

Knowledge @ Noon

Planning Fall Gatherings: Financial and Food!



Photo Source: istockphoto.com

Wednesday, Sept 18th, 2024
Marais Des Cygnes Extension District

K-STATE
Research and Extension

Master Food Volunteer
Marais des Cygnes District

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact, Franny Eastwood, two weeks prior to the start of the event at 913-795-2829 or fmeastwo@ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer.

Tips for Low-Cost Holiday Meals



Here are a few budget friendly tips to help save money on holiday meals.

- **Plan your menu carefully.** Check what food and ingredients you already have and then make your shopping list. Look at online and print grocery store ads. Using [MyPlate](#) as a guide to plan your holiday meals can be helpful.
- **Prepare less.** Think about having less food. This could include less of the expensive items and a smaller number of dishes served. However, consider keeping the holiday foods important to your family traditions on the menu.
- **Trim protein costs.** A whole turkey is less expensive per serving than a turkey breast. Lean roast beef, pork loin and some types of fish, such as cod or flounder are lower cost options. Consider serving soup or a casserole that can extend your [protein dollar](https://food.unl.edu/article/nutrition-education-program/making-most-your-protein-dollars) [https://food.unl.edu/article/nutrition-education-program/making-most-your-protein-dollars].
- **Serve it simple.** Sometimes serving dishes with less ingredients can be healthier as well as save time and money. For example, this recipe for [Lemony Green Beans](https://food.unl.edu/recipe/lemony-green-beans) [https://food.unl.edu/recipe/lemony-green-beans] might be a tasty alternative for a green bean casserole.
- **Shop smart.** Beware of store displays that are designed to tempt you to buy things you didn't plan on purchasing. Using [unit pricing](#) to help compare different brands and different sizes of products can help you save money. Prefer to do your grocery shopping online? We've got some great tips for [saving money online](#) .
- **Cook ahead.** Instead of purchasing some of the more expensive convenience items, many of your dishes can be prepared or partially prepared a day or two in advance: [roasting a turkey](https://food.unl.edu/article/how-cook-turkey-day-serving-it) [https://food.unl.edu/article/how-cook-turkey-day-serving-it], cranberry relish, cube and dry bread for stuffing, and pre-prep vegetables for salads and casseroles.
- **Make smart beverage choices.** Water is easy on the wallet and people typically will drink less of the other beverages if they can use water to quench their thirst. Regular soda, energy or sports drinks, and other sweet drinks can be expensive and usually contain a lot of added sugar.
- **Get your money's worth of leftovers.** Handle [leftovers](https://food.unl.edu/article/holiday-food-safety-tips) [https://food.unl.edu/article/holiday-food-safety-tips] safely so that they can be used for [meals](https://food.unl.edu/article/making-casserole-whats-hand) [https://food.unl.edu/article/making-casserole-whats-hand] in the days ahead. Always wash hands with soap and water before handling food. Leftovers should be stored within two hours of cooking. Divide leftovers into smaller portions and refrigerate in

covered shallow containers so they cool quickly. Use refrigerated leftovers within 3 to 4 days or freeze for longer storage.

Low-cost Holiday Recipes

Here are a few quick and easy recipes for your next holiday meal:



Almond Rice Pilaf



Easy Apple Salad



No-Crust Pumpkin Pie

Sources:

1. [Holiday Leftovers? We've Got You Covered](#) , United States Department of Agriculture
2. [Plan Your Weekly Meals](#) , MyPlate, United States Department of Agriculture

This article has been peer-reviewed.

Holiday food on a budget



English | [español](#)

Take a moment to reflect on the meaning of the holiday. Chances are that spending time with family and friends is more important than how fancy or expensive a holiday meal is.

Cooking for family and friends during the holidays doesn't have to be stressful or expensive. Here are some suggestions to cook up your best holiday meals yet.

Plan your meals to minimize stress

Plan your meals with the time required to prep and cook in mind. If you hope to spend time with your loved ones on the day of the event, you won't want to be stuck in the kitchen all day.

- Plan for dishes that you can make ahead of time, and refrigerate or freeze for later use.
- Prepare something in a crockpot, which will allow you to make it in the morning (or evening) and not require any additional prep until it is time to serve.
- If you are making one time-consuming menu item, plan for other easy-to-prepare items to round out the meal.
- Consider turning one or more of your meals into a potluck. Each person (or family) can bring a dish they enjoy, you save time (and money) in the kitchen and everyone is happy in the end.
- If everyone you are spending time with lives relatively close to each other, consider a progressive meal. As a group, you can travel to each person or family's home to share a dish, which saves on any one person needing to prepare and cook an entire meal. For example, you could have an appetizer at one family's home, a casserole at the next family's home and a dessert at the third family's home. This can also add variety and a sense of fun to a meal!

- Consider turning some traditions upside down, and host a gathering for family and friends that isn't focused around you preparing a full meal. For example, host a card writing, cookie making, present wrapping, or sledding party and provide cookies and hot chocolate. You'll still get to enjoy time with loved ones while saving the stress (and dollars) it takes to prepare a full meal.

Plan your meals to stay within your budget

Follow these tips to help keep any meals or dishes you prepare within your budget.

1. Look in your cupboards, pantry, refrigerator and freezer for food that you already have. A holiday meal might be a nice opportunity to use up that frozen appetizer you've been saving for "a special occasion" or the bag of dried cranberries you haven't known what to do with. Still have a surplus of apples or squash from the farmers market? Your holiday meal can feature these items.
2. Take a look at the advertised sales at your grocery store. If you discover there's a good deal on a particular product that week, you might want to incorporate it into one of your meals.
3. Write down your proposed menu for the holiday meals, keeping in mind what you already have on hand and what is on sale. If you're planning to prepare one more costly dish, round out the meal with less costly dishes.
4. Write down a list of everything else you need to purchase for the meal.
5. Search the internet for coupons or clip coupons for items on your list.
6. Go to the grocery store when you are not hungry to keep your spontaneous purchase to a minimum. Stay away from pre-made and pre-processed foods as they are typically much more expensive.

Stay mindful of food-related illnesses

Nothing can put a damper on your holiday like a bout of food poisoning or a food-related allergic reaction. Keep your family safe and healthy during the holiday season by following these food safety tips.

- Wash your hands often, and make sure your children do the same! For handwashing tips, see the Food Safety team's [**Washing your hands and personal cleanliness.**](#)
- Always prepare food in a clean, and sanitized kitchen. For more information, see the Food Safety team's [**A clean kitchen required for food safety.**](#)
- Ask your guests about their food allergies before you plan your meal, and stay mindful at the store and in the kitchen about these allergies. For more information, see the Food Safety team's [**Food allergies.**](#)
- Always thaw frozen food in refrigerator, never at room temperature. Place raw meat, poultry, and fish below ready-to-eat foods, and in a container to catch drippings. For other safe thawing methods, see the United States Department of Agriculture's [**The Big Thaw — Safe Defrosting Methods.**](#)

- Separate raw meat from ready-to-eat foods during storage and preparation. Do not use the same cutting boards or knives unless they have been washed and sanitized.
- Heat foods to proper temperature when cooking. For a summary on safe cooking temperatures, see the Food Safety team's [Safe meat handling and cooking temperatures](#).
- Cool leftovers within 2 hours, see the Food Safety team's [What is the risk? Cooling hot food](#).

Use low-cost, easy-to-prepare recipes

Tasty dishes don't need to cost a fortune to make! Look for quick, simple recipes using easy-to-find ingredients that work in even the tightest budgets on our [Real Life, Good Food](#) site.

Maximize those leftovers!

If you end up preparing a big meal for your loved ones, chances are that you'll have leftover food. Don't underestimate the power of leftovers to help save you stress and money this holiday season! Most people agree that turkey dinner leftovers is just as good the second or third day. Most guests will be appreciative that you are feeding them, and will not criticize you for serving them leftovers — especially if they were present for the original meal.

To use your leftovers “as is,” follow these tips.

- Remove any meat from the carcass or bone, cutting it into small pieces and storing it in shallow containers in the refrigerator or freezer.
- Use all leftovers within 4 days or freeze for later use.
- Reheat leftovers to 165° F, or until hot and steaming.

Do you have a lot of extra leftovers? Get creative and turn them into a new low-cost meal!

Soup: Add 2 cups of chopped meat, 4 cups of chopped vegetables and 2 cups cooked rice or wild rice to 3 cans low-sodium chicken or vegetable broth. Simmer until veggies are done to your liking and flavors have blended. Add parsley, bay leaves or garlic for extra flavor.

Salads: Add leftover meat or roasted vegetables to any green salad. Try almonds and dried cranberries for a great taste. Add cooked meat to a pasta or wild rice salad with chopped broccoli, peppers, onions, carrots and celery.

Sandwiches: Allow guests to create their own sandwich creations, layering leftover meat and veggies in a sandwich, with additional sandwich toppings like lettuce, spinach, tomatoes, peppers, shredded carrots, cranberry sauce, and/or apple slices. Instead of bread, try a whole wheat pita or tortilla.

Casseroles: Layer leftovers (for example, turkey, stuffing, mashed potatoes, vegetables and gravy) in a casserole dish. Do you just have leftover meat and vegetables? Combine 2 cups chopped leftover meat with 2 cups cooked rice, 1 can low-sodium broth or chopped tomatoes, and a selection of

chopped vegetables in a 2-quart casserole. Cover and bake the casseroles at 325 degrees for 30 to 40 minutes, or until vegetables are tender.

Skillet meals: Add 1 or 2 cups of chopped leftover meat to sautéed onion, mushrooms and broccoli. Add cooked rice or pasta. Sprinkle with shredded parmesan cheese before serving.

Breakfast dishes: Add leftover meat and/or vegetables to scrambled eggs, quiche, or omelets. For a fun twist on a classic, serve this for dinner and ask guests to come in their pajamas for “breakfast for dinner”!

Tex-Mex dishes: Add shredded or chopped leftover meat to burritos, enchiladas and tacos.

Jodi Nordlund, SNAP-Ed Educator

Margaret Haggenmiller, associate program director in SNAP-Ed; and Mary Schroeder, Extension educator in health and nutrition

Reviewed in 2021

©2024 Regents of the University of Minnesota. All rights reserved. The University of Minnesota is an equal opportunity educator and employer.



Please scan the above QR code to visit the live webpage for links.

<https://extension.umn.edu/save-money-food/holiday-food-budget>

SILKY BUTTERNUT SQUASH SOUP serves 4-6

Ingredients:

1 3 lb butternut squash	4 T. unsalted butter, divided
1 large shallot	6 c. water, plus extra as needed
1 t. table salt	½ c. heavy cream
1 t. ground black pepper	1 t. brown sugar

Directions:

Cut squash in half lengthwise. Scrape out and reserve seeds and stringy fibers. Cut each piece of squash in half crosswise. Melt 2 T. butter in Dutch oven over medium-low heat. Add shallot and cook, stirring frequently, until softened, 2-3 minutes. Add seeds and fibers and cook, stirring, until butter turns reddish-orange, about 4 minutes. Add water and salt and bring to a boil over high heat. Reduce heat to medium-low, place steamer basket in pot, and place squash cut side down in basket. Cover and steam until squash is completely tender, 30-40 minutes. Using tongs, transfer squash to rimmed baking sheet. When cool enough to handle, use large spoon to scrape flesh from skin. Reserve squash flesh in bowl and discard skin. Strain steaming liquid through fine mesh strainer into large liquid measuring cup; discard solids in strainer. You should have at least 3 cups liquid; add extra water as needed to make 3 cups. Rinse and dry pot. Working in batches, puree squash in blender with 3 cups reserved liquid until smooth. Transfer puree to now empty pot. Stir in cream, sugar, and pepper and remaining 2 T. butter. Bring soup to simmer, adjusting consistency with additional reserved liquid or extra water as needed. Season with salt to taste and serve. Soup can be refrigerated for up to 2 days.

Notes:

You can also slice the ends off the squash, slice in half lengthwise and bake at 350° for 30 minutes or until tender. Rub the pieces with olive oil before baking. Once tender, scrap off the skin.

When serving, you can add a dollop of sour cream and nutmeg on top and swirl into a design.

You can also serve with croutons, roasted seeds, and/or spices on the top.

Other recipes call for adding a peeled and chopped Granny Smith apple, pumpkin puree, or a shredded carrot. You may also use coconut milk or Greek yogurt instead of the cream and chicken or vegetable broth instead of water. Some recipes add cayenne pepper, rosemary, or sage.

Submitted by Beverly Burke, MFV

Pumpkin Soup

1/2 c. onion
1 T. butter or margarine
1 or 2 med. potatoes, peeled
and chopped
minced parsley (opt.)

1/2 c. celery
3 c. chicken broth
1 can pumpkin
salt and pepper to taste

Sauté onion and celery in butter in saucepan until tender but not brown. Add chicken broth, potato and pumpkin. Bring to a boil, reduce heat. Simmer, covered for 20 min. or until potatoes are tender. Process 1/2 at a time in blender or food processor until smooth. Combine with half and half, salt and pepper in saucepan. Heat just to serving temperature, do not boil. Garnish with parsley if desired. May substitute carrots, zucchini, peas, spinach or tomatoes for pumpkin if preferred. Yield: 4 servings.

Submitted by Gayle Plummer, MFV

Pumpkin Soup

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	224
% Daily Value*	
Total Fat 20.8g	27%
Saturated Fat 13g	65%
Cholesterol 54mg	18%
Sodium 396mg	17%
Total Carbohydrate 7.8g	3%
Dietary Fiber 1.8g	6%
Total Sugars 2.1g	
Protein 2.7g	
Vitamin D 14mcg	70%
Calcium 26mg	2%
Iron 1mg	4%
Potassium 275mg	6%

Butternut squash soup

Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	647
% Daily Value*	
Total Fat 57.8g	74%
Saturated Fat 36.3g	182%
Cholesterol 155mg	52%
Sodium 6867mg	299%
Total Carbohydrate 36.1g	13%
Dietary Fiber 5.4g	19%
Total Sugars 17.4g	
Protein 3.5g	
Vitamin D 42mcg	208%
Calcium 145mg	11%
Iron 6mg	31%
Potassium 488mg	10%

PureWow

PRINT



Sheet Pan Curried Butternut Squash Soup

November 22, 2021 Katherine 4 servings servings 1 hr

Nutrition Facts

Servings: 4

Amount per serving

Calories **368**

% Daily Value*

Total Fat 15.7g **20%**

Saturated Fat 4.8g **24%**

Cholesterol 0mg **0%**

Sodium 602mg **26%**

Total Carbohydrate 65.9g **24%**

Dietary Fiber 32g **114%**

Total Sugars 6.5g

Protein 13.1g

Vitamin D 0mcg **0%**

Calcium 451mg **35%**

Iron 20mg **113%**

Potassium 1667mg **35%**

Ingredients

1 medium butternut squash—peeled, seeded and cubed (about 7 cups)

Extra-virgin olive oil, as needed

Kosher salt and freshly ground black pepper

1 small yellow onion, peeled and quartered

1 head garlic, halved crosswise

2 teaspoons curry powder, plus more as needed

1 teaspoon chili powder, plus more as needed

¼ teaspoon cayenne, plus more as needed

¼ teaspoon ground cinnamon

4 cups chicken stock

½ cup coconut milk (optional)

Directions

1. Preheat oven to 425°F.

2. On an unlined rimmed baking sheet, drizzle the squash, onion and garlic with olive oil, then toss with the curry powder, chili powder, cayenne and cinnamon. Season generously with salt and pepper.

3. Transfer to the oven and roast until tender and golden brown, 35 to 45 minutes.

4. Transfer the roasted vegetables to a high-speed blender (or use an immersion blender) and squeeze the roasted garlic out of its peel. Puree with the chicken stock until completely smooth. Taste and adjust the seasoning as needed. Transfer to a Dutch oven or large saucepan and stir in the coconut milk, if using. Warm as needed before serving.

Honey Butter

2 sticks butter, room temperature

1 c powdered sugar

1 c honey

2 tsp. cinnamon

Whip butter well. Add sugar and mix. Add honey and cinnamon. Whip, scrap, and whip. Serve at room temperature.

Submitted by Gayle Plummer, MFV

Sweet cornbread

1 box Jiffy yellow cake mix

1/3 c. milk

1 box Jiffy cornbread mix

1/3 c. water

2 eggs

1/4 c. oil

Mix all ingredients together. Bake for 10 minutes at 400 degrees, then for 15 to 20 min. at 350 degrees or until done in the middle. Let stand for 5 minutes before cutting. Use an 8x8 or 9x9 inch greased pan.

Submitted by Gayle Plummer, MFV

Butter:

Nutrition Facts	
Servings: 12	
Amount per serving	
Calories	218
	% Daily Value*
Total Fat 13.7g	18%
Saturated Fat 8.6g	43%
Cholesterol 36mg	12%
Sodium 98mg	4%
Total Carbohydrate 28.6g	10%
Dietary Fiber 8.9g	32%
Total Sugars 15.4g	
Protein 0.8g	
Vitamin D 9mcg	47%
Calcium 172mg	13%
Iron 1mg	8%
Potassium 80mg	2%

Cornbread:

Nutrition Facts	
Servings: 9	
Amount per serving	
Calories	93
	% Daily Value*
Total Fat 5.9g	8%
Saturated Fat 1.3g	7%
Cholesterol 83mg	28%
Sodium 96mg	4%
Total Carbohydrate 6.8g	2%
Dietary Fiber 0.2g	1%
Total Sugars 3.5g	
Protein 3.3g	
Vitamin D 8mcg	39%
Calcium 27mg	2%
Iron 1mg	3%
Potassium 32mg	1%

APPLE CRISP

8 c. sliced peeled tart apples (about 8) ½ tsp. cinnamon
¼ c. sugar ⅛ tsp. salt

Topping:

½ c. quick cooking oats ⅛ tsp. baking soda
½ c. all-purpose flour 3 Tbsp. cold butter
½ c. packed brown sugar Vanilla ice cream or whipped
¼ tsp. baking powder topping (optional)

In a large bowl, toss the first four ingredients. Pour into a greased 8 inch square baking dish. In a bowl, combine dry ingredients and cut in butter until mixture resembles coarse crumbs. Sprinkle over apple mixture. Bake at 350° for 55 to 60 minutes or until apples are tender and topping is golden. Serve warm with ice cream or whipped topping if desired.

Gayle Plummer

Nutrition Facts		
Servings: 8		
Amount per serving		494
Calories		
	% Daily Value*	
Total Fat 31.2g	40%	
Saturated Fat 19.3g	97%	
Cholesterol 81mg	27%	
Sodium 1255mg	55%	
Total Carbohydrate 59.4g	22%	
Dietary Fiber 9.2g	33%	
Total Sugars 38.8g		
Protein 2.2g		
Vitamin D 21mcg	105%	
Calcium 216mg	17%	
Iron 2mg	12%	
Potassium 606mg	13%	

Basic Vegetable Soup

2 large cans crushed tomatoes
2 boxes of vegetable broth
1 package frozen mixed vegetables
1 package frozen corn
1 package frozen peas
2 cans black beans
3 potatoes diced and boiled
4 carrots diced and boiled

Boil potatoes and carrots and drain but set aside the water. Place all ingredients in a stock pot and cook until slow boil. Add potato water if the soup is too thick. Serve hot. Can keep warm in a crockpot.

Serves 12

Nacho Burgers

2 lbs ground beef
1 medium chopped onion
1 can Fiesta Cheese Soup
1 package hamburger buns

Brown beef and onion in a skillet. Salt and pepper to taste. Stir in the Fiesta Cheese Soup and heat until warm. Spoon mixture into buns and serve.

Serves 8

SUBMITTED BY DEBI DOERING-MFV

Nacho Burgers:

Nutrition Facts	
Servings: 8	
Amount per serving	
Calories	101
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Cholesterol 24mg	8%
Sodium 176mg	8%
Total Carbohydrate 8.6g	3%
Dietary Fiber 0.7g	2%
Total Sugars 1.6g	
Protein 9.3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 5mg	29%
Potassium 145mg	3%

Vegetable Soup:

Nutrition Facts	
Servings: 9	
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 0.7g	1%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 161mg	7%
Total Carbohydrate 31.6g	11%
Dietary Fiber 7.6g	27%
Total Sugars 5.8g	
Protein 8.2g	
Vitamin D 0mcg	0%
Calcium 62mg	5%
Iron 2mg	14%
Potassium 704mg	15%

Chili Dog Casserole

- 10 hot dogs
- 1 can Chili with or without beans
- 1 medium onion chopped
- 2 cups shredded cheddar cheese
- 2 packages hot dog buns

Slice hot dogs into bite sized pieces and boil for about 5 minutes. Drain water off hot dogs and stir in chili and chopped onion. Put in a 9 X 13 pan and cover with cheddar cheese and foil. Bake in a 350 degree oven until chili is bubbly and cheese is melted, about 25 to 30 minutes. Spoon onto hotdog buns and serve.

Serves 12 to 16

Apple Crisp

- 3 lbs medium apple
- 3 T flour
- ½ C sugar
- Cinnamon to taste

Topping

- 1 ½ C old fashioned oats
- ¾ C flour
- ¾ C butter - melted
- 1 ½ C brown sugar
- ¾ tsp salt
- ¾ C white sugar

Peel and slice apples. Stir into apples 3 T flour, ½ C sugar and cinnamon to taste. Place in a sprayed 9X13 baking dish. Mix the topping together and sprinkle over the top of the apples. Bake for 40 minutes at 350.

SERVES 12

SUBMITTED BY DEBI DOERING-MFV

Apple Crisp:

Nutrition Facts	
Servings: 12	
Amount per serving	
Calories	196
	% Daily Value*
Total Fat 5.3g	7%
Saturated Fat 3.3g	16%
Cholesterol 13mg	4%
Sodium 2462mg	107%
Total Carbohydrate 38.1g	14%
Dietary Fiber 2.5g	9%
Total Sugars 29.3g	
Protein 1.4g	
Vitamin D 4mcg	18%
Calcium 16mg	1%
Iron 1mg	4%
Potassium 106mg	2%

Chili Dog Casserole:

Nutrition Facts	
Servings: 12	
Amount per serving	
Calories	374
	% Daily Value*
Total Fat 30.9g	40%
Saturated Fat 13.4g	67%
Cholesterol 63mg	21%
Sodium 1127mg	49%
Total Carbohydrate 8.8g	3%
Dietary Fiber 0.3g	1%
Total Sugars 3.7g	
Protein 15g	
Vitamin D 32mcg	160%
Calcium 142mg	11%
Iron 1mg	8%
Potassium 165mg	4%

Apple Cider Donut Cake

1 box Super Moist Yellow Cake Mix
¾ C apple cider
½ C melted butter
4 eggs
2 tsp cinnamon
1 tsp nutmeg
1 C peeled and coarsely chopped apples

Topping
3 T melted butter
¼ C sugar
1 tsp cinnamon

Preheat the oven to 350 degrees. Spray bundt pan. Beat together the first six ingredients and then stir in apples. Bake for 35 to 40 minutes until the toothpick comes out clean. Let stand for 20 minutes in the pan. Mix the sugar and cinnamon for the topping. Place wax paper on a cooling rack and after 20 minutes, remove the cake from the pan to the cooling rack. Brush the top and sides of the cake with 3 T melted butter. Using fingers press about half the sugar and cinnamon into the top and sides of the cake. Wait another 20 minutes and repeat with the rest of the cinnamon mixture. Let the cake stand until completely cool.

SUBMITTED BY DEBI DOERING-MFV

Nutrition Facts	
Servings: 8	
Amount per serving	
Calories	320
	% Daily Value*
Total Fat 15.5g	20%
Saturated Fat 8.3g	41%
Cholesterol 199mg	66%
Sodium 147mg	6%
Total Carbohydrate 47.3g	17%
Dietary Fiber 22.7g	81%
Total Sugars 12.8g	
Protein 8.9g	
Vitamin D 21mcg	105%
Calcium 438mg	34%
Iron 5mg	26%
Potassium 297mg	6%

Buffalo Cauliflower Bites

Heat oven to 450, line baking sheet with foil and spray with oil

6 C cauliflower pieces placed in a gallon sized zip lock bag

Mix together:

1 T melted butter

¾ C Frank's Hot Sauce

2 tsp garlic powder

Pinch of salt and pinch of pepper

Pour over cauliflower and shake until well coated. Bake for 20 minutes and serve with Ranch or Blue Cheese dressing for dipping.

SUBMITTED BY DEBI DOERING-MFV

Nutrition Facts	
Servings: 10	
Amount per serving	
Calories	153
	% Daily Value*
Total Fat 8.3g	11%
Saturated Fat 5.2g	26%
Cholesterol 22mg	7%
Sodium 127mg	6%
Total Carbohydrate 17.7g	6%
Dietary Fiber 3.5g	12%
Total Sugars 6.3g	
Protein 4.6g	
Vitamin D 6mcg	28%
Calcium 32mg	2%
Iron 1mg	5%
Potassium 407mg	9%

Yield: 8-10 servings

Author: [Tracey | The Kitchen is My Playground](#)

Fresh Pear & Walnut Crisp

Prep time: 25 MinCook time: 40 MinTotal time: 1 H & 5 M

Ingredients

For the pear filling:

- 6 c. sliced pears (about 3 lbs.)
- 1 T. fresh lemon juice
- 1/3 c. granulated sugar
- 1 T. cornstarch
- 1 tsp. ground cinnamon

For the crisp topping:

- 1/3 c. all-purpose flour
- 1/2 c. brown sugar
- 1/2 tsp. ground cinnamon
- 1/2 tsp. salt
- 3 T. cold butter, cut in small pieces
- 1/3 c. old-fashioned oats
- 1/4 c. coarsely chopped walnuts

Instructions

Prepare pear filling:

1. Core pears and cut lengthwise into 1/2-inch thick slices. (You don't need to peel the pears unless they have a thick skin, or if you prefer to enjoy them skinless.)
2. Combine pears and lemon juice in a 2-quart baking dish; toss gently to coat pear slices.
3. Combine sugar, cornstarch, and the 1 teaspoon of ground cinnamon; stir together with a whisk. Add this mixture to the pears, tossing well to coat pears.

Prepare crisp topping & bake:

1. Combine flour, the 1/2 teaspoon ground cinnamon, brown sugar, and salt. With a fork, pastry cutter, or your fingers, work in the butter pieces until the mixture resembles coarse crumbs.
2. Add oats and chopped walnuts.
3. Sprinkle mixture evenly over the pears.
4. Bake at 375°F for 40 minutes, or until pears are tender and crisp topping is golden brown. Serve warm, at room temperature, or chilled.

TRACEY'S NOTES:

1. I generally use Bartlett pears, which are a variety you can easily find in the grocery store. →

2. Keep in mind that a 2-quart baking dish is slightly smaller than a 9x13-inch baking dish.
3. Pear & Walnut Crisp is delicious plain just as it is, with a scoop of vanilla ice cream or frozen yogurt, or with a dollop of whipped cream.

Submitted by Kim Wernsman, MFV

Nutrition Facts	
Servings: 9	
Amount per serving	
Calories	432
	% Daily Value*
Total Fat 29.2g	37%
Saturated Fat 17.4g	87%
Cholesterol 72mg	24%
Sodium 2354mg	102%
Total Carbohydrate 46.7g	17%
Dietary Fiber 11.4g	41%
Total Sugars 16.3g	
Protein 2.5g	
Vitamin D 19mcg	93%
Calcium 191mg	15%
Iron 2mg	11%
Potassium 200mg	4%