**Super Simple Granola**

Dry Ingredients:

3 cups rolled oats

1 cup raw almonds, chopped

Wet Ingredients:

½ cup raw honey

2 t. melted coconut oil

1 t. cinnamon

1 t. vanilla

Instructions:

1. Preheat oven to 350.
2. Mix dry ingredients in a glass baking dish and toast them in the oven for 10 – 15 minutes, stirring occasionally.
3. While oats are toasting, combine the wet ingredients.
4. After the oats are toasted, drizzle with honey. Stir until well combined.
5. On a baking sheet lined with parchment paper form a single layer of oat mixture.
6. Place the baking sheet in the oven and turn it off. Let it sit in the oven for 5 – 8 minutes. Remove from oven and cool completely.

**Bourbon Walnut Cake**

Ingredients for the topping:

2 ½ cups chopped walnuts

½ cup brown sugar

¼ cup melted butter

¼ cup Bourbon

Ingredients for the cake:

1 cup flour

¾ cup yellow cornmeal

2 t. baking powder

½ cup sugar

½ t. salt

2 eggs

1 t. vanilla

¼ cup honey

½ cup melted butter

1 cup whole milk

Heat oven to 350. Add all topping ingredients to a large bowl and mix well. Pour into a 10” round baking dish. In a large bowl, mix together flour, cornmeal, baking powder, sugar and salt. Whisk in eggs, vanilla, honey, butter and milk. Pour into the baking pan. Bake at 350 for 35 – 45 minutes or until golden brown and fragrant. Cool 15 – 20 minutes before inverting on a platter.

**Cornbread Muffins**

¾ cup yellow cornmeal

1 ¼ cups flour

1 T. baking powder

½ cup sugar

1 t. salt

2 large eggs

2 T. honey

¾ cup milk

½ cup unsalted butter, melted and cooled

1. Preheat oven to 350. Line a muffin pan with paper liners or spray with non-cooking spray.
2. In a large bowl, whisk together the cornmeal, flour, baking powder, sugar and salt.
3. In a separate bowl, break up the eggs with a whisk. Whisk in the honey and then the milk. Add the milk mixture and melted butter to the dry ingredients. Stir until just blended. Do not overmix; it’s okay if there are a few lumps. Spoon the batter evenly into the prepared muffin, filling each cup almost full. Bake for 17 – 20 minutes, or until the tops are set and golden.

**Baked Rice Pudding**

1 cup uncooked white rice

2 cups water

3 eggs, beaten

2 cups milk

1/2 cup white sugar (or less to taste)

1 teaspoon vanilla extract

1/2 teaspoon salt

1/3 cup raisins

1 pinch ground nutmeg

1. Place uncooked rice in a 3 quart saucepan, and add water. Bring to a boil. Reduce heat, and simmer for 25 to 30 minutes.
2. Preheat oven to 325 degrees F (165 degrees C).
3. In a large bowl, combine beaten eggs, milk, sugar, vanilla extract, and salt. Mix well. Stir in rice and raisins. Pour into a 10x6x2 inch baking dish.
4. Bake uncovered for 30 minutes; stir pudding and sprinkle with nutmeg. Bake additional 30 minutes or until a knife inserted halfway between the edge and the center comes out clean.

Note: I scald the milk, do not boil, add sugar, salt and vanilla. Then heat eggs thoroughly and temper eggs with hot milk. Add a little at a time so you don’t scramble eggs. Then add tempered eggs to milk in pot, mix. Add rice and raisins. Yum Yum!

**Marinated Barley-Vegetable Soup**

½ cup pearl barley or ¾ cup quick-cooking barley

1 cup frozen peas, thawed

4 oz. fully cooked turkey breast, cubed

½ cup coarsely chopped red and/or yellow pepper

2 green onions, sliced

2 T. olive oil or salad oil

½ t. finely shredded lime peel

2 T. lime juice

¼ t. salt

¼ t. poultry seasoning

Dash ground red pepper

Cook barley according to package directions; drain and rinse. Combine cooked barley, peas, turkey, pepper and onions in a large mixing bowl. For dressing, combine oil, lime peel, lime juice, salt, poultry seasoning, and ground red pepper in a screw-top jar. Cover and shake to mix. Pour over barley mixture; toss to coat. Cover; chill for 4 hours or overnight. Makes 6 servings.

**Turkey and Quinoa Meatloaf**

1/4 cup quinoa

1/2 cup water

1 teaspoon olive oil

1 small onion, chopped

1 large clove garlic, chopped

1 (20 ounce) package ground turkey

1 tablespoon tomato paste

1 tablespoon hot pepper sauce

2 tablespoons Worcestershire sauce

1 egg

1 1/2 teaspoons salt

1 teaspoon ground black pepper

2 tablespoons brown sugar

2 teaspoons Worcestershire sauce

1 teaspoon water

1. Bring the quinoa and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 to 20 minutes. Set aside to cool.
2. Preheat an oven to 350 degrees F (175 degrees C).
3. Heat the olive oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the garlic and cook for another minute; remove from heat to cool.
4. Stir the turkey, cooked quinoa, onions, tomato paste, hot sauce, 2 tablespoons Worcestershire, egg, salt, and pepper in a large bowl until well combined. The mixture will be very moist. Shape into a loaf on a foil lined baking sheet. Combine the brown sugar, 2 teaspoons Worcestershire, and 1 teaspoon water in a small bowl. Rub the paste over the top of the meatloaf.
5. Bake in the preheated oven until no longer pink in the center, about 50 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C). Let the meatloaf cool for 10 minutes before slicing and serving.

**Farfalle Pasta Salad with Broccoli and Pearl Onions**

1 pound farfalle pasta

3/4 cup extra virgin olive oil (I used a little less)

1 (12-ounce bag) of frozen pearl onions thawed

Kosher salt and freshly ground black pepper

3 garlic cloves, minced

1 pound broccoli cut into small florets

1 (15-ounce can) cannellini beans, rinsed and drained

1/2 cup grated pecorino romano cheese

Grated zest and juice of two large lemons

2 tablespoons honey

1 cup chopped fresh chives

Bring a large pot of salted water to a boil.  Add the pasta and cook, stirring occasionally, until tender but still firm to the bite, 8 to 10 minutes. Drain and place in a large serving bowl.

In a large dutch oven or saucepan, heat 1/4 cup olive oil over medium-high heat.  Add the onions and season with ½ teaspoon salt and ¼ teaspoon pepper.  Cooking, stirring every once in a while until golden and tender, about 10 minutes.

Add the garlic and cook until aromatic, about 30 seconds. Add the broccoli and saute for about 1 minute.  Add 1/3 cup water and scrape up any browned bits.  Cover the pan and cook until the broccoli is tender, about 4 minutes.  Add the beans and warm through for about a minute.  Transfer the mixture to the serving bowl. Add the cheese and toss with the pasta until coated.

In a small bowl, whisk together the lemon juice, lemon zest, remaining 1/2 cup olive oil, honey, 1/2 teaspoon salt and 1/4 teaspoon pepper.  Stir in the chives.

Pour the dressing over the pasta and toss until well coated. Season to taste with salt and pepper.  Serves 4 to 6.

**Sourdough Crackers**

1 cup King Arthur Premium Whole Wheat Flour or [White Whole Wheat](https://www.kingarthurflour.com/recipes/detail.jsp?id=3311) Flour

1/2 teaspoon sea salt

1 cup [sourdough starter](https://www.kingarthurflour.com/recipes/detail.jsp?id=1522), unfed/discard

1/4 cup (4 tablespoons) unsalted butter, room temperature

2 tablespoons dried herbs of your choice, optional

oil for brushing

coarse salt (such as kosher or [sea salt](https://www.kingarthurflour.com/recipes/detail.jsp?id=1105)) for sprinkling on top

1. Mix together the flour, salt, sourdough starter, butter, and optional herbs to make a smooth(not sticky), cohesive dough.
2. Divide the dough in half, and shape each half into a small rectangular slab. Cover with plastic wrap, and refrigerate for 30 minutes, or up to a couple of hours, until the dough is firm.
3. Preheat the oven to 350°F.
4. Very lightly flour a piece of parchment, your rolling pin, and the top of the dough.
5. Working with one piece at a time, roll the dough to about 1/16" thick. The dough will have ragged, uneven edges; that's OK. Just try to make it as even as possible.
6. Transfer the dough and parchment together onto a baking sheet. Lightly brush with oil and then sprinkle the salt over the top of the crackers.
7. Cut the dough into 1 1/4" squares; a [rolling pizza wheel](https://www.kingarthurflour.com/shop/landing.jsp?go=DetailDefault&id=4686) works well here.
8. Prick each square with the tines of a fork.
9. Bake the crackers for 20 to 25 minutes, until the squares are starting to brown around the edges. Midway through, reverse the baking sheets: both top to bottom, and front to back; this will help the crackers brown evenly.
10. When fully browned, remove the crackers from the oven, and transfer them to a cooling rack. Store airtight at room temperature for up to a week; freeze for longer storage.

Note: I used a pasta roller to roll out the dough. Split the dough into 6 pieces and ran it through on settings 1 through 5. This makes a consistently thin cracker. Bake at 350 for 10 – 11 minutes (check earlier). Don’t under bake as they won’t be crisp. I used 1/3 cup Cheddar Cheese Powder by Hoosier Hill Farm (Amazon). I liked it better using Parmesan cheese.

**Lentil and Sausage Soup**

2 14-ounce cans reduced-sodium chicken broth

1 ½ cup brown lentils, rinsed and drained

1 cup sliced celery

1 cup sliced carrots

½ cup chopped onion

1/8 t. ground red pepper (optional)

2 cloves garlic, minced

1 t. snipped fresh thyme or ½ t. dried thyme, crushed

6 ounces cooked, smoked sausage links, quartered lengthwise and sliced

In a large saucepan combine all ingredients except thyme and sausage. Bring to a boil; reduce heat. Simmer, covered, for 20 to 25 minutes or until vegetables and lentils are tender. Stir in thyme and sausage. Heat through. Makes 5 servings.