

## Cran-Apple Pork & Sweet Potatoes

*Crockpot pork chops with sweet potatoes and cranberry sauce.*



Hayride at the Chapel Hill Creamery

### Ingredients:

- 1 cup applesauce
- 1 or 2 tablespoons brown sugar or honey
- 3 large sweet potatoes, sliced about (4 or 5 cups sliced)
- 2 to 2 1/2 pounds pork chops or cutlets
- 1 can whole cranberry sauce
- salt and pepper to taste

### Preparation:

Pour the applesauce in a 3 1/2-quart or larger Crock Pot. Add the sweet potato slices, sprinkle or drizzle with brown sugar or honey, salt and pepper lightly; add pork. Lightly sprinkle pork with salt and pepper; spoon cranberry sauce over all. Cover and cook on low 7 to 9 hours.

## Chicken & Apple Skillet

*This chicken is flavored with apples, thyme, onion, and apple juice for a wonderful and easy chicken dinner. Make this chicken for an everyday family meal or special weekend dinner.*

### Ingredients:

- 4 teaspoons olive oil
- 2 tart apples, thinly sliced
- 1 medium onion, sliced
- 1/2 teaspoon dried thyme
- 4 skinless, boneless chicken breast halves
- 1 cup apple juice
- 1 tablespoon cider vinegar
- 1 tablespoon cornstarch
- salt & pepper to taste

### Preparation:

In a heavy skillet over medium heat, heat 2 teaspoons of olive oil; cook apples, onion and thyme for about 4 minutes, or until apples are just tender, but still slightly crisp. Transfer the apple and onion mixture to bowl and set aside.

Add remaining 2 teaspoons of olive oil to the skillet; cook chicken, turning once, for about 3 to 4 minutes or until golden brown on both sides. Reduce heat to medium low. Set 1 tablespoon apple juice aside and pour remaining juice in skillet along with the cider vinegar. Cover and simmer for 6 to 8 minutes, or until chicken is cooked through and juices run clear.

With slotted spoon, remove chicken to platter and keep warm. Combine cornstarch with reserved tablespoon apple juice; stir into skillet juices and cook over high heat, scraping up any browned bits, for 2 minutes or until the juices are thickened. Return apple mixture to pan and heat through, season with salt and pepper. Spoon apple mixture around the cooked chicken.

## Baked Apple-Stuffed Acorn Squash



### INGREDIENTS:

- 1 medium acorn squash
- 2 teaspoons butter or margarine
- 1 cup chopped, peeled apple
- 4 teaspoons brown sugar
- 1/8 teaspoon ground cinnamon

### DIRECTIONS:

1. Cut squash in half; discard seeds. Place squash cut side up in a 9-in. x 5-in. x 3-in. loaf pan. Fill centers with apple. Cover and bake at 400 degrees F for 30 minutes.
2. In a microwave-safe bowl, combine the honey and butter. Cover and microwave on high for 15-20 seconds or until butter is melted. Drizzle over squash. Sprinkle with cinnamon. Bake, uncovered, 25-30 minutes longer or until tender.

**Laurie's Notes:** Substitute 2 tsp **Lilly's Maple Butter** for the brown sugar (or to taste). To speed cooking: 1. Place squash, cut side down, in a microwave-safe dish. Add enough **Local Apple Cider** to cover bottom of dish. Cover and microwave on HIGH for 5-10 minutes, or just until squash begins to soften, but still holds shape well. 2. Continue with rest of recipe instructions, reducing bake time to 25-35 minutes, or until knife goes easily through flesh of squash and apples are soft. This recipe doubles well.

## Sautéed Kale

*Bobby Flay*

### Ingredients

- 1 1/2 pounds young kale, stems and leaves coarsely chopped
- 3 tablespoons olive oil
- 2 cloves garlic, finely sliced
- 1/2 cup vegetable stock or water
- Salt and pepper
- 2 tablespoons red wine vinegar

### Directions

Heat olive oil in a large saucepan over medium-high heat. Add the garlic and cook until soft, but not colored. Raise heat to high, add the stock and kale and toss to combine. Cover and cook for 5 minutes. Remove cover and continue to cook, stirring until all the liquid has evaporated. Season with salt and pepper to taste and add vinegar.

## Sautéed Radishes with Vinegar & Herbs

1 bunch red radishes, ends cut off and cut lengthwise into quarters  
 1 T olive oil (or less if you use a non-stick pan)  
 2 tsp. golden balsamic vinegar (or your favorite light-colored vinegar)  
 salt and fresh ground black pepper to taste  
 1-2 T chopped fresh parsley, chives, or cilantro

Heat olive oil in medium-sized pan over medium-high heat, then add radishes, vinegar, and a generous amount of salt and fresh ground pepper. Saute radishes, stirring often, until radishes begin to slightly brown or blister and are slightly softened, about 5-7 minutes. They should be tender but still slightly crisp when done.

Remove to serving plate and sprinkle with chopped herbs of your choice. Serve immediately.

## Herbed Spaghetti Squash

*Emeril Lagasse*

### Ingredients

1 small spaghetti squash, about 2 1/4 pounds  
 2 1/2 tablespoons butter  
 2 1/2 tablespoons finely chopped mixed soft herbs, such as basil, chives, chervil, parsley and sage  
 1/2 teaspoon salt  
 1/8 teaspoon freshly ground black pepper

### Directions

Preheat the oven to 375 degrees F.  
 Using a sharp knife, cut the squash in half lengthwise and place, cut side down, in a baking dish. Add enough water to come 1/2-inch up the sides of the baking dish and cover with aluminum foil. Bake for 45 minutes, until the squash is easily pierced with a paring knife. Turn squash over and cover with foil again and continue to cook another 15 minutes, until the squash is very tender. Remove from the oven, uncover, and allow to cool slightly. Using a spoon, remove the seeds and discard. Using a fork, gently pull the strands of squash away from the peel and place the squash strands into a mixing bowl. Heat a skillet. Add the butter, spaghetti squash, herbs, salt and pepper and toss thoroughly but gently to heat and combine. Serve immediately or cover and keep warm until ready to serve.

## Easy No Bake Chocolate Maple Cookies

*From Nancy Foss, Lilly's Maple Butter*

10 oz. of your favorite chocolate  
 28 Ritz Crackers  
 14 Tablespoons of Lilly's Gourmet Maple Butter.



### Method:

Melt chocolate in microwave for 1 1/2 minutes - Be sure to stir half way through (or you can use a double boiler). Dip Ritz cracker one at a time and place on a sheet of wax paper. Make sure both sides are covered. Let harden. To shorten the process place in the freezer for around 10 minutes. Spread a tablespoon of the maple butter between two chocolate crackers. Enjoy an easy, no mess, tasty treat. Variations: Add a bit of maple butter to top of cookie and place a walnut on top. Yield: 14 cookies.

## Crunchy Wheat Germ Encrusted French Toast

From [www.greatharvest.com](http://www.greatharvest.com)

### Ingredients:

3 slices Cinnamon Chip Bread, 1" Thick  
 1 tsp. Vegetable Oil  
 1 tsp. Ground Cinnamon  
 3 each Large Eggs  
 1/4 cup Half & Half or Milk  
 1/2 tsp. Table or Kosher Salt  
 1/4 tsp. Ground Black Pepper  
 1/2 cup Honey Wheat Germ  
 Cooking Pan Spray As Needed



### For the Topping:

2 tbsp Granulated Sugar  
 1 tsp. Ground Cinnamon  
 Pure Maple Syrup as needed



### Method of Preparation:

1. In a large bowl, dissolve 1 teaspoon of the cinnamon in the vegetable oil.
2. Add the eggs, half & half, salt, and pepper and whisk together thoroughly.
3. Place the wheat germ into a separate large bowl.
4. Preheat a sauté pan, iron skillet, or griddle over medium heat (approximately 300° F)
5. Dip each of the bread slices into the egg mixture, allowing them to soak well. Then dip them into the wheat germ, coating generously on both sides.
6. Spray the preheated cooking surface with pan spray and cook each toast until lightly browned and crisp on both sides, being sure to cook the egg through.
7. Mix together sugar and remaining cinnamon and sprinkle on top of finished French toast and serve with pure maple syrup.