

BALSAMIC ROASTED VEGETABLES



Looking for a great way to cook vegetables? You have found it! Roasting vegetables is the simplest, yet most flavorful method to cook vegetables. It is best to match your vegetables with the season, and luckily, this savory balsamic marinade pairs well with any mix of vegetables. This recipe uses winter vegetables, which can be easily substituted for Spring/Summer vegetables such as squash, zucchini, peppers, or eggplant.

Yield	Preparation time	Cooking time	Total time
4 Servings	20 minutes	40 minutes	1 hour

Ingredients

3 Tbsp (tablespoons) olive oil
3 Tbsp (tablespoons) balsamic vinegar
2 Tbsp (tablespoons) brown sugar
2 Tbsp (tablespoons) soy sauce (lower sodium)
1/2 Tbsp (tablespoon) Dijon mustard
1/2 tsp (teaspoon) dried basil
ground black pepper (freshly cracked preferred)
1 red onion
1/2 lb (pound) carrots
1/2 lb (pound) parsnips
1/2 lb (pound) mushrooms (button or baby bellas)
5 radishes (small)
parsley (for garnish)

Instructions

1. Preheat the oven to 400°F. In a small bowl, combine the olive oil, balsamic vinegar, brown sugar, soy sauce, Dijon mustard, dried basil, and pepper. Set the marinade aside.
2. Peel the carrots and parsnips, then slice them into 1-inch pieces. Peel the onion and slice it into 1-inch-wide wedges. Wash the mushrooms and the radishes (cut off stems and roots), then slice in half.
3. Spread the prepared vegetables out over a large baking sheet, making sure they are in a single layer and not piled on top of one another. Pour the balsamic marinade over top, then toss the vegetables until they are all well coated.
4. Transfer the baking sheet to the oven and roast for 20 minutes. Carefully remove the baking sheet from the oven, give the vegetables a good stir, then return them to the oven and roast for an additional 15-20 minutes or until the vegetables are tender and have browned on the edges. Don't be alarmed if the marinade blackens on the baking sheet, that part will not be scooped up with the vegetables.
5. While the vegetables are roasting, finely chop a handful of fresh parsley. Transfer the roasted vegetables to a bowl or serving platter and sprinkle the chopped parsley over top just before serving.

Per Serving- Calories: 221, Saturated Fat: 1.6g, Sodium: 325mg, Total Sugars: 15g

[balsamic-roasted-vegeables-april-2021.pdf \(https://www.gobeyondhunger.org/sites/default/files/resources/balsamic-roasted-vegeables-april-2021_0.pdf\)](https://www.gobeyondhunger.org/sites/default/files/resources/balsamic-roasted-vegeables-april-2021_0.pdf)

APPLE DIJON COLLARD GREEN SALAD



Did you know collard greens are a nutritional powerhouse full of fiber, Vitamins A, C, K, iron, folate and calcium? Collard greens are a southern staple, traditionally cooked for hours with a piece of smoked meat. This recipe uses collards raw in a salad with a bright dressing that helps the collards break down and soften a bit. Try this fall salad as an alternative to using lettuce.

Yield	Preparation time	Cooking time	Total time
4 Servings	15 minutes	0 minutes	15 minutes

Ingredients

- 1 bn (bunch) collard greens
- 1/3 C (cup) olive oil
- 1/4 C (cup) apple cider vinegar
- 1 clv (clove) garlic (peeled and crushed)
- 1 1/2 Tbsp (tablespoons) Dijon mustard
- 1/4 tsp (teaspoon) salt
- 1/2 tsp (teaspoon) ground black pepper
- 1 granny smith apple (or sweet, red apple)
- 1/4 C (cup) raisins (golden or black)
- 1/2 C (cup) walnuts, chopped

Instructions

- Instructions:
1. Rinse collard greens well under cool running water. Remove center ribs and discard. Stack leaves and roll like a cigar. Thinly slice with a knife. Add to the salad bowl.
 2. Combine the olive oil, apple cider vinegar, garlic, mustard, salt and pepper in a bowl. Whisk until the dressing is thick and creamy. Add to the collard greens and mix well. The dressing will help the collards soften. Set aside while you prepare the rest of the salad.
 3. Wash the apple and dice it into cubes.
 4. Roughly chop the toasted walnut halves.
 5. Add chopped apple, raisins and walnuts to the bowl with the collard greens and mix well.

Notes

Per Serving: Calories 339 kcal, Carbohydrates 19.4g, Protein 4.5g, Saturated Fat 3.6g, Sodium 304mg, Fiber 4.9g, Sugars 10.8g

[apple-dijon-collard-greens-salad.pdf](https://www.gobeyondhunger.org/sites/default/files/resources/apple-dijon-collard-greens-salad.pdf) (<https://www.gobeyondhunger.org/sites/default/files/resources/apple-dijon-collard-greens-salad.pdf>)

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adapted from Budget Bytes.

BAKED CORN CASSEROLE



Try this healthy version of this cozy comfort food that makes a perfect side dish for any holiday meal.

Yield 5 Servings	Preparation time 10 minutes	Cooking time 45 minutes	Total time 55 minutes
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Ingredients

- 1 can (can) cream-style corn
- 2 can (cans) whole-kernel corn
- 3 eggs (or 3/4 cup egg substitute)
- 1/2 C (cup) swiss cheese, grated
- 1/4 C (cup) cornmeal
- 1/4 C (cup) chopped parsley
- 1 C (cup) green onions, chopped
- 1 Tbsp (tablespoon) butter, melted
- 1/4 tsp (teaspoon) salt
- cayenne pepper or black pepper
- 1/4 C (cup) grated Parmesan cheese
- vegetable spray

Instructions

1. Preheat oven to 325 degrees.
2. In a large mixing bowl, combine cream-style corn, whole corn and egg substitute. Using a wooden spoon, blend well to incorporate all ingredients.
3. Add Swiss cheese and corn meal, mixing well after each addition. Fold in parsley, green onions and butter. Season to taste with salt and pepper.
4. Pour contents into a 2-quart casserole dish coated with vegetable spray.
5. Sprinkle with Parmesan cheese and bake, covered, 40-45 minutes. Remove cover and brown slightly

[baked_corn_casserole.pdf \(https://www.gobeyondhunger.org/sites/default/files/resources/baked_corn_casserole_0.pdf\)](https://www.gobeyondhunger.org/sites/default/files/resources/baked_corn_casserole_0.pdf)

MAPLE ROASTED CHICKEN WITH SWEET POTATOES AND BRUSSELS SPROUTS



Easy chicken recipes

Fall flavors come together in this easy sheet pan dinner: Chicken thighs encrusted with maple and thyme alongside sweet potatoes and roasted Brussels sprouts. This warm and inviting dish topped with pecans and cranberries is even better as leftovers.

Yield	Preparation time	Cooking time	Total time
4 servings	20 minutes	40 minutes	1 hour

Ingredients

- 2 Tbsp (tablespoons) maple syrup
- 4 tsp (teaspoons) olive oil (divided)
- 1 tsp (teaspoon) dried thyme ((or 1 T fresh thyme))
- 1/2 tsp (teaspoon) salt (divided)
- 1/2 tsp (teaspoon) ground black pepper (divided)
- 1 lb (pound) sweet potatoes (peeled and cut into 1 inch wedges)
- 1 lb (pound) Brussels sprouts (trimmed and halved)
- 4 chicken thighs (Bone in, skin on)
- 3 Tbsp (tablespoons) dried cranberries
- 3 Tbsp (tablespoons) pecans (toasted and chopped)

Instructions

- 1 Preheat oven to 425°F. Line a baking sheet with parchment paper or foil.
- 2 In a small bowl, combine maple syrup, 1 tsp oil, thyme, and ¼ tsp salt and ¼ tsp pepper and set aside.
- 3 In another bowl, combine sweet potatoes and Brussels sprouts and drizzle with remaining 3 tsp of oil. Add the remaining salt and pepper. Toss vegetables to coat.
- 4 Sprinkle chicken with salt and pepper. Arrange the chicken in the center of the baking sheet and place the vegetables around the chicken. Roast for 20 minutes.
- 5 Flip chicken and stir vegetables, then brush with the maple syrup mixture. Roast for 20 minutes more, or until the internal temperature of the chicken reaches 165°F and chicken and vegetables have browned.
- 6 Top with pecans and cranberries. Enjoy!

Notes

Nutrition Info per serving:

Calories: 463, Saturated Fat: 6.6g, Sodium: 342.2mg, Added Sugars: 14g, Fiber: 5.2g, Protein 25.1g

[maple-roasted-chicken.pdf \(https://www.gobeyondhunger.org/sites/default/files/resources/maple-roasted-chicken.pdf\)](https://www.gobeyondhunger.org/sites/default/files/resources/maple-roasted-chicken.pdf)

Source

Recipe adapted from: <https://www.eatingwell.com/recipe/259962/maple-roasted-chicken-thighs-with-sweet-potato-wedges-and-brussels-sprouts/>

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[eatingwell.com/recipe/259962/maple-roasted-chicken-thighs-with-sweet-potato-wedges-and-brussels-sprouts/](https://www.eatingwell.com/recipe/259962/maple-roasted-chicken-thighs-with-sweet-potato-wedges-and-brussels-sprouts/)

APPLE CINNAMON BREAD PUDDING



Shhh! No one will know you used whole wheat bread to make this delicious fall dessert that also satisfies your sweet tooth without adding too much sugar. Replace some of the sugar with maple syrup for extra fall flavor. Ever wondered what else you can do with applesauce? Try this recipe and see!

Yield	Preparation time	Cooking time	Total time
6 Servings	30 minutes	45 minutes	1 hour, 15 minutes

Ingredients

- 6 C (cups) whole wheat bread (torn into one inch pieces)
- 2 C (cups) skim milk
- 4 large eggs
- 1 1/2 C (cups) unsweetened applesauce
- 1 tsp (teaspoon) vanilla extract
- 1/3 C (cup) granulated sugar
- 1 tsp (teaspoon) cinnamon
- 1/2 C (cup) raisins
- 2 Tbsp (tablespoons) unsalted butter

Instructions

- 1 Preheat the oven to 325° F. Grease the inside of a two-quart casserole dish. Set aside.
- 2 Spread the bread pieces out on a baking sheet and bake in the preheated oven for about 10 minutes to slightly dry the bread. After baking, let the bread cool for a few minutes and add to a large mixing bowl.
- 3 While the bread is in the oven, prepare the apple cinnamon custard.
- 4 In a medium bowl, whisk together the milk, eggs, 1 cup of applesauce, vanilla extract, sugar, and cinnamon until combined and pour the custard over the bread in the bowl.
- 5 Add the raisins. Stir to combine and allow the bread to soak for at least 15 minutes to absorb all of the custard.
- 6 Transfer the soaked bread to the casserole dish and spread it out evenly. Cut the remaining butter into chunks and sprinkle it over the bread pudding.
- 7 Bake the bread pudding for 45 minutes, or until the internal temperature reaches 160°F.
- 8 After removing the bread pudding from the oven, add the remaining 1/2 cup applesauce in dollops on top of the bread pudding. Serve warm.

Notes

Per Serving: Calories 194 kcal, Carbohydrates 25 g, Protein 7.8 g, Sat Fat 3.5 g, Sodium 107.9 mg, Added Sugars 11.2 g

[apple-cinnamon-bread-pudding.pdf](https://www.gobeyondhunger.org/sites/default/files/resources/apple-cinnamon-bread-pudding.pdf) (<https://www.gobeyondhunger.org/sites/default/files/resources/apple-cinnamon-bread-pudding.pdf>).

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<https://www.budgetbytes.com/apple-cinnamon-bread-pudding/> (<https://www.budgetbytes.com/apple-cinnamon-bread-pudding/>).

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TURKEY DINNER SHEPHERD'S PIE



Do you have a lot of leftover holiday dinner and not an idea to what to do with it? Get ready to transform your holiday leftovers into a comforting classic with leftover turkey shepherd's pie. This dish combines tender chunks of turkey with a rich, savory gravy, mixed vegetables, and a creamy mashed potato topping.

Yield	Preparation time	Cooking time	Total time
6 1 cup	10 minutes	50 minutes	1 hour

Ingredients

2 C (cups) cooked turkey

3/4 C (cup) turkey gravy

2 C (cups) prepared stuffing

1 C (cup) leftover roasted vegetables (frozen peas or green beans*)

1 can (can) whole kernel corn, drained

2 C (cups) warm, cooked mashed potatoes

fresh parsley (minced (optional))

Instructions

- 1 Preheat oven to 325°.
- 2 Grease a 9 x 13 pan, layer the turkey, gravy, roasting vegetable of your choice, stuffing and corn.
- 3 Top with cooked potatoes.
- 4 Bake, uncovered, until edges of potatoes are browned, 45-50 minutes.
- 5 If desired, sprinkle with parsley. Serve and enjoy!

Notes

*Chef's Tip: Really, any frozen vegetable will do! Try some leftover roasted veggie mix frozen peas, or green beans!

Per Serving: Calories 287 kcal, Carbohydrates 22.6 g, Protein 28.5 g Sat Fat 3.4 , Sodium 623 mg, Added Sugars 2 g

[turkey-dinner-shepherds-pie.pdf](https://www.gobeyondhunger.org/sites/default/files/resources/turkey-dinner-shepherds-pie.pdf) (<https://www.gobeyondhunger.org/sites/default/files/resources/turkey-dinner-shepherds-pie.pdf>)

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<https://www.tasteofhome.com/recipes/turkey-shepherd-s-pie/>