

Nut Roast



This unique vegetarian dish mimics the savory flavor of stuffing. The first nut cutlet recipes were published in 1908 in the book Vegetarian Cookery by author Florence George. Enjoy this familiar combination of holiday spices with the added buttery flavor and crunch of roasted nuts. You can switch up the flavor by substituting almonds or pecans for any of the nuts within the recipe, or top with a creamy mushroom or cranberry sauce!

Ingredients:

2 $\frac{3}{4}$ Tablespoons unsalted butter (add extra 2 Tablespoons for greasing)
 $\frac{3}{4}$ cup quinoa
8 oz butternut squash
1 medium yellow onion
2 garlic cloves
2 celery sticks
2 Tablespoons olive oil
2 sprigs of fresh rosemary
 $\frac{1}{2}$ teaspoon cayenne pepper
Pinch sweet smoked paprika
1 teaspoon dried oregano
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon ground black pepper
5 white mushrooms
1 lemon
 $\frac{1}{2}$ cup breadcrumbs
 $\frac{2}{3}$ cup cranberries, dried
 $\frac{3}{4}$ cup apricots, dried
 $\frac{2}{3}$ cup mixed nuts such as walnuts, cashews, hazelnuts, Brazil nuts
4 large free-range eggs
 $\frac{1}{2}$ cup cheddar cheese

Preparation:

1. Preheat the oven to 350 degrees F. Grease one 9x8 (or two 8x3) inch loaf pan with butter, then line with parchment paper.
2. Cook the quinoa according to the packet instructions, then set aside to cool. Meanwhile, halve the squash, peel it, scoop out the seeds, then chop the flesh into roughly $\frac{1}{2}$ -inch chunks. Peel and roughly chop the onion. Peel and finely slice the garlic, then trim and roughly chop the celery.
3. Heat 2 Tablespoons of olive oil in a large frying pan over medium heat, then add the chopped vegetables. Add the rosemary leaves, discarding the stalks, then toss well. Add the cayenne, paprika, oregano, salt, and pepper. Season, stir well, then reduce the heat to medium-low. Cook for approximately 15 minutes, or until softened. Meanwhile, chop the mushrooms, then add to the pan for the final 5 minutes of cooking.
4. Remove the pan from the heat, stir in the butter and grate in the zest from half the lemon. Transfer the mixture to a large bowl, then stir in the cooled quinoa, breadcrumbs, dried fruit and nuts. Crack in the eggs, then stir well to combine. Put the mixture into the prepared loaf pan, then

place in the preheated oven for 45 to 50 minutes, or until cooked through and set.

5. Remove the nut roast from the oven, then carefully turn it out, peeling away the greaseproof paper. Place the nut roast onto a tray and add grated cheese. Place the reserved thyme sprigs on top, then return it to the oven for 10 to 15 minutes, or until bubbling and golden.

Makes 17 one-inch slices.

Approximate nutrition information per one 1-inch slice:

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
160kcal	8g	3g	50mg	2.5g	4.5g	18g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
22%	8%	6%	7%	5%	6%	100mg/4%

Recipe adapted from jamieoliver.com

Apple Brussels Sprouts Salad



Brussels sprouts are a staple at British Christmas dinners, and this recipe takes the classic dish and gives it a Pacific Northwest twist with its crisp and juicy apples. Topped with light and sweet honey dressing, this is the perfect way to freshen up a holiday dinner and cut through the richness of other dishes.

Ingredients:

6 Tablespoons red wine vinegar
6 Tablespoons extra-virgin olive oil
3 teaspoons honey
¾ cup fresh parsley, chopped
¾ teaspoon kosher salt
¾ teaspoon freshly ground black pepper
½ cup walnuts, chopped
2 pounds Brussels sprouts, shredded
1 large Fuji apple, cored and thinly sliced
¼ cup Parmesan Reggiano Cheese, freshly grated

Preparation:

1. In a small bowl whisk together vinegar, olive oil, honey, half the parsley, salt and black pepper. Set aside.
2. Warm a small dry skillet over low heat and toast the walnuts until lightly golden, about 1 to 2 minutes.
3. Toss together Brussels sprouts, apples and walnuts with half the dressing. Mix in additional dressing, if desired.
4. Transfer to serving platter or bowl and top with grated Parmigiano Reggiano cheese and remaining parsley. Serve immediately.

Makes 10 cups.

Approximate nutrition information per 1 cup:

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
177kcal	13g	2g	2mg	4.5g	5g	13g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
22%	140%	6%	17%	8%	10%	220mg/9%

Recipe Adapted from Delish.com

Apple Cheddar Biscuits



Washington State is one of the top apple producers in the United States where about 40-50% of apples are grown. Apples are incorporated into many holiday favorites such as pie, cake, and cider. These apple cheddar biscuits combine tart apples with sharp cheddar cheese to create a savory dish that is perfect addition to your holiday table.

Ingredients:

3 cups all-purpose flour
3 Tablespoons sugar
1 Tablespoon plus $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{2}$ teaspoon salt
1 cup and 2 Tablespoons Granny Smith apple; peeled, finely chopped
1 cup and 2 Tablespoons extra sharp cheddar cheese, shredded
10 Tablespoons butter; frozen, coarsely grated
3 green onions, thinly sliced
 $\frac{1}{2}$ teaspoon black pepper
 $\frac{3}{4}$ cup 2% milk
1 large egg, beaten

Preparation:

1. Preheat oven to 400 degrees and line a large baking sheet with parchment paper.
2. Whisk together sugar, flour, baking soda, and salt in a large bowl. Stir in apples, cheddar cheese, butter, green onions and black pepper. Form a well in the center of the mixture. Add milk and egg. Slowly stir mixture until just combined.
3. Transfer dough onto a lightly floured surface and gently knead until dough comes together. Gently pat into 1 inch thick square. Cut into 2 inch squares (3x12). Arrange on prepared baking sheet, spacing 1 inch apart. Bake for 15 to 20 minutes or until bottoms are deep golden brown. Serve warm.

Makes 36 two-inch square biscuits.

Approximate nutrition information per 1 biscuit (2 inch square) :

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
90kcal	5g	3g	18mg	0.5g	2.5g	10g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
4%	0%	1%	5%	4%	3%	114mg/5%

Recipe Adapted from The Good Housekeeping Test Kitchen

Cinnamon Pecan Butternut Squash



Squash served as a staple ingredient among the American settlers during the harsh winter times. They prepared squash with animal fat, syrup and honey. Squash is a great source of vitamin A, which is beneficial for immune system health and eyesight. It is also a good source of vitamin C for supporting immune system health.

Ingredients:

1 large butternut squash, peeled, seeded, cut 1-inch cubes
1/4 teaspoon salt
2 Tablespoons olive oil
2 Tablespoons maple syrup
2 Tablespoons brown sugar, packed
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1 1/4 cup pecan halves
2 sprigs rosemary

Preparation:

1. Preheat oven to 400 degrees. Lightly coat a baking sheet with oil or nonstick spray.
2. Place butternut squash onto prepared baking sheet. Add salt, olive oil, maple syrup, brown sugar, cinnamon and nutmeg. Toss to combine.
3. Place into oven and bake for 25-30 minutes or until tender. Stir once halfway through cooking. Add pecans during the final 10 minutes of baking.
4. Serve immediately. Garnish with rosemary, if desired.

Makes 4 cups.

Approximate nutrition information per 1/2-cup:

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
230kcal	15g	1g	0mg	7g	3g	27g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
380%	43%	19%	9%	9%	8%	80mg/3%

Recipe Adapted from damdelicious.net

Gluten-Free Chocolate Ganache Tart



This tart can be a great gluten-free dessert option for guests at a holiday dinner. The chocolate ganache offers a light coconut flavor, accompanied by a smooth and creamy texture. It is said that ganache was created when an assistant of a French pastry master mistakenly combined the directions of heating the cream and melting the chocolate and created "ganache," which we now know as the popular chocolate glaze, icing, or sauce. Add a bit of crushed candy cane to make this a festive dessert for December.

Ingredients:

$\frac{1}{2}$ cup sweetened coconut, shredded
 $1\frac{1}{2}$ cups salted gluten-free pretzels, crushed into small pieces
 $\frac{1}{2}$ cup rice flour
 $\frac{1}{2}$ cup coconut oil, melted
3 Tablespoons brown sugar
2 Tablespoons unsweetened cocoa
1 cup coconut milk
6 ounces dark chocolate, finely chopped
2 candy canes, crushed

Preparation:

1. Preheat oven to 375°F. Grease 9" tart pan with removable bottom.
2. In large bowl, combine shredded coconut, pretzels, rice flour, coconut oil, sugar, and cocoa. Transfer to prepared tart pan. With hands, firmly press mixture into bottom and up side of pan in even layer; place on cookie sheet. Bake 10 minutes. Cool completely on wire rack.
3. In small saucepan, heat coconut milk on medium until just bubbling at edges, whisking occasionally. Place chocolate and a pinch of salt in medium, heatproof bowl. Pour hot coconut milk over chocolate. Let stand 5 minutes. Gently whisk until smooth. Pour into tart shell.
4. Top with crushed candy canes. Refrigerate, uncovered, 2 hours or until set. Can be made up to 2 days ahead. Once set, cover with plastic and keep refrigerated.

Note: If chocolate is more than 70% cacao, add 2 Tbsp. brown sugar with chocolate and salt in step 3.

Makes 12 slices.

Approximate nutrition information per 1-slice (1/12 of a pie):

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
360kcal	22g	16g	0mg	3g	3g	44g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
0%	<1%	2%	1%	1%	9%	460mg/19%

Adapted from goodhousekeeping.com

Harvest Galette



This dish incorporates seasonal delicata squash and creamy ricotta cheese, a delicious and comforting pairing. To put a twist on the dish, dive into your creative side and replace the delicata squash with any assortment of squash! Winter squash is seasonal in the Pacific Northwest until February, allowing this dish to be budget-friendly all winter long. However you choose to prepare, this savory pie will be admired and devoured by your guests this holiday season.

Ingredients:

2 Tablespoons butter, unsalted
1 Tablespoon honey
1 round pie dough (pre-made)
1 delicata squash, seeded and cut into $\frac{1}{2}$ inch pieces
3 Tablespoons extra-virgin olive oil
2 cups onion
 $\frac{1}{2}$ pound ricotta cheese, fresh
3 eggs, large
5 fresh sage leaves, finely chopped

Preparation:

1. Preheat oven to 450 degrees F. Melt butter and honey in a small saucepan over medium heat. Arrange squash pieces into a single layer on a rimmed baking sheet, and brush both cut sides with butter-honey mixture. Season with salt and pepper on both sides. Roast until bottoms are browned, about 15 minutes. Remove from oven.
2. Heat oil in a large pan over medium heat. Add onion, stirring occasionally until caramelized, about 20 minutes.
3. In a medium bowl, stir together ricotta and 2 eggs. Season with salt and pepper.
4. Spread ricotta mixture over the bottom of the pie dough, leaving half of an inch to one inch around the edges. Top with onions and then squash. Sprinkle with sage leaves. Brush crust with egg wash made from remaining egg. Bake until golden brown, about 50 to 60 minutes. Serve warm.

Makes 1 galette.

Approximate nutrition information per 1 slice (% of galette):

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
280kcal	20g	8g	85mg	1g	7g	21g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
20%	15%	<1%	6%	10%	4%	190mg/8%

Recipe adapted from marthastewart.com

Orange Braised Carrots and Parsnips



During The Great Depression when money was tight for many families, children would look forward to a treat of a juicy orange in their Christmas stockings, a rare extravagance. Many families carried on this tradition, and today oranges and orange flavored treats are a staple for many families around the United States. This recipe incorporates the sweetness of orange with savory winter vegetables, putting a twist on an old tradition.

Ingredients:

3 oranges, medium
1½ pounds carrots, trimmed and peeled
1½ pounds parsnips, trimmed and peeled
½ cup shallots, chopped
½ cup olive oil
8 sprigs of fresh thyme, chopped
¼ teaspoon red pepper flakes
2 teaspoons salt
½ teaspoon pepper
½ teaspoon nutmeg
½ teaspoon cinnamon
3 Tablespoons flat leaf parsley, chopped

Preparation:

1. Preheat oven to 275 degrees F. From the oranges, grate 1 Tablespoon peel and squeeze all juice into a small bowl and set aside. Chop shallots and thyme, set aside.
2. Chop carrots and parsnips to similar size rounds. Arrange in a flat layer in 6- to 8-quart (oven-safe) saucepan or Dutch oven. To the pot, add shallots, olive oil, thyme, red pepper, grated orange peel, orange juice, cinnamon, nutmeg, salt, and pepper.
3. Heat on medium-high heat until boiling. Reduce heat to simmer for 30 minutes or until vegetables are slightly tender.
4. Cover tightly with lid or heavy-duty foil. Transfer to oven; cook 20 more minutes or until vegetables are very tender.
4. Remove and discard any large pieces of thyme.

Makes 8 cups.

Approximate nutrition information per ½-cup:

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
130kcal	7g	1g	0mg	5g	1.5g	17g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
144%	45%	620%	9%	5%	4%	330mg/14%

Recipe Adapted from countryliving.com

Scalloped Sweet Potatoes



Enjoy this classic dish with a twist! Sweet potatoes originated in the tropical areas of Central America and northwestern South America, and are staple food in those regions. They are highly nutritious containing protein, fiber, vitamins A and C, calcium, folic acid, magnesium, and potassium. Enjoy this warm, creamy, and cheesy dish that adds a bit of sweetness to your holiday dinner.

Ingredients:

2 cups half and half
2 tablespoons unsalted butter
2 cloves garlic, minced
1 bay leaf
1 teaspoon fresh thyme leaves
 $\frac{1}{4}$ teaspoon nutmeg, ground
1 teaspoon kosher salt
 $\frac{1}{4}$ teaspoon freshly ground black pepper
3 pounds sweet potatoes (about 4 to 5 medium), peeled and sliced into $\frac{1}{4}$ inch thick rounds
 $\frac{1}{2}$ cup Swiss/Gruyère cheese blend, shredded

Preparation:

1. Arrange a rack in the middle of the oven and heat to 400°F. Grease a 9x13-inch baking dish with butter or cooking spray; set aside.
2. Place the half & half, butter, garlic, and bay leaf in a small saucepan and bring to a simmer over low heat. Meanwhile, combine the thyme, nutmeg, salt, and pepper in a small bowl.
3. Place half of the potatoes over the bottom of the baking dish. Sprinkle with half of the salt and herb mixture. Add the remaining potatoes in an even layer. Sprinkle with the remaining seasoning.
4. Remove the bay leaf from the half & half and discard. Pour the half & half and garlic over the potatoes. Push down to submerge them as much as possible, they won't be fully submerged. Cover with aluminum foil.
5. Bake for 15 minutes. Uncover and bake until the potatoes are tender, about 15 minutes. Remove the dish from the oven. Turn on the oven's broiler. Sprinkle the cheese over the top of the potatoes. Broil until the cheese is melted and the top is lightly browned, 3 to 5 minutes. Let it cool for 10 minutes before serving.

Makes 8 cups.

Approximate nutrition information per $\frac{1}{2}$ -cup serving

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
140kcal	6g	4g	20mg	3g	3.5g	19g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
331%	29%	5%	2%	10%	3.5%	220mg/9%

Recipe adapted from Kelli Foster at www.thekitchn.com