



# Cooking Demonstrations

## Easy (and Versatile!) Roasted Vegetables

### Ingredients:

- 1 1/2 pounds assorted root vegetables, such as sweet potatoes, parsnips, butternut/acorn squash, carrots, celery, beets, onions. (May use other seasonal veggies and just adjust cooking times as needed)
- 2 tablespoons olive oil
- Black pepper and other fresh or dried herbs to taste
- Pinch of salt

### Directions:

1. Heat oven to 400 degrees.
2. Prepare 2 baking sheets by lining with parchment paper. Peel root vegetables, as desired and then cut into ¼ to ½-inch thick slices. Toss with olive oil and seasonings in a bowl, then transfer in a single layer (with some space in between the veggies on the baking sheets)
3. Cook until tender (approximately 30-40 min total for firmer root veggies, while “softer” veggies will cook faster. Toss veggies halfway between. When veggies are light brown around the edges and can pierce easily with a fork, they are done. Remove from oven and allow to cool.

**Tips:** You can make in batches and combine any assortment on a larger platter to serve. Great to make ahead!! Add leftover vegetables to soups, any casserole, salad, eggs, pasta, rice, tacos, sandwiches, etc.

(Recipe adapted from <https://about.kaiserpermanente.org/total-health/food-for-health/recipes/thanksgiving-kale-salad-with-roasted-root-vegetables>)



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## Apple and Onion “Stuffin Muffins”

### Ingredients:

- 2 tablespoons extra-virgin olive oil, 2 turns of the pan
- 1 stick butter or 8 TBS total olive oil
- 1 fresh bay leaf
- 4 ribs celery and greens from the heart, chopped
- 1 medium to large yellow skinned onion, chopped
- Salt and pepper to taste
- 2 TBS poultry seasoning
- ¼ cup chopped fresh parsley leaves
- 8 cups cubed stuffing mix (or save old bread in freezer and make own!)
- 2-3 cups chicken stock (may use veggie broth too)

**Tips:** You can add those leftover vegetables here! If do not want to make as individual “muffins” may make in a greased (oiled) 9x13 casserole dish as well.

### Directions:

1. Preheat oven to 375 degrees F.
2. Preheat a large skillet over medium high heat. Add extra-virgin olive oil to skillet and 4 tablespoons butter (or if just using olive oil, add 6 TBSP olive oil). When starts to melt/sizzle, add bay leaf and add the vegetables as you chop them, celery, onions then apples. Sprinkle the vegetables and apples with salt, pepper and poultry seasoning. Cook 5 to 6 minutes to begin to soften vegetables and apples then add parsley and stuffing cubes to the pan and combine. Moisten the stuffing with chicken broth until all of the bread is soft but not wet. Stir in any cooked roasted veggies here, too.
3. Butter 12 muffin cups, 2 tins, liberally with remaining butter. Use an ice cream scoop to fill and mound up the stuffing in muffin tins. Remove the bay leaf as you scoop the stuffing when you come upon it. Bake until set and crisp on top, 10 to 15 minutes. Remove stuffin' muffins to a platter and serve hot or room temperature.

(Source [Apple and Onion Stuffin' Muffins Recipe | Rachael Ray | Food Network](#))



# Cooking Demonstrations

## Low-fat Pumpkin Cheesecake

### Ingredients

- 1(8 ounce) pkg, reduced-fat cream cheese (may use any veggie substitute too) softened
- $\frac{3}{4}$  cup sugar
- 1 tsp orange zest
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- $\frac{1}{4}$  tsp ground ginger
- $\frac{1}{4}$  tsp vanilla extract
- 3 eggs (or 1  $\frac{1}{2}$  cups egg sub)
- 1- 15oz can canned pumpkin (not pumpkin pie mix!)

### Topping Ingredients:

- 1 cup reduced fat sour cream (may also sub)
- 2 TBS sugar
- 2 tsp vanilla extract

### Directions:

1. Heat oven to 350 degrees F. Lightly grease pie plate. Place all ingredients except topping in blender. Cover and blend on high about 2 minutes, stopping blender occasionally to stir, until smooth. (or use hand mixer on high 2 minutes, scraping sides constantly) Pour into pie plate.
2. Bake about 45 minutes or until just puffed and center is dry. (Do not overbake.) Cool on wire rack 10 minutes.
3. Make sour cream topping. Carefully spread over top of cheesecake. Refrigerate at least 3 hours until chilled. Store covered in refrigerator.

**Tips:** Make ahead and enjoy for dessert or the next morning with coffee! Can easily double this recipe

(Source: [Impossible Easy Pumpkin Cheesecake- Bisquick Recipe - Food.com](#))