

Recipes

for sharing



UNIVERSITY of WISCONSIN
GREEN BAY





Main Dishes

Shepherd's Pie

Crystal Williams



Ingredients

2 medium sweet potatoes
4 Tbsp clarified butter or ghee
1/2 c. coconut milk
1 onion, finely chopped
2 stalks celery, finely chopped
1 carrot, peeled and finely chopped
1 lb. ground meat (your choice)
2 cloves garlic minced
1 tsp. salt

1/2 tsp tsp. black pepper
1 sprig fresh thyme leaves (or 1/4 tsp dried thyme)
2 tsp. fresh oregano leaves (or 1/2 tsp dried)

Preparation

Preheat oven to 375

Prepare sweet potatoes. Either boil, roast or microwave until tender.
Mash with 2 Tbsp. butter and coconut milk.
Set aside.

In pan, add 2 Tbsp. butter and sauté onions, celery and carrots for 5 minutes. Add ground meat and cook until meat is done. Add garlic, cook another minute or so. Stir in the seasonings.

Spoon mixture into a casserole dish.
Carefully spread the sweet potato mixture over the top of the meat mixture. Roast in the oven for 30 minutes, letting the top brown slightly.

Carnival Squash with Rice Pilaf and Pork Chops – slow cooker style!

Teri Ternes



Ingredients

Rice

Pork Chops

Carnival Squash [or any winter squash

Will do!]

Preparation

Place uncooked rice with water per package directions in slo cooker [I used Rustic Prairie - a blend of Wild Rice, Job's Tears, Black Quinoa and Split Peas with herb seasoning], top with seasoned pork chops. Quarter carnival squash, dot with brown sugar and butter, place in slow cooker. Cover and cook on high for 4 hours or until chops are tender.

I created this recipe and it will be around for a long time. Simple and delish. The rice, packaged by Rice River Farms, was a first-time buy; I'm going back for more!!

Slow Cooker Milk Can Supper

Denise Baeten



Ingredients

- | | |
|---|------------------------------------|
| 1 Tblsp canola oil | 6 fresh thyme sprigs |
| 10 brats | 2 garlic cloves, crushed |
| 1 lb Yukon Gold potatoes, quartered | 2 bay leaves |
| 1/2 small head cabbage, coarsely chopped | 1/2 tsp salt |
| 1 medium onion, quartered | 1/2 tsp pepper |
| 2 medium carrots, peeled and cut to 2 inch lengths | 1 cup light beer |
| 2 medium parsnips, peeled and cut to 2 inch lengths | 1 cup reduced sodium chicken broth |

Preparation

1. Heat oil in large skillet over medium heat; add sausages and cook until browned, 3-4 minutes. Remove from heat and set aside.

2. Place potatoes in single layer on the bottom of slow cooker. Top with cabbage, onions, carrots, and parsnips. Add thyme, garlic, bay leaves, salt and pepper. Add brats; pour beer and chicken broth over top. Cook, covered, until vegetables are tender, 6 - 8 hours on low. Remove bay leaves before serving.

Southern Dressing (Thanksgiving original)

Crystal Williams



Ingredients

- | | |
|--|----------------------------------|
| 1-1/2 lbs. Italian sausage, cooked and drained | 1 tbsp. ground sage |
| 2 Tbsp olive oil | 1-1/2 tbsp. poultry seasoning |
| 1 onion chopped | 1 tsp salt |
| 4 garlic cloves minced | 2 C. mozzarella cheese, shredded |
| 6 oz pancetta, diced | 1 c. parmesan cheese |
| 6 c. french bread, finely diced | 1 c. pine nuts |
| 3 c. crumbled unsweetened cornbread | 4-5 c. chicken broth |
| 1/2 c. butter, cubed, cold | |

Preparation

1. Heat oil in large skillet and sauté pancetta for 2 minutes
2. Add onion and celery, cook until translucent. Add garlic and cook 3 more minutes.
3. Mix breads, 3/4 c pine nuts in large mixing bowl. Add cheeses and cooked sausage. Mix together with dried seasonings.
4. Add sautéed veggies with drippings.
5. Slowly add broth and stir until mixed thoroughly. Should be moist, not soupy.
6. Place in 9x13 greased pan. Dot top with cubed butter. Bake at 375 for 45 minutes, covered.
7. Remove foil and bake another 15 minutes or until slightly crusted on edges.
8. Top with remaining toasted pine nuts and chopped fresh sage. Add shaved parmesan before serving.

Sweet Potato Minestrone

Barb Tomashek-Ditter



Ingredients

6 oz spice turkey sausage
1 large onion, chopped
1 teaspoon minced garlic
1 stalk celery, chopped
2 carrots, chopped
2 cups cubed sweet potatoes
4 cups chicken broth
1 teaspoon basil
1 teaspoon oregano

1/4 teaspoon cayenne pepper
1 can white beans, rinsed and drained
1 can diced tomatoes
4 oz fresh spinach

Preparation

Cook turkey sausage. In a soup kettle, sauté onion and garlic with a small amount of olive oil. Add sausage and the rest of the ingredients except the spinach. Bring to a boil. Reduce heat and simmer covered until vegetables are tender. Chop spinach and add to soup. Cook 5 minutes.

Stuff Peppers (with Cauliflower Rice)

Tori Grant Welhouse



Ingredients

- | | |
|---|--|
| 4 large bell peppers (about 2 pounds) | 1 pound lean ground beef |
| 2 cups small cauliflower florets | 2 cloves garlic, minced |
| 2 tablespoons extra-virgin olive oil, divided | ½ teaspoon dried oregano |
| ½ teaspoon | 1 (8 ounce) can no-salt-added tomato sauce |
| Pinch of salt plus 1/2 teaspoon, divided ⅓ | ½ cup shredded part-skim mozzarella |
| teaspoon | |
| Pinch of ground pepper plus 1/4 teaspoon, divided | |
| ½ cup chopped onion | |

Preparation

1. Preheat oven to 350 degrees F.
 2. Step 2. Slice off stem ends of bell peppers. Cut the flesh from the stem and chop. You should have about 1 cup. Scoop out seeds from the pepper cavities. Bring about an inch of water to a boil in a large pot fitted with a steamer basket. Steam the peppers until starting to soften, about 3 minutes. Remove the peppers from the pot and set aside. NOTE: A cheater steaming method is to pop in the microwave for 5 minutes.
 3. Pulse cauliflower in a food processor until broken down into rice-size pieces. Heat 1 tablespoon oil in a large skillet over medium heat. Add the cauliflower rice and a pinch each of salt and pepper. Cook, stirring, until softened and starting to brown, about 3 minutes. Transfer to a small bowl. NOTE: You can save yourself time by buying frozen cauliflower rice.
 4. Wipe out the pan. Add the remaining 1 tablespoon oil, the chopped bell pepper and onion. Cook, stirring, until starting to soften, about 3 minutes. Add beef, garlic, oregano and the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook, stirring and breaking up the beef with a wooden spoon just until no longer pink, about 5 minutes. Add tomato sauce and the cauliflower rice; stir to coat.
 5. Place the peppers upright in an 8-inch square baking dish. Fill each pepper with a generous 1 cup of the cauliflower rice mixture. Top each pepper with 2 tablespoons cheese.
 6. Bake until the filling is heated through and the cheese is melted, 20 to 25 minutes.
- Tips To make ahead: Prepare stuffed peppers through Step 5 and refrigerate for up to 1 day.

My husband's absolute favorite (and he doesn't even know I replaced the rice with cauliflower).

Brussel Sprouts with Prosciutto and Fig filled Ravioli

Teri Ternes



Ingredients

Brussel sprouts
Prosciutto
Ravioli [I like fig filled]
Shredded cheese, optional
Olive oil

Preparation

Clean and slice Brussel sprouts; toss in hot olive oil to brown and tenderize. Add prosciutto and fry until crispy.

Prepare ravioli according to directions; drain.

Dot with butter or olive oil, and shredded cheese [optional].

Serve.

Recipe is from Bridget Lowery, History Faculty



Side Dishes/Soups

Autumn Squash Soup

Laura Nolan



Ingredients

1 small yellow onion, diced (about 3/4 cup)
2 pounds chopped butternut squash (about 6 heaping)
3-4 cups vegetable or chicken broth
2 apples seeded and cut up
1/2 teaspoon curry powder
1/4 teaspoon cinnamon
Dash of nutmeg
Dash all spice

Dash ginger
1 can pumpkin puree
1 tablespoon brown sugar, more to taste
salt to taste
heavy cream, optional
Pumpkin seeds to top

Preparation

Put all ingredients together in either cooking blender (my favorite choice), electric pressure cooker -10 minutes on high pressure and let natural release, or cook for 4-6 hours in crockpot.

Once all ingredients are soft and finished cooking, pour into blender to purée and use immersion blender to purée. Mix in cream if desired and top with seeds. Skip cream for paleo and vegan. Sub swerve brown sugar and remove apples for keto.

This is a copycat recipe from Panera. I changed out apples for apple juice to add more fiber and less sugar.

Cauliflower Stuffing (Thanksgiving Makeover)

Crystal Williams



Ingredients

- | | |
|---|--|
| 1 large head cauliflower cut into small flowerets | 1/4 c. pecans, roughly chopped (toast 5 minutes) |
| 2 Tbsp avocado oil | 1/2 tsp. dried sage |
| 1 lb Italian sausage, crumbled | 1/2 tsp. poultry seasoning |
| 1 Tbsp ghee | 1/2 tsp. thyme salt pepper |
| 1 onion diced | |
| 4 cloves garlic minced | |
| 1/4 c. celery sliced | |
| 3 cups mushrooms (optional) | |

Preparation

Preheat oven to 425. Drizzle cauliflower with avocado oil, season with salt and pepper and roast for 15-20 minutes. In a large skillet, add the ghee and cook sausage. Remove from pan with slotted spoon to separate dish. Add onions to pan and cook for 5-10 minutes until lightly caramelized. Add celery and cook to soften, then add garlic, cook a minute more. (Add more ghee if needed) Add herbs. Add the sausage and roasted cauliflower to the pan. Toss together to heat through. Season with salt and pepper. Transfer to serving bowl and serve.

I thought it tasted pretty good but it didn't sing the praises of my daughter making the original recipe. With the leftovers, I made it into soup.

Dairy Free Green Bean Casserole

Laura Nolan



Ingredients

Fresh or frozen green beans
1 large onion
Two beef bullion cubes
1/2 cup beef bullion, or vegetable stock (for vegan)
1/2 cup oat milk (or alternate milk of choice)
2 tablespoons oil
2 tablespoons flour or corn starch for gluten free
1 tsp garlic powder

Preparation

Slice onion and add to sauté pan. Add a little water and cook down until onions are caramelized, for about 10-15 min. While onions cook, blanch green beans and put in casserole dish. Add oil and flour to onions and cook for a few minutes. If using bullion cubes dissolve in 1/2 cup of water and add to pot along with oat milk. Once mixture has thickened add to the green beans and mix. If desired top with French fried onions. Cook at 350 for 30 minutes.

I have been eating dairy free so I decided to make up this recipe. You can sauté mushrooms with the onions and add if you would like to give it a more traditional flavor. One person at my thanksgiving table could not eat mushrooms so I skipped them. I also took out a bunch of the fat by making my own nondairy cream sauce.

Butternut Squash Soup

Denise Baeten



Ingredients

Soup:

- 2 Cups vegetable stock
- 4 cloves garlic, peeled and minced
- 2 carrots, peeled and roughly chopped
- 1 Granny Smith apple, cored and roughly chopped
- 1 white onion, peeled and roughly chopped
- 1 Medium(3-4lb) butternut squash, peeled seeded and diced
- 1 spring fresh sage
- 1/2 tsp salt

- 1/4 tsp freshly ground black pepper
- 1/8 tsp cayenne pepper
- pinch of cinnamon and nutmeg
- 1/2 cup canned(unsweetened) coconut milk

Roasted Winter Squash Seeds:

- 1 cup winter squash seeds
- 1 Tbsp olive oil
- 1/2 tsp Lawry's season salt

Preparation

Soup:

Add all ingredients EXCEPT coconut milk to slow cooker and combine.
Cook for 6-8 hours on low or 3-4 hours on high or until the squash is tender and mashes with a fork.
Remove and discard sage.
Stir in coconut milk
Transfer soup in 2 batches to a blender and puree until smooth (being careful not to fill the blender too full with the hot liquid).
Serve warm with roasted seeds on top.

Roasted Squash Seeds:

Preheat oven to 275 degrees. Line baking sheet with parchment paper.
After removing the seeds from the squash, rinse with water, and remove any strings or bits of squash. Pat dry, and place in bowl.
Stir the olive oil, and salt into the seeds until evenly coated. Spread out in an even layer on the prepared baking sheet.
Bake for 15 minutes. Remove from oven and cool on the baking sheet before serving.

Apple Squash Bake

Barb Tomashek-Ditter



Ingredients

1 butternut squash
2-3 apples
1/2 cup brown sugar
3 tbs softened butter
1 tbs flour
1 tsp salt
cinnamon to taste

Preparation

Cut squash into 1/2" slices and put into baking dish. Cut apples into pieces and mix with squash. In a bowl, mix sugar, flour, salt, cinnamon, and butter. Sprinkle over the top of squash and apples. Cover with foil and bake at 350 for 1 hour.

Tip: Try adding fresh or frozen cranberries!

Roasted Vegetables with Acorn Squash

Sara Chaloupka



Ingredients

Variety of vegetables. We used red cabbage, Brussel sprouts, carrots, bell pepper, and acorn squash (peeled).

Olive oil

Favorite spices and seasonings

Preparation

Cut up all produce into bite size pieces.

Drizzles spices with oil and seasonings.

Roast in oven.

Savory Butternut Turkey Bacon Soup

Roshelle Amundson



Ingredients

2 pounds of butternut squash	1 /3 c Half & Half or milk for reduced cal/fat
2 large cloves of garlic- roasted or raw	(1 use almond milk).
2 Tbsp butter	3-4 c chicken broth (or veggie)
6-8 strips bacon or turkey bacon (vegetarian	Onion- optional
option to use smoked gouda for bacon-y	S&P to taste
flavor)	

Preparation

Roast whole or halved squash at 375 for 45 to 50 minutes. The skins will peel right off. (This is all so much easier than trying to cut and cube the gourd to boil it)! Sauté garlic in butter (add onion if elected), add broth and softened, de-seeded squash). Use immersion blender or mash by hand until pureed consistency; allow to simmer.

Prepare bacon to preference. Slice and add to soup. Continue to simmer. ** At this ratio the soup has a fluid but thicker consistency like split pea soup; easy to modify with increased squash or broth. Add half-and-half or milk slowly stirring in and allowing to simmer. Salt and pepper to taste. Serve & enjoy!

This recipe can be made vegetarian/vegan/dairy-free by swapping out broth selection, cream for almond milk, smoked gouda (bacon flavor) for turkey bacon, etc. as applicable. Using almond milk or skim over cream thins out the soup for those who don't like a split-pea thick texture and reduces fat.

I have served this to many people, including campus potlucks, and it is always a hit-- particularly with those whom are craving savory over sweet butternut-based soup. It's a fall favorite!

Root Soup

Tori Grant Welhouse



Ingredients

2 T olive oil	2 T sugar
1 T butter	1 clove garlic
2 lbs carrots, peeled and diced	Salt and pepper to taste
2 leeks, whites only, diced	
2 lbs sweet potato, halved and roasted (see note)	
4 c chicken stock	
2 c heavy whipping cream (I use half and half)	

Preparation

NOTE: Parboil sweet potatoes. Then oven roast by placing potatoes on a cookie sheet in a 350° preheated oven about 30 minutes or until browned. Heat oil and butter in a large heavy saucepan over medium heat. Add carrots, leeks, garlic, and sweet potatoes. Sauté until leeks are translucent (about 8 minutes). Add stock and cream. Cover and simmer about 30 minutes.

Stir occasionally. Purée soup in batches in a blender. Return soup to the same pot. Add salt, pepper, and sugar. Stir over medium heat until complete reheated. Ladle into bowls and enjoy! OPTIONAL: Garnish with pepitas.

The root soup recipe from St. Brendan's Inn. A little futzy but SO worth it!

Stuffed Squash

Kathleen Jurecki



Ingredients

2 whole carnival or acorn squash cut in half
1 tablespoon olive oil
1 lb ground turkey
1 1/2 cups baby bella mushrooms chopped
1 cup honey crisp apples peeled + chopped in small pieces
1/2 cup chicken stock
2 teaspoons fresh rosemary chopped finely
1 teaspoon pepper

1/2 teaspoon salt
1 teaspoon garlic powder
1 teaspoon onion powder
1 cup shredded cheese (cheddar, gruyere or mozzarella all work great!)

Preparation

Instructions

1. Preheat oven to 450 degrees
2. Line a baking sheet with foil or parchment + spray with olive oil to prevent squash from sticking
3. Slice squash in half, scoop out seeds and place flat on sheet sprayed with olive oil.
4. Bake the squash for 20 minutes, until it is tender when pierced with a fork
5. While the squash cooks - heat 1 tablespoon of olive oil in a pan. Sauté turkey in olive oil for 10-15 minutes until brown.
6. While the turkey is cooking, chop mushrooms, apples + herbs.
7. Add in chopped mushrooms, apples, chicken stock, and spices to the pan with the cooked turkey. Sauté for an additional 5 min.
8. When the squash is done, remove from the oven + scoop out most of the cooked center, leaving a little bit of filling in the acorn squash.
9. Add the squash filling to the turkey/mushroom/apple mixture in the pan+ stir until completely mixed in.
10. Scoop the turkey/squash mixture back into the squash + top with cheese of choice
11. Bake at 450 for 5-10 minutes until cheese melts. Optional: broil for 2-3 minutes so the cheese gets crispy.

Base recipe is from www.thecleaneatingcouple.com and I often modify based on ingredients I have at the time. The stuffed squash pictured above also has frozen mixed veggies and pinto beans in the filling.

Butternut Squash Soup with Tortellini

Jill Siegmund



Ingredients

2 pounds butternut squash
2 14-ounce cans vegetable broth
pinch ground red pepper
1 Tablespoon butter or margarine
1 9-ounce package refrigerated cheese filled tortellini
1 Tablespoon molasses

Roasted Winter Squash Seeds:

1 cup winter squash seeds
1 Tbsp olive oil
1/2 tsp Lawry's season salt

Preparation

1. Peel squash. Halve lengthwise. Remove seeds and discard. Cut squash into $\frac{3}{4}$ inch pieces.
 2. In a large saucepan combine $\frac{1}{2}$ cup water, squash, vegetable broth and red pepper. Cook, covered, over medium heat for 20 minutes or until squash is tender.
 3. Transfer one-fourth of the squash mixture to a blender container or food processor bowl. Cover and blend or process until smooth. Repeat with remaining portions, one at a time, until all the mixture is blended. Or blend the whole batch with an immersion blender.
 4. Return blended mixture to the saucepan. Bring just to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Add butter; stir until just melted.
 5. Meanwhile, prepare the ravioli according to package directions; drain. Ladle hot soup into bowls. Drizzle with molasses.
- Makes 5 side-dish servings (about 6 $\frac{1}{2}$ cups)

Baked Squash

Olivia Raasch



Ingredients

1 Acorn Squash
2 TBSP Butter
2 TBSP Brown Sugar
Roasted Winter Squash Seeds:
1 cup winter squash seeds
1 Tbsp olive oil
1/2 tsp Lawry's season salt

Preparation

First, fill a pan with an inch of water. (Make sure throughout baking that water remains in the bottom of the pan.) Take the squash out, flip over so they look like bowls, and place 1TBSP butter and 1 TBSP brown sugar in the center of each half.

Then cut the squash in half and clean out the seeds. Place back in oven and bake for 5 minutes.

Remove from oven and enjoy!

Place both halves (cut side down) in the inch of water.

Put the pan in the oven at 400 degrees for 30 minutes or until the squash is soft to touch.

Acorn Squash with Pecan Crumble

Tori Grant Welhouse



Ingredients

2 T. butter
2 T. pure maple syrup
Sea salt

Crumble

1/2 c. chopped pecans
1/4 c. coconut flakes
1/4 c. dried cranberries

Preparation

Halve the acorn squash lengthways. Then scoop out and discard seeds and string.

Melt butter. When melted, mix with maple syrup.

Place squash in a casserole dish lined with tinfoil.

Brush each half with 1 T. of the maple syrup butter, allowing it to puddle in the center of each half. Sprinkle with sea salt.

Bake squash at 425 degrees for an hour.

While squash is baking, make the crumble

by toasting pecans and coconut in a skillet on the stove (5-10 minutes on high, ensuring to constantly stir). Once toasted, add cranberries and remaining maple syrup butter.

Remove squash from oven and spoon the crumble evenly into each squash. Return the pecan-filled halves to the oven for 10 minutes.

Serve warm.

I was inspired by the challenge to create the recipe!

Maple Glazed Roasted Carrots

Barb Tomashek-Ditter



Ingredients

1 pound baby carrots
1/2 tablespoon olive oil
1/4 teaspoon salt
1/2 tablespoon butter
1/2 tablespoon real maple syrup

Preparation

In baking dish, toss carrots with olive oil and salt to coat. Roast in 475 degree oven for 10 minutes. Melt butter and add maple syrup, then drizzle over carrots and shake pan to coat. Return to oven and continue to roast for another 8 minutes or until brown and tender.

Maple Roasted Carrots with Harissa Yogurt

Teri Ternes



Ingredients

Carrots
Maple Syrup
Pistachios
Parsley
Lemon Zest

Spicy Harissa Yogurt Sauce
[1C Greek or Arab yogurt, 1T extra
virgin olive oil, 1/2 tsp
juice of fresh lemon, 2 tsp harissa
sauce, 1 clove garlic
crushed, sea salt to taste. Blend
ingredients, chill.]

Preparation

Toss carrots in pure maple syrup;
roast in the oven.
Top carrots with chopped
pistachios, parsley and lemon
zest.
Top with Harissa Yogurt sauce.

During the pandemic I've been exploring new healthy recipes. This is another first-time and will be repeated!! The harissa yogurt sauce is great on a variety of foods [broccoli, cauliflower, baked potatoes; good for pretzel/snack dip too!]

Zucchini and Carrot Slaw

Laura Nolan



Ingredients

Zucchini	2 tablespoons Sriracha
Carrots	Salt to taste
1/3 of a red onion thinly sliced	
1/2 cup Mayo	
3 tablespoons rice vinegar	
2 tablespoons sugar or sugar substitute	

Preparation

Shred zucchini and carrots and add the red onion.

Mix together until smooth Mayo, vinegar, sugar, salt, and sriracha. Pour onto veggies and refrigerate for an hour or longer.

I also add extra veggies like cauliflower and broccoli. You can add pasta if you want and make it a pasta salad. This dressing is really good on any raw veggies or salads!

Parmesan Crusted Crushed Turnips

Kathleen Jurecki



Ingredients

12 small to medium turnips, peeled
Salt
2 tablespoons olive oil
3 cloves garlic, minced
Freshly ground black pepper
1 cup freshly grated Parmesan cheese (or as needed)
Chopped fresh chives

Preparation

Instructions

1. Place peeled turnips in a pot of salted water to cover. Bring to a boil. Cook 20 to 30 minutes or until turnips can be pierced easily with a paring knife. Drain. Let cool slightly.
2. Preheat oven to 375 degrees.
3. Place the turnips on a clean kitchen towel or double layer of paper towels. Gently press each one down until it's approximately 1/2-inch high. Let them drain for 15 minutes then carefully flip them over onto a dry section of the towel or onto fresh paper towels so the other side drains and dries a bit.
4. Combine garlic, olive oil and salt and black pepper, to taste in a small bowl.
5. Line a baking sheet with parchment paper or nonstick aluminum foil. Place the flattened turnips on the lined baking sheet. Brush each turnip with a little of the olive oil and garlic combination. Sprinkle Parmesan cheese over each turnip, gently pressing it down.
6. Carefully and quickly flip each turnip over. Repeat with the remaining olive oil and garlic combination and cheese.

7. Bake for 20 to 25 minutes. Flip each turnip and bake an additional 15 minutes. Garnish with chopped fresh chives and serve.

Notes

TO MAKE IN THE INSTANT POT:

- Place the rack inside your 6-quart Instant Pot and add 1 1/2 cups water. If using the 8-quart, use 2 cups.
- Peel the turnips and place them on the rack.
- Close and lock the lid.
- Using the "Steam" setting, steam whole medium turnips for 5-6 minutes with natural release, small turnips for 3-5 minutes with natural release. THE COOKING TIME WILL DEPEND UPON THE SIZE OF THE TURNIPS.

MAKE AHEAD: The turnips can be boiled and crushed up to a day in advance. Leave on the towel and refrigerate.

Grandma's Cabbage Slaw

Denise Baeten



Ingredients

Small head of cabbage
1/2 of red pepper
1/2 of yellow pepper

Dressing:

3 Tbsp. vinegar
3 Tbsp. sugar
3 Tbsp. water
1 Tbsp. vegetable oil
1/4 tsp salt

Preparation

Shred the cabbage
Chop the peppers
Put cabbage and peppers in a bowl

Combine all of dressing ingredients together
and pour over cabbage and peppers.

This is my grandmothers recipe that we have had for many years.
Simple but good!

Jalapeño Popper Brussel Sprouts

Laura Nolan



Ingredients

1-2 pounds Brussel sprouts (cleaned and sliced into thirds)
1 large onion chopped
2-3 large jalapeño peppers, chopped
(remove seeds for less heat)
12 ounces Bacon
Garlic powder
Salt
Pepper

Preparation

Preheat oven to 425

Layer veggies starting with Brussel sprouts, pepper and onions spreading onto large sheet pan. Sprinkle with garlic powder, salt, and pepper. Chop raw bacon into 1/2 inch pieces and place on top of veggies. Roast for 30-40 minutes until bacon is crispy and veggies are cooked.

My husband hates Brussel sprouts so when I bought some at the last farmers market he wasn't thrilled with me. But after he tried this recipe at dinner tonight, he had seconds and changed his mind about Brussel sprouts!

Curried Butternut Squash Soup

Crystal Williams



Ingredients

2 butternut squash, sliced in half lengthwise, seeds removed	32 oz. chicken stock
1 to 2 Tbsp. EVOO	1 c. heavy cream
4 Tbsp. butter	Salt and pepper to taste
3 Granny Smith apples, peeled and diced	
2 celery stalks, diced	
2 carrots, peeled and diced	
1 large yellow onion, diced	
1 tsp. curry powder	

Preparation

Preheat oven 350

Rub squash with oil and place cut side up on lined baking sheet. Roast until tender and slightly browned. Scoop squash from skins into large stockpot.

Melt butter in large saucepan. Add apples, celery, carrots, onion and curry powder. Sauté until soft. Add to stockpot. Add chicken stock. Bring to a boil. Reduce heat and simmer 20 minutes.

Remove from heat. Using blender, blend until smooth. Return to low heat. Add cream and heat through. Do not boil. Season to taste with salt and pepper.

Serves 8

Butternut squash is one of my all time fall favorites. We grew our own butternut squash this year. This was the first time I made this recipe to include curry.

Veggie Mac 'n Cheese

Crystal Williams



Ingredients

- 1 large head cauliflower
- 2 large red peppers, diced
- 3 large garlic cloves, diced
- 6 oz small pasta of choice
- #1 lb. ground chicken or turkey, drain
- ½ tsp. paprika
- ¼ cup milk
- 2 Tbsp. butter
- 1-1/2 c. shredded cheddar cheese
- ½ cup sharp cheese (the spreadable kind)

Preparation

Preheat oven 350o

Steam veggies until tender and mash

Prepare Pasta

Sauté Chicken or Turkey in large skillet:
Add the veggie mixture and pasta. Blend together.

Put in 9x13 pan. Top w/ ½ cup grated cheese.

Bake for 25-30 minutes.

Serves 6-8

Air Fried Sweet Potato Fries

Laura Nolan



Ingredients

Sweet Potatoes

Garlic

Salt

Rosemary

Nutmeg

Oil

Preparation

Peel and cut up sweet potatoes into strips. Place in bowl and sprinkle with 1 tbsp of oil, add spices to taste and mix. Air fry for 20 minutes at 400.



Desserts

Carrot Cake with Ginger Cream Cheese Frosting

Crystal Williams



Ingredients

Cake:

2-3/4 chopped walnuts (3/4 c. for the cake)
2-1/2 cups all-purpose flour
2 tsp. baking powder
1 tsp. baking soda
2 tsp. ground ginger
1 tsp. ground cinnamon
1/4 tsp. ground allspice
1/4 tsp ground nutmeg
1/4 tsp. salt
1-1/2 cups sugar
1/2 cup packed light brown sugar
1-1/4 cups vegetable oil

4 large eggs

1/2 cup smooth applesauce

Finely grated zest of 1 orange

2 cups grated carrots (about 4 medium)

Frosting Ingredients:

1 4-inch piece ginger

1 Tbsp. fresh orange juice

1/2 tsp. pure vanilla extract

2 – 8 ounce packages cream cheese at room temperature

1 stick unsalted butter at room temperature

3 cups confectioners' sugar sifted

Preparation

Preheat oven 350o

Make the cake:

1. Coat two 9-inch round cake pans with cooking spray line the bottoms with parchment paper.
2. Spread the walnuts on a rimmed baking sheet and bake until lightly toasted; about 5 minutes. Let cool, then finely chop.
3. Sift the flour, baking powder, baking soda, ground ginger, cinnamon, allspice, nutmeg and salt into a medium bowl.
4. Beat the granulated sugar, brown sugar and vegetable oil in a large bowl with a mixer on medium speed until smooth, about 1 minute. Increase the speed to medium high and add the eggs, one at a time; beat until light and smooth, about 2 minutes. Reduce the speed to low; add the applesauce, orange zest and vanilla and beat until just smooth. Gradually add the flour mixture and beat until just combined. Add the carrots and 3/4 cup walnuts and beat until just combined.
5. Divide the batter between the prepared pans. Bake until a toothpick inserted into the center comes out clean, about 35 minutes. Transfer to a rack and let cool

10 minutes in the pans, then remove to the rack to cool completely; remove the parchment. (Cakes can be made a day ahead; let cool completely, then wrap in plastic wrap.)

Make the frosting:

Peel the ginger and grate onto a piece a piece of cheesecloth. Wrap in the cheesecloth and squeeze the juice into a small bowl (you should get about 1 tablespoon). Add the orange juice and vanilla. In a large bowl, beat the cream cheese and butter on medium-high speed until smooth, about 2 minutes.. Beat in the juice mixture. Reduce mixer speed to low and gradually beat in the confectioners' sugar. Increase the speed to high and beat until smooth, about 2 more minutes.

Assemble:

Place 1 cake layer on a plate. Spread with 1 cup frosting, then top with the second cake layer. Cover the top and sides with the remaining frosting. Press the remaining walnuts into the sides of the cake. Refrigerate at least 1 hour before serving.

Serves 8 to 10



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