

## Caramel Apple Pie

Fruit: Dry Heat

This recipe makes 4 mini lattice top pies, lots of little hand held or one large galette

### INGREDIENTS

2 ¼ cups all purpose flour  
¾ tsp salt  
2/3 cup cold shortening, cut into small cubes  
6-7 tbsp cold water  
1 tbsp cider vinegar

#### Apple Filling

5-6 apples, washed and peeled and cubed  
½ cup brown sugar  
1 ½ tsp cinnamon  
¼ tsp ground cloves  
1 tbsp flour  
2 tbsp melted butter  
4 caramel squares, cut each square into 4 pieces

### DIRECTIONS

1. In a medium bowl stir together flour and salt. Using a pastry blender, cut in shortening until pieces are the size of peas.
2. Sprinkle 1 tbsp of water and 1 tbsp of cider vinegar over part of the flour mixture. Toss with a fork. Push moistened pastry to the side of the bowl. Repeat moistening the flour mixture, using one tablespoon of water at a time, until all of the pastry is moistened and it forms a ball.
3. Divide the pastry into 4 equal pieces (one for each person in the group); form into a ball. Choose to make a lattice top pie, hand held pie or galette, as per Mrs. Klatt's demonstration.
4. Mix the APPLE FILLING ingredients together with the EXCEPTION of the caramel squares in a medium sized bowl. Make sure that all the apples are covered with the sugar mixture, let this rest for 10 mins to allow the juices to come out of the apples.

### LATTICE TOP PIE

1. Divide the dough into 2 equal pieces and roll into a ball. On a lightly floured surface, use your hands to slightly flatten one pastry ball. Roll each ball of pastry from center to edges into a circle that is about .25cm thick and it measures ½ inch beyond the edge of the mini pie plate.
2. For the bottom of the pie shell, roll the dough around the rolling pin and gently unroll it onto the pie plate. Press into the base leaving the pastry to overlap. Fill pie with apple mixture so that it is heaping and then top with caramel pieces.
3. For the top of the pie shell, cut equal ½ inch wide strips using a pizza cutter and a ruler.

4. Work from the center out, lay one strip horizontally on top of the pie filling; lay the next strip vertically on top of the first. Continue alternating strips horizontally and vertically until the top is complete.
5. Lightly moisten the space between the bottom pastry and the lattice strips with water on a pastry brush. Press the edges of the pie with a fork to seal the top and bottom of the pie. Trim pastry strips even with the edge of the bottom pastry using a knife. Using the pastry brush, lightly brush the top of the pie with the egg wash and sprinkle lightly with granulated sugar.
6. Bake in a 425 degree F oven for 25 mins or until apples are tender and pastry is golden brown.

## HAND HELD PIE

1. On a lightly floured surface, use your hands to slightly flatten one pastry ball. Roll pastry from center to edges until it is half a centimeter thick. Using a 3" circular cookie cutter, cut out as many circles as possible from your dough. Reroll scraps to make more.
2. Line a baking sheet with parchment paper, lay out circles, spoon a small amount of the apple filling in the middle leaving a small border around the edge. Top with a few caramel pieces, place second dough circle on top of filled circle and use a fork to crimp the edges, sealing the pie.
3. Brush each pie with egg wash, using a sharp knife to cut a few vents on the top of each pie. Sprinkle with sanding sugar (optional)
4. Bake at 425F for 15 minutes or until golden brown.

## **Cream of Broccoli Cheddar Soup**

Vegetable: Moist Heat

### **INGREDIENTS**

3 tablespoons butter, room temperature  
3 cups fresh broccoli, stems and florets separated and chopped into bite-size pieces  
1 medium onion, chopped  
2 garlic cloves, minced  
½ teaspoon dried thyme  
4 cups chicken broth  
¾ cup whipping cream  
3 tbsp butter  
3 tablespoons all purpose flour  
1 cup grated extra-sharp cheddar cheese

### **DIRECTIONS**

1. Melt 3 tablespoons butter in heavy medium pot over medium-high heat. Add broccoli stems and onion; sauté until onion is translucent, about 6 minutes. Add garlic and thyme; sauté 1 minute. Add stock; bring to boil. Simmer uncovered until broccoli is tender, about 15 minutes. Stir in cream.
2. Melt the remaining 3 tablespoons butter in a small bowl, add the flour to make a paste. Whisk paste into soup. Add broccoli florets. Simmer until soup thickens and florets are tender, stirring frequently, about 5 minutes.
3. Pour soup into blender, keeping the vent on the blender open so that you don't burn yourself and cover vent with a towel. Puree soup to desired consistency. Garnish and enjoy!
4. **OPTIONAL:** Preheat broiler. Place 4 ovenproof soup bowls on baking sheet. Divide soup among bowls. Sprinkle ¼ cup cheese over each. Broil until cheese melts and bubbles around edges, about 4 minutes.

## **Twice Baked Potatoes**

Potato: Dry Heat

### **INGREDIENTS**

2 large baking potatoes  
4 slices bacon  
1/2 cup sour cream  
1/4 cup milk  
2 tablespoons butter  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/2 cup shredded Cheddar, divided  
4 green onions, sliced, divided

### **DIRECTIONS**

1. Preheat oven to 450 degrees F.
2. Wash and scrub the potatoes and carefully make a few holes in each potato using a fork, this will allow steam to escape.
3. Place the 2 potatoes on a clean piece of paper towel and put in the microwave. Cook for 4 mins on high and then flip over and cook for 2 more mins. Check to see if potato is tender. Continue cooking if needed.
4. Meanwhile, place bacon in a large skillet. Cook over medium high heat until evenly brown. Drain bacon on paper towel, coarsely chop and set aside.
5. When potatoes are done allow them to cool for 10 minutes. Slice potatoes in half lengthwise and scoop the flesh into a large bowl; save skins.
6. To the potato flesh add sour cream, milk, butter, salt, pepper, 1/4 cup cheese and 1/2 the green onions. Mix by hand or with the paddle attachment of your mixer until well blended and creamy. Spoon the mixture into a pastry bag and top each with remaining cheese, green onions and bacon.
7. Bake for 10 minutes or until cheese is melted and beginning to brown.

## Crispy Sesame Potstickers

### INGREDIENTS

#### Potstickers

1 cup shredded cabbage  
1/2 carrot, finely grated  
3 ounces shiitake mushrooms, finely diced  
2 cloves garlic, minced  
2 green onions, thinly sliced  
2 tablespoons reduced sodium soy sauce  
1 tablespoon sesame oil  
1 tablespoon freshly grated ginger  
1 teaspoon rice vinegar  
1/4 teaspoon ground black pepper  
36 - 2-inch wonton wrappers  
2 tablespoons vegetable oil  
Soy sauce, for serving

#### Dipping Sauce

2 tbsp sugar  
2 tbsp soy sauce  
2 tbsp rice vinegar  
2 tbsp water  
1/2 tsp sesame oil  
1/4 tsp fresh ginger root, grated  
1/8 tsp crushed red pepper flakes

### DIRECTIONS

1. In a large bowl, combine cabbage, carrot, mushrooms, garlic, green onions, soy sauce, sesame oil, ginger, rice vinegar and black pepper.
2. To assemble the dumplings, place wrappers on a work surface. Spoon 1 tablespoon of the vegetable mixture into the center of each wrapper. Using your finger, rub the edges of the wrappers with water. Fold the dough over the filling to create a half-moon shape, pinching the edges to seal.
3. Heat vegetable oil in a large skillet over medium heat. Add potstickers in a single layer and cook until golden and crisp, about 2-3 minutes per side.
4. In a small bowl, stir together the dipping sauce ingredients. Serve immediately with soy dipping sauce, if desired.

# Margarita Pizza

Ethnic Recipe: Italian

## INGREDIENTS

### DOUGH

2 cups all purpose or Italian flour  
¾ cup, plus 1 Tbsp lukewarm water  
1 tsp salt  
½ tsp sugar  
½ tsp dry active yeast

### SAUCE

1/3 cup crushed tomatoes  
1 tbsp oil  
½ tsp oregano  
½ tsp pepper  
½ tsp salt  
¼ tsp sugar  
dash hot pepper flakes

### TOPPINGS

Fresh mozzarella  
Fresh Basil leaves, chiffonade

## DIRECTIONS

1. Place pizza stone into the COLD oven on the bottom rack. Preheat the oven to convection bake at 500 F.
2. In a large bowl, pour the water, yeast and sugar in, gently stir and let stand for 10 mins. When the 10 mins is up, stir well.
3. In a medium bowl, measure the flour and the salt together. Use a whisk to incorporate the dry ingredients. Gradually add the dry ingredients; half a cup at a time, to the wet, using a wooden spoon to mix together. The dough should be soft and have good elasticity, you may not need all the flour. Remember soft and slightly sticky! Turn out the dough onto a lightly floured surface and knead the dough until smooth, about 5 mins. Form the dough into a large ball. Let rest for 5 mins.
4. Lightly flour a clean surface. Using your hands, shape your pizza into a thin, round-ish shape, try not to use a rolling pin. Place your shaped pizza base on a flour dusted pizza peel (don't use cornmeal – it's gritty and burns). Using a spoon spread just enough tomato sauce to lightly cover the base. You should be able to see the dough through the sauce. Evenly place sliced rounds of Mozzarella, then pour on olive oil in a circular pattern. Add a little sea salt.
5. Test to make sure your pizza is not stuck on your peel by moving the peel forward and backward using short jerks - it should slide easily around. If it does stick, lift it up on one side using your fingers and add a little flour under it.
6. If your pizzas consistently stick to the peel, use more flour underneath your pizza dough before you start decorating. To place your pizza on the stone, push your peel toward your pizza peel, then stop it short just short of the back edge, allowing the pizza to slide off the peel. Pull the peel backward as the pizza slides forward. The perfect pizza is bubbling on top with completely melted (and possibly slightly browned) cheese, has a brown outer crust. Throw on some fresh chopped basil and cut your pizza into eight pieces with a pizza wheel. Salute.

# One Pot Baked Ziti

## INGREDIENTS

1 tablespoon olive oil  
2 Spicy Italian sausages, casings removed  
1 small onion, chopped  
4 cloves garlic, minced  
1/4 teaspoon red pepper flakes, or more, to taste  
1 tsp oregano  
Kosher salt and freshly ground black pepper, to taste  
1 (28-ounce) can crushed tomatoes  
12 ounces ziti pasta  
2 cups spinach, fresh and coarsely chopped  
1/2 cup grated Parmesan cheese  
1/4 cup heavy cream  
1 cup shredded mozzarella cheese  
1/4 cup basil leaves, chiffonade

## DIRECTIONS

1. Heat olive oil in a large skillet over medium high heat. Add Italian sausage and cook until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks.
2. Stir in onions, garlic, red pepper flakes and oregano and cook, stirring frequently, until fragrant, about 3-5 minute; season with salt and pepper, to taste.
3. Stir in tomatoes and bring to a simmer until slightly thickened, about 8-10 minutes. Stir in pasta and 3 cups water. Bring to a boil; cover, reduce heat and simmer until pasta is cooked through, about 13-16 minutes.
4. Stir in spinach and cook until soft, about 3 mins.
5. Remove from heat; stir in Parmesan and heavy cream. Top with mozzarella and cover until cheese has melted, about 2 minutes.
6. Serve immediately, garnished with basil, if desired.

## Banana Crater Cake with Blueberries and Dark Chocolate

- 1 cup butter, softened
- 1 ½ cups granulated sugar
- 2 eggs
- 1 tsp vanilla
- 3 bananas, mashed
- 2 ½ cups flour
- ½ cup bran flakes
- ¼ cup old fashioned oats
- 2 tbsp ground flax seeds
- 2 tsp baking powder
- 2 tsp baking soda
- 1 cup plain 0% fat greek yogurt
- 1 cup fresh blueberries

### Layering Topping

- 1 tsp cinnamon
- 1/8 tsp all spice
- ½ cup brown sugar
- 1 - 1 ½ cups chocolate chips

1. Preheat the oven to 350F and set the rack to the middle of the oven.
2. Line a 9 x 13" pan with parchment paper. Set aside.
3. In a small bowl, combine the layering topping ingredients and set aside.
4. In a kitchen mixer using the paddle attachment, cream together the butter and sugar until light and fluffy. Add the eggs and vanilla, mix until combined. Add the mashed bananas and mix again until the mixture looks even.
5. In a large bowl, mix the flour, bran flakes, oat, flax, baking powder, & baking soda.
6. In the kitchen mixer with the paddle set on a very low speed, carefully alternate between 1/3 of the flour mixture and 1/3 of the yogurt until everything is combined. Do not over mix. Scrape down the bowl of the mixer and remove the bowl. Using a rubber spatula gently fold in the blueberries.
7. In a parchment lined pan, using a large muffin scoop, equally space HALF of the batter on the bottom of the pan and spread out using a rubber spatula. (I like to use the muffin scoop because it makes it easier to spread the small mounds of batter instead of one large mound). Sprinkle half of the layering topping evenly over the batter and top with the remaining batter as you did above. Finish the top with the remaining topping.
8. Bake for 30-45 minutes or until a toothpick comes out clean from the center. Let cool.



## Butternut Squash Soup with Crispy Bacon

### Ingredients

4 slices bacon, cut into 1/2-inch pieces  
1 onion, chopped  
2 cloves garlic, minced  
4 cups 25%-less-sodium chicken broth  
3 cups cut-up peeled butternut squash (1/2-inch pieces)  
1/4 tsp. ground sage

---

1/3 cup *Philadelphia* Herb & Garlic Cream Cheese Product

### Directions

1. Cook and stir bacon in large saucepan on medium heat until crisp.
  2. Remove from pan with slotted spoon; drain on paper towels.
  3. Add onions and garlic to drippings in pan; cook and stir 5 min. or until tender.
  4. Add broth, squash and sage; stir. Bring to boil; simmer on medium-low heat 20 min. or until squash is tender, stirring occasionally.
  5. Blend, in batches, in blender until smooth, returning each puréed batch to saucepan.
  6. Add cream cheese product; cook 3 to 5 min. or until completely melted, stirring constantly with whisk.
  7. Serve topped with bacon.
-

## Summer Wraps & Sweet Potato Fries

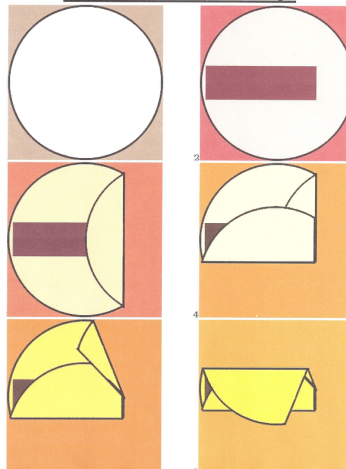
### Summer Wrap Ingredients:

1tbsp vegetable oil  
1 medium onion  
2 tbsp BBQ sauce  
½ tsp ground black pepper  
1 cup broccoli  
1 cup cauliflower  
2 small carrots - grated  
½ cup red cabbage (1/6 head)  
2 dill pickles, each pickle slivered into 4  
2 tbsp mayo  
½ tsp chili in adobo  
¼ head iceberg lettuce  
4 whole wheat tortillas

### Directions:

1. Bring a medium stockpot, half full of water to a boil. To be used in Step 3.
2. Heat the vegetable oil in a frying pan; add the onions and saute for about 10 mins. Add the BBQ sauce and continue cooking until the sauce is absorbed and the onions just begin to stick to the pan. Add the pepper, stir to combine. Set aside to cool.
3. Break up broccoli and cauliflower into small pieces and blanch in boiling water for 2 minutes. Pour into a strainer and plug the vegetables into a bowl of cold water to stop the cooking process.
4. In a small bowl, mix together the mayo and the chili in adobo sauce.
5. Cut iceberg lettuce & red cabbage into thin strips.
6. Organize all your prepped ingredients into bowls or piles on a cutting board.
7. Lightly spray a large frying pan with baking spray. Toast one tortilla for a minute or two on each side. Let cool slightly.
8. To assemble; spread half the tortilla with the mayo mixture and the other half with the onion mixture. Add a line of broccoli, cauliflower, a line of pickles, a line of grated carrot and red cabbage and top with lettuce.
9. Fold up the wrap!

### How to Wrap



# Sweet Potato Fries with Chipotle Mayo Dipping Sauce

## Ingredients:

2 large sweet potatoes, unpeeled

3 tbsp egg beaters (egg whites)

½ tsp pepper

1 tsp coarse sea salt

½ tsp cumin

¼ tsp paprika

¼ tsp coriander

## Chipotle Mayo Dipping Sauce

¼ cup Mayo

1 tsp dry chipotle pepper spice

1 tbsp fresh, chopped cilantro

## Directions:

1. Preheat the oven to 400F CONVECTION bake
2. Wash the sweet potato and cut into thin fries. Lay on a clean, dry paper towel to absorb any extra moisture.
3. IN a large bowl, beat together the egg whites, pepper, salt, cumin, paprika and coriander.
4. Toss the potatoes into the egg mixture until all pieces are evenly coated.
5. Line a baking sheet with parchment paper
6. Lay the fries evenly on the parchment paper, being very careful not to overlap the fries. Lightly sprinkle with sea salt.
7. Bake for 15 mins. When 15 mins are up, flip the fries onto the other side and set the timer for an additional 15 mins.
8. Mix dipping sauce ingredients.
9. Serve with dipping sauce and enjoy!

