Cauliflower Casserole (Gratin)
Mama Ruetz, Holy Trinity Lutheran Church

Submitted by Carl Ruetz

Serves: 6 - 10

Notes: Should be good without bacon.

6 cups +- Cauliflower Flowerets – 1 inch size (1 large head)
6 – 8 slices Bacon, fried crisp and chopped (divided)
½ cup Chives, chopped or Onion, small dice (divided)
½ cup Mayonnaise
½ cup Sour Cream
2 cups Cheddar cheese, shredded (divided)

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

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

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. It adds incredible depth to the stew. Go with hulled, whole-grain barley here, and skip quick-cooking pearl 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 (3-in pieces) carrots
- 14 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 2 tablespoons 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 73 mg, Iron 4 mg.
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

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/
Pumpkin Snickerdoodles

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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 teaspoons 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
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 tbsp. cornstarch
3 tbsp. 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 9"x13" 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 5 tsp 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.
Pumpkin Bread (Marion Talip)

1 1/3 cup sugar
1/2 cup Crisco
1 1/3 cup flour
1 tsp. pumpkin pie spice
2 eggs
1 cup pumpkin (mashed in can)

1 tsp. baking soda
3/4 tsp. salt
1/2 tsp. baking powder
1/3 cup water
1/2 cup walnuts (chop)

Cream Crisco x sugar. Add pumpkin. Add rest of ingredients as you would for a cake.

Pour into loaf pan and bake at 325° for 1 1/4 hr. or more or less if necessary.
**Banana Strawberry Bread (Marion Talip)**

2½ C. Flour  
2 tsp. Cornstarch  
2 tsp. B. Soda  
1 tsp. Salt  
1 Cup Magarine (soft)  
1 Cup Sour Cream  
1 Cup Walnuts (optional, chopped)


Thoroughly mix ingredients in a separate bowl. Add to above mixture. Mix. Add nuts. Bake in a large loaf pan or 3-4 small loaves. Check pans well. Bake at 350° until done.

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**Zucchini Bread (Marion Talip)**

2½ C. flour  
2 C. sugar (white)  
2 tbsp. cornstarch  
3 cups shredded zucchini  
1 C. B. Soda  
4 eggs (slightly beaten)  
1 tsp. Salt  
½ cup sour cream  
1 cup magarine (soft)  
1 cup nuts (optional, chopped) walnuts


Mix dry ingredients in separate bowl & add to above mixture. Mix. Add nuts. Bake in 1 large loaf or 3-4 small loaves. Check 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
Oakley

Chili

# 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
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
Roasted Pear Salad with Blue Cheese

1-2 ripe pears, halved, cored, medium size
3-4 handfuls mixed greens
1/2 c walnut pieces
2-3 T. pickled red onions
2-3 oz. blue cheese

Roast pear halves cut side down in heavy
hot skillet with pancake and olive oil 3-4
min per side just til golden. Cool, slice. Layer
over greens. Top with onion and blue cheese,
walnuts, top with a light vinaigrette.
Chocolate Chip - Banana Cake

Combine. Reserve.

3/4 c. sugar
1/2 c. unsalted butter, soft - Beat 3 min. till fluffy.
2 eggs - Add to butter 1 at a time.
1 t. vanilla
1/2 c. mashed banana (2-3)
1 c. whole milk - Add alternating w/ flour.
1 c. (1/2) chocolate chips

Grease. Flour. 350° 45min.

Frosting:
1/4 c. unsalted butter
1 c. confectioners' sugar
8 oz. cream cheese, cut 3/4 c. 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