

ROASTED RED PEPPER AND WALNUT SPREAD

Ingredients:

1-12 oz jar roasted red peppers, drained
1/4 cup sun dried tomatoes, packed in oil, drained and patted dry with paper towel
1 cup coarse whole wheat bread crumbs
1 cup walnuts (4 ounces), toasted
1 clove garlic, minced
1 tablespoon red-wine or balsamic vinegar
1/2 teaspoon cumin
1/4 teaspoon cayenne
1/4 cup extra-virgin olive oil
1/4 tsp salt

Preparation:

1. Add all ingredients to a food processor in order listed except for olive oil.
2. Puree until smooth.
3. With motor running, add oil in a slow stream, blending until incorporated.

Yields 3 cups

Cooks' notes:

- Spread is delicious on whole grain crackers and toasts or used as a veggie dip
- Spread can be made up to 2 days ahead and chilled. Bring to room temperature before serving.
- Use organic ingredients when possible

Recipe written by Loaves and Fishes board member Angela Stanford. She is a Registered Dietitian, and owner of Vital Nutrition and Wellness. For more delicious recipes and tips on healthy eating, visit <http://www.VitalandWell.com>.

CARMELIZED BUTTERNUT SQUASH

Ingredients:

2 medium butternut squash (4 to 5 pounds total)
6 Tbsp Earth Balance or unsalted butter, melted and cooled
3 Tbsp maple syrup
½ tsp kosher salt
1/2-1 tsp fresh ground black pepper

Directions:

1. Preheat the oven to 400°F.
2. Cut off the ends of each butternut squash and discard.
3. Peel the squash and cut in half lengthwise.
4. Using a spoon, remove the seeds.
5. Cut the squash into 1 1/4" to 1 1/2" cubes (large and uniform is best), and place them on a baking sheet.
6. Add the melted butter, brown sugar, salt and pepper.
7. With clean hands, toss all of the ingredients together and spread out in a single layer on the baking sheet.
8. Roast for 45 minutes to 55 minutes, until the squash is tender and the glaze begins to caramelize.
9. Turn the squash while roasting a few times with a spatula to be sure it browns evenly.
10. Adjust seasonings if needed.
11. Serve hot.

Enjoy!

Adapted from a recipe from the Barefoot Contessa

Cooks' notes:

- Use organic ingredients when possible

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SAUTEED SWISS CHARD

Ingredients:

1 large bunch fresh Swiss chard
1 ½ Tbsp extra virgin olive oil
1 small clove garlic, sliced
Pinch of dried crushed red pepper
2 Tbsp water
1 tsp Earth Balance or butter
Pinch of salt

Directions:

1. Rinse Swiss chard in water and remove the toughest third of the stalk.
2. Chop Swiss chard leaves into 1-inch wide strips.
3. Heat medium-sized sauté pan on medium heat.
4. Add olive oil, sliced garlic and crushed red pepper; Sauté for about a minute.
5. Add chopped Swiss chard leaves and cover for 5 minutes.
6. Add 1-2 Tbsp water and flip chard over, so what was on the bottom is now on the top and cover for 5 more minutes
7. Check for doneness by removing a piece of cooked chard and tasting to make sure it is tender.
8. Add 1 tsp butter or Earth Balance spread and pinch of salt.
9. Toss to combine.
10. Serve immediately.

Enjoy!

Cooks' notes:

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AMAZING APPLE CRISP

Ingredients:

2 ¹/₄ cups rolled oats
3/4 cup whole wheat flour
1/2 cup brown sugar, firmly packed
2 tsp cinnamon
2/3 cup butter or Earth Balance
8 cups apples, large diced into bite sized chunks
(about 12 med-
large apples) *-granny smith and/or Fuji work well*
-peel apples if not organic due to increased exposure to pesticide residues

Preparation:

1. Preheat oven to 350 degrees F.
2. Place rolled oats, flour, sugar, and cinnamon in a bowl and blend.
3. Add soft butter (or Earth Balance) and blend well with a fork or pastry blender.
4. Cut each apple into 10 slices and each slice into 3 pieces.
5. Arrange diced apples in lightly buttered 9"x13" baking dish.
6. Spread oatmeal mixture on top of apples and press lightly.
7. Bake 30-35 minutes or until topping is brown and apples are tender.
8. Remove from oven and cool for 10 minutes.

Enjoy!

Cooks' notes:

- Delicious served warm on its own or with a scoop of vanilla ice cream
- Seasonal Variations:
 - Spring: strawberry/ rhubarb
 - Summer: peaches
 - Fall: pears
- Use organic ingredients when possible

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