

Kids in the Kitchen: Crock Pot Applesauce

Prep in the morning or after school; turn the crockpot on; have hot applesauce with dinner.

- 1/2 cup sugar or sweetener
- 4 lbs apples, cored and sliced thin
- 1/2 teaspoon cinnamon
- 1 cup water
- 1 tablespoon lemon juice

Directions:

Mix apples (about 12 cups) with cinnamon and sugar and put into crock pot.
Pour water and lemon juice over apples. Cook on low for 6 hours or high for 3 hours.

Grilled Romaine Chicken Caesar Salad

Grilling sturdy hearts of romaine imparts smoky flavor to this popular salad green. You'll love the contrasting textures of the lightly wilted outer leaves and the crisp center. Be sure to keep the core intact to hold the leaves together on the grill.

Ingredients

- 3 (6-ounce) skinless, boneless chicken breasts
- 2 teaspoons olive oil
- 1/2 teaspoon salt, divided
- 3/4 teaspoon freshly ground black pepper, divided
- 2 romaine hearts, cut in half lengthwise
- Olive oil—flavored cooking spray
- 4 (1-ounce) slices French bread baguette (1 inch thick)
- Caesar Dressing

Preparation

1. Prepare grill.
2. Brush chicken with olive oil; sprinkle with 1/4 teaspoon salt and 1/2 teaspoon pepper. Coat romaine hearts with cooking spray, and sprinkle with remaining salt and pepper. Coat both sides of bread slices generously with cooking spray.
3. Place chicken, romaine, and bread on a grill rack coated with cooking spray. Grill chicken 7 to 8 minutes on each side or until done. Grill romaine halves 4 to 5 minutes. Grill bread slices 3 minutes on each side or until toasted.
4. Cut chicken diagonally into thin slices; cut grilled bread into large cubes. Arrange chicken strips and grilled croutons evenly over romaine halves; drizzle evenly with Caesar Dressing.

Caesar Dressing

Ingredients

- 1/2 cup nonfat buttermilk
- 1/4 cup shredded fresh Parmigiano-Reggiano cheese
- 2 tablespoons light mayonnaise
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon Dijon mustard
- 2 garlic cloves, pressed

Preparation

1. Combine all ingredients, stirring with a whisk until smooth.

Fresh Mozzarella Pasta

Salad

"A pasta salad version of a classic Italian dish, this combines orzo, fresh mozzarella cheese, tomatoes, and basil, for a perfect summertime dish."

INGREDIENTS:

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|---|--------------------------------------|
| 1 cup uncooked orzo pasta | 1/4 cup chopped fresh basil |
| 1 1/2 cups cubed fresh mozzarella cheese | 1 teaspoon crushed red pepper flakes |
| 2 fresh plum tomatoes, seeded and cut into bite-size pieces | 1 tablespoon olive oil, or as needed |
| | salt to taste |

DIRECTIONS:

1. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Stir in the orzo, and return to a boil. Cook the pasta uncovered, stirring occasionally, until cooked through, but still firm to the bite, about 10 minutes. Drain well, and let cool.
2. Mix the mozzarella cheese cubes, tomatoes, basil, crushed red pepper flakes, and salt with olive oil in a salad bowl. Gently mix in the orzo pasta, and toss lightly to coat the ingredients with oil.

Denny's Amazing Five Minute Asiago Dip

This amazing Asiago dip is always the hit of the night! It has four ingredients and takes only five minutes to prepare. Make sure you bring the recipe wherever the dip goes! Serve with pumpernickel bread."

INGREDIENTS:

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|---------------------------------------|-----------------------------|
| 1 cup grated Asiago cheese | hearts, drained and chopped |
| 1 cup mayonnaise | 1 clove garlic, minced |
| 1 (6.5 ounce) jar marinated artichoke | |

DIRECTIONS:

1. In a microwave-safe bowl, stir together the Asiago cheese, mayonnaise, artichoke hearts and garlic. Heat in the microwave at 50% power for 30 seconds at a time, stirring between heatings until cheese has melted and dip has a smooth consistency. Serve warm.

Julia's Sassy Dip™ Recipes

Basic Recipe:

1 packet of Sassy Dip, any flavor with:

- 2 - 8oz packages of cream cheese OR
- 16oz Sour Cream OR
- 8oz Greek Yogurt OR
- Mayonnaise OR
- Olive Oil OR
- A combination of them

Sassy Craisin-Walnut Spread

Make basic recipe using Original Sassy Dip Mix

- 1- 1 ½ cups dried cranberries (Craisins)
- ¾ cup of chopped walnuts (or pecans)

Sassy Pimento Cheese

Basic Recipe (see left)

- 2 cups of finely shredded, sharp cheddar cheese
- Large jar of diced pimentos
- Variations: Add chopped jalapenos or black olives.

Sassy Spinach Bread Dip

- 1 pkg Sassy Sweet Onion Dip Mix
- 16oz container of sour cream
- 10oz pkg frozen chopped spinach, thawed
- ¾ cup finely chopped carrots
- 1 Hawaiian Bread Loaf

In a large bowl combine Sweet Onion Dip mix and sour cream. Strain excess water from spinach and add to dip mixture. Add carrots. Stir to combine. Cover with plastic wrap and chill for 2 hours. Slice a circle around top of bread and remove inside and cut into bite sized pieces. Fill hole with spinach dip. Cut other bread loaf into cubes and serve with dip. Enjoy!

Sassy Bagel Bites

To basic Sweet Onion or Garlic recipe, add:

- ½ cup of pizza sauce
- Your choice of meat (*chopped pepperoni, bacon bits, sausage, ham, chicken*)
- Your choice of chopped veggie toppings (*onions, peppers, olives, jalapenos, spinach, tomatoes, etc.*)
- Your choice of cheese (*mozzarella, provolone, feta, cheddar*)
- Mini Bagels

Add chopped meats, veggies and cheeses to basic dip recipe and mix well. Spread on bagel halves. Bake for ~ 10 minutes at 350 degrees. Serve warm. Great snack anytime.

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### It's a Great Everyday Seasoning, too!

Julia's Sassy Dip & Seasoning Mix is not only a great dip, but makes the perfect everyday seasoning in sauces, casseroles, meatloaf, rice, veggies, bread dips, as a marinade, rub or vinaigrette.

## One-Pot Apple Pork Steaks & Roast Potatoes

### Ingredients

- 1 red onion, cut into wedges
- 1 apple, cored and cut into wedges
- ½ tsp dried oregano
- 2 tbsp olive oil
- 4 pork loin steaks
- Black pepper to taste
- 600g frozen Roast Potatoes
- 4 heaped tsp chicken gravy granules

### Method

1. Preheat the oven to 220oC, 425oF, Gas Mark 7.
2. Place the onion, apple and oregano in a large non-stick roasting tin and toss in 1 tbsp oil. Top with the pork, drizzle over the remaining oil and season with pepper.
3. Add the roast potatoes to the tin and bake for 30 minutes.
4. Just before serving, blend the gravy granules with 300ml boiling water and add to the pan and serve with fresh vegetables.

**When mincing garlic, sprinkle on a little salt so the pieces won't stick to your knife or cutting board.**

### Quick Tips

**When using fresh herbs such as dill, chives, parsley, etc, hold them together in small bunches and snip with kitchen scissors. It is a lot faster this way, and you'll find the herbs will be light and fluffy, not bruised and wet as they often get when chopped.**

## Cubanelle Pepper Cooking Ideas

Use these large beauties fresh as you would any sweet bell pepper. Strips on pizza. Sizzled for fajitas. Chopped up for chili. Combined with your eggplant for a vegetable medley. Chopped into marina sauce and poured over pasta. Stir-friend. For breakfast chopped into eggs.

These Italian "stir fry" sweet peppers make an especially beautiful presentation sliced lengthwise and stuffed with a grain such as rice, breadcrumbs, cous-cous or quinoa, mixed with your of sausage, sauteed vegetables, tomato sauce and/or cheese.

The Cubanelles will be the smaller of the two pepper varieties you'll find in your box today. Both range from a light green to red-green to bright red.

**QUICK PREP TIP:** To make prepping a hot meal on busy nights easy, chop your peppers, freeze in ziplock bags and pull out to make quick fall chilies, casseroles, and spaghetti.