do not overmix or cornbread will be too dense.
7. Coat the baking dish with non-stick spray. Pour in batter.
8. Bake on middle rack of oven until edges are lightly browned and a toothpick inserted in the middle comes out clean. This will be about 25–30 minutes. Remove from oven. Let cool in pan for 10 minutes before serving.

## ***Sweet Potato Chili***

<https://wearenotmartha.com/sweet-potato-chili/>

### **Ingredients**

- 1 Tbsp. olive oil
- 1 medium onion, diced (about 1 cup)
- 1 Tbsp. minced garlic (from about 3 cloves)
- 1 red bell pepper, diced (about 1 cup)
- 1-2 Tbsp. diced jalapeño (from 1 large pepper)
- 2 Tbsp. chili powder
- 2 tsp cumin
- 1 tsp dried oregano
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 large sweet potatoes (about 1 1/2 pounds), peeled and chopped into 1/2" cubes
- 2 cups water
- 1 14.5 oz. can diced tomatoes in juice
- 1 15 oz. can black beans, rinsed and drained
- 1 15. oz. can kidney beans, rinsed and drained
- chopped cilantro (for garnish), optional
- 1/2 avocado, diced (for garnish), optional
- Sour cream or Greek yogurt (for garnish), optional

### **Instructions:**

1. Heat oil in a large saucepan or Dutch oven over medium heat and add the onion and garlic. Cook, while stirring, until the onions are translucent, about 3 minutes.
2. Stir in the red pepper and the jalapeño (use 2 Tbsp. if you like a little heat and 1 Tbsp. if you prefer mild) and cook for about 10 more minutes. Stir in the chili powder, cumin, oregano, salt, and pepper and cook for another two minutes.
3. Add sweet potatoes, water, diced tomatoes, black beans, and kidney beans to saucepan. Bring mixture to a boil. Once boiling, lower to a simmer, cover, and cook it until the sweet potatoes are tender, about 25 minutes.
4. Serve and garnish with avocado and cilantro if desired.

# Holiday Recipes

## *Butternut Squash Mac & Cheese*

<https://www.veggieinspired.com/butternut-mac/#mv-creation-7-jtr>

### **Ingredients:**

- 1 1/2 cups butternut squash, (peeled and chopped into cubes)
- 1/2 large sweet onion, (peeled and chopped)
- 12 oz. package small macaroni noodles, (cooked according to package directions) (use gluten free noodles, if desired)
- 1/4 cup reserved cooking liquid, (from the squash/onion or the noodles...either one will work)
- 1/4 cup raw cashews, (soaked in hot water for 30 minutes)
- 1 tbsp. lemon juice
- 1 tsp salt
- 1/2 tsp. Dijon mustard
- 1/4 tsp. garlic powder
- 1/8 tsp. black pepper
- 1/8 tsp. smoked paprika
- 1/8 tsp. turmeric
- 1/8 tsp. nutmeg

### **Instructions:**

1. Add butternut squash and onions to a pot and cover with water by at least an inch or two. Bring to a boil, turn down heat to medium and simmer until vegetables are tender (about 15 minutes or so).
2. Meanwhile, cook macaroni noodles according to package directions. Reserve 1/4 cup cooking liquid once noodles are done cooking and before draining. Place noodles back in pot and set aside.
3. When squash and onions are tender, drain (reserving 1/4 cup liquid - unless you are reserving the liquid from the noodles), and add them to a high speed blender with the cashews, lemon juice, salt, Dijon, garlic powder, black pepper, smoked paprika, turmeric, nutmeg and reserved cooking liquid from either the noodles or the squash. Blend until completely smooth. Use a tamper if necessary to push ingredients to the bottom of the blender.
4. Add butternut squash sauce to the macaroni noodles and stir, making sure every noodle is covered in sauce. Warm through if needed.

## ***Brussels sprouts Salad***

<https://www.spendwithpennies.com/brussels-sprout-salad/>

### **Ingredients:**

- 1 ½ pounds fresh Brussels sprouts
  - 1 apple granny smith
  - 1 teaspoon lemon juice
  - ⅓ cup dried cranberries
  - ⅓ cup pomegranate arils
  - ¼ cup walnuts chopped
  - 2 ounces feta cheese crumbled
- (Dressing)
- ⅓ cup olive oil
  - 3 tablespoons cider vinegar
  - 1 tablespoon fresh lemon juice
  - 2 tablespoons honey
  - 1 ½ teaspoons Dijon mustard
  - ½ teaspoon garlic powder
  - salt and pepper to taste

### **Instructions:**

1. Combine all dressing ingredients in a small jar and shake well to combine.
2. Shred Brussels sprouts, rinse well and dry.
3. Chop apple and toss with lemon juice to prevent browning.
4. Combine all remaining salad ingredients in a large salad bowl. Toss with dressing and serve.