Corn Pancakes with Dried Tempo lesto 3 ears corn cooked Kernels out Ms - divide into 2 parts 2-3 eggs about 12 02, 1/2- 1/4 4/our of milk t. - chile powder or other Pesto, Shring (or Lox) warm in 350 over until heaping Tois 45-50 cf) or slice 36-40ct cut in half horizontally Can do 350° 10-12 minutes. toppinge : Sour aream Stredded cheese metted and housted red pepper Slice of sausage & pickled red onion slice.

Boston Baked Beans

And the brown bread to go with them

The Boston baked bean is a story in itself, cooked long and slow, so that the beans literally caramelize in their juices. This is my favorite carefree cooking system, and the only one I've used since the day it was suggested to me by a kind reader a number of years ago. No soaking, no fussing, just dump everything into the pot and away you go; come back the next morning and the beans are done.

For about 2 quarts of beans, serving 6 to 8

A 2-inch square of salt pork (6 to 8 ounces)

2 cups small white beans, well picked over and washed

5 cups water

11/2 tsp salt

1 cup finely sliced onions

2 large cloves of garlic, minced

2 Tbs dark unsulfured molasses

2 Tbs Dijon-style prepared mustard

½ tsp thyme

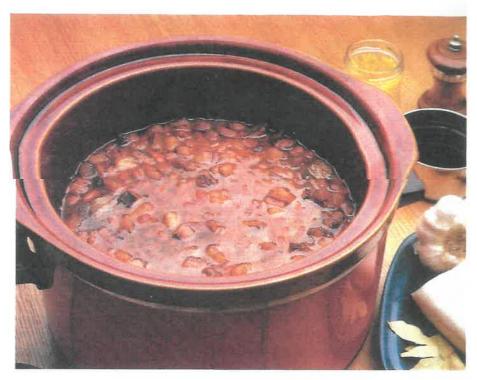
2 imported bay leaves

1/2 Tbs grated fresh ginger

6 grinds of pepper

SPECIAL EQUIPMENT SUGGESTED: A slow cooker, or a 3-quart bean pot or heavy casserole

Cut the salt pork into strips 3/8 inch thick (leave on the rind). While you are assembling the other ingredients in the pot, simmer the pork 10 min-to 3 utes in 2 quarts of water; drain, rinse in cold water, and add to the pot.



Ingredients for Boston Baked Beans

When all is in, cover the pot, and bring to the simmer; cook with low heat (250°F to 275°F), either in the slow cooker or in the oven. The beans should barely bubble, and will take 12 to 14 hours. Look at them once in a while to be sure all is well—they may need a little bit of boiling water. They are not done until they have turned a dark reddish brown. Correct seasoning.

Boston Brown Bread

Brown bread is quick to min. For a long, almost unattended 3-bour steam. Its taste is all its own, suggesteet because of its molasses and sins, and definitely sturdy with the base of cornmeal, rye meal, and it termilk. Besides being a perfect match for baked beans, it trasses at butters beautifully when second for

brown. Correct seasoning.

BROWN BRCAD - Aunt Margaret's

Sure 40° Brown Flakes (Ezekiel Uneal)

Cup Brown Sugar(puchod tight)

Cup flowr

Cup raising

Leep raising

Leep milk with / teaspoon

laking soda dessalved in it

Adol of Rall mix well.

Grease Vey. Can well over

HAWALIAN SCIDERS

A sweet and savory mix of the classic ham and Swiss cheese pairing together with the island flavor of light and onolicious King's Hawaiian Original Hawaiian Sweet Dinner Rolls.



30 minutes

Ingredients

· Serves 12

Meat

1 lb Deli ham

Produce

1 1/2 tspOnion,

dried chapped

Condiments

1 1/2 tbspDijon mustard

1 1/2

tspWorcesters hire sauce

Bread & Baked Goods

1 12-pack

king's hawaiian

original

hawaiian sweet

dinner rolls

Dairy GT 1 stick Butter

Swiss cheese

Slice whole slab of denner rolls in Ralf + place bottom half on aluminum foiled 9 X 13" paw.

Layer 1/2 of ham, then the 803 of cheese, then other half of ham. Place

top of rolls on top.

MIX onion, dijon mustard, worcestershere souce + butter then pour over the top of dinner rolls. Bake covered for dinner rolls. Bake covered for 30 min: @ 325

Chris Scarlett

Meghan's PUMPKIN

Fresh Thyme Dietitian Meghan Sedivy's recipe sports just three ingredients! Make sure to purchase the pumpkin pie mix and not plain canned pumpkin.

PREP: 5 minutes plus chill time serves: 16 (2 Tbsp. each)

INGREDIENTS

1 cup whole milk ricotta cheese

1 cup canned organic

pumpkin pie mix 1 (5.3 oz.) container — Fresh Thyme vanilla

nonfat Greek yogurt Chopped candied ginger and pecan pralines, for garnish

Suggested dippers:
Fresh Thyme
gingersnaps and
vanilla wafers,
sweet potato chips,
and/or apple slices,
for serving

for serving pear slices

1. In a food processor, combine ricotta, pumpkin pie mix, and yogurt. Cover and process until smooth.

2. Transfer dip to a serving bowl. Cover and refrigerate for 2 hours or until chilled.

3. To serve, garnish with chopped ginger and pecans; accompany with desired dippers.

Each serving contains: 51 calories, 2 g fat, 1 g saturated fat, 0 g trans fat, 8 mg cholesterol, 39 mg sodium, 5 g carbohydrates, 1 g fiber, 4 g sugar, 3 g protein. Daily values: 18% vitamin A, 0% vitamin C, 5% calcium, 1% iron.

OUR DIETITIAN'S DISH:

"Pumpkin is so delicious and versatile! It can be used in sweet dishes, such as this dip, and in savory dishes too. I add pumpkin to soups and stews for unique flavor and to boost nutrients."

-Meghan Sedivy, Fresh Thyme Registered Dietitian

