Mitten Eats

FRESH MICHIGAN RECIPES

COOKBOOK: VOLUME 2
FLAVORS OF FALL





EASY RECIPES.
EVERYDAY INGREDIENTS.
MICHIGAN GROWN.

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MICHIGAN GROWN



Mitten Eats is a collection of affordable, easy-to-make recipes inspired by seasonal, Michigan-grown fruits and vegetables to support healthy eating.

This cookbook features recipes created and curated by a team of registered dietitian nutritionists, nutrition educators, and the culinary team at Michigan Fitness Foundation.

BREAKFAST



EASY EGGS SHAKSHUKA

Hearty eggs poached in a chunky tomato sauce with onions, peppers, garlic, and spices.

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PREP : 15 MIN / **COOK :** 20 MIN / **SERVINGS :** 4



INGREDIENTS

2 tbsp olive oil

4 cloves garlic, thinly sliced, or 1 heaping tablespoon of jarred minced garlic

2 medium onions, diced

1 red bell pepper, diced

One (28-ounce) can diced tomatoes with juice

4 large eggs

¾ tsp ground cumin

1 tsp chili powder

½ tsp kosher salt

¼ tsp ground black pepper

2-3 tbsp fresh cilantro, chopped (optional)

DIRECTIONS

STEP 1
Heat oil in a large deep-sided skillet over medium heat.

STEP 2
Add garlic and cook for 1 minute.

STEP 3
Add onion. Sauté until it starts to soften, then add bell pepper and cook for 3 more minutes.

STEP 4
Add diced tomatoes (with juice), cumin, chili powder, salt, and pepper. Cook over medium-low heat for about 15 minutes, until tomatoes have cooked down and formed a thick sauce.

STEP 5
Use a spoon to make 4 small holes in the sauce.

STEP 6
Crack 1 egg into each hole.

STEP 7
Turn heat to low. Cover the pan with a lid and cook until the egg whites are set.

STEP 8
Turn off the heat. Sprinkle with cilantro. Serve with bread for dipping.



GOLDEN APPLE OATMEAL

A hearty breakfast featuring quick-cook oats and cinnamon-spiced apples.

Grow Your Kids

PREP : 5 MIN / **COOK :** 5 MIN / **SERVINGS :** 1



INGREDIENTS

1 medium Golden Delicious apple, diced

⅓ cup 100% apple juice

⅓ cup water

Dash of cinnamon

Dash of nutmeg

⅓ cup quick-cooking oats, uncooked

DIRECTIONS

STEP 1
Combine apple, juice, water, and seasonings in a medium saucepan. Bring to a boil.

STEP 2
Stir in oats; cook 1 minute. Cover and let stand several minutes before serving.

CHANGE IT UP:

Use a pear in place of the apple for a different fall-inspired flavor.

Try milk or an unsweetened milk alternative instead of juice for creamier oatmeal.

I CAN'T BELIEVE IT'S PUMPKIN PANCAKES

Fluffy pumpkin and cinnamon-spiced pancakes.

Kid Approved: Healthy Snacks

PREP : 5 MIN / **COOK :** 30 MIN / **SERVINGS :** 9



INGREDIENTS

¼ cup plus 1 tbsp sugar

1 ½ cups whole-wheat or all-purpose flour

1 tsp baking soda

1 tsp cinnamon

2 cups plain or vanilla low-fat yogurt

1 cup low-fat milk

2 tbsp margarine, melted

1 egg, beaten

¾ cup canned pumpkin

Cooking spray

DIRECTIONS

STEP 1
Combine 1 tablespoon sugar with the flour, baking soda, and cinnamon in a large bowl. Set aside.

STEP 2
Add yogurt and remaining sugar to a medium bowl and mix until sugar is dissolved. Add milk, margarine, egg, and pumpkin, stirring until well combined.

STEP 3
Add wet ingredients to the dry ingredients. Stir until batter is moist and free of lumps.

DIRECTIONS

STEP 4
Lightly coat a skillet with cooking spray and heat to medium.

STEP 5
Pour the batter onto the hot skillet, about ¼ cup per pancake.

STEP 6
Cook each pancake until bubbles in batter begin to burst, then flip and cook until golden brown.

STORAGE TIP:
Freeze leftover pancakes for a quick breakfast.
Store in refrigerator for up to two days for an on-the-go snack.



DESSERTS



CINNAMON APPLESAUCE CAKE

Moist, apple-spiced cake with a hint of cocoa.

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PREP : 20 MIN / **COOK :** 40 MIN / **SERVINGS :** 12



INGREDIENTS

Cooking spray

½ cup (1 stick) butter, softened

⅓ cup white sugar

⅓ cup dark brown sugar

2 cups unsweetened applesauce

2 large eggs

1 cup all-purpose flour

1 cup white whole-wheat flour

1 tbsp cocoa powder

1 ½ tsp baking soda

½ tsp kosher salt

2 tsp apple pie spice

Equipment needed: Hand mixer (optional)

DIRECTIONS

STEP 1
Heat oven to 350 F.

STEP 2
Spray a 9-by-9-inch baking pan with cooking spray.

STEP 3
Use a hand mixer or large spoon to combine softened butter, white sugar, and brown sugar in a large bowl. Mix until smooth and creamy.

STEP 4
Add applesauce and eggs. Mix until well combined.

STEP 5
In a separate bowl, stir together the two types of flour, cocoa powder, baking soda, salt, and apple pie spice.

STEP 6
Slowly add flour mixture to the butter mixture. Mix on low until just combined. Do not overmix.

STEP 7
Pour batter into the prepped pan. Spread batter evenly.

STEP 8
Bake for 30-40 minutes, until center is set and a toothpick comes out clean.

STEP 9
Let cake cool before serving.



PEAR AND OAT CRISP

Tender cinnamon-spiced pears baked with a buttery oat topping.

Michigan Fitness Foundation

PREP : 15 MIN / **COOK :** 45 MIN / **SERVINGS :** 6



INGREDIENTS

5 medium ripe pears, cored and sliced

½ cup sugar

½ tsp cinnamon

¼ tsp vanilla

½ tsp lemon juice

Topping:

½ cup all-purpose flour

½ cup old fashioned oatmeal

½ cup brown sugar

¼ cup cold butter, diced

Pinch of salt

DIRECTIONS

STEP 1
Heat oven to 350 F.

STEP 2
Add pears, sugar, cinnamon, vanilla, and lemon juice to a bowl. Use a spatula to stir until pears are well coated. Set aside.

STEP 3
In a medium bowl, add flour, oatmeal, brown sugar, and salt. Mix until combined.

STEP 4
Add butter a few pieces at a time. Use a pastry cutter or fork to blend butter into flour mixture. Mixture should have small clumps of butter throughout.

STEP 5
Pour pears into a greased 8-by-8-inch baking dish. Cover pears evenly with topping mixture.

STEP 6
Bake 30-35 minutes, until topping is golden brown and fruit is bubbling.

CHANGE IT UP:
Swap apples for pears to make apple crisp.

FOOD SAFETY TIP:
Refrigerate leftovers for up to three days.



PUMPKIN, OAT, AND CHOCOLATE CHIP BARS

Soft, cake-like pumpkin bars with warm cinnamon and chocolate chips.

Michigan Fitness Foundation

PREP : 10 MIN / **COOK :** 30 MIN / **SERVINGS :** 12



INGREDIENTS

1 cup 100% canned pumpkin purée

2 eggs

⅓ cup dark brown sugar, packed

¼ cup plain yogurt

2 tbsp vegetable oil

1 tsp vanilla

¾ cup whole-wheat flour

¾ cup quick oats

1 tsp baking powder

1 tsp cinnamon

¼ tsp salt

¼ cup mini chocolate chips

Equipment needed: Parchment paper

DIRECTIONS

STEP 1
Preheat oven to 350 F. Line an 8-by-8-inch pan with parchment.

STEP 2
Add pumpkin, eggs, sugar, yogurt, oil, and vanilla to a large bowl. Whisk or use an electric mixer to blend until smooth.

STEP 3
In a separate bowl, add flour, oats, baking powder, cinnamon, and salt.
Stir until combined.

STEP 4
Gradually stir dry ingredients into wet mixture, then fold in chocolate chips.

STEP 5
Spread batter evenly in pan. Bake 25–30 minutes, until center is set and a toothpick comes out clean.

STEP 6
Cool 30 minutes before serving.

NOTES:
These bars have a soft, cake-like texture rather than the chewy texture of blondies.



DIPS AND SPREADS



CARAMELIZED ONION AND WHITE BEAN DIP

A savory spread with creamy white beans, sweet caramelized onions, garlic, and zesty lemon.

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PREP : 15 MIN / **COOK :** 45 MIN / **SERVINGS :** 12



INGREDIENTS

2 tbsp olive or vegetable oil

2 medium yellow onions, thinly sliced

Two (15-ounce) cans cannellini or great northern beans, drained and rinsed

1 clove garlic, minced

½ tsp dried thyme

2 tbsp lemon juice

¼ tsp salt

¼ tsp black pepper

2-4 tbsp water, as needed

Equipment needed: Food processor

DIRECTIONS

STEP 1
Heat the oil in a skillet over medium-low heat. Add the sliced onions and cook for 40-45 minutes, stirring regularly, until soft and deeply golden. Add a splash of water if the onions begin to stick.

STEP 2
Add the minced garlic and dried thyme to the skillet during the last minute of cooking. Stir to combine.

STEP 3
Remove the skillet from the heat and let the onion mixture cool for 10 minutes.

STEP 4
Add the beans, cooled onion mixture, lemon juice, salt, and black pepper to a food processor. Blend until smooth, adding water 1 tablespoon at a time as needed to reach a spreadable consistency.

STEP 5
Serve warm or chill for at least 30 minutes before serving.

FOOD SAFETY TIP:
Refrigerate leftovers for up to three days.



LOW-SUGAR PUMPKIN PIE DIP

A creamy fall-spiced dip made with less sugar than traditional dessert dips.

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PREP : 10 MIN / **CHILL :** 1 HR / **SERVINGS :** 16



INGREDIENTS

One (15-ounce) can pumpkin purée (not pumpkin pie filling)

One (1.5-ounce) package sugar-free, instant vanilla pudding mix

2 teaspoons pumpkin pie spice

One (8-ounce) tub sugar-free non-dairy whipped topping, thawed

Fruit for dipping (e.g., apples, grapes, pears)

DIRECTIONS

STEP 1
Mix pumpkin purée, pudding mix, and pumpkin pie spice in a large bowl until smooth.

STEP 2
Fold in the whipped topping a little at a time. Gently fold until combined.

STEP 3
Cover bowl and chill in the refrigerator for 1-4 hours.

STEP 4
Serve with fresh fruit for dipping. Store in refrigerator for up to one week.

PINK PONY'S SMOKED WHITEFISH DIP

A creamy dip with flaky whitefish, inspired by a longtime Mackinac Island dining spot.

The Famous Pink Pony on Mackinac Island

PREP : 15 MIN / **CHILL :** 30 MIN / **SERVINGS :** 12



INGREDIENTS

8 oz package cream cheese, softened

2 tbsp mayonnaise

1 small white onion, chopped

Juice of ½ lemon

2 tbsp Worcestershire sauce

1 tbsp minced garlic

2 dashes black pepper

3 dashes salt

2 cups fresh smoked whitefish (or salmon), flaked

Lemon wedges for garnish (optional)

Equipment needed: Electric mixer

DIRECTIONS

STEP 1
Add the softened cream cheese, mayonnaise, chopped onion, lemon juice, Worcestershire sauce, minced garlic, black pepper, and salt to a large bowl.

STEP 2
Use an electric mixer to blend or whisk by hand until creamy.

STEP 3
Gently fold in the flaked smoked whitefish. Transfer dip to a serving bowl.

STEP 4
Cover and refrigerate for at least 30 minutes to allow the flavors to blend.

STEP 5
Garnish with lemon wedges, if desired.

CHANGE IT UP:
For an optional fresh garnish, sprinkle with dill or chopped green onions just before serving.



DRESSINGS AND MARINADES



APPLE CIDER VINAIGRETTE

A bright, tangy vinaigrette made with apple cider, Dijon mustard, and a touch of maple syrup.

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PREP : 5 MIN / **COOK :** 0 MIN / **SERVINGS :** 8



INGREDIENTS

½ cup olive or vegetable oil

¼ cup apple cider vinegar

3 tbsp apple cider

1 tbsp Dijon mustard

1 tsp maple syrup

¼ tsp black pepper

Pinch of salt

DIRECTIONS

STEP 1
Add the oil, apple cider vinegar, apple cider, Dijon mustard, maple syrup, black pepper, and salt to a jar with a tight-fitting lid.

STEP 2
Secure the lid and shake until well combined.

STEP 3
Serve immediately or refrigerate until ready to serve. Shake well before serving.

Equipment needed: Jar with a tight-fitting lid

MAPLE-MUSTARD MARINADE

A sweet and tangy marinade with Dijon mustard, maple syrup, apple cider vinegar, and herbs.

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PREP : 5 MIN / **MARINATE :** 4 HRS / **SERVINGS :** 8



INGREDIENTS

¼ cup Dijon mustard

¼ cup vegetable oil

3 tbsp maple syrup

3 tbsp apple cider vinegar

2 tbsp water

2 garlic cloves, minced

½ tsp dried thyme

¼ tsp black pepper

DIRECTIONS

STEP 1
Add the Dijon mustard, oil, maple syrup, vinegar, water, garlic, and seasonings to a mixing bowl. Whisk until the ingredients are combined.

STEP 2
If using some marinade as a sauce, set that portion aside in a separate covered container before adding raw protein.

STEP 3
When ready to use, pour over raw protein in a covered container or resealable bag. Refrigerate for 30 minutes to 4 hours.

DIRECTIONS

STEP 4
Remove the protein from the marinade and cook using an appropriate method. Raw meat should be cooked to its recommended safe internal temperature.

STEP 5
Discard any remaining marinade.

CHANGE IT UP:
Toss with carrots, Brussels sprouts, or sweet potatoes before roasting for a sweet and tangy glaze.

Swap Dijon mustard for whole-grain mustard for a slightly different flavor and texture.

TRY THIS:
Add a pinch of red pepper flakes or a dash of hot sauce for a little heat.
Add ½ teaspoon of smoked paprika for a subtle smoky flavor.



ROASTED GARLIC AND HERB DRESSING

Creamy yogurt-based dressing with a blend of earthy roasted garlic, savory herbs, and tangy citrus.

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PREP : 10 MIN / **COOK :** 40 MIN / **SERVINGS :** 10



INGREDIENTS

1 small head garlic

1 tsp vegetable oil

¾ cup plain yogurt

2 tbsp lemon juice

1 tbsp olive oil

1 tsp dried parsley

½ tsp dried dill

¼ tsp salt

¼ tsp black pepper

2-4 tbsp water

Equipment needed:
Aluminum foil
Blender

DIRECTIONS

STEP 1
Preheat oven to 400 F. Cut the top off the garlic head to expose the cloves.

STEP 2
Place the garlic head on a piece of aluminum foil, drizzle with vegetable oil, and wrap securely. Roast for 40 minutes, until soft.

STEP 3
Remove from the oven and let the garlic cool for 10 minutes.

STEP 4
Separate the cloves by squeezing them from the bulb and add them to the blender. Add the yogurt, lemon juice, olive oil, parsley, dill, salt, and black pepper. Blend until smooth.

STEP 5
Add water 1 tablespoon at a time, blending until the dressing reaches the desired consistency.

STEP 6
Transfer dressing to a covered container and chill for at least 30 minutes, or until ready to serve.



DRINKS AND SMOOTHIES



PEPPERMINT HOT CHOCOLATE

Rich hot cocoa with a touch of vanilla and refreshing peppermint.

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PREP : 5 MIN / **COOK :** 10 MIN / **SERVINGS :** 4



INGREDIENTS

4 cups milk

3 tbsp unsweetened cocoa powder

¼ cup sugar

½ tsp vanilla

⅛ tsp peppermint extract

DIRECTIONS

STEP 1
Add the cocoa powder, sugar, and ½ cup milk to a medium saucepan.

STEP 2
Whisk until smooth, then slowly whisk in the remaining milk.

STEP 3
Heat over medium-low heat for 10 minutes, stirring frequently, until hot but not boiling.

STEP 4
Remove the saucepan from the heat. Stir in the vanilla and peppermint extract.

STEP 5
Pour into mugs and serve warm.

PUMPKIN SPICE CAFÉ AU LAIT

A creamy blend of brewed coffee, milk, pumpkin, and harvest spices, with a hint of vanilla and brown sugar.

Michigan Fitness Foundation

PREP : 5 MIN / **COOK :** 5 MIN / **SERVINGS :** 2



INGREDIENTS

1 cup milk

¼ cup canned pumpkin purée

2 tsp brown sugar

¼ tsp pumpkin pie spice

1 cup strong brewed coffee, regular or decaf

½ tsp vanilla

Equipment needed:
Frother (optional)

DIRECTIONS

STEP 1
Add the milk, pumpkin purée, brown sugar, and pumpkin pie spice to a small saucepan. Whisk to combine.

STEP 2
Heat over medium-low heat for 4–5 minutes, whisking frequently, until steaming but not boiling.

STEP 3
Remove from heat. Stir in the hot brewed coffee and vanilla. Whisk vigorously or use a handheld frother for a smoother texture.

STEP 4
Pour into mugs and serve warm.

SPICED APPLE CIDER

Warm apple cider infused with cinnamon, cloves, and citrus.

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PREP : 5 MIN / **COOK :** 15 MIN / **SERVINGS :** 6



INGREDIENTS

6 cups apple cider or apple juice

2 cinnamon sticks or 1 tsp ground cinnamon

1 tsp whole cloves or ¼ tsp ground cloves

1 medium orange, sliced (optional)

1 tbsp brown sugar (optional)

DIRECTIONS

STEP 1
Pour apple cider or juice into a large saucepan.

STEP 2
Add cinnamon, cloves, orange slices, and brown sugar, if using.

STEP 3
Heat cider over medium heat until hot, but not boiling.

STEP 4
Reduce heat and simmer for 15 minutes.

STEP 5
Remove whole spices and orange slices before serving.

MAIN DISHES



CHICKEN POT PIE

A comforting chicken pot pie with tender vegetables in a savory sauce, topped with a golden, flaky crust.

Gleaners Community Food Bank

PREP : 20 MIN / **COOK :** 55 MIN / **SERVINGS :** 4



INGREDIENTS

1 tbsp olive oil

1 ½ lb boneless, skinless chicken breast, cubed

½ white onion, chopped

2 cloves garlic, minced

1 cup Yukon gold potatoes, cubed

2 cups frozen peas and carrots

4 tbsp butter

4 tbsp all-purpose flour

2 cups chicken broth

1 frozen prepared pie crust, thawed

Salt and pepper, to taste

1 egg, beaten

Equipment needed: Cast-iron skillet

DIRECTIONS

STEP 1
Heat the olive oil in a cast-iron skillet. Add the chicken, season with salt and pepper, and cook until golden brown on the outside and no longer pink in the center. Remove the chicken from the skillet and set aside.

STEP 2
Preheat the oven to 400 F.

STEP 3
In the same skillet, add the onion and garlic. Sauté until translucent. Add the potatoes and sauté for about 5 minutes. Add the peas and carrots and stir.

STEP 4
Add the butter and let it melt. Sprinkle the flour over the vegetables and stir quickly to prevent lumps. Pour in the chicken broth and bring to a boil to thicken the sauce. Season with salt and pepper, then remove from the heat. Return the cooked chicken to the skillet and stir into the vegetable mixture.

STEP 5
Place the pie crust over the chicken and vegetable mixture and carefully seal the edges against the skillet. Brush the crust with the beaten egg and cut 3 slits in the top to release steam. Bake for 25–30 minutes, or until golden brown.



POT ROAST

Classic pot roast with tender beef and savory vegetables, slow-cooked in a flavorful broth.

Michigan Fitness Foundation

PREP : 25 MIN / **COOK :** 1 HR 35 MIN / **SERVINGS :** 10



INGREDIENTS

2 tbsp sodium-free all-purpose seasoning

1 tsp salt substitute

1 tsp thyme

½ tsp black pepper

⅛ cup all-purpose flour

2 lb round roast or chuck roast

1 tbsp vegetable oil

2 medium carrots, peeled and cut into 2-inch pieces

6 medium potatoes, peeled and cut into quarters

1 large onion, peeled and cut into quarters

2 celery stalks, cut into 2-inch pieces

2 tsp garlic, chopped

2 cubes sodium-free beef bouillon

2 cups hot water

Nonstick vegetable oil cooking spray

DIRECTIONS

STEP 1
Preheat oven to 425 F. Spray a roasting dish with cooking spray. Set aside.

STEP 2
Add all-purpose seasoning, salt substitute, thyme, pepper, and flour to a large bowl and mix to combine.

STEP 3
Coat beef roast on all sides with flour mixture. Place on a plate and set aside.

STEP 4
Add vegetable oil to roasting pan and place in heated oven for 5 minutes.

STEP 5
Using oven mitts, remove roasting pan from oven and immediately add beef roast. Return pan to the oven and allow beef to roast for 45 minutes.

STEP 6
Remove roasting pan from oven and reduce oven temperature to 350 F.

STEP 7
Evenly distribute the carrots, potatoes, onions, celery, and garlic over the roast.

STEP 8
Add the beef bouillon to the water and stir until dissolved. Pour broth over the meat and vegetables. Return roasting pan to oven for 15 minutes.

STEP 9
Cover roasting pan with foil. Return to oven and cook for an additional 30 minutes or until vegetables are fork tender. Serve hot.



STUFFED ACORN SQUASH

Roasted acorn squash filled with savory ground turkey, brown rice, onion, and celery.

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PREP : 15 MIN / **COOK :** 50 MIN / **SERVINGS :** 4



INGREDIENTS

2 medium acorn squash

1 tbsp vegetable oil, divided

½ lb ground turkey

1 small onion, diced

1 celery stalk, diced

2 cups cooked brown rice

¼ cup raisins

½ tsp dried sage

½ tsp dried thyme

¼ tsp salt

¼ tsp black pepper

¼ cup low-sodium chicken broth

Equipment needed: Parchment paper

DIRECTIONS

STEP 1
Preheat oven to 400 F. Cut the acorn squash in half and scoop out the seeds. Brush the cut sides with half of the vegetable oil.

STEP 2
Place squash halves cut-side down on a parchment-lined baking sheet. Roast for 35–40 minutes, until tender.

STEP 3
While the squash roasts, add the remaining oil to a large skillet over medium heat. Add the ground turkey, onion, and celery. Cook for 8–10 minutes, breaking up the turkey, until browned.

STEP 4
Add the cooked brown rice, raisins, sage, thyme, salt, black pepper, and chicken broth to the skillet. Stir and heat through.

STEP 5
Turn the roasted squash halves cut-side up. Divide the filling evenly among the four halves and return to the oven for 10 minutes, until heated through.



SALADS



CITRUS AND CRANBERRY BRUSSELS SPROUTS SALAD

Fresh Brussels sprouts, tart apple, and sweet cranberries in a citrus Dijon dressing.

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PREP : 15 MIN / **CHILL :** 30 MIN / **SERVINGS :** 6



INGREDIENTS

Salad:

3 cups uncooked Brussels sprouts, shaved (see Prep Tip)

1 tart apple (e.g., Granny Smith, McIntosh, Pink Lady), diced

⅓ cup dried cranberries

⅓ cup grated Parmesan cheese

⅓ cup toasted sunflower seeds

⅓ cup green onion, chopped

Citrus Dijon Dressing:

¼ cup olive oil

3 tbsp orange juice or fresh lemon juice

2 tsp Dijon mustard

½ tsp kosher salt

¼ tsp ground black pepper

DIRECTIONS

STEP 1
Combine Brussels sprouts, apple, cranberries, cheese, sunflower seeds, and green onion in a large bowl.

STEP 2
In a small bowl, add olive oil, juice, Dijon mustard, salt, and pepper. Whisk until smooth.

STEP 3
Pour dressing over salad. Stir until everything is coated.

STEP 4
Chill in the refrigerator for 30 minutes.

STEP 5
Stir before serving to coat salad with any dressing that has settled.

PREP TIP:

How to shave Brussels sprouts:

1. Rinse the sprouts, discard the woody ends and wilted leaves.
2. Cut the sprouts in half lengthwise.
3. With a sharp knife, cut the sprouts crosswise into thin strips.



KALE AND APPLE SALAD

A sweet and savory salad featuring apples, kale, raisins, and blue cheese in a tangy honey mustard vinaigrette.

Michigan Harvest of the Month™

PREP : 15 MIN / **COOK :** 0 MIN / **SERVINGS :** 4



INGREDIENTS

Salad:

1 large bunch kale, rinsed and patted dry
¼ tsp salt
½ cup raisins, golden raisins, or dried cherries
1 large apple
2 oz blue or feta cheese, crumbled
½ cup pecans (optional)

Dressing:

3 tbsp canola or olive oil
1 ½ tbsp apple cider vinegar
1 tbsp mustard
1 ½ tsp honey*
Salt and pepper, to taste

*Avoid giving honey to children under one year of age.

DIRECTIONS

STEP 1
Pull kale leaves from the tough stems in the middle. Discard stems.

STEP 2
Chop or tear the kale into bite-sized pieces. Place kale into a large bowl and sprinkle with salt. Massage the leaves lightly by hand until leaves darken in color, about 2 minutes.

STEP 3
Chop the nuts and dried fruit. Add to bowl.

STEP 4
Chop the apple into bite-sized pieces. Add to bowl.

STEP 5
Top salad with cheese.

STEP 6
In a small bowl, whisk the dressing ingredients together. Pour dressing over salad and toss until coated. Serve immediately or let sit 10-20 minutes before serving.



ROASTED CAULIFLOWER SALAD

Tender, golden roasted cauliflower, fresh parsley, and walnuts tossed in a lemon-Dijon dressing.

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PREP : 15 MIN / **COOK :** 25 MIN / **SERVINGS :** 4



INGREDIENTS

1 large head cauliflower (about 8 cups) cut into bite-sized florets

2 tbsp olive or vegetable oil, divided

¼ tsp salt

¼ tsp black pepper

¼ cup parsley, chopped

¼ cup chopped walnuts

2 tbsp lemon juice

1 tsp Dijon mustard

1 small clove garlic, minced

DIRECTIONS

STEP 1
Preheat oven to 425 F. Add cauliflower florets to a large mixing bowl. Drizzle with 1 tablespoon oil, sprinkle with salt and black pepper, and toss to coat. Spread in a single layer on a large baking sheet.

STEP 2
Roast for 25 minutes, turning once halfway through, until the cauliflower is tender and browned. Let cool for 10 minutes.

STEP 3
Add the remaining 1 tablespoon oil, lemon juice, Dijon mustard, and minced garlic to a small bowl. Whisk until combined.

STEP 4
Transfer the roasted cauliflower to a large mixing bowl. Add the dressing, chopped parsley, and walnuts; toss gently to coat. Serve warm or at room temperature.

TRY THIS:
Toss the cauliflower with curry powder before roasting for a warm, earthy flavor.

CHANGE IT UP:
Swap the Dijon mustard for tahini for a creamy, tangy twist.



SAUCES



APPLE CIDER BBQ SAUCE

Sweet and tangy BBQ sauce with apple cider,
Dijon mustard, and savory spices.

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PREP : 5 MIN / **COOK :** 25 MIN / **SERVINGS :** 16



INGREDIENTS

1 cup apple cider
One (8-ounce) can tomato sauce
2 tbsp tomato paste
2 tbsp apple cider vinegar
2 tbsp brown sugar, packed
1 tbsp Worcestershire sauce
1 tbsp yellow or Dijon mustard
1 tsp smoked paprika
½ tsp garlic powder
½ tsp onion powder
¼ tsp black pepper

DIRECTIONS

STEP 1
Add apple cider, tomato sauce, tomato paste, vinegar, brown sugar, Worcestershire sauce, mustard, and seasonings to a medium saucepan. Whisk until combined.

STEP 2
Place the saucepan over medium heat and bring the mixture to a gentle simmer. Simmer uncovered for 20 minutes, stirring occasionally, until thickened.

STEP 3
If the sauce becomes too thick, stir in a little water until it reaches the desired consistency.

CLASSIC FRUIT SAUCE

A sweet and slightly tart fruit sauce made with fresh or frozen fruit and a splash of lemon juice.

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PREP : 0 MIN / **COOK :** 10 MIN / **SERVINGS :** 6



INGREDIENTS

2 cups fresh or frozen fruit

2 tbsp sugar

1 tbsp lemon juice

1 tbsp cornstarch

¼ cup cold water

DIRECTIONS

STEP 1
Add the fruit, sugar, and lemon juice to a small saucepan.

STEP 2
In a small bowl, stir the cornstarch and water until smooth.

STEP 3
Slowly add cornstarch mixture to the fruit, using a whisk or fork to combine.

STEP 4
Cook over medium heat for 5–8 minutes, stirring often, until the fruit softens and the sauce thickens.

STEP 5
Mash the fruit slightly. Serve warm or cold.

HARVEST PASTA SAUCE

A savory sauce featuring butternut squash, pumpkin, and tomatoes, with sage and a hint of cinnamon.

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PREP : 15 MIN / **COOK :** 30 MIN / **SERVINGS :** 8



INGREDIENTS

1 tbsp olive oil

1 small onion, diced

2 cloves garlic, minced

2 cups butternut squash, peeled and diced

1 cup pumpkin purée

One (14.5-ounce) can diced tomatoes

1 cup low-sodium vegetable broth

½ tsp dried sage

¼ tsp cinnamon

¼ tsp salt

¼ tsp black pepper

½ cup milk

Equipment needed: Immersion blender, blender, or food processor

DIRECTIONS

STEP 1
Add olive oil to a large saucepan over medium heat. Add the diced onion and cook for 5 minutes, stirring occasionally. Add minced garlic and cook for an additional 30 seconds.

STEP 2
Add butternut squash, pumpkin purée, diced tomatoes, vegetable broth, sage, cinnamon, salt, and black pepper to the saucepan. Stir, cover, and simmer for 25 minutes, until the squash is very tender.

STEP 3
Remove saucepan from heat. Carefully purée the mixture with an immersion blender until smooth. Stir in the milk.

STEP 4
Return to low heat and warm gently without boiling, stirring regularly. If needed, add a little more broth to thin the sauce, or simmer briefly to thicken. Serve over cooked pasta.

TRY THIS:

Use the sauce as a base for homemade pizza or flatbread instead of traditional pizza sauce.



SIDES



CREOLE GREEN BEANS

Tender green beans sauteed with ripe tomatoes, garlic, bell pepper, and a hint of cayenne.

Michigan Harvest of the Month™

PREP : 10 MIN / **COOK :** 15 MIN / **SERVINGS :** 8



INGREDIENTS

2 tsp vegetable oil

2 small cloves garlic, chopped

One (16-ounce) package cut frozen (or fresh) green beans

1 cup red bell pepper, chopped

1 cup tomatoes, chopped

½ cup celery, chopped

½ tsp salt

¼ tsp cayenne pepper

DIRECTIONS

STEP 1
Heat oil in large skillet over low heat.

STEP 2
Sauté garlic in oil for 1 minute.

STEP 3
Add green beans and bell peppers; increase heat to medium and cook for 5-7 minutes.

STEP 4
Stir in remaining ingredients and cook for another 5-7 minutes. Serve hot.

HERB ROASTED POTATOES

Tender potatoes roasted with fresh rosemary.

Michigan Harvest to Table™

PREP : 10 MIN / **COOK :** 35 MIN / **SERVINGS :** 4



INGREDIENTS

1 lb medium potatoes, rinsed and scrubbed

1 tbsp olive oil

¼ bunch rosemary or thyme leaves removed from stem

¼ tsp kosher salt

DIRECTIONS

STEP 1
Preheat oven to 450 F.

STEP 2
Cut potatoes into quarters or smaller.

STEP 3
Mix potatoes with oil, salt, and herbs in a baking dish.

STEP 4
Bake for 30-40 minutes, until potatoes are easily pierced by a fork. Serve warm.

JALAPEÑO-GARLIC ROASTED BUTTERNUT SQUASH

Creamy roasted butternut squash with garlic and a hint of spicy jalapeño.

Michigan Harvest to Table™

PREP : 10 MIN / **COOK :** 35 MIN / **SERVINGS :** 6



INGREDIENTS

2 ½ lbs butternut squash, peeled and cubed

3 tbsp olive oil, divided

½ tsp kosher salt

1 tsp garlic, finely minced

1 tsp ground cumin

2 tsp lime juice

1 tsp jalapeño pepper, seeded and diced

DIRECTIONS

STEP 1
Preheat oven to 400 F.

STEP 2
Mix squash with 1 tablespoon oil and ¼ teaspoon salt on a baking sheet.

STEP 3
Arrange squash in single layer.

STEP 4
Roast squash for about 30 minutes, turning once, until golden brown. Remove from oven and set aside.

DIRECTIONS

STEP 5
Heat remaining oil, garlic, and cumin in a skillet on medium until garlic begins to soften but not brown, about 1 minute.

STEP 6
Remove from heat, add remaining salt, lime juice, jalapeño, and squash. Combine gently and serve.

CHANGE IT UP:

Try with acorn, buttercup, or kabocha squash.

Replace lime juice with orange or lemon juice.

Omit lime juice and replace with 1 teaspoon chili lime seasoning.



SNACKS



CRANBERRY ORANGE BRAN MUFFINS

Hearty bran muffins with tart cranberries, orange zest, and cinnamon.

Michigan Fitness Foundation

PREP : 10 MIN / **COOK :** 20 MIN / **SERVINGS :** 12



INGREDIENTS

1 ¼ cups all-purpose flour

⅓ cup sugar

1 tbsp baking powder

¼ tsp salt

½ tsp ground cinnamon

1 ½ cups bran cereal flakes

1 ¼ cups 2% milk

1 large egg

¼ cup vegetable oil

1 cup dried cranberries, original or cherry flavored

1 tbsp orange zest

Equipment needed:
Muffin pan
Muffin liners

DIRECTIONS

STEP 1
Heat oven to 400 F. Coat a 12-cup muffin pan with cooking spray or line with paper liners.

STEP 2
Add flour, sugar, baking powder, salt, and cinnamon to a medium bowl. Stir to combine and set aside.

STEP 3
Add bran cereal and milk to a large mixing bowl. Let stand about 5 minutes, until the cereal softens.

STEP 4
Add egg and vegetable oil to the cereal mixture and beat well. Stir in cranberries and orange zest.

STEP 5
Add the dry ingredients to the wet ingredients and stir just until combined. Do not overmix.

STEP 6
Divide batter evenly among 12 muffin cups. Bake 20–22 minutes, until browned and firm to the touch. Serve warm.



SPICY AIR FRYER CAULIFLOWER BITES

Crispy air-fried cauliflower florets seasoned with a smoky blend of paprika, garlic, onion, and a touch of cayenne pepper.

Michigan Fitness Foundation

PREP : 10 MIN / **COOK :** 20 MIN / **SERVINGS :** 4



INGREDIENTS

1 cup panko breadcrumbs

1 tsp smoked or regular paprika

½ tsp garlic powder

½ tsp onion powder

¼ tsp kosher salt

1 tsp dried parsley flakes (optional)

¼-½ tsp cayenne pepper (optional)

1 large egg

2 ½ cups cauliflower florets (one small head of cauliflower)

Olive or vegetable oil for drizzling

Equipment needed: Air fryer

DIRECTIONS

STEP 1
Preheat air fryer to 375 F.

STEP 2
Mix breadcrumbs, paprika, garlic powder, onion powder, salt, and any optional seasonings in a shallow bowl or rimmed baking sheet.

STEP 3
Crack the egg into a small bowl. Beat the egg with a fork.

STEP 4
Dip each cauliflower floret into the egg, then roll it in the breadcrumb mixture until coated.

STEP 5
Place the coated cauliflower florets on a plate. Drizzle with oil or spray with an oil mister.

STEP 6
Place the cauliflower in the air fryer basket in a single layer. Leave space between each piece so they cook evenly. Cook in batches if needed.

STEP 7
Air fry for 9-12 minutes, turning once halfway through. The cauliflower should be golden brown and crispy. Cooking time may vary depending on air fryer. Serve hot.



TRAIL MIX

A snack mix made from nuts, seeds, and dried fruits.

Taste, Move, Learn: Your Way

PREP : 5 MIN / **COOK :** 0 MIN / **SERVINGS :** 5



INGREDIENTS

1 cup whole-grain cereal

½ cup dried fruit (raisins, cranberries, cherries, or diced apricots)

½ cup roasted nuts, unsalted

½ cup sunflower or pumpkin seeds

2 tbsp chocolate chips (optional)

DIRECTIONS

STEP 1
Combine all ingredients in a large bowl. Serve.

PREP TIP:

Make ahead and split into zip top bags to have snacks ready to take on the go.

CHANGE IT UP:

Get creative and try mixes of different cereal, dried fruit, nuts, and seeds.

Add other favorites like mini pretzels, cheesy fish crackers, or popcorn.

SOUPS AND STEWS



CHICKEN SOUP

A hearty homemade chicken soup with tender chicken, vegetables, leafy greens, and whole-wheat pasta.

Gleaners Community Food Bank

PREP : 20 MIN / **COOK :** 1 HR 10 MIN / **SERVINGS :** 8



INGREDIENTS

1 medium onion, quartered

One whole chicken (4-5 pounds) or chicken parts

14 cups water

1 celery stalk, diced

2 cups leafy greens, such as kale, spinach, or chard

2 medium carrots, peeled and diced

½ tsp salt

½ tsp ground black pepper

1 cup whole-wheat pasta

Salt and pepper, to taste

Equipment needed: Strainer

DIRECTIONS

STEP 1
In a large pot, add the onion and chicken and cover with the water. Bring to a boil, reduce heat, and simmer for 40 minutes.

STEP 2
Remove the chicken from the pot and set aside to cool. Pour the broth through a strainer into a large bowl or storage container. Refrigerate the broth until ready to make the soup. Discard the overcooked onions.

STEP 3
When the chicken is cool enough to handle, remove the meat from the bones. Shred or chop the meat, discarding the skin and bones. Refrigerate until ready to add to the soup.

STEP 4
Remove tough stems from the leafy greens and tear the leaves into bite-sized pieces.

STEP 5
In a large pot, add the carrots, celery, leafy greens, salt, pepper, and strained broth. Bring to a boil over high heat. Reduce heat and simmer for 15–20 minutes.

STEP 6
Add the pasta and continue simmering until tender, about 8-10 minutes.

STEP 7
Add the cooked chicken and simmer for 1–2 minutes more.

STEP 8
Add salt and pepper, to taste.



MULTI-COOKER CHICKEN TACO SOUP

Hearty chicken, black and pinto beans, and vegetables simmered with savory, taco-inspired seasonings.

Michigan Fitness Foundation

PREP : 10 MIN / **COOK :** 20 MIN / **SERVINGS :** 8



INGREDIENTS

32 oz chicken broth or stock

3 cups shredded cooked chicken

One (15-ounce) can black beans, drained and rinsed

One (15-ounce) can pinto beans, drained and rinsed

1 cup frozen corn

One (10-ounce) can mild diced tomatoes with green chilies, with juices

1 medium onion, chopped

1 medium bell pepper, any color, chopped

One (1-ounce) packet taco seasoning

½-1 cup shredded Mexican-style cheese

½ cup green onion, sliced

DIRECTIONS

STEP 1
Place all ingredients except cheese and green onion into multi-cooker. Stir well.

STEP 2
Close and lock the cooker. Set to sealing.

STEP 3
Choose the “pressure cook” setting and adjust timer to 6 minutes. Start the multi-cooker. It will take several minutes to come to pressure before cooking time begins.

STEP 4
When the timer beeps, let the cooker release naturally for 10 minutes.

STEP 5
After 10 minutes, release the rest of the steam, according to the manufacturer's instructions.

STEP 6
Unlock and carefully remove lid.

STEP 7
Serve topped with shredded cheese and sliced green onion.



SLOW COOKER POTATO SOUP

Creamy soup made with potatoes, celery, carrots, and green onion.

Budget Bytes

PREP : 20 MIN / **COOK :** 3 HR 10 MIN / **SERVINGS :** 8



INGREDIENTS

2 stalks celery, washed and diced

2 carrots, peeled and diced

1 yellow onion, diced

3 cloves garlic, minced

3 lbs Yukon gold potatoes, washed, peeled, and cut into ½-¾ inch chunks

1 tsp Italian seasoning

1 ¼ tsp salt

½ tsp freshly cracked black pepper

3 cups chicken broth

2 tbsp all-purpose flour

2 tbsp water

½ cup heavy cream

½ cup sour cream

1 cup shredded cheddar cheese, divided

3 green onions, sliced and divided

Equipment needed: Slow cooker and potato masher

DIRECTIONS

STEP 1
Add celery, carrots, onion, garlic, and potatoes to a 5 or 6 quart slow cooker.

STEP 2
Add Italian seasoning, salt, and freshly cracked black pepper.

STEP 3
Add chicken broth to slow cooker, stirring until everything is evenly distributed.

STEP 4
Place lid on slow cooker and cook on high for 3 hours, or until potatoes are tender and can be easily pierced with a fork.

STEP 5
While potatoes are cooking, whisk flour and water in a small bowl until smooth.

STEP 6
After potatoes are finished cooking, add the flour and water mixture, heavy cream, and sour cream to slow cooker. Stir until well combined.

STEP 7
Replace lid to slow cooker and continue cooking for 10 minutes.

STEP 8
Remove lid and use potato masher to mash potato chunks into smaller pieces.

STEP 9
Add ½ cup of shredded cheddar cheese and half of the sliced green onions to slow cooker. Stir until cheese has melted into the soup.

STEP 10
Use salt and pepper to season to your liking and remaining shredded cheese and green onions as garnish.



SPICE BLENDS



APPLE PIE SPICE

A fragrant blend of cinnamon, nutmeg, and allspice.

Michigan Fitness Foundation

PREP : 5 MIN / **COOK :** 0 MIN / **YIELD :** 1/4 CUP



INGREDIENTS

3 tbsp ground cinnamon

2 tsp ground nutmeg

1 tsp ground allspice

DIRECTIONS

STEP 1
Add the cinnamon, nutmeg, and allspice to a small mixing bowl. Stir until the spices are evenly combined.

STEP 2
Transfer the spice blend to a small labeled airtight jar.

STEP 3
Store in cool, dry place. Use within 6 months.

Equipment needed: Small airtight jar

PICKLING SPICE

A zesty blend of mustard, coriander, dill, and peppercorns, with crushed red pepper flakes for heat.

Michigan Fitness Foundation

PREP : 5 MIN / **COOK :** 0 MIN / **YIELD :** 1/4 CUP



INGREDIENTS

1 tbsp mustard seeds

1 tbsp coriander seeds

1 tbsp dill seeds

1 tbsp peppercorns

1 tsp crushed red pepper flakes (optional)

DIRECTIONS

STEP 1
Add the mustard seeds, coriander seeds, dill seeds, peppercorns, and crushed red pepper flakes, if using, to a small mixing bowl. Mix thoroughly.

STEP 2
Transfer the blend to a small labeled airtight jar.

STEP 3
Store in cool, dry place. Use within 6 months.

EQUIPMENT NEEDED:
Small airtight jar

POULTRY SEASONING

A savory blend of sage, thyme, marjoram, and rosemary.

Michigan Fitness Foundation

PREP : 5 MIN / **COOK :** 0 MIN / **YIELD :** 9 TEASPOONS



INGREDIENTS

2 tsp ground sage

2 tsp ground thyme

2 tsp ground marjoram

2 tsp ground rosemary

1 tsp black pepper

EQUIPMENT NEEDED:
Airtight container

DIRECTIONS

STEP 1
Add ingredients to jar. Cover with lid and shake until combined.

NOTES:

Store in a labeled airtight container away from heat and sunlight.

Use within 6 months.

Season recipes in small amounts to start, then adjust to your taste.

HOLIDAY FAVORITES



EASY ROASTED TURKEY

Tender roasted turkey with citrus and aromatics. No basting required.

Michigan Fitness Foundation

PREP : 45 MIN / **COOK :** 2 HR 30 MIN / **SERVINGS :** 24



INGREDIENTS

One (14 pound) whole defrosted turkey, giblets and neck removed

Dry Brine:

3 tbsp kosher salt

1 tbsp poultry seasoning

Aromatics:

1 medium orange, halved

2 medium yellow onions, peeled and halved

4 sprigs fresh rosemary

8 sprigs fresh thyme

3 tbsp unsalted butter, softened

½ tsp freshly ground pepper

2 cups chicken broth

Freshly ground pepper, to taste

EQUIPMENT NEEDED:

Meat thermometer

Food-safe plastic bag (for dry brining)

Kitchen twine (optional)

DIRECTIONS

DRY BRINING THE TURKEY:

STEP 1
Pat the turkey dry with paper towels.

STEP 2
Mix dry brine ingredients in a bowl. Rub the turkey with dry brine until fully covered.

STEP 3
Place turkey into a roasting bag, preferably a sealable one, pressing out the air to seal it tight.

STEP 4
Place bag in a roasting pan, breast side up and refrigerate for two to three days, turning the turkey at least once a day and rubbing the salt into the bird through the roasting bag.

STEP 5
One day before your meal, remove the bird from the fridge and take it out of the bag.

STEP 6
Do not rinse the bird. Pat it dry with paper towels.

STEP 7
Return the turkey to the roasting pan on a roasting rack and refrigerate uncovered for another 24 hours.

ROASTING THE TURKEY:

STEP 1
Remove the turkey from the refrigerator 1 hour before cooking to allow it to come to room temperature.

STEP 2
Preheat the oven to 500 F. Before preheating, place the rack in the lower third of the oven. Raise or remove the upper racks so the turkey can fit with room to spare on top.

STEP 3
Place the orange sections, onion, rosemary, and thyme into the cavity of the turkey.

STEP 4
Rub turkey with the butter, covering all of the skin. Season generously with the pepper.

STEP 5
Tuck the wings behind the back of the turkey and secure. Tie the legs closed with kitchen twine (some have a small plastic tie that holds them together).

STEP 6
Pour the chicken broth into the pan around the turkey and place into the oven.



DIRECTIONS

ROASTING THE TURKEY:

STEP 7
Roast the turkey at 500 F for 30 minutes. Insert probe thermometer into thickest part of the breast and reduce the oven temperature to 350 F.

STEP 8
Set the thermometer alarm (if available) to 165 F. A 14-16 pound bird should require a total of 2-2 ½ hours of roasting. Turkey will continue to cook after removal from oven.

STEP 9
Use an internal thermometer to start checking the temperature after 2 hours by sticking it into the deepest part of the thigh, making sure to avoid touching the bone.

STEP 10
Let the turkey rest, loosely covered with foil or a large mixing bowl for 15 minutes before carving.

NOTES:

Remember to remove turkey from the freezer and begin thawing in refrigerator two to three days before cooking.

The giblets and neck are usually stored in a small bag inside of the head cavity.

If you notice your turkey is turning brown too quickly, create a tent with aluminum foil to cover it while it finishes cooking. Remove toward the end of cooking time to allow it to brown.



GARLIC MASHED POTATOES

A classic side dish featuring creamy whipped potatoes and garlic.

Healthy Food Healthy Soul

PREP : 10 MIN / **COOK :** 35 MIN / **SERVINGS :** 4



INGREDIENTS

1 lb Russet (Idaho) or Yukon Gold potatoes, peeled and cut into quarters

½ cup skim milk

2 large cloves garlic, minced

½ tsp pepper, white or black

½ tsp salt substitute

EQUIPMENT NEEDED:

Electric stand or hand mixer, or potato masher

DIRECTIONS

STEP 1

Place potatoes in a large pot and cover with cold water. Boil for 15 minutes, or until tender. Drain.

STEP 2

Blend potatoes with electric mixer until smooth, or mash by hand using a potato masher or whisk. Set aside.

STEP 3

Add garlic and milk to a small saucepan and cook on low heat until garlic is soft, about 10 minutes.

STEP 4

Add milk mixture, pepper, and salt substitute to potatoes and mix until desired consistency. Serve hot.

GREEN BEANS ALMONDINE

A classic side featuring fresh green beans sautéed with lemon juice and toasted almonds.

Michigan Harvest to Table™

PREP : 10 MIN / **COOK :** 15 MIN / **SERVINGS :** 4



INGREDIENTS

1 lb fresh green beans, trimmed

1 tbsp vegetable oil

¼ tsp kosher salt

⅓ cup almonds, sliced or slivered

1 tbsp lemon juice

1 tsp lemon zest (optional)

DIRECTIONS

STEP 1
Blanch green beans. Bring a large pot of water to boil. While waiting for the water to boil, fill a large bowl with ice water.

STEP 2
Once water is boiling, carefully place green beans into the pot.

STEP 3
Boil for about 5 minutes, drain into colander, and plunge into ice water to stop the cooking process.

STEP 4
After green beans have cooled for 3 minutes, drain, pat dry, and set aside.

DIRECTIONS

STEP 5
Heat vegetable oil in a large pan over medium-low heat, add salt and almonds, stirring occasionally until fragrant and almonds begin to brown, about 3 minutes.

STEP 6
Reduce heat to low, add green beans, lemon juice, and lemon zest, if using. Mix to combine.

STEP 7
Sauté for 2 minutes to heat through. Transfer to platter or bowl.

STEP 8
Serve immediately or cover and refrigerate for up to three days.

PREP TIP:

Blanch green beans a day or two ahead of making the dish, keep refrigerated until ready to use.

If using frozen green beans, cook according to package directions and continue to Step 2.

Garnish with fresh parsley and bacon bits.



PUMPKIN DELIGHT

A dessert featuring creamy pumpkin, yogurt, and crunchy graham crackers.

Michigan Harvest of the Month™

PREP : 10 MIN / **COOK :** 0 MIN / **SERVINGS :** 8



INGREDIENTS

Two (15-ounce) cans 100% pure pumpkin or 4 cups cooked fresh pumpkin, mashed

2 tbsp pumpkin pie spice

1 sleeve low-fat graham crackers, crumbled

1 tbsp honey* or yogurt

¼ cup chopped pecans (optional)

DIRECTIONS

STEP 1
Add pumpkin, pumpkin pie spice, and honey to a large bowl. Mix until combined.

STEP 2
Add graham crackers to bowl and mix gently until blended. Mixture will be chunky. Top with pecans, if using. Serve.

CHANGE IT UP:
A blend of cinnamon, ginger, allspice, cloves or nutmeg can be substituted for pumpkin pie spice.

*Avoid giving honey to children under one year of age.

STREUSELED SWEET POTATOES

A deconstructed version of the classic sweet potato casserole, with brown sugar, oats, and crunchy pecans.

Michigan Fitness Foundation

PREP : 10 MIN / **COOK :** 40 MIN / **SERVINGS :** 4



INGREDIENTS

2 sweet potatoes, about ¾ lb. each

1 tbsp olive oil

Streusel Topping:

2 tbsp all-purpose flour

2 tbsp old fashioned oats

¼ cup brown sugar

¼ cup pecans (or walnuts), chopped

2 tbsp butter, cold and cut into pieces

½ tsp cinnamon

DIRECTIONS

STEP 1
Preheat oven to 400 F.

STEP 2
Wash sweet potatoes and slice in half lengthwise. Rub potatoes lightly with oil and place on a sheet pan, cut side facing down.

STEP 3
Roast the sweet potatoes for 30 minutes, until tender.

DIRECTIONS

STEP 4
While the sweet potatoes are roasting, prepare streusel topping. Stir together the flour, oats, brown sugar, pecans, and cinnamon. Add the butter and using clean hands (or a fork), work the butter into the oat mixture until it forms into small clumps. Refrigerate the streusel until it's ready to be used.

STEP 5
After roasting, carefully flip the sweet potatoes over. Using a fork, gently mash the flesh. Sprinkle the crumble topping evenly over the sweet potatoes.

STEP 6
Put back into the oven and bake until the streusel is lightly browned and crispy, about 15 minutes. Serve hot.

CHANGE IT UP:

Use maple syrup instead of brown sugar. Reduce the amount slightly to keep the streusel from becoming too wet.

Swap the sweet potatoes for roasted acorn squash halves.

TRY THIS:

Add ¼ teaspoon of ground ginger or nutmeg to the streusel.

Add 1 teaspoon of orange zest to the streusel for a bright citrus flavor.



TURKEY GRAVY

Savory from scratch gravy using turkey drippings.

Michigan Fitness Foundation

PREP : 5 MIN / **COOK :** 10 MIN / **SERVINGS :** 8



INGREDIENTS

¼ cup turkey drippings (fat and juices from roasted turkey)

¼ cup all-purpose flour

2 cups turkey or chicken stock

1 clove garlic, minced or ½ teaspoon garlic powder

1 tsp dried herbs such as rosemary, sage, or thyme or 1 ½ teaspoon of all three

¼ tsp salt

½ tsp black pepper

DIRECTIONS

STEP 1
Pour liquid drippings from the roasting pan into a measuring cup or bowl.

STEP 2
Put ¼ cup of the drippings in a small pot on the stove over medium-low heat. Stir in flour and fresh garlic, if using.

STEP 3
Cook over medium heat, stirring constantly, until mixture is smooth.

STEP 4
Stir in stock and bring to a boil, stirring constantly until gravy reaches desired consistency.

STEP 5
Add salt, pepper, and dried seasonings to your taste.

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