

# **Cauliflower Casserole (Gratin)**

Mama Ruetz, Holy Trinity Lutheran Church

Submitted by Carl Ruetz

Serves: 6 - 10

Notes: Should be good without bacon.

6 cups +- 6 - 8 slices ½ cup ½ cup ½ cup 2 cups	Cauliflower Flowerets – 1 inch size (1 large head) Bacon, fried crisp and chopped (divided) Chives, chopped <u>or</u> Onion, small dice (divided) Mayonnaise Sour Cream Cheddar cheese, shredded (divided)
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Preheat oven to 375°. Grease a 9X13 baking dish.

1. Cook **cauliflower** in boiling water until tender crisp, about 8 minutes. Drain completely, dry, and cool.
2. Combine **mayonnaise, sour cream, ½ of bacon, ¼ cup chives or onion, and 1 cup cheese**. Combine with **cauliflower**.
3. Spread in baking dish and top with **remaining cheese, onion, and bacon**.
4. Bake for 15 – 20 minutes until heated through, cheese is melted and beginning to brown.

Serve

Suggested optional items:

1/8 tsp	Cayenne pepper
¼ + tsp	Nutmeg

Add one or both with the mayonnaise, etc.

# Slow Cooker Beef-and-Barley Stew

CookingLight

Sue Perkins

Active Time 25 Mins Total Time 8 Hours 25 Mins Yield Serves 8 (serving size: about 1 1/4 cups)



Photo: Jennifer Causey

Ann Taylor Pittman | November 2016

Some sort of magic happens over the long, controlled simmer in the slow cooker: The barley cooks to tender-chewy perfection, the inexpensive and tough beef becomes meltingly tender, and the liquid thickens to a beautiful gravy. Be patient and brown the meat thoroughly; ~~this adds incredible depth to the stew. Go with hulled, whole-grain~~ barley here, and skip quick-cooking pearled barley; the latter isn't whole-grain, and it will cook to mush over the long simmering time. If you can't find hulled barley, you can try wheat berries, whole-grain farro, rye berries, or Kamut instead. This is a great option for freezing, as it thaws and reheats beautifully.

## Ingredients

- 4 cups unsalted beef stock
- 1 1/2 cups chopped onion
- 1 cup uncooked ~~hulled (whole-grain)~~ barley
- 1 cup water
- 1 cup sliced celery
- 1 1/2 teaspoons kosher salt
- 1 teaspoon black pepper
- 6 garlic cloves, minced
- 4 large thyme sprigs, plus leaves for garnish
- 3 bay leaves
- 1/4 cup unsalted tomato paste
- 2 tablespoons olive oil, divided
- 2 pounds beef stew meat, divided
- 2 1/2 cups (1-in.) pieces carrots *- I used 4 cups*
- 16 oz. sliced + roasted baby bella mushrooms*

## How to Make It

**Step 1** Stir together first 8 ingredients in a 6-quart slow cooker. Add thyme sprigs and bay leaves; dollop tomato paste on top.

**Step 2:** ~~Heat 1 tablespoon oil in a large skillet over medium-high. Add half of beef; cook until well browned, about 6 minutes, turning once. Add beef to slow cooker. Repeat with remaining 1 tablespoon oil and beef. Scatter carrots over beef. Cover and cook on LOW until meat and grains are tender, about 8 hours. Discard thyme sprigs and bay leaves. Ladle stew into 8 bowls; sprinkle with thyme leaves.~~

*I added the mushrooms 1-2 hours before it was done. Cooked 4-5 hours on high.*

## Nutritional Information

Calories 308, Fat 9.2g, Satfat 2.7g, Monofat 5.2g, Polyfat 1g, Protein 30g, Carbohydrate 28g, Fiber 6g, Cholesterol 73mg, Iron 4mg.

## BLACK-BEAN and SWEET-POTATO CHILI

-from *Good Housekeeping Cookbook*



*This hearty chili is good for cool nights in early fall. Try it with pinto, cannellini, kidney, or pink beans, or use a combination thereof for a colorful entrée.*

Prep: 10 minutes    Cook: about 25 minutes  
Servings: makes 10 cups – 5 two-cup servings

### INGREDIENTS

- 1 Tablespoon olive oil
- 1 medium onion, chopped
- 2 garlic cloves, chopped
- 2 medium sweet potatoes (about 12 ounces each), peeled and cut into ½-inch pieces
- 1 Tablespoon chili powder
- 1 jar (16 ounces) mild salsa (about 1 ¾ cups)
- 1 cup water (or vegetable broth)
- 2 cans (15 to 19 ounces each) low-sodium black beans, not drained
- ½ cup sour cream
- ¼ cup loosely packed fresh parsley or cilantro leaves, chopped

### DIRECTIONS

1. In a 4-quart saucepan, heat oil over medium-high heat. Add onion and garlic; cook, stirring occasionally, until soft, about 4 minutes.
2. Stir in sweet potatoes, chili powder, salsa, and water (broth); heat to boiling. Reduce heat to medium-low and cook, stirring occasionally, until potatoes are tender, 12 to 15 minutes.
3. Add beans with their liquid and cook 3 minutes to blend flavors.
4. In small bowl, combine sour cream and parsley/cilantro. Serve chili with cream.

## My Mama's Potato Salad

### Ingredients

- 8 medium red potatoes
- freshly ground black pepper
- 1 12oz. pack firm or extra-firm silken tofu
- 2 tbsp prepared mustard
- 1 tbsp Dijon mustard
- 4 cloves garlic
- 1 tbsp fresh lemon juice
- ½ tsp sea salt
- ¼ cup pickle relish
- 4 stalks large celery
- 1 medium red onion

### Method

- Place the potatoes in a large pot and add cold water to cover. Bring the water to a boil over medium-high heat, then reduce the heat to medium-low and simmer the potatoes until just tender, 8-10 minutes. Drain the potatoes in a colander and rinse them under cold water until cool.
- In a blender, combine the silken tofu, yellow mustard, Dijon mustard, garlic, lemon juice, and salt. Blend until smooth and creamy.
- Transfer the mixture to a large bowl, add the relish, and stir well to combine. Add the celery, onion, and potatoes and toss gently to combine. Season with salt and pepper to taste.
- Cover and chill for 1 hour. Taste and adjust seasoning before serving.
- Store the salad in an airtight container in the refrigerator for up to 1 week.



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# Autumn Kale Salad with Fennel, Honeycrisp and Goat Cheese

Author: Cookie and Kate Prep Time: 20 mins Total Time: 20 mins

★★★★★

Yield: 2 large salads or 4 side salads Category: Salad

4.9 from 24 reviews

Healthy kale salad featuring shaved fennel, chopped honeycrisp apple, toasted pepitas, dried cranberries and goat cheese, tossed in a lemony dressing. This recipe yields 2 large, full-meal salads or 4 side salads.

## INGREDIENTS

### Salad

- 1 very large bunch of kale
- 1 medium Honeycrisp apple
- 1 medium bulb of fennel
- 3 ounces chilled goat cheese, crumbled (to yield about 1/3 cup crumbled goat cheese)
- 1/3 cup dried cranberries
- 1/4 cup pepitas (pumpkin seeds) or chopped pecans



### Dressing

- 1/4 cup olive oil
- 1 teaspoon lemon zest
- 2 tablespoons lemon juice
- 1 tablespoon maple syrup
- 2 teaspoons Dijon mustard
- 1/8 teaspoon salt
- Several twists of freshly ground black pepper

## INSTRUCTIONS

1. To prepare the kale: Use a chef's knife to remove the tough ribs from the kale, then discard the ribs. Chop the kale leaves into small, bite-sized pieces. Transfer the chopped kale to a big salad bowl. Sprinkle a small pinch of sea salt over the kale and massage the leaves with your hands by lightly scrunching big handfuls at a time, until the leaves are darker in color and fragrant.

2. To prepare the remaining salad ingredients: Chop the apple into small, bite-sized pieces. Use a chef's knife or mandoline to slice the fennel as thin as possible. Transfer the prepared apple and fennel to the salad bowl. Use a fork to crumble the goat cheese over the salad. Roughly chop the cranberries and add them to the bowl.
3. To toast the pepitas: In a skillet over medium-low heat, toast the nuts, tossing frequently, until fragrant and starting to make little popping noises, about 3 to 6 minutes. Transfer the pepitas to a bowl to cool.
4. To make the dressing: In a small bowl, whisk together all of the dressing ingredients until emulsified.
5. To prepare the salad: Add the cooled pepitas to the salad bowl. Drizzle dressing over the salad, just enough to lightly coat the kale once tossed (you might have some leftover dressing). Toss the salad well. For best flavor, let the salad rest for 10 minutes before serving.

## NOTES

**MAKE IT DAIRY FREE/VEGAN:** Skip the goat cheese. Diced avocado is nice with this salad if you want to make up for lost creaminess.

**STORAGE SUGGESTIONS:** This salad keeps well in the fridge, covered, for a couple of days. It's a great pack-for-lunch option.

**CHANGE IT UP:** Trade other fall/winter produce for the fennel and apple. I think cubed and roasted butternut squash would be delicious.

### ***Did you make this recipe?***

Please let me know how it turned out for you! Leave a comment below and share a picture on [Instagram](#) with the hashtag [#cookieandkate](#).

*Recipe from Cookie and Kate:* <https://cookieandkate.com/2014/autumn-kale-salad-with-fennel-honeycrisp-and-goat-cheese/>

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AN ELITE CAFEMEDIA FOOD PUBLISHER

## Pumpkin Snickerdoodles

**Prep Time**

1 hrs 15 mins

**Cook Time**

15 mins

**Total Time**

1 hrs 30 mins

Servings: 3 to 4 dozen

### Ingredients

**For the cookies:**

- 1 cup unsalted butter , at room temperature
- 1 cup granulated sugar
- 1/2 cup light brown sugar
- 3/4 cup pumpkin puree
- 1 large egg
- 2 teaspoons vanilla extract
- 3 3/4 cups flour
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg

**For the coating:**

- 1/2 cups granulated sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- Dash of allspice

### Instructions

1. In the bowl of an electric mixer, beat together the butter and sugars on medium-high speed until light and fluffy, about 2 to 3 minutes. Stir in the pumpkin puree, then beat in the egg and vanilla.
2. In a separate medium bowl, whisk together the flour, baking powder, salt, cinnamon and nutmeg. With the mixer on low speed, gradually add the dry ingredients to the wet ingredients. Stir until fully incorporated. Cover and chill the dough for at least an hour.
3. Preheat the oven to 350 degrees. Line baking sheets with parchment paper or silicone liner. Mix the coating ingredients in a small bowl. Scoop equal dough balls and roll into the sugar mixture. Set on cookie sheet, about 2 inches apart. Dip the bottom of a flat drinking glass into water, then into the sugar mixture and use to slightly flatten the dough balls. Recoat the bottom of the glass in the sugar-spice mixture as needed.
4. Bake the cookies for 12 to 14 minutes, or until baked through. Let cool on the baking sheets about 5 minutes, then transfer to a wire rack to cool completely. Repeat with remaining dough.
5. Source: [Annie's Eats](#), originally from [Dlyn](#)





Katie Rarck



## Scoopable Slow-Cooker Apple Pie



1/8th of recipe (about 3/4 cup): 64 calories, <0.5g total fat (0g sat fat), 73mg sodium, 20.5g carbs, 1.5g fiber, 11g sugars, <0.5g protein

**SmartPoints®** value 0\*

**Prep:** 5 minutes    **Cook:** 1 1/2 hours

**Cool:** 10 minutes



### Ingredients

8 cups peeled and sliced Granny Smith apples (about 8 medium apples)  
2 tsp. cornstarch  
3 tsp. [Truvia spoonable calorie-free sweetener](#) (or another natural brand that's about twice as sweet as sugar)  
2 tsp. lemon juice  
1 1/2 tsp. cinnamon  
1 tsp. vanilla extract  
1/4 tsp. ground nutmeg  
1/4 tsp. salt

### Directions

Place apples in a slow cooker sprayed with nonstick spray.

In a medium bowl, combine cornstarch with 3/4 cup water. Whisk to dissolve. Add all remaining ingredients. Whisk well.

Pour cornstarch mixture over apples, and stir to coat.

Cover and cook on high for 1 1/2 hours, or until apples have softened and liquid has thickened.

Let cool and thicken, about 10 minutes.

**MAKES 8 SERVINGS**

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Christine Scarlett

## Spaghetti Squash "Pizza" Italian Bake

Preheat oven to 350°

Cut 1 spaghetti squash in half horizontally and scoop out seeds and fiber.

Pour boiling water in a 9x13" pan. Place squash halves in baking dish and cook for 50-75 minutes until tender. Remove and drain water. Cool briefly then

scoop out squash and "shred" into "spaghetti" strands. Mix with salt and EVOO, then

spread into baking dish (9x13).

Top with 1 jar (26 oz.) of chunky marinara sauce

(or homemade). Top with one thinly sliced onion

that you have sautéed in butter. Top with yellow and red fresh tomato slices

after sprinkling with 1/2# shredded Italian cheese

blend. Top with dried basil and oregano. Return to the oven to heat. 15

# Pumpkin Bread (maison) Taly

1 1/3 cup sugar

1/2 n. Crisco

1 2/3 " flour

1 tsp. pumpkin pie spice

2 eggs

1 cup pumpkin (mashed or in can)

1 tsp. soda

3/4 tsp salt

1/2 tsp B. powder

1/3 cup water

1/2 cup walnuts (chop)

Cream crisco + sugar. Add pumpkin. Add rest of ingredients as you would for a cake.

Grease loaf pan and bake at 325° for 1 1/4 hr. or more or less if necessary.

## Banana Strawberry Bread (Marion Talip)

2 1/2 C. flour                      2 cups sugar  
2 tsp. Cornstarch                3 n Bananas (mashed)  
2 tsp. B. Soda                      1 cup strawberries (cut small)  
1 tsp. Salt                            4 eggs (lightly beaten)  
1 Cup margarine (soft)          1/2 cup sour cream  
1 cup walnuts (optional) (Chop)

Beat margarine + sugar. Add eggs. Add sour cream. Add bananas + strawberries.

Mix dry ingredients in a separate bowl + add to above mixture. Mix. Add nuts. Bake in a large loaf pan or 3-4 small ones (Grease pan well)  
Bake at 350° until done.

## Zucchini Bread (Marion Talip)

2 1/2 C. flour                      2 C. sugar (white)  
2 tsp. Cornstarch                3 cups shredded zucchini  
2 n B. Soda                          4 eggs (lightly beaten)  
1 n Salt                                1/2 cup sour cream  
1 cup margarine (soft)          1 cup nuts (optional) <sup>chop</sup> walnuts

Beat margarine + sugar. Add eggs. Add sour cream. Add shredded zucchini.

Mix dry ingredients in separate bowl + add to above mixture. Mix. Add nuts. Bake ~~in~~ in 1 large loaf or 3-4 small loaves. Grease pans well.  
Bake at 350° until done.

## Double-Apple Mini Bundt Cakes

2 cups flour  
2 tsp. baking powder  
½ tsp. baking soda  
1 ½ tsp. cinnamon  
¼ tsp. salt  
¼ tsp. nutmeg  
¼ tsp. ginger  
10 Tbsp. unsalted butter  
1 ½ cup sugar  
2 eggs  
1 cup apple butter  
1 cup peeled and grated granny smith apples  
1 cup chopped walnuts or pecans  
½ cup raisins, optional

Combine dry ingredients in a medium bowl and set aside. Cream butter, sugar and eggs until light and fluffy. Stir in apple butter, apples, walnuts and raisins. Stir in flour mixture. Pour into well-greased mini-bundt pans or cupcake pans. Bake at 350° for 18 -25 minutes (depends on smaller cupcakes or larger mini-bundt pans), until toothpick inserted in middle comes out clean. Cool 5 minutes and remove from pans.

Frost with glaze of powdered sugar and orange juice. Or, use fluff frosting.

## Fluff Frosting

4 ounces cream cheese, softened  
½ stick butter, softened  
1 cup powdered sugar  
¼ of 7 oz. jar of marshmallow crème  
½ tsp. vanilla  
¼ tsp. cinnamon

Cream butter and cream cheese. Add powdered sugar. Add marshmallow cream, vanilla and cinnamon. Whip until blended.

Peggy Fuller

## **Chili**

## **Dick and Marty**

### **Oakley**

1# ground beef, browned with 1 cup each chopped onion and gr. pepper

2 (16oz.) cans dark red kidney beans, drained

1 (28oz.) can diced tomatoes

1 (28oz.) can tomato puree

1 (16oz.) can tomato sauce

1/2 tsp chili powder

1 tsp oregano

1 tsp paprika

1 tsp cumin

1 tsp garlic

1/2 tsp cayenne pepper

1 tbsp parsley

Cook ingredients in a crock pot all day.

top with grated cheddar cheese and chopped nacho chips

## **Plymouth Pumpkin Bars**

2 cups all-purpose flour  
2 cups firmly packed light brown sugar  
2 teaspoons baking powder  
2 teaspoons baking soda  
2 teaspoons pumpkin pie spice  
1/2 teaspoon salt  
1 cup vegetable oil  
2 cups (16 ounces) canned pumpkin  
4 eggs  
1/2 cup chopped walnuts (optional)  
1/2 cup chopped fresh cranberries (optional)  
(cranberry glaze)\*

Preheat oven to 350 degrees.

In large mixing bowl, combine flour, sugar, baking powder, baking soda, spice, salt, oil, pumpkin and eggs. Blend to moisten, then beat at medium speed for 2 minutes. Optional: stir in walnuts and cranberries.

Pour into greased 10-15-inch jelly roll pan. Bake 30 to 35 minutes until toothpick inserted in center comes out clean. Cool completely, Spread with cranberry glaze and cut into bars.

### **\*Cranberry Glaze**

2 cups powdered sugar  
1 tablespoon melted butter  
3 to 4 tablespoons cranberry juice  
Blend all ingredients in small mixing bowl until smooth.

NOTE: These make a lovely breakfast /brunch treat on Thanksgiving morning. Everyone's too busy getting the turkey in the oven to scramble eggs or toast

Sheila

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Apple Cake

4 cups peeled finely chopped granny smith apples  
2 cups granulated sugar  
2 lg eggs beaten  
2 tsp vanilla  
1/2 cup vegetable oil( I use canola or corn)

2 cups sifted flour  
2 tsp baking soda  
2 tsp cinnamon (I use scant less)  
1 tsp salt

mix apple, sugar and add egg, vanilla and oil  
mix all dry ingredients in a bowl and then stir in

no need for a mixer, can add raisins or nuts but my family prefers not, and add cinnamon to your family taste

my family prefers plain or with glaze frosting rather than traditional cream cheese frosting

you will get a different consistency cake if you use a food processor and grate the apples

bake about 25 min in 9 x 12 pan at 330 degrees

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Roasted Pear Salad with Bleu Cheese ~~Hoffman~~

1-2 ripe pears, halved, cored-medium size

3-4 handfuls mixed greens

1/4-1/3 c. walnut p.c.s.

2-3 T. pickled red onions ← 1-2 ribs celery, sliced thin, onions

2-3 oz. bleu cheese

Roast pear halves cut side down in heavy hot skillet with pant butter and olive oil 3-4 min per side just til golden. Cool, slice. Layer over greens. Top with onions & bleu cheese, walnuts. Top with a light vinaigrette.



Chocolate Chip - Banana Cake Cook's Country  
Jan 2017

2 c. flour  
3/4 t. salt  
1/2 t. bkg. powder  
1 stick unsalted butter, soft  
1/2 c. sugar  
2 eggs  
1 c. mashed banana (2-3)  
1 t. vanilla  
1/2 c. whole milk  
1 c (6oz) choc. chips - Stir in.

Combine. Reserve.  
Beat 3 min. til fluffy.  
- Add to butter, 1 at a time.  
Combine. Add to eggs.  
- Add alternating w/ flour.

8x8" pan - Grease. Flour. 350° 45 min.

## Frosting:

1/2 T. unsalted butter  
1 c. confectioners' sugar  
4 oz. cream cheese, cut 4 pcs. soften  
3/4 t. vanilla

Beat in order given until fluffy.

## Sweet Potato Rounds with Goat Cheese Appetizer

4 large sweet potatoes

4 oz. Goat Cheese

1/3 cup candied pecans

1/3 cup dried cranberries

3 Tbsp. Honey

2 Tbsp. Balsamic vinegar

2 Tbsp. Olive oil

½ tsp paprika

1 tsp sea salt

Preheat oven to 500 degrees

In a small bowl combine olive oil, sea salt and paprika.

Peel and cut the sweet potatoes into 1 inch thick rounds.

Take each sweet potato round and coat it in the olive oil mixture all over. Place them on a large jelly roll pan, without touching each other.

Bake 8-10 minutes on each side until golden.

Transfer to serving tray and top with the goat cheese, candied pecans and cranberries. Spoon honey over each potato round.

Just before serving drizzle the Balsamic vinegar on top.

Sharla Cook