**Fall ABCs**

**September 2023**

**Apple Dumplings**

Ingredients:

2 cups of flour

2 tsp of baking powder

1 tsp of salt

¾ cups of Crisco

½ cup of milk

6 apples (cooking apples) peeled and cored

Directions:

Preheat oven to 375.

Mix dry ingredients and cut Crisco into that, then mix in milk to make a cough. Divide dough into 6 balls.

Roll each ball out and wrap 1 apple in each, being sure to seal well and leave a hole at the top. Put 1 tsp sugar and dot of butter into each hole. Put into baking dish and top with syrup. Bake at 375 for 30-35 minutes or until done.

Syrup:

1 cup sugar

1 cup water

¼ cup butter

1 tsp cinnamon

Directions:

Heat to boiling to dissolve sugar and pour over apples before baking.

**Baked Carrots**

Ingredients:

10 carrots

¾ cup sugar

2 Tablespoons flour

1 tsp baking powder

1 stick of butter

3 eggs

Cinnamon

Directions:

Preheat oven to 400.

Slice and cook carrots in salted water until soft. (mash not too fine)

Grease casserole- Add carrots – mix in cooled, melted butter to which sugar has been added.

Add flour, baking powder and eggs. Sprinkle with cinnamon.

Bake at 400 for 10 minutes, then lower temperature to 350 for 25 minutes.

**Butternut Squash Crostini**

Ingredients:

* ¼ cup olive oil, plus more for brushing bread
* 2 lb butternut squash peeled and cut in ½ inch cubes \*You can buy the pre-cut kind to make life easier
* ½ teaspoon dried chili flakes or a sprinkle of cayenne pepper
* kosher salt and pepper
* 2 large shallots, peeled and thinly sliced
* ¼ cup distilled white vinegar
* 1 tablespoon organic apple juice
* 2-3 tablespoons honey
* 6-8 slices of bread or baguette
* ½ cup fresh ricotta cheese or goat cheese
* 2-3 teaspoons fresh mint, chopped

Directions:

* Heat oven to 450 degrees Fahrenheit and toss cubed squash with 2 tablespoons of olive oil, chili flakes, kosher salt and pepper. Line a large baking sheet with parchment paper, place the butternut squash cubes on the baking sheet, and roast 20-30 minutes, flipping about half way through.
* Heat 2 tablespoons of olive oil in a large skillet over medium-high heat and add the chopped shallots with a little bit of salt. Cook until it begins to soften and brown. This should take around 10 minutes. Add vinegar, apple juice, and honey and reduce the heat to medium. Continue stirring as the mixture becomes thick, about another 10 minutes.
* To make the crostini - Cut bread into roughly ¼-1/2 inch slices and brush with olive oil. Spread on a sheet pan and place under a broiler on high heat for about 1-2 minutes, or until golden brown on top (watch carefully!). Flip and toast on the other side till light brown as well. Set aside.
* Remove the squash from the oven and mash together with the jammy shallots. Spread ricotta (or goat cheese) on toasted bread.Top with chopped mint.

Notes

* To make these gluten free, use a favorite gluten free bread.
* To make these dairy free, leave off the ricotta cheese. You can also substitute goat cheese too here.
* If prepping ahead, make the butternut squash topping and store in the fridge till ready to serve. Toast bread before serving.

**Double Layer Pumpkin Pie**

Ingredients:

1 Graham Cracker Ready crust – 10 inches

6oz cream cheese softened

2 Tbsp milk

1 Tbsp sugar

2 cups cool whip thawed

1 cup cold milk

1 pkg (6 serving size) vanilla instant pudding

1 pkg (4 serving size) vanilla instant pudding

2 ½ tsp pumpkin spice

2 ½ cups canned pumpkin

Directions:

In medium bowl, whisk together cream cheese, 2 Tbsp of milk and sugar. Gently stir in cool whip. Spread in pie crust. In large bowl beat 1 cup of milk, both puddings and spice. Whisk for 1 minute, whisk in pumpkin. Mixture is thick. Spread over cream cheese layer. Refrigerate at least 4 hours. Garnish with cool whip or whipped cream. Store in refrigerator. Makes 10 servings.

**Easy Pumpkin Bread**

Ingredients:

1 cup vegetable oil

2 2/3 cups granulated sugar

4 large eggs

1 15oz pumpkin puree

2/3 cup water

3 ½ cups unbleached all-purpose flour

½ tsp baking powder

1 tsp baking soda

1 ½ tsp salt

1 tsp nutmeg

1 tsp vanilla extract

1 ½ cup chocolate chips

1 cup chopped walnuts or pecans

Course white sugar for sprinkling

Directions

Preheat over to 350

Lightly grease two 8.5 \* 4 .5 loaf pans or 9\* 5 if you plan to add the chip and nuts.

In a large bowl, beat together the oil, the sugar, eggs, pumpkins and water.

Add the flour, baking powder, baking soda, salt, nutmeg and vanilla, stirring to combine.

Mix in chips and nuts, if you’re using them. Divide the batter in half. Spoon the batter into prepared pans. Sprinkle the tops of the loaves of with the course sugar.

Bake the bread 60 -80 minutes or toothpick comes out clean.

Remove the bread from the oven and cool it on a rack. When it’s completely cooled wrap it well in plastic wrap and store overnight before serving.

**Italian Sausage Butternut Squash Soup**

**Ingredients**

* 1 tablespoon unsalted butter, divided
* 1 yellow onion, finely chopped
* 1 small red bell pepper, diced
* 1 pound ground Italian Sausage, (I use Hot Italian Sausage in casings)
* salt and freshly ground black pepper, to taste
* 4 cloves garlic minced
* 2.5 pounds butternut squash, peeled, seeded, and chopped into 1-inch cubes
* 6 cups low sodium chicken broth
* 1 bay leaf
* 1 can (15.5 ounces) great northern beans, well rinsed and drained
* 1 can (14.5 ounces) fire roasted diced tomatoes, undrained
* Salt and freshly ground black pepper, to taste
* Heavy cream, for garnish, optional
* Chopped fresh parsley, for garnish

Directions:

* Melt 1/2 tablespoon butter in a dutch oven or stockpot set over medium heat. Add onions and peppers; cook for 2 minutes. Stir in sausage and cook for 10 minutes, or until browned and cooked through, breaking up the sausage into crumbles as it cooks.
* Add garlic, season with salt and pepper, and cook for 1 minute. Using a slotted spoon, remove the sausage mixture from the pot and set aside.
* Melt remaining butter in the pot set over medium heat; add squash to the pot and cook for 2 minutes. Then stir in chicken broth; add bay leaf, increase heat to high, and bring to a boil. Reduce heat to a steady simmer and continue to simmer, covered, for 12 to 15 minutes, or until butternut squash is tender. Start checking around the 10-minute mark.

Note: The larger the chunks of butternut squash, the longer it will take for them to soften.

* Remove from heat. Discard bay leaf. Remove couple handfuls of butternut squash chunks from the soup and set aside.

Using an **immersion blender**, blend the soup until smooth. You can also blend the soup in a blender. Return soup back to the stockpot.

* Return the butternut squash chunks back to the pot. Set stockpot over medium heat. To the soup, add beans, tomatoes, and previously prepared sausage mixture; cook for 3 to 4 minutes, or until heated through.
* Taste for salt and pepper, and adjust accordingly. Drizzle with cream. Garnish with parsley. Serve.

**Pioneer Woman’s Pumpkin Bars**

For the bars:

* **1** **1/2** **c.** unsweetened pumpkin puree
* **3/4** **c.** vegetable oil
* **2/3** **c.** packed light brown sugar
* **2/3** **c.** granulated sugar
* **2** large eggs
* **1** **1/2** **tsp.** vanilla extract
* **1** **1/2** **c.** all-purpose flour
* **2** **tsp.** pumpkin pie spice
* **1** **tsp.** baking powder
* **3/4** **tsp.** baking soda
* **1** **tsp.** kosher salt
* Baking spray with flour

### FOR THE SPICED CREAM CHEESE FROSTING:

* **1** (8-ounce) block cream cheese, softened
* **1/2** **c.** unsalted butter, softened
* **1** **1/2** **tsp.** vanilla extract
* **1** **tsp.** pumpkin pie spice
* **5** **c.** confectioner's sugar

Directions:

* For the bars: Preheat the oven to 350°F.
* In a large bowl, whisk together the pumpkin, oil, light brown sugar, granulated sugar, eggs, and vanilla until well combined. Add the flour, pumpkin pie spice, baking powder, baking soda, and salt, stirring until just combined.
* Spray a 9-by-13-inch baking pan with baking spray with flour. Pour the batter into the pan; smooth with a spatula.
* Bake for 40 to 45 minutes or until a wooden pick inserted into the center comes out clean. Let cool completely in the pan.
* For the spiced cream cheese frosting: In the bowl of a stand mixer fitted with a paddle attachment, beat the cream cheese over medium speed until smooth. Add the butter, vanilla, and pumpkin pie spice and beat until well combined and creamy. Reduce the speed to low and gradually add the confectioner’s sugar. Increase the speed to medium-high and beat until fluffy, about 1 minute.
* To assemble: Spread the spiced cream cheese frosting on top of the cake. Cut into squares and serve. Keep leftovers in the fridge, as frosting will get soft.

**Potato-Fennel Gratin (Barefoot Contessa)**

Ingredients:

2 fennel bulbs, stalks removed

1 yellow onion, halved and thinly sliced crosswise

2 tablespoons good olive oil

1 tablespoon unsalted butter

2 pounds russet potatoes, peeled (4 large potatoes)

2 cups plus 2 tablespoons heavy cream, divided

2 ½ cups grated Gruyère cheese, divided (½ pound)

Kosher salt and freshly ground black pepper

Directions:

Preheat the oven to 350 degrees.  Butter a 10 x 15 x 2-inch (10 cup) baking dish.

Cut the bulbs in half lengthwise and slice them crosswise, making approximately 4 cups of sliced fennel. Put the olive oil and butter in a medium (10-inch) sauté pan and sauté the fennel and onions together over medium-low heat for 10 minutes, until tender.

Thinly slice the potatoes by hand or with a mandoline. Place them in a large bowl with the 2 cups of cream, 2 cups of Gruyère, 1 teaspoon salt, and ½ teaspoon pepper. Add the fennel and onion mixture and mix well.

Pour the potato mixture into the prepared baking dish. Press down lightly to smooth the top. Combine the remaining 2 tablespoons of cream and ½ cup of Gruyère and sprinkle evenly on the top.  Bake for between 1 and 1¼ hours, until the potatoes are very tender and the top is browned and bubbly.  Allow to cool for 10 minutes and serve hot.

**Ramen Noodles with Lo Mein Sauce**

Ingredients:

8oz any type of protein

½ onion

½ cup green pepper

1 clove garlic chopped

8 oz fresh spinach

4 oz frozen broccoli

Or any type of veggie

2 packages of ramen – match noodle pack to protein set seasonings pack aside.

Soak noodles in a pan of hot water – do not boil

Ingredients for Lo Mein Sauce

2 Tbsp soy sauce

2 tbsp brown sugae

1 tsp ginger

1 Tbsp oil

1 Tbsp water

Mix well

Directions:

Saute meat, add veggies, 3-5 minutes, add 1 or 2 seasonings pack to taste.

Add drained noodles plus ½ cup of water. Add soy sauce mixture to ingredients – toss well.

**Snickerdoodle Apple Pie Bites**

### Ingredients:

* 1 Snickerdoodle Cookie Mix 17-18 ounces
* ½ cup butter softened
* 1 egg
* 1 can apple pie filling 21 ounces
* caramel ice cream topping

### Directions:

* Heat oven to 375º F. Prepare a mini muffin pan by spraying thoroughly with cooking spray.
* Stir together egg, butter and cookie mix until dough forms, hand kneading if necessary.
* Pour the cinnamon/sugar mixture from the cookie mix into a small bowl.
* Using a tablespoon cookie scoop, scoop out the dough into 24 balls. Roll each ball in the cinnamon/sugar mixture and then place each ball into the prepared mini muffin pan.
* Bake for 10-12 minutes or until the edges turn slightly golden brown. Immediately after removing from the oven, make an indention in the top of each cookie by pressing the back of a tablespoon into each cookie cup. (If a tablespoon seems too big, try a 1/2 or 3/4 tablespoon size.)
* After cooling for 3-5 minutes, use a knife to gently pop out each cookie cup and then place on a wire rack to cool.
* Prepare apple pie filling by chopping up the apples in the filling into small pieces. Use a tablespoon sized cookie scoop to scoop the pie filling into each of the cookie cups.
* If desired, sprinkle some of the remaining cinnamon/sugar mixture on the top of the pie filling and top with a drizzle of caramel ice cream topping.

**Upside Down Apple Roll Cinnamon Cake**

Caramel Sauce:

¾ cup butter

1 cup brown sugar

¼ cup milk

1 teaspoon vanilla

Cake:

2 Tablespoons butter-melted

1/3 cup light brown sugar

2 teaspoons cinnamon

8 oz. cream cheese, softened

¼ cup sugar

1 teaspoon vanilla

2–3 apples-peeled and cut in ¼ inch slices

2 x 8 oz. refrigerated crescent dinner rolls or crescent dough sheets

Spray 9 x 2-inch round cake pan with non-stick spray, line the bottom with circle of parchment paper, then spray the paper and set aside.

To make the caramel, in a saucepan over medium heat melt ¾ cup butter, add milk, then stir in brown sugar. Stir until sugar dissolves. Let it boil for 2-3 minutes until it starts to thicken. Remove from heat and add vanilla. Pour half of the sauce in prepared pan and reserve remaining caramel for serving.

In a small bowl whisk together 1/3 cup light brown sugar with 2 teaspoons cinnamon and set aside.

Mix cream cheese, ¼ cup sugar and vanilla and set aside.

Arrange sliced apples in the bottom of the pan in caramel sauce.

On a parchment paper lightly dusted with flour, spread 1 crescent dough sheet and set aside. If using crescent rolls, seal the perforation to make 1 large rectangle.

Repeat the process with second tube of crescent dough. Spread cream cheese mixture over the first crescent dough rectangle.

Top cream cheese layer with second crescent dough rectangle. Brush with 2 Tablespoons melted butter and sprinkle with cinnamon sugar mixture. Gently tap with your hands to stick cinnamon sugar to the dough. Using a pizza cuter or a sharp knife cut 1-inch wide lengthwise stripes.

Roll one stripe in the spiral and place in the center of the pan. Gently lift second stripe and wrap around the center. Continue adding the strips around the roll, starting each additional strip where the last one ended in the roll. Don’t wrap it to tightly, because the dough need space to spread while rising during baking process or it will stay raw.

Place the pan on a large baking sheet lined with paper, because the caramel might bubble and leak from the pan.

Bake 55-65 minutes at 350 F, until the center has cooked completely. If it starts browning too much tent the top with aluminum foil.

Cool in the pan for 30 minutes before invert on a plate to cool completely. When ready to serve, reheat reserved caramel and drizzle on top.