

FALL/WINTER COOKBOOK

Get Cooking this Fall/Winter with these great recipes!



IN THIS ISSUE

**SCONES, APPLEBREAD
AND MUFFINS**

SOUPS AND SIDES

HEARTY ENTRÉES

DELICIOUS DESSERTS

Center on the Hill Cookbook Volume 2

Thank you to all who contributed recipes to share for this, our second fun digital cookbook. I always find myself cooking a lot over the fall and winter months, but more so during these days of staying at home. I love finding new easy favorites to add to my rotation of meals!

I hope you enjoy trying out these delicious offerings and maybe find some new things you might like to make more often too!

Stay warm and stay well! Have a happy and healthy holiday and winter season!

Mariangela Saavedra
Director, The Center on the Hill

SCONES

by Mariangela Saavedra

2 Cups Flour
1/2 Cup Sugar
1/2 tsp Salt
2 1/2 tsp baking powder
1/2 Cup (1 stick) unsalted butter, chilled and grated.
1 egg
1/2 cup heavy cream
1 1/2 tsp vanilla extract
(optional) 1 cup add in's : Chocolate chips, blueberries,
nuts, dried fruit, etc.
(optional) 1 tsp: cinnamon



- Whisk flour, sugar, salt, and baking powder together in a large bowl.
- Grate the chilled butter using a box grater.
- Add it to the flour mixture and combine with a pastry cutter, two forks, or your fingers until the mixture comes together in pea-sized crumbs.
- Place in the refrigerator or freezer as you mix the wet ingredients together.
- Whisk 1/2 cup heavy cream, the egg, and vanilla extract together in a small bowl. Drizzle over the flour mixture, add the add-ins, then mix together until everything appears moistened.
- To make triangle scones: Pour onto the counter and, with floured hands, work dough into a ball as best you can. Dough will be sticky. If it's too sticky, add a little more flour. If it seems too dry, add 1-2 more Tablespoons heavy cream. Press into an 8-inch disc and, with a sharp knife or bench scraper, cut into 8 wedges. For smaller scones, press dough into two 5-inch discs and cut each into 8 wedges.
- To make 10-12 drop scones: Keep mixing dough in the bowl until it comes together. Drop scones, about 1/4 cup of dough each, 3 inches apart on a lined baking sheet.
- Brush scones with remaining heavy cream and for extra crunch, sprinkle with coarse sugar. (You can do this before or after refrigerating in the next step.) Place scones on a plate or lined baking sheet (if your fridge has space!) and refrigerate for at least 15 minutes.
- **Meanwhile, preheat oven to 400°F.** Line a large baking sheet with parchment paper or silicone baking mat(s). If making mini or drop scones, use 2 baking sheets. After refrigerating, arrange scones 2-3 inches apart on the prepared baking sheet(s).
- **Bake for 18-26 minutes** or until golden brown around the edges and lightly browned on top. Larger scones take closer to 25 minutes.
- Leftover scones keep well at room temperature for 2 days or in the refrigerator for 5 days.

No Egg Apple Bread

by Barbara VornDick

2 Cups Flour (or gluten free flour mix)
 1 Cup Sugar
 1 tsp Salt
 2 tsp baking soda
 1 tsp Cinnamon
 1/4 tsp cloves (optional)
 1/2 Cup (1 stick) unsalted butter. melted.
 2 cups apple sauce
 1 Cup Raisins (optional)
 1 Cup Chopped Nuts (optional)



- **Heat oven to 350.**
- Mix dry ingredients then add the wet ones.
- Whisk/mix well.
- Grease and flour a 9x9 pan (brownie pan)
- Pour in batter and **bake 45-50 min** till toothpick comes out clean.

Healthy Banana Nut Muffins

by Anonymous

1.5 cups white whole wheat flour
 ½ cup coconut sugar
 1 teaspoon baking soda
 1/8 teaspoon salt
 1/2 cup walnuts, chopped
 1 teaspoon ground cinnamon
 2 eggs, large
 1/2 cup maple syrup
 1/2 cups almond milk, unsweetened
 3 tablespoons coconut oil, melted
 1 cup mashed bananas
 1 teaspoon vanilla extract



- **Preheat oven to 350°F** and line a muffin tin with muffin liners.
- Place dry ingredients into a medium bowl and mix.
- In a large bowl crack 2 eggs and whisk.
- Add maple syrup, almond milk, and banana and mix again.
- Add dry ingredients into wet ingredients and then mix.
- Add in melted coconut oil and mix again.
- Add in remaining ingredients and mix again.
- Fill each muffin about 3/4 of the way full (these are going to be big muffins).
- **Bake for 18-22 minutes** or until the center is fully cooked.
- Let cool for 5 minutes and then remove from the muffin tin to continue cooling.

Hearty Black Bean Soup

by Dr Wendy Romig, Sage Integrative Health Center

1 can Black beans (rinsed)
 2 C Vegetable broth
 1C Frozen (or fresh if in season) sweet corn
 1/2 Yellow onion (finely diced)
 2 Carrots (finely diced)
 1/2 C Fresh cilantro (finely chopped)
 2-3 cloves Fresh garlic (crushed)
 1/4 tsp cayenne pepper
 1/4 tsp salt
 1/2 tsp rosemary (ground in mortar and pestle)
 1/2 tsp thyme
 Season to taste.



- Add black beans, vegetable broth and dried spices to pot on medium heat.
- Cook for about 20 minutes.
- Add corn, carrots and onions.
- Cook for 15 minutes.
- Lastly, add garlic and cilantro.
- Cook for another 5-10 minutes. (Add vegetable broth as needed to avoid cooking down too much.)

Nourishing Lentil Soup

by Dr. Wendy Romig, Sage Integrative Health Center

1 C lentils (soaked for 4 hours and well rinsed)
 2 C water
 3 leaves of collard greens, kale or other hearty green chopped
 2 carrots diced
 2 cloves of garlic (crushed) or chopped scallions
 1/2 tsp rosemary
 1/2 tsp thyme
 1/2 tsp tarragon
 1/2 tsp ground cumin seed
 1 tsp pepper
 1 tsp salt
 1 tbs olive oil



- Rinse lentils thoroughly.
- Add water and lentils to large pot and bring to a boil.
- Immediately reduce to a strong simmer and cook until lentils are soft (usually about 35-40 min).
- Avoid stirring them as it will cause the lentils to break apart.
- Add collard greens and carrots and all seasonings and cook on low for another 10-15 minutes.

Slow Cooker Veggie Lentil Chili

by Kirstin Puskar, Ambler Nutrition

1 yellow onion chopped
 2 cloved garlic, minced
 15 oz can diced tomatoes
 6 oz tomato paste
 15 oz black beans, rinsed, drained
 15 oz kidney beans, rinsed, drained
 1 cup lentils / Ground turkey / Chorizo Seitan
 1 T chili powder
 1 t smoked paprika
 1 t cumin
 1/2 t onion powder
 1/2 t garlic powder
 1/2 t cayenne pepper
 1/2 t salt, ground pepper to taste
 2 T olive oil
 4 cups vegetable broth



- In 6+-quart slow cooker (or Dutch oven pot with lid) Place all ingredients listed in order to crock pot, stir to combine, cover with lid
- Cook on High 4 hours or Low for 8 hours, until the lentils are softened and tender.
- Depending on the broth, add salt to taste if needed
- Serve hot in bowls with optional toppings: Diced tomatoes, non-dairy cheese, chopped scallions, avocado or non-dairy sour cream, tortillas 3-5 per serving
- Top a salad with sliced veg, crushed tortillas, “cheese”, the chili, salsa, avocado
- Makes 6 servings, place in individual bags and freeze for lunches

Sesame Kale

by Dr. Wendy Romig, Sage Integrative Health Center

1 tbsp sesame oil
 1/3 large yellow onion, sliced
 1/2 bunch kale, chopped
 1 small chunk of raw ginger - peeled
 1 tbsp sesame seeds
 1-2 tbsp Brags Liquid Amino acid or low sodium soy sauce



- Add sesame oil to large sauté pan.
- Turn on heat to medium. When oil begins to heat up, add the onion slices.
- Lightly sauté the onions for 1-2 minutes and then use garlic press to press ginger into the pan.
- Chop the remaining ginger and add it into the pan as well. Sauté for 30 seconds.
- Add the kale and very quickly sauté into the onion and ginger mix. Sauté for 1-2 minutes before adding the sesame seeds so that they will stick to the kale. Sauté for another 30 seconds and immediately remove from heat and place into another dish (the kale will cook in the pan even when you remove it from the heat. To avoid over cooking, you will need to remove it from the pan immediately).
- You will know the kale is cooked when it turns brighter green but is not wilted.

Creamy Garlic Mashed Potatoes

by Mariangela Saavedra

3 lbs. russet potatoes peeled and cut into 1 1/2-inch chunks
 1/2 cup heavy cream
 1/4 cup milk
 4 tablespoons butter, cubed
 1/2 cup finely grated fresh Parmesan cheese (2 oz.)
 1/2 cup sour cream
 1/4 cup freshly chopped chives
 3/4 teaspoon salt
 1/4 teaspoon garlic powder
 1/8 teaspoon pepper



- Add potatoes to a large 5 quart saute pan/skillet and add water until it reaches about 1 inch up the sides. Season with 1/2 teaspoon salt. Cover and bring to a boil then reduce heat to low. Simmer for 10-15 minutes or until very tender when pierced with a fork; drain VERY WELL. Add potatoes to bowl of electric or hand held mixer.
- Heat butter, heavy cream and milk for 1 1/2 minutes. Slowly stream heated butter/cream mixture into potatoes while beating on LOW until combined. Beat in Parmesan, sour cream, chives, salt, pepper and garlic powder on MEDIUM just until combined. Stop beating at this point for fluffy potatoes. For creamier, more dense potatoes, continue to beat just a little longer but be aware not to overbeat. Taste and season with additional salt and pepper if desired.

Sea Salt and Vinegar "popcorn" Cauliflower

by Mariangela Saavedra

1 large head cauliflower, outer leaves removed
 1/2 cup oat flour
 1/2 teaspoon sea salt
 Freshly ground black pepper, to taste
 1/4 cup + 1 tablespoon apple cider vinegar, divided



- Preheat oven to 425F.
- Line a large baking tray with parchment paper.
- Cut the head of cauliflower into small, bite-sized florets (approximately 1 inch across or smaller).
- Whisk together the oat flour, sea salt, and black pepper in a large airtight container.
- Add the cauliflower florets to a large, nonreactive mixing bowl. Pour 1/4 cup of the apple cider vinegar over the florets and toss to coat. If you have an extra 15 to 30 minutes, let it marinate in the vinegar. If not, no worries, you can move straight to the next step!
- Use a slotted spoon to transfer the cauliflower florets into the container with the oat flour. Secure the lid and vigorously shake the container to coat the florets.
- Dump the florets onto the lined pan and spread them out into a single layer.
- Bake for 15 minutes, flip the florets over as best you can, and bake another 15 to 17 minutes or until crisp and golden.
- If you want a bit more vinegar tang, use your fingers to spritz the cauliflower with the remaining tablespoon of apple cider vinegar. Season with a bit more sea salt and black pepper, if desired.
- Serve warm.

SAGE PUMPKIN PASTA BAKE WITH KALE AND BUTTER PECANS

by Anonymous

17 ounces fusilli (gluten-free, if needed)
2 teaspoons salted butter
1/2 cup pecans, coarsely chopped
1 teaspoon olive oil
1 red onion, thinly sliced
2 cloves of garlic, minced
2 cups torn kale
1 14-ounce can pumpkin
1 cup cottage cheese
2 tablespoons chopped fresh sage
1 teaspoon sea salt
1/2 teaspoon each: black pepper and cayenne
8 ounces mozzarella, grated



- Preheat your oven to 350 degrees.
- Cook the fusilli in a large pot of salted boiling water until al dente.
- Drain and toss with a little olive oil.
- While the pasta is cooking melt the butter in a small frying pan over medium-high heat and add the pecans. Toast until they are fragrant, about 5 minutes.
- Heat the olive oil in a large pan over medium-high heat. Add the onion and cook till soft, about 5 minutes. Add the garlic and kale and cook until the kale is wilted, about 2 minutes.
- In a medium-sized bowl, mix the pumpkin, cottage cheese, sage, black pepper, and cayenne.
- Spread a scoop of the pumpkin into the bottom of a casserole dish or ovenproof pot.
- Layer with 1/3 of the pasta, 1/3 of the pumpkin, 1/3 of the kale, and 1/3 of the mozzarella.
- Repeat 2 more times.
- Top the pasta with the buttered pecans and **bake uncovered for 25 minutes**, or until the pasta is hot and bubbling.

Sausage and Peppers

by Kirstin Puskar, Ambler Nutrition

1 T Olive oil
1 cup Onion chopped
1 cup Pepper chopped
2 Field Roast Italian “sausages” sliced
2 cups Spaghetti sauce

- Sauté in a pan on med-hi 5-10 min
- Add red sauce
- serve with small garlic toast



Apple Crisp

by Jerri Kohut

6- 8 apples sliced

1/2 cup water

1 tsp Cinnamon

- Combine and place in Casserole baking dish

1 Cup flour

3/4 Cup sugar

1 stick butter (1/2 cup) cubed

- Combine and pour over apples in dish evenly

Bake for 1 hour at 350 degrees.



Oreo Cookie Cheesecake Bites

by Mariangela Saavedra

16 oz Cream Cheese

1/2 cup Sour Cream

1/2 cup Sugar

2 Eggs

1 tsp vanilla extract

1 Package Oreo Cookies

Cupcake wrappers

- Preheat oven to 275F
- Put cupcake wrapper in muffin backing pan
- Put one whole Oreo Cookie in the bottom of each cupcake wrapper
- Blend smooth: Cream cheese, sour cream, sugar, eggs, vanilla
- Pour into cupcake liners over Oreo cookie. Fill to top.
- Thick crumble 6-8 Oreo cookies and use as topping.
- Bake for 22 min.
- Let cool, then refrigerate for 2-3 hours before serving.

