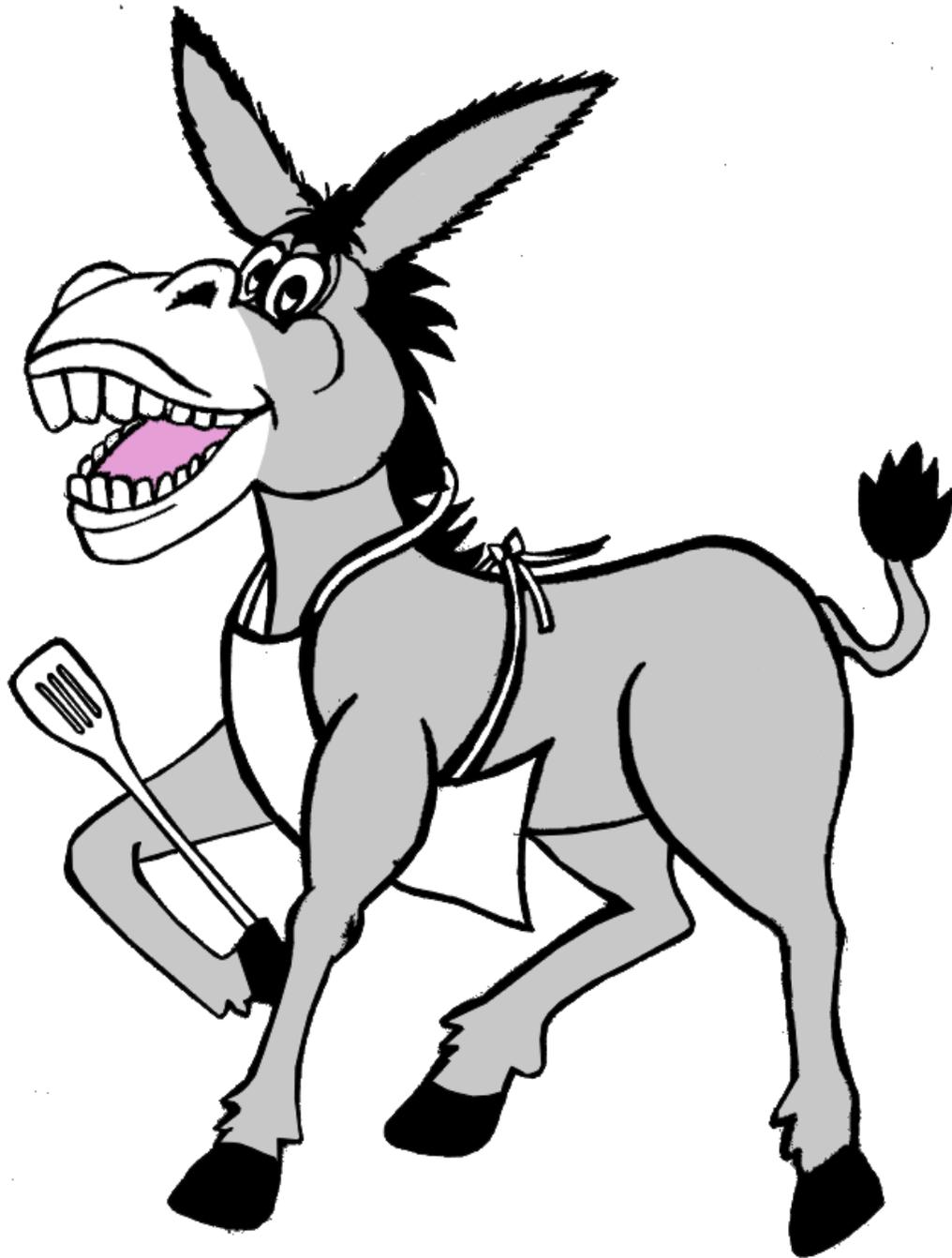


# **MULE CHOW**

**A Healthy Kids Cook Book**



Missouri School for the Blind  
2016-2017

# TABLE OF CONTENTS

<b>Introduction</b> .....	Page 3	<b>Chapter 3: Entrées</b> .....	Page 53
<b>Chapter 1: Breakfasts</b> .....	Page 5	ABC (Apple Bacon Cheddar )	
Apple & Cheddar French Toast .....		Quesadilla .....	Page 54
Sandwiches .....	Page 6	Italian Pork & Veggie Soup .....	Page 56
Crunchy Mule Feed Granola .....	Page 8	Mexican Quinoa .....	Page 58
Egg Breakfast Sandwich with		Pesto Chicken Florentine .....	Page 60
Pepper Jelly & Spinach .....	Page 10	Quick Apple & Oat Entrée .....	Page 62
Grandma's Cottage Cheese Pancakes		Slow Cooker Coconut Milk &	
with Blood Orange Syrup .....	Page 12	Ginger Potatoes .....	Page 64
Oatmeal Berry Pancakes .....	Page 14	Slow Cooker Italian Potatoes .....	Page 66
Pumpkin Breakfast Cookies .....	Page 16	Slow Cooker Quinoa Chili .....	Page 68
Root Vegetable Hash Browns .....	Page 18	Slow Cooker Spicy Taco Potatoes ..	Page 70
Tropical Fruit Smoothies .....	Page 20	Tropical Salsa Sliders .....	Page 72
Zucchini Breakfast Cookies .....	Page 22	Zucchini Pesto Pasta .....	Page 74
<b>Chapter 2: Appetizers &amp; Snacks</b> ..	Page 25	<b>Chapter 4: Desserts</b> .....	Page 77
Almond Butter Energy Bites .....	Page 26	Almond Butter Honey Cake .....	Page 78
Baby Bell Pepper Poppers .....	Page 28	Apple Slice Cookies .....	Page 80
Cauliflower Buffalo Bites .....	Page 30	Buttercream Cupcake Frosting &	
Chili-Choco Tropical Snack .....	Page 32	Fruit Cupcake Filling .....	Page 82
Fruit & Yogurt Bark .....	Page 34	Chewy Spice Cookies .....	Page 86
Grilled Shrimp & Vegetable Kebabs ..	Page 36	Citrus-Spiked Grapefruit Cake .....	Page 88
Grilled Stuffed Portobello		Homemade Peanut Butter Cups .....	Page 90
Mushrooms .....	Page 38	Mexican Brownies .....	Page 92
Popeye Spinach Balls .....	Page 40	Nutella-Swirl Blondies .....	Page 94
Raw Veggie "Sushi" Rolls .....	Page 42	Peanut Butter Brownie Trifle .....	Page 96
Rutabaga Chips & Hummus .....	Page 44	Skillet Apple Brown Betty .....	Page 98
Stuffed Medjool Dates .....	Page 46	Sweet Fruit Kabobs .....	Page 100
White Bean & Pumpkin Hummus .....	Page 48	Sweet Potato Pudding .....	Page 102
Zucchini Corn Fritters .....	Page 50	The BEST Oatmeal Chocolate	
		Chip Cookies .....	Page 104
		Zucchini Bars .....	Page 106

# INTRODUCTION

At Missouri School for the Blind (MSB), we believe that maintaining a healthy lifestyle is the foundation of long-term good health and longevity. Through direct instruction in our MSB Learning Independence From Experience (LIFE) program and Health and Family and Consumer Science (FACS) classes, we teach students the basics of maintaining a healthy life style. However, we find that our students and staff are not always eager to try new foods or experiment with recipes they have not yet tried. In an effort to help our students expand their palates, learn healthy eating techniques and just try some new foods and combinations, we started Taste Test Thursdays. On Taste Test Thursdays, MSB FACS and LIFE students select and prepare a tasting menu of at least four items that represent some aspect of healthy eating. Students then taste the items and rate them on a one-to-five “Mule Rating.” A Mule Rating of five is given to a student’s favorite dish; a Mule Rating of one is given to a dish the student did not like. Overall ratings are an average of all of the taste testers’ ratings for a given dish.

The goal of Taste Test Thursday is to help students to try healthy foods in a non-threatening way, expand students’ understanding of what healthy foods are, and teach them how to prepare healthy recipes in delicious ways. We compiled our healthy recipes in a journal, turned it into a cookbook and named it “Mule Chow.”

In this volume, we are sharing all of the recipes from our Tasting menus as well as our Mule Rating and some of our thoughts about each healthy recipe. We hope you enjoy “Mule Chow,” try a few of our recipes, and always remember that #MulesRule!

# NOTES

# Chapter 1: Breakfasts

## Apple & Cheddar French Toast Sandwiches



### *MULE RATING*



*The apple and cheddar French toast is so appealing. We agree that the French toast is the most flavorful part of the dish, and the spinach really pops. The cheddar cheese completes this delicious sandwich.*



*We recommend this meal to anyone who enjoys a nice, healthy, fresh breakfast.*

# Apple & Cheddar French Toast Sandwiches

Difficulty: Easy

Prep Time: 15 minutes

Cook Time: 10 minutes

Yield: Serves 2

## Ingredients:

- 2 eggs
- 1 1/2 tablespoons milk
- 1 teaspoon herbes de Provence, or to taste
- 4 slices day-old artisan-style bread
- 2 tablespoons butter
- 1 cup fresh spinach, or to taste
- 1/2 Granny Smith apple, cored and thinly sliced
- 4 slices Cheddar cheese, or to taste

## Directions:

1. Whisk eggs, milk, and herbes de Provence together in a bowl until smooth. Dip 1 slice bread in the egg mixture until evenly soaked.
2. Melt butter in a skillet over medium heat; cook the dipped bread until slightly browned, 1 to 2 minutes per side. Transfer bread to a paper towel-lined plate. Repeat dipping bread in egg mixture and cooking in the skillet with remaining slices.
3. Cook and stir spinach in the same skillet over medium heat until wilted, 2 to 3 minutes. Layer spinach on top of 2 slices of French toast; top with apple slices and Cheddar cheese. Place a piece of French toast over Cheddar cheese layer creating a sandwich.

## Crunchy Mule Feed Granola



*This tasty granola treat is perfect for breakfast! Pair it with yogurt or oatmeal for a filling, protein-rich meal or eat it separately as a snack.*

*This granola also works well as a topping on baked goods or independently as a snack.*

## **MULE RATING**



*Sweet enough that even the pickiest eater will love it, this versatile treat can go from the breakfast table, to the car as a snack, or on a hike as a delicious trail mix!*

# Crunchy Mule Feed Granola

Difficulty: Easy

Prep Time: 5 minutes

Cook Time: 20 minutes

Yield: 7-8 cups granola

## Ingredients:

- 3 heaping cups of old fashioned rolled oats
- 2 cups of nuts and seeds, such as pistachios and pumpkin seeds
- Dried fruit such as yellow raisins, green raisins, and dried cranberries, to taste
- 1/2 teaspoon sea salt

## Directions:

1. In a small pan, combine 1/2 cup coconut oil, 1/2 cup real maple syrup, and a splash of vanilla extract.
2. Preheat oven to 300°F.
3. Heat coconut oil, maple syrup until melted.
4. Add vanilla.
5. Pour wet ingredients over oats and nuts, and stir.
6. Spread granola out on a large parchment lined cookie sheets and bake in a 300°F oven for 15-20 minutes or until fragrant and slightly golden brown.
7. Add dried fruit.
8. Cool completely before moving to a tightly sealed glass jar.

Note: The trick to perfect granola is to remove it from the oven just before you are convinced it is done, because it will continue to cook a little even after you've removed it from the oven.

# Egg Breakfast Sandwich with Pepper Jelly & Spinach



*This is a spicy twist on a traditional breakfast. The pepper jelly brings an unexpected and delicious kick to the meal.*

## ***MULE RATING***



*The sandwich is satisfying; the perfect mix of creamy and crunchy combined to make a mouth-watering meal.*



# Egg Breakfast Sandwich with Pepper Jelly & Spinach

Difficulty: Easy

Prep Time: 10 minutes

Cook Time: 15 minutes

Yield: Serves 2

## Ingredients:

- 2 eggs
- 2 tablespoon water
- 1/8 teaspoon salt
- 1/8 teaspoon ground pepper
- 2 whole wheat English muffins, split
- 2 tablespoon pepper jelly
- 2 thin slices ham (1/2 ounce . each)
- 4 slices tomato
- 1/2 cup spinach leaves

## Directions:

1. Heat a small nonstick skillet over medium heat. Lightly coat with cooking spray. Add the egg and scramble. Season with salt and pepper.
2. Lightly toast the English muffins. Spread 1 tablespoon of pepper jelly on each English muffin.
3. Divide the egg, ham, tomato and spinach between the English muffins. Serve.

# Grandma's Cottage Cheese Pancakes with Blood Orange Syrup



*These pancakes are delicious, hearty and healthy. The blood orange syrup is a sweet and tangy surprise to top off these delicious, fluffy pancakes!*

## **MULE RATING**



*As a time-saving bonus, you can make the batter ahead of time and store it, covered in the refrigerator, for up to a week. Some folks like to make themselves 3 pancakes every morning until all the batter is used, then make a new batch and repeat.*



# Grandma's Cottage Cheese Pancakes with Blood Orange Syrup

Difficulty: Easy

Prep Time: 5 minutes

Cook Time: 15 minutes

Yield: 25 3-inch pancakes

For pancakes:

Ingredients:

- 1 cup cottage cheese
- 6 eggs
- 1/2 all-purpose flour
- 1/4 teaspoon salt
- 1/4 cup oil
- 1/4 cup milk
- 1/4 teaspoon vanilla extract

For blood orange syrup:

Ingredients:

- 1 cup water
- 1 cup sugar
- 1 Blood Orange juice and zest

Directions for pancakes:

1. Place all of the ingredients in a blender and blend for exactly 1 minute.
2. Heat butter in a skillet until it begins to bubble then pour in some batter to desired pancake size.
3. Cook until the pancakes are golden brown on one side. Then flip and cook on the other side. Repeat with remaining batter.

Directions for blood orange syrup:

1. Combine 1 cup water, 1 cup sugar and the juice and zest of one blood orange in a small saucepan over medium heat.
2. Warm without stirring until the sugar is dissolved.
3. Remove from heat and cool.

# Oatmeal Berry Pancakes



*This flourless pancake recipe is delicious and very easy to make! Great for those with gluten intolerance (if the oatmeal is processed in a wheat-free facility) and an excellent option for those looking to increase their whole-grain food intake without drastic diet changes.*

## MULE RATING



*These cakes are light yet filling, and can be frozen for later or eaten hot off the griddle.*



*Instead of blueberries, try using mashed banana or other fruits to keep your recipe fresh every time!*

# Oatmeal Berry Pancakes

Difficulty: Easy

Prep Time: 10 minutes

Cook Time: 15 minutes

Yield: 16 - 4" diameter pancakes

## Ingredients:

- 1 3/4 cups buttermilk or 1 1/4 c plain yogurt and 1/2 - 3/4 c water or non-dairy milk product
- 3 eggs
- 2 tablespoon oil (olive oil preferred)
- 1 teaspoon vanilla extract
- 2 cups old fashioned rolled oats, uncooked
- 2 tablespoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 2 teaspoon baking powder
- Blueberries to taste

## Directions:

1. Place the first 5 ingredients in a blender container and blend at high speed for 2 minutes.
2. Add remaining ingredients and mix in thoroughly, but briefly, using blender or rubber spatula.
3. Spoon 1/3 cup onto a hot griddle. If adding berries, add them now.
4. Flip cakes when air bubbles begin to break on the surface.
5. Remove when golden brown.

NOTE: The 2-minute blend is essential to getting the recipe to work. This is how the batter tightens up.

# Pumpkin Breakfast Cookies



*These pumpkin-flavored healthy cookies make a great seasonal grab-and-go breakfast. They are convenient, nutritious and delicious.*

## ***MULE RATING***



*With hearty whole grain oats, cranberries and pumpkin seeds, these cookies are so tasty you'll think you're eating dessert instead of a wholesome breakfast!*



# Pumpkin Breakfast Cookies

Difficulty: Medium

Prep Time: 10 minutes

Cook Time: 20 minutes

Yield: 12 cookies

## Ingredients:

- 1/4 cup coconut oil, melted
- 1/4 cup honey
- 1 cup rolled old fashioned rolled oats
- 1 cup quick cooking oats
- 1 cup unsweetened, dried cranberries
- 1 cup pumpkin seeds
- 1/4 cup ground flaxseed
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon sea salt
- 1/2 cup pumpkin puree
- 2 eggs, beaten

## Directions:

1. Preheat oven to 350°F. Line a baking sheet.
2. In a small bowl, warm coconut oil and honey (either microwave, place inside preheating oven or on the stove top).
3. In a large bowl, combine both kinds of oats, cranberries, pumpkin seeds, ground flax, pumpkin pie spice and salt. Add pumpkin puree, eggs and warmed coconut oil and honey. Stir until fully combined.
4. Drop about 1/4 cup sized scoops of the mixture onto a cookie sheet and flatten (cookies won't spread while baking). Bake for about 15-20 minutes until edges are lightly browned.
5. Let cookies cool on baking sheet before moving to an airtight storage container.

# Root Vegetable Hash Browns with Scallions

*These hash browns are full of soft, flavorful vegetables that MSB Mules just love! Its the perfect healthy dish to use as a breakfast side or light main dish.*

*Experiment with different amounts of seasoning and toppings like bacon or cheese. Simply divine!*



Note: The hash browns can be made up to 4 hours ahead and kept at room temperature. Keep the hash browns in the frying pan and reheat over medium-high heat until hot. Alternatively, transfer to a baking sheet and reheat at 425 °F until hot, about 6 to 8 minutes.

## MULE RATING



# Root Vegetable Hash Browns with Scallions

Difficulty: Medium

Prep Time: 20 minutes

Cook Time: 30 minutes

Yield: 4 servings

Ingredients:

- 12 ounces baby red potatoes - unpeeled and cut in 3/4 inch pieces
- 8 ounces sweet potatoes - unpeeled and cut in 3/4 inch pieces
- 6 ounces parsnips - peeled and cut in 1/2 inch pieces
- 6 ounces carrots - peeled and cut in 1/2 inch pieces
- 2 teaspoons sea salt
- 4 scallions - trimmed root ends, tops 3" from the edge, and cut in 1/4 inch slices
- 5 tablespoons extra virgin olive oil
- 1 large sweet onion - skinned and cut in 1/2 inch pieces
- Garlic to taste
- 1 1/4 teaspoons sea salt
- Freshly ground black pepper to taste
- Chopped rosemary

Directions:

1. Bring root vegetables and salt to a boil over medium-high heat. Once boiling, simmer uncovered for 6 to 7 minutes until vegetables are tender. Drain and let cool for a few minutes. Place vegetables in a large bowl and slightly crush with back of a wooden spoon. Stir in scallions, set aside.
2. Heat a large non-stick frying pan over medium-high heat. Add 4 tablespoons of olive oil and onions. Toss well and sauté for 2 minutes until onions are soft. Add the root vegetable mixture, salt and pepper. Toss well and flatten vegetables with spatula until compact in the pan. Reduce heat to medium-high and sauté 8 to 10 minutes until brown.
3. Shake pan to loosen vegetables, then invert them onto a large platter. Return pan to stove and add remaining olive oil. Slide vegetables back into pan, uncooked-side-down, and continue to sauté at medium-high heat 6 to 7 minutes until brown.
4. Slide the hash browns onto a serving platter and serve immediately.

## Tropical Fruit Smoothies



*These tropical fruit smoothies with mango, pineapple and banana are so delicious and simply refreshing.*

## MULE RATING



*You can adjust the amount of honey and salt you use depending on how sweet or salty you want your smoothie to be.*



*These are a tasty treat with a very sweet, exotic flavor, and a great way to start your day!*

# Tropical Fruit Smoothies

Difficulty: Easy

Prep Time: 15 minutes

Yield: 3 8-ounce glasses

## Ingredients:

- 3 ripe bananas, peeled and halved lengthwise
- 6 tablespoons honey
- 3/8 teaspoons salt
- 3 cups frozen mango chunks
- 3 cups pineapple chunks
- 3 cups plain whole-milk yogurt
- 3/4 cup pineapple juice

## Directions:

1. Process banana, honey, and salt in blender until smooth, about 10 seconds.
2. Add mango, pineapple, yogurt, and pineapple juice and blend until smooth, scraping down sides of blender as necessary, about 1 minute.
3. Serve and enjoy!

# Zucchini Breakfast Cookies



*MSB Mules love how sweet and gooey these cookies are!*

*The zucchini and chocolate combine to create a delicious surprise, and it's hard to believe something so delicious is good for you.*

## MULE RATING



*We at MSB wouldn't change a thing about these cookies, and recommend you try them!*

# Zucchini Breakfast Cookies

Difficulty: Medium

Prep Time: 15 minutes

Cook Time: 30 minutes

Yield: 20 cookies

Ingredients:

- 1 heaping cup zucchini, finely grated
- 1/3 cup oil
- 1 egg, beaten
- 1/3 cup brown sugar
- 1 teaspoon vanilla
- 1 1/2 cup quick oats, divided
- 1 cup wheat flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 teaspoon salt
- 1/2 cup semi sweet chocolate chips
- 1/2 cup chopped walnuts

Directions:

1. Preheat oven to 350 degrees.
2. If desired, blend one cup of oats and make oat flour.
3. Mix together egg, oil and vanilla. Add brown sugar and mix again.
4. Add blended and non blended quick oats, flour, baking powder and soda, salt, cinnamon and nutmeg to a mixing bowl.
5. Mix together.
6. Add flour mixture to egg mixture. Mix together until combined.
7. Add chocolate chips and walnuts. Mix.
8. Add zucchini and gently mix together.
9. Drop 1 1/2 inch cookie balls on parchment lined baking sheet.
10. Bake for 13-14 minutes.

# NOTES

## Chapter 2: Appetizers and Snacks

## Almond Butter Energy Bites

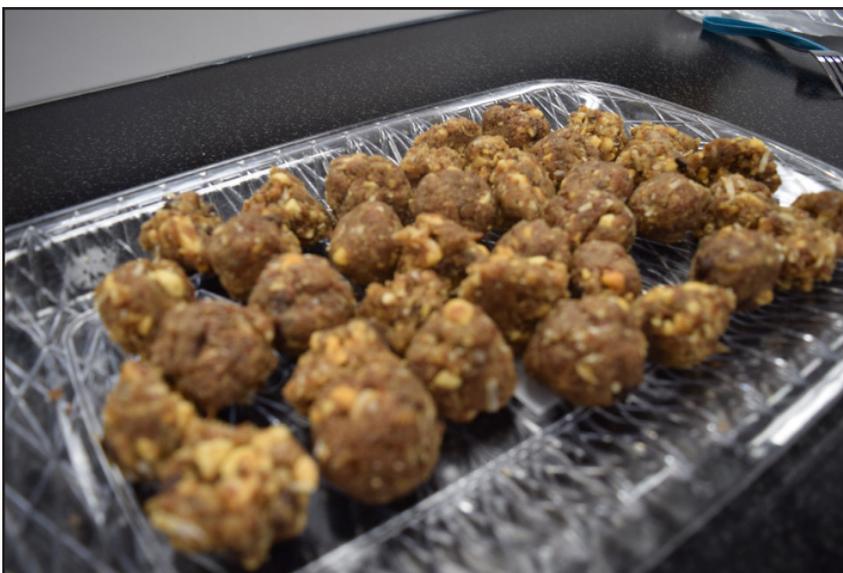


*These energy bites are great for a quick breakfast with a punch of protein and even better for a quick snack before or after a workout.*

### **MULE RATING**



*This recipe is flexible! Try it out with different nut butters like peanut butter, sunflower seed butter or cashew butter.*



*If you have a sweet tooth, try adding a little natural sweetener like honey or maple syrup. If you love chocolate, add in some dark chocolate baking chips!*

## Almond Butter Energy Bites

Difficulty: Easy

Prep Time: 15 minutes

Chill Time: 20 minutes

Yield: 12 servings

### Ingredients:

- 1 cup almond meal/flour
- 1/2 cup flax meal
- 1 Tbsp. chia seeds
- 1 ripe banana, mashed
- 1/2 cup almond butter (may sub peanut butter, sunflower seed butter or cashew butter)
- 1 teaspoon vanilla extract
- 1/4 cup chopped almonds (or chopped peanuts if using peanut butter)
- 1/4 cup mini-chocolate chips
- 1/4 cup unsweetened shredded coconut flakes (optional)

### Instructions:

1. In a medium bowl combine all of the ingredients.
2. Mix until well combined.
3. With hands, form into small round balls. About 24.
4. Chill in the fridge or in the freezer. They hold together better and taste best chilled.
5. Store in an airtight container in the fridge or freezer.

NOTE: MSB Mules like these best right from the freezer with just a little thaw time.

## Baby Bell Pepper Poppers



*These tasty treats are made of sweet bell peppers, gooey cream cheese, fleshy black beans, delicious cheddar, and savory, crunchy bacon.*

## MULE RATING



*The smooth texture of the cream cheese really made the flavor of the bell peppers pop with a blast of fresh sweetness.*



*This is a beautiful dish to present, and is the perfect appetizer or light main dish.*

# Baby Bell Pepper Poppers

Difficulty: Easy

Prep Time: 10 minutes

Cook Time: 20 minutes

Yield: Serves 12

## Ingredients:

- 12 baby bell peppers, cut in half lengthwise with seeds removed.
- 2 cups Garden Vegetable Cream Cheese
- 6 slices cooked bacon, crumbled
- 1 cup shredded cheddar cheese
- 1/2 cup Black Beans, drained

## Directions:

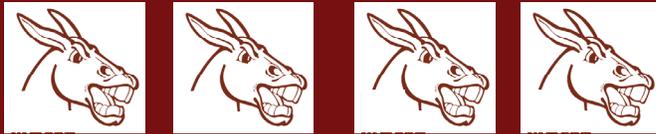
1. Preheat oven to 350 degrees.
2. Slightly oil large baking sheet.
3. Mix black beans and cream cheese together, then fill each pepper with cream cheese mixture. Place on baking sheet.
4. Sprinkle with shredded cheese and bacon.
5. Bake for 15 to 20 minutes or until cheese is fully melted.
6. Serve warm.

## Cauliflower Buffalo Bites



*Buffalo chicken wings are a popular appetizer, but aren't healthy and are off limits to people who don't eat meat.*

## MULE RATING



*These cauliflower buffalo bites are perfect: they're tasty and full of Buffalo flavor without the bad fat found in wings.*



*If you or someone you know doesn't eat meat, this is the perfect option!*

# Cauliflower Buffalo Bites

Difficulty: Medium

Prep Time: 5 minutes

Cook Time: 30 minutes

Ingredients:

- 1 large head cauliflower, cut into bite-size florets
- Olive oil to drizzle
- 2 teaspoons garlic powder
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon melted butter
- 1/2 to 3/4 cup Buffalo Wing Style hot sauce

Other: 1 gallon or larger size plastic bag

Instructions:

1. Preheat oven to 450°F.
2. Place cauliflower florets into plastic bag. Drizzle olive oil over florets to barely coat.
3. Add garlic powder, salt and pepper. Close bag and toss ingredients around so all florets are coated.
4. Place on ungreased cookie sheet or baking pan and bake on middle rack for 15 minutes, turning florets once during baking. Check them at the 10 minute mark for desired tenderness. You don't want them to be soggy!
5. Remove florets from oven. Melt butter in medium glass bowl. Add hot sauce to butter. Toss cauliflower and stir to cover all florets with hot sauce. Start with about half the sauce and add more to your taste.
6. Return to oven and cook for additional 5 minutes.
7. Serve with dip of choice such as ranch dressing or blue cheese.

# Chili-Choco Tropical Snack



*These delectable fruit snacks have the perfect exotic taste with many different combined flavors.*

## MULE RATING



*We used a bit of flaky salt to set off the natural sweetness of the fruit and a bit of cayenne pepper to give each bite an interesting little kick.*



*Try it; it's delicious!*

# Chili-Choco Tropical Snack

Difficulty: Easy

Total Time: 25 minutes

Yield: 8 servings

## Ingredients:

- 8 ounces dried tropical fruit, such as mango, pineapple, and papaya
- 1 cup bittersweet chocolate chips or chopped chocolate (about 4 1/2 ounces)
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground cayenne pepper
- Flaky salt for sprinkling

## Directions:

1. Line a baking sheet with parchment or wax paper. Separate the dried fruit pieces and place on the baking sheet in a single layer.
2. Place the chocolate in a small microwave-safe bowl and heat in 30-second bursts, stirring in between, until the chocolate is just melted. (Alternatively, heat the chocolate on the stovetop over low heat.) Stir in the cinnamon and cayenne.
3. Pick up a piece of dried fruit, dip it halfway in the chocolate, let the excess chocolate drip off, and place back on the baking sheet. Repeat with the remaining fruit. Sprinkle the chocolate-covered sections of the fruit lightly with salt.
4. Refrigerate uncovered until the chocolate hardens, about 15 minutes. Store in an airtight container at cool room temperature for up to 2 weeks.

## Fruit and Yogurt Bark



*This naturally fresh and sweet treat is a great summer alternative to sugary ice cream and popsicles! To add a touch of sweetness but still keep this bark healthy, try natural sweeteners like honey, agave and maple syrup.*

### **MULE RATING**



*Make this an extra-fun treat by having your kids pick out the toppings for their bark and help make it, too! Enjoy during the warm summer and be a Cool Mule!*



# Fruit and Yogurt Bark

Difficulty: Medium

Prep Time: 10 minutes

Freeze Time: 4 hours

Yield: 8 servings

## Ingredients:

- 1 large container of plain yogurt
- 1 tablespoon vanilla
- 2 cups chopped fruit (berries, bananas, kiwi, apple, pear, pineapple - any fruit you want)
- Sweetener (optional, to taste)

## Instructions:

1. Line a large baking sheet with parchment paper.
2. Mix the plain yogurt with vanilla.
3. Pour the yogurt onto the baking sheet and spread a little to even.
4. Sprinkle on the chopped fruit and freeze for 3-4 hours until frozen solid.
5. Slice up and enjoy!

# Grilled Shrimp & Vegetable Kebabs



*These kebabs with shrimp, red peppers, mushrooms, scallions and onions is delicious and pretty easy to make.*

*It can be made on a n electric griddle in your kitchen or on an outdoor grill, meaning you can enjoy this dish year-round and not just during cook-out season!*

## MULE RATING



*Try using different vegetables, sauces and dressings to make this a tasty new dish every time you try it!*



# Grilled Shrimp & Vegetable Kebabs

Difficulty: Medium

Prep Time: 30 minutes

Cook Time: 2-3 minutes

Yield: Serves 4-6

Ingredients:

## Shrimp

- Salt and pepper
- 2 tablespoons sugar
- 1 1/2 pounds jumbo shrimp, peeled and de-veined
- 3 large red and yellow peppers, stemmed, seeded and cut into 3/4 by 3-inch-long strips
- 24 cremini mushrooms, trimmed
- 12 scallions, cut into 30inch lengths
- 2 tablespoons vegetable oil

## Vinaigrette

- 1/4 cup lemon juice
- 1/4 cup extra-virgin olive oil
- 2 teaspoons minced fresh thyme
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1/4 teaspoon Dijon mustard
- 1/8 teaspoon pepper

Directions:

1. Shrimp: Dissolve 2 tablespoons salt and sugar in 1 quart cold water; submerge shrimp, cover and refrigerate for 15 minutes. Remove from brine and pat dry.
2. Line large microwave-safe plate with paper towels. Spread half of bell peppers skin-side down and sprinkle with salt. Microwave for 2 minutes. Transfer, still on towels, to cutting board and let cool. Repeat with fresh towels and remaining peppers.
3. Line second plate with paper towels. Spread mushrooms on plate and sprinkle with salt. Microwave for 3 minutes; transfer, still on towels, to cutting board and let cool.
4. Lay 1 shrimp on cutting board and run 12-inch metal skewer through center. Thread mushroom onto skewer through sides of cap, pushing so it nestles tightly into curve of shrimp. Follow mushroom with 2 pieces scallion and 2 pieces bell pepper, skewering so vegetables and shrimp form even layer. Repeat shrimp and vegetable sequence 2 more times. When skewer is full, gently press ingredients so they fit snugly together in center of skewer. Thread remaining shrimp and vegetables on 7 more skewers for total of 8 kebabs. Brush each side of kebabs with oil and season with pepper.
5. Charcoal Grill: Open bottom vent completely, light coals. When top coals are partially covered with ash, set cooking grate in place, cover, and open lid vent completely. Heat grill until hot, about 5 minutes. Gas grill: Turn all burners to high, cover, and heat grill until hot, about 15 minutes. Leave all burners on high.
6. For vinaigrette: While grill heats, whisk all ingredients together in bowl.
7. Clean and oil cooking grate. Place kebabs on grill and cook (covered if using gas) until charred, about 2 1/2 minutes. Flip kebabs and cook until second side is charred and shrimp are cooked through, 2 to 3 minutes, moving kebabs as needed to ensure even cooking. Transfer kebabs to serving platter. Rewhisk vinaigrette and drizzle over kebabs.

# Grilled Stuffed Portobello Mushrooms

Photo: [www.myrecipes.com/recipe/grilled-stuffed-portobello-mushrooms](http://www.myrecipes.com/recipe/grilled-stuffed-portobello-mushrooms)



*This grilled mushroom dish has a wonderfully earthy, colorful presentation.*

*The variety of flavors and textures make every bite different, and its a wonderfully light snack or appetizer. Serve hot for best taste.*

*As a bonus, this dish is fairly fast a simple to prepare!*

Note: Since the garlic isn't cooked, the mushrooms have a strong garlic flavor. If you want to plan ahead, remove the gills and stems from the mushrooms and combine the filling, then cover and chill until ready to grill.

## MULE RATING



# Grilled Stuffed Portobello Mushrooms

Difficulty: Medium

Prep Time: 15 minutes

Cook Time: 10 minutes

Yield: serves 4

## Ingredients:

- 2/3 cup chopped plum tomato
- 1/4 cup (1 ounce) shredded part-skim mozzarella cheese
- 1 teaspoon olive oil, divided
- 1/2 teaspoon chopped fresh or 1/8 teaspoon dried rosemary
- 1/8 teaspoon coarsely ground black pepper
- 1 garlic clove, crushed
- 4 (5-inch) portobello mushroom caps
- 2 tablespoons fresh lemon juice
- 2 teaspoons low-sodium soy sauce
- Cooking spray
- 2 teaspoons minced fresh parsley

## Directions:

1. Prepare grill. Combine the tomato, cheese, 1/2 teaspoon oil, rosemary, pepper, and garlic in a small bowl.
2. Remove brown gills from the undersides of mushroom caps using a spoon, and discard gills. Remove stems; discard. Combine 1/2 teaspoon oil, juice, and soy sauce in a small bowl; brush over both sides of mushroom caps. Place the mushroom caps, stem sides down, on grill rack coated with cooking spray, and grill for 5 minutes on each side or until soft.
3. Spoon 1/4 cup tomato mixture into each mushroom cap. Cover and grill 3 minutes or until cheese is melted. Sprinkle with parsley.

## Popeye Spinach Balls



*Popeye Spinach Balls will make everyone eat their spinach, even the little kids!*

*These are delicious as a fresh appetizer and just as good packed cold for a lunchtime treat.*

### ***MULE RATING***



*The cheesy sauce in this pictured here can be substituted with other garnishes and sauces, so try a variety to keep this snack as interesting as it is healthy and yummy!*



# Popeye Spinach Balls

Difficulty: Medium

Prep Time: 15 minutes

Cook Time: 20-30 minutes

Yield: About 20-30 balls

Ingredients:

- 1 -1 1/2 cups chopped fresh or 2 boxes frozen spinach
- 2 tablespoon olive oil
- 6 egg whites
- 1/2 cup diced onion
- 1 1/2 cup Italian bread crumbs
- Fresh chopped Sweet Basil to taste
- Dijon Mustard to taste, about 2 teaspoons
- 1 -1 1/2 cup Parmesan Cheese
- Salt and garlic to taste

Instructions:

1. If using frozen spinach, thaw and wring out the liquid then move to step 5. If using fresh spinach, pre-heat oven to 350°F.
2. Trim and wash the fresh spinach leaves, place in a saucepan, add salt and cover with boiling water. Cover and set aside for 3 minutes then rinse the spinach with cold tap water.
3. Drain and squeeze out remaining water, leaving about 2/3 cup of packed, cooked spinach leaves. If you are using frozen spinach, defrost and measure this quantity.
4. Chop spinach and basil, mix all ingredients in a bowl until it forms a batter and form balls with your hands or use a small cookie scoop. If too moist add more crumbs until easy to roll as ball. The mixture should feel dry but sticky.
5. Place the balls on baking sheet covered with parchment paper, bake at 350°F for 20-30 minutes or until golden.
6. Serve immediately or cold in lunchboxes.
7. Serve with dips of your choice like pesto, hummus, homemade ketchup, Chipotle ranch dressing or salsa.

## Raw Veggie “Sushi” Rolls



### ***MULE RATING***



*These raw veggie “sushi” rolls are fun to make, especially for kids! Zucchini strips make individual rolls, which are easier to handle for those who are new to sushi-making or just have small hands.*

*Cashews are the perfect rice substitute, and use any fresh veggies and herbs of your choice in the rolls makes for endless taste combinations. Serve on a party platter with your favorite dipping sauce!*



# Raw Veggie “Sushi” Rolls

Difficulty: Medium

Prep Time: 10 min

Cook Time: 0 minute

Yield: 18-32 rolls

Ingredients:

- 1/2 cup cashews, soaked overnight in water
- 1 Tablespoon rice vinegar (optional)
- 3-4 zucchini (each yields 6 - 8 slices)
- 2 carrots, sliced into matchsticks
- 1 cucumber, seeds removed and sliced into matchsticks
- 4 medium radishes, sliced
- 1 avocado, peeled and sliced
- 1 small bunch cilantro

Directions:

1. Drain cashews and put into food processor with rice vinegar.
2. Process, scraping sides with spatula if necessary, until cashews are a soft paste but still have some texture. (Depending on how long cashews were soaked you might need to add a tablespoon of water to get the right consistency.)
3. Chop the ends off of your zucchini and use a vegetable peeler to peel your zucchini into long, thin strips.
4. Lay zucchini strip flat and add a small spoonful of cashew mixture onto one of the ends of zucchini.
5. Add a few matchsticks of veggies, avocado, and a couple of pieces of cilantro.
6. Roll up and enjoy!

Note: Soaking the cashews in water for a few hours or overnight will help to soften them and make it easier to process them. You can also skip this step if you are short on time.

## Rutabaga Chips and Hummus



*These rutabaga chips are crunchy, and the hummus is the perfect mix of seasonings with an excellent creamy texture.*

## MULE RATING



*What the MSB Mules love about this dish is how easy it is to experiment with different ingredients.*

*Try making potato chips instead, mix and matching seasonings, or adding both kinds of chips to the hummus for an endless number of flavor combinations!*



# Rutabaga Chips and Hummus

Difficulty: Medium

Prep Time: 30 minutes

Cook Time: 30 minutes

Yield: 2 cups hummus, chips vary depending on size

Ingredients:

Chips:

- 1 rutabaga, peeled
- Olive oil to drizzle
- Coarse ground salt
- Coarse ground pepper
- 1 tbsp chili powder

Hummus:

- 2 cups drained well-cooked or canned chickpeas, liquid reserved
- 1/2 cup sesame paste with some oil
- 1/4 cup extra-virgin olive oil, plus oil for drizzling
- 2 cloves garlic, peeled, or to taste
- Salt and freshly ground black pepper to taste
- 1 tablespoon ground cumin or paprika, or to taste, plus a sprinkling for garnish

Directions:

Chips:

1. Preheat the oven to 375 degrees, line a baking tray with foil.
2. In a bowl, toss chips with olive oil and mix to coat thoroughly. Spread chips out on foil and season generously with salt and pepper. Evenly season with chili powder.
3. Bake for 35 minutes, turning over once halfway through.
4. Serve with hummus with chopped parsley leaves for garnish.

Hummus:

1. Put everything except the parsley in a food processor and begin to process; add the chickpea liquid or water as needed to allow the machine to produce a smooth puree.
2. Taste and adjust the seasoning (I often find I like to add much more lemon juice). Serve, drizzled with the olive oil and sprinkled with a bit more cumin or paprika and some parsley.

# Stuffed Medjool Dates



*This appetizer is so flavorful, gooey and perfectly sweet!*

*MSB Mules recommend using refrigerated crunchy peanut butter to avoid some of the mess associated with preparing this dish, but promise the result is worth the slightly messy preparation!*

## MULE RATING



*Enjoy this delightful mix of creamy, crunchy, gooey goodness. Try it with crumbled bacon!*

# Stuffed Medjool Dates

Difficulty:

Prep Time: 15 minutes

Yield: Approximately 25 servings, depending on date size.

Ingredients:

- 1 lb. Medjool Dates
- 1/4 cup chunky peanut butter
- 1/4 cup softened cream cheese or mascarpone cheese
- 2 tablespoon finely chopped peanuts

Directions:

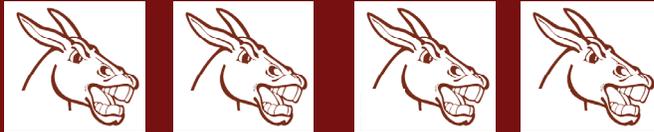
1. Fry bacon until crisp. Remove from pan and drain on paper towel. Set aside.
2. Carefully cut one side of each date lengthwise and remove pit.
3. Spoon 1 teaspoon peanut butter into half the dates and 1 teaspoon cheese into the remaining dates. Sprinkle with nuts.

## White Bean & Pumpkin Hummus



*Pumpkin spice fans, rejoice! This lightly sweet and smoky take on hummus is the perfect snack or appetizer.*

### **MULE RATING**



*Low in sugar but full of flavor, you won't realize what you're eating is good for you!*



*With less than a half hour of preparation time, this hummus is deceptively simple to prepare. Be sure to make enough to share, because everyone will want to try this dip!*

# White Bean & Pumpkin Hummus with Pita Chips

Difficulty: Easy

Prep Time: 20 minutes

Cook Time: 10 minutes

Yield: 48 chips, 2 Cups Hummus

Ingredients:

- 3 6-inch whole-wheat pitas, each split in half horizontally to form 2 rounds
- 2 teaspoons olive oil
- 1/2 teaspoon kosher salt
- 1 cup canned pumpkin puree
- 2 tablespoons tahini (sesame seed paste)
- 2 1/2 tablespoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/8 teaspoon salt
- 1 (15-ounce) can cannellini or other white beans, rinsed and drained
- 2 garlic cloves, chopped

Directions:

1. Preheat oven to 400°F.
2. Lightly brush rough sides of pitas with olive oil; sprinkle with kosher salt. Cut each pita half into 8 wedges; arrange wedges in a single layer on baking sheets.
3. Bake at 400°F for 5 minutes; rotate pans, and bake 5 additional minutes or until crisp and golden.
4. While chips bake, place pumpkin puree and remaining ingredients in a food processor; process until smooth (about 30 seconds). Serve pumpkin spread with pita chips.

## Zucchini Corn Fritters



*The corn kernels in these fritters give them a delightful crunch, and the zucchini really adds some flavor.*

## MULE RATING



*We serve these as an appetizer by placing them flat on a platter and topping them with various jellies.*

*Try it with the pepper jelly from the Egg Breakfast Sandwich with Pepper Jelly & Spinach on page 9.*



# Zucchini Corn Fritters

Difficulty: Hard

Prep Time: 60 minutes

Cook Time: 30 minutes

Yield: 28 fritters

## Ingredients:

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1/2 teaspoon cumin
- 1/2 cup sugar
- 1/2 teaspoon salt
- fresh ground black pepper
- 2 eggs, beaten
- 1 cup milk
- 1/4 cup butter, melted
- 2 cups grated zucchini
- 1 1/2 cups fresh corn, kernels cut from cob
- 1 cup finely shredded Cheddar cheese

## Directions:

1. In a large bowl, stir together flour, baking powder, cumin, sugar, salt, and pepper.
2. In a small bowl, whisk together eggs, milk, and butter. Whisk wet ingredients into dry ingredients. Stir in zucchini, corn, and cheese; mix well.
3. Drop batter by tablespoon on parchment lined baking sheet. Bake in preheated oven at 350 for 30 minutes.

# NOTES

## Chapter 3: Entrées

# ABC (Apple Bacon Cheddar) Quesadilla



*This dish is so tasty and very easy to make.*

## MULE RATING



*The sweet apples, salty bacon and cheesy cheddar flavors complement each other perfectly, and combine to make a delicious and hearty meal that you family and friends will love.*



*Make this quesadilla, share it, love it!*

# ABC (Apple Bacon Cheddar) Quesadilla

Difficulty: Easy

Prep Time: 10 min

Cook Time: 10 min

Yield: Serves 4

## Ingredients:

- 3 Gala apples sliced thin (or any medium sweet\tart apple variety)
- 4 (10 inch) whole wheat tortillas
- 1 cup cheddar cheese, shredded
- 1 pkg. bacon, cooked

## Directions:

1. Spray a large skillet with nonstick cooking spray. Place one tortilla in skillet . On half of tortilla place 4 apple slices,  $\frac{1}{4}$  cup cheddar cheese, and 2 slices of cooked bacon.
2. Fold over tortilla. Cook for 2-3 minutes on medium high heat then flip tortilla over. Cook for 2-3 minutes more until the cheese is melted.
3. Place quesadilla on a cutting board and slice into four pieces. Repeat same process for next three tortillas.

## Italian Pork & Veggie Soup



*Loaded with a medley of vegetables and spicy sausage, this simple soup offers something for everyone at the dinner table.*

### ***MULE RATING***



*To reduce fat, try using chicken or turkey sausage rather than pork. For those who don't eat meat, vegetarian sausage is available at many grocery stores. Try it out!*

NOTES: Quarter the zucchini and yellow squash and it will cook in 30-45 minutes, but does not reheat as well. To freeze, cook the first 4 ingredients and freeze. To reheat bring to a bowl and add fresh zucchini and yellow squash. Ladle into bowls and serve with a generous portion of freshly shaved parmesan cheese to taste.

# Italian Pork & Veggie Soup

Difficulty: Easy

Prep Time: 10 minutes

Cook Time: 60 minutes

## Ingredients:

- 1 pound Italian Pork Sausage (or chicken Italian Sausage-browned)
- 1 onion (sauté with sausage - add when sausage is almost finished)
- 1 large can of veggie (or beef) broth (49.5 ounce .)
- 2 cans diced tomatoes with pepper and onions
- 1 bag of frozen mixed veggies (carrots, peas, beans, lima beans)
- 2 cans (15 ounce) garbanzo beans (drained); add more beans for thicker soup
- 1 can (15 ounce) kidney beans
- Sliced (about 1/4 in rounds, quarter if desired) zucchini and yellow squash

## Directions:

1. Bring the first three ingredients to a boil, then add the veggies and beans.
2. Bring back to a boil and add sliced zucchini and yellow squash. Reduce heat and cook for approximately 45-60 minutes.

## Mexican Quinoa



*This fun, Mexican-inspired dish will be enjoyed by everyone! It is full of many flavors, from the tangy lime juice to the hint of spice from the chili powder and jalapeno.*

### **MULE RATING**



*Not only is this dish healthy and fun, but it's not hard to make! This is a one-pan dish, and even the quinoa is cooked right in the pan to really soak in the variety of flavors.*



# Mexican Quinoa

Difficulty: Medium

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 4

Ingredients:

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 jalapeno, minced
- 1 cup quinoa
- 1 cup vegetable broth
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (14.5 ounce ) can fire-roasted diced tomatoes
- 1 cup corn kernels, frozen, canned or roasted
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- Kosher salt and freshly ground black pepper, to taste
- 1 avocado, halved, seeded, peeled and diced
- Juice of 1 lime
- 2 tablespoons chopped fresh cilantro leaves

Directions:

1. Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute.
2. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes.
3. Stir in avocado, lime juice and cilantro.
4. Serve immediately.

# Pesto Chicken Florentine



*This is such a rich and delicious combination of chicken, spinach and creamy pesto sauce!*

## MULE RATING



*The dish is enjoyably creamy, and the spinach and seasoning adds the perfect pop of flavor.*



*Serve with crunchy bread and romaine salad for a deliciously balanced meal.*

# Pesto Chicken Florentine

Difficulty: Hard

Prep Time: 40 minutes

Cook Time: 20 minutes

Yield: serves 4

## Ingredients:

- 2 tablespoons olive oil
- 2 cloves garlic, finely chopped
- 4 skinless, boneless chicken breast halves - cut into strips
- 2 cups fresh spinach leaves
- 1 package alfredo sauce
- 1 pound penne pasta

## Directions:

1. Heat oil in a large skillet over medium high heat. Add garlic, saute for 1 minute; then add chicken and cook for 7 to 8 minutes on each side. When chicken is close to being cooked through (no longer pink inside), add spinach and saute all together for 3 to 4 minutes.
2. Meanwhile, prepare alfredo sauce according to package directions. When finished, stir in 2 tablespoons pesto and set aside.
3. In a large pot of salted boiling water, cook pasta for 8 to 10 minutes or until al dente. Rinse under cold water and drain.
4. Add chicken/spinach mixture to pasta, then stir in pesto and alfredo sauce. Mix well, top with cheese and serve.

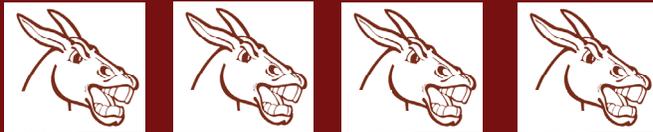
# Quick Apple & Oat Entrée

Photo: <https://www.averiecooks.com/2013/09/5-minute-microwave-apple-cinnamon-crumble-for-one.html#>



*This main dish can be made for a large group, but is also perfect when reduced down to a single serving and made in a microwave-safe mug.*

## MULE RATING



*Cooking apples tend to be a bit tart, so try a sweeter variety of apple to lighten the flavor a bit.*



*If you're adventurous, use a different kind of apple each time you make this meal to explore a variety of flavors!*

# Quick Apple & Oat Entrée

Difficulty: Easy

Prep Time: 15 minutes

Cook Time: 14 minutes

Yield: Serves 6-7

## Ingredients:

- 6-7 medium cooking apples, peeled and sliced
- 1/2 to 1 teaspoon cinnamon
- 1-2 teaspoon sugar
- 1/3 cup softened butter
- 1/2 cup brown sugar
- 1/4 cup white sugar
- 1/2 cup flour
- 1/2 cup oatmeal
- 1/2 teaspoon cinnamon

## Directions:

1. Stir apples with cinnamon and sugar. Place in 8 or 9 inch microwave baking dish.
2. Cut butter into brown sugar, white sugar and flour until crumbly.
3. Add oatmeal and remaining cinnamon. Sprinkle over apples.
4. Microwave on high 12-14 minutes, rotating 1/2 turn halfway through cooking time.

# Slow Cooker Coconut Milk & Ginger Potatoes



## ***MULE RATING***



*This recipe was so easy to make and smelled great while cooking.*

*With a mild flavor, it is the perfect side dish that will complement any entrée.*

# Slow Cooker Coconut Milk & Ginger Potatoes

Difficulty: Medium

Total Time: 4 hours

Yield: Serves 4

## Ingredients:

- 1 14 -ounce can coconut milk
- 1/2 cup water
- 2 Tablespoons fish sauce or soy sauce
- 2 cloves garlic, minced
- 3 heaping Tablespoons minced ginger
- 1/4 teaspoon cayenne pepper, or to taste (optional)
- 1 teaspoon kosher salt, or to taste
- 1 pound potatoes, cut into 1 inch pieces
- 2 medium carrots, peeled & cut into 1 inch pieces

## Directions:

1. In slow cooker pot, combine coconut milk, water, fish sauce (or soy sauce), garlic, ginger, sugar, cayenne pepper, salt.
2. Using a whisk, gently combine all ingredients together well. Add potatoes and carrots.
3. Cook on High for 4-5 hours. Stir about 2 times during cooking. Depending on how thick you cut your potatoes and carrots, cooking time will vary.
4. After about the 3rd hour, pierce potatoes and carrots to check for tenderness.

## Slow Cooker Italian Potatoes



### **MULE RATING**



*These potatoes are a great side dish to most any meal!*

*If you're in a hurry, bake these on a cookie sheet at 425 for 20-30 minutes and serve fresh out of the oven.*

# Slow Cooker Italian Potatoes

Difficulty: Medium

Total Time: 4 hours

Yield: Serves 4

## Ingredients:

- 2 pounds baby red potatoes, washed and halved
- 1 pound carrots
- 3 tbsp unsalted butter
- 2 tbsp olive oil or avocado oil
- 4 cloves garlic, minced
- 6-8 slices bacon, cooked
- 1 ½ teaspoon Italian seasoning
- ½ teaspoon dried oregano
- ½ cup feta cheese
- Salt and pepper, to taste
- Fresh parsley, for garnish

## Directions:

1. Add potatoes, carrots, butter, oil, garlic, three slices of bacon and spices into slow cooker
2. Cook for 3-4 hours on high, or until potatoes and carrots are tender
3. Add the remaining bacon, cheese and some parsley with about 20 minutes remaining
4. Garnish with feta cheese and parsley.

## Slow Cooker Turkey Quinoa Chili



### ***MULE RATING***



*This chili is fresh, filling, and full of surprising flavors. The turkey and quinoa provide a hearty base without excessive fat and grease, and the sweet potatoes provide a touch of sweetness not often experienced in chili. A variety of healthy garnishes allows for a new experience bowl after bowl. Paired with the simplicity of slow-cooker preparation, this chili is bound to become a staple in every Fall menu.*

# Slow Cooker Turkey Quinoa Chili

Difficulty: Easy

Prep Time: 10 minutes

Cook Time: 3-4 hours (on high); 5-6 hours (on low)

Servings: 6

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 pound lean ground turkey
- 1 large yellow onion, chopped
- 1 teaspoon kosher salt
- 1 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1 tablespoon chili powder
- 2 teaspoons chipotle chili pep-
- 2 teaspoons cumin
- 3 small or 2 large sweet potatoes, peeled and diced (about 1 pound)
- 1 cup uncooked quinoa
- 1 28-ounce can crushed tomatoes
- 1 15-ounce can black beans, rinsed and drained
- 3 cups low-sodium chicken stock
- For serving: cilantro, avocado, shredded cheese, tortilla chips, and plain Greek yogurt

Directions:

1. Heat the olive oil medium high. Add the turkey, onion, salt, garlic powder, and black pepper. Cook and stir, breaking up the turkey as you go, until the turkey is no longer pink. Stir in the chili powder, chipotle chili powder and cumin, then transfer to a slow cooker.
2. Add the chopped sweet potatoes, quinoa, 2 cups chicken stock, crushed tomatoes and black beans. Cover and cook on high for 3-4 hours or low for 5-6 hours until the potatoes are tender. Stir in additional chicken stock if the chili is thicker than you would like (I added about 1/2 cup extra). Serve warm with desired toppings.
3. Leftover slow cooker turkey quinoa chili can be stored in the refrigerator for up to 5 days or frozen for up to 3 months.

## Slow Cooker Spicy Taco Potatoes



*Slow Cooker Spicy Taco Potatoes are the perfect side dish for any occasion! With a few simple ingredients and your favorite slow cooker, these can be your side dish tonight. Just 5 minutes of prep and forget them...they'll be ready when you are.*

### **MULE RATING**



# Slow Cooker Spicy Taco Potatoes

Difficulty: Medium

Total Time: 4 hours

Yield: Serves 4

## Ingredients:

- 3 pounds red potatoes, quartered
- 1 (1 ounce) packet taco seasoning
- 2 tablespoons olive oil
- 2 tablespoons salted butter
- 1 tablespoon red pepper flakes
- Salt and pepper to taste

## Directions:

1. Spray a large slow cooker with nonstick spray.
2. Combine all of the ingredients in a slow cooker. Stir to combine briefly (while the potatoes are still cold not everything will be coated, but it will as they cook and you stir later)
3. Cook on high 3-4 hours, stirring every hour if possible. Check after 3 hours to see if they are done. When the potatoes are fork tender, they're done!
4. Serve hot, enjoy!

Note: These potatoes are very spicy, so season appropriately for your own taste.

# Tropical Salsa Sliders



*MSB Mules love these sliders! The savory meat, creamy salsa, and tangy fruit combine to make a surprisingly delicious little sandwich.*

## **MULE RATING**



*This dish blasts with flavor and is a great mix to savory and natural sweetness.*

*Adjust the amount of onions and yogurt you depending on taste, but don't miss out on these scrumptious tropical salsa sliders!*



# Tropical Salsa Sliders

Difficulty: Medium

Prep Time: 25 minutes

Cook Time: 10 minutes

Yield: 20 sliders

## Ingredients:

- 2 tablespoon canola oil
- 1 lb. ground beef
- 2 teaspoon jerk seasoning
- 3 finely chopped green onions
- 1/2 teaspoon salt
- 1/2 cup plain Greek yogurt
- 2 chopped green onions
- 1 pineapple
- 1 star fruit
- Cilantro
- Slider buns

## Directions:

1. Heat canola oil in 12-inch skillet on medium-high.
2. Meanwhile, in large bowl, mix ground turkey, jerk seasoning, 3 finely chopped green onions, and 1/2 teaspoon salt; form into 1/2-inch-thick patties.
3. Cook 10 minutes, turning over once, or just until cooked through (165 degrees F).
4. Meanwhile, in small bowl, mix plain Greek yogurt, 2 chopped green onions, chopped cilantro, diced star fruit and chopped pineapple.
5. Serve on slider buns with Pineapple Salsa.

# Zucchini Pesto Pasta



*This dish is delightfully gooey, crunchy and salty. The excellent mix of flavors and textures was interesting and enjoyable.*

## MULE RATING



*Many MSB Mules didn't think they liked pesto, but after trying this and other similar dishes they realized they actually do like it, and in fact very much enjoy adding it to a variety of dishes.*



# Zucchini Pesto Pasta

Difficulty: Medium

Prep Time: 20 min

Cook Time: 30 min

Yield: Serves 5

Ingredients:

- 4 medium zucchini
- 1 pint cherry tomatoes
- 3 tablespoon pesto
- Salt and freshly ground black pepper, to taste
- Extra virgin olive oil (optional)
- Pine nuts or walnuts, for topping (optional)

Directions:

1. Use a julienne peeler to slice the zucchini into noodles, stopping when you reach the seeds. Set aside.
2. If roasting tomatoes, place onto a rimmed baking sheet and drizzle with olive oil. Sprinkle with salt and pepper and bake at 400 degrees F for 15-20 minutes.
3. Combine the zucchini noodles and pesto, tossing until well coated. Top with tomatoes and pine nuts to serve.
4. If cooking zucchini noodles, simply add to a skillet and sauté over medium heat for 4-5 minutes.

# NOTES

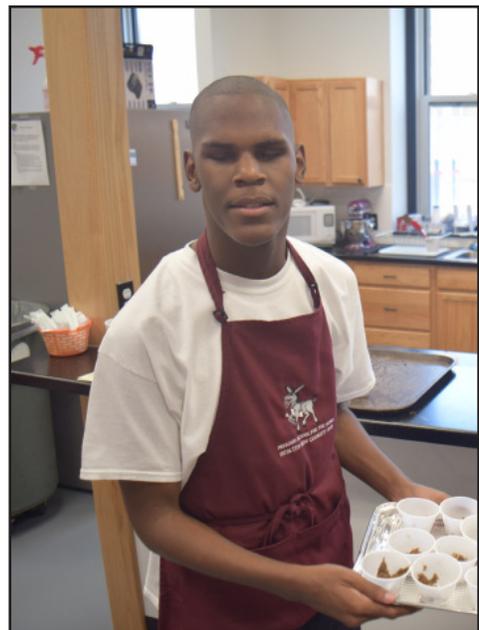
## Chapter 4: Desserts

# Almond Butter Honey Cake



*This almond butter honey cake is gluten free and only lightly sweet. It's a late afternoon kind of cake, not a decadent airy cake meant for a birthday party. Try out different flours and sweeteners until you find just the right flavors for you!*

## MULE RATING



# Almond Butter Honey Cake

Difficulty: medium

Prep Time: 30 minuets

Cook time: 30 minuets

Yield: Serves 8

## Ingredients:

- 2.5 ounce finely-ground almond flour
- 2.5 ounce gluten-free buckwheat flour
- 1 ounce cornstarch
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground nutmeg
- 1/2 cups coconut oil, melted
- 3/4 cup almond butter, at room temperature
- 3/4 cup honey
- 1 teaspoon vanilla extract
- 1 egg

## Directions:

1. Heat the oven to 350° F. Line an 8 x 8 baking pan with greased parchment paper.
2. Whisk together the almond flour, buckwheat flour, arrowroot flour, baking soda, baking powder, salt, and nutmeg. Set aside.
3. Stir together the melted coconut oil, almond butter, honey, and vanilla. Add the vanilla extract, and then the egg, mixing well.
4. Slowly, add the dry ingredients to the wet ingredients. When all traces of flour have disappeared into the batter, you are done.
5. Bake the cake until the edges start to pull away from the pan and the center is springy to the touch, 30 to 40 minutes. The edges may grow dark, since baked goods made with honey darken more easily. Don't worry. Your cake will still taste good.

# Apple Slice Cookies



*If you want a sweet treat without spoiling your healthy dinner, these “cookies” are the perfect dessert! With an apple slice as the base, this cookie is completely flourless.*

## MULE RATING



*A variety of toppings allows the cookies to be as sweet as you like, and you can have different toppings for every single cookie.*



*These cookies can also serve as a delicious and filling snack or small meal. The possibilities are endless!*

# Apple Slice Cookies

Difficulty: Easy

Prep time: 10

Total time: 10 minutes

Ingredients:

- 1 Red Delicious Apple
- 1/4 cup Peanut Butter
- 1 to 2 Tablespoons Unsweetened Coconut Flakes
- 1 to 2 Tablespoons Chopped Walnut Pieces
- 1 to 2 Tablespoons Mini Chocolate Chips
- Lemon Juice (optional)

Directions:

1. Cut the core from the apple (or cut out the cores from each piece after slicing).
2. Slice the apple into 1/4 inch slices using a large knife.
3. Optional - If you're worried about the apples turning brown, place the slices in a zip lock bag and toss with a squirt of lemon juice.
4. Set each of the apple slices onto a sheet of paper towel and blot the tops dry with another paper towel.
5. Spread a layer of peanut butter on each apple slice.
6. Then top with a generous amount of coconut flakes, and some walnuts and mini chocolate chips.
7. Enjoy!

# Buttercream Cupcake Frostings & Fruit Fillings



*This variety of buttercream frostings and fruit fillings will keep you trying new combinations on cupcakes for years to come!*

## **MULE RATING**



*We notice that younger MSB Mules like the sweeter options, while older Mules appreciate the variety of flavors presented here.*



*Try them all out and pick your favorite, or mix and match for a new taste every time!*

# Buttercream Cupcake Frostings & Fruit Fillings

## Basic Buttercream

Yield: about 2 1/2 cups

Ingredients:

- 1 cup unsalted butter, softened
- 3 1/2 to 4 cups powdered sugar
- 1 teaspoon vanilla extract
- 1 to 2 tablespoons heavy cream or milk

Directions:

1. Gather your ingredients: Remember to set your butter out for 30 to 60 minutes before mixing so it has time to soften. If you see any big clumps in your powdered sugar, sift it into a bowl so it will mix in more smoothly.
2. Beat the butter: In the bowl of an electric mixer with a paddle attachment, beat the butter on medium speed for a couple minutes, or until smooth.
3. Gradually add in the sugar: Turn the mixer to low, and slowly add in the first 3 cups of sugar. Once incorporated, increase the speed to medium-low and mix until combined.
4. Add the vanilla and cream: With the mixer back on low, add in the liquid ingredients and mix until combined.
5. Whip until creamy: Once everything is incorporated, mix on medium until smooth and creamy.
6. Add the remaining sugar: Decrease the speed of the mixer and add in the the remaining 1/2 to 1 cup of sugar until the buttercream is as firm as you want it for your recipe. Turn the mixer back up and whip again until fluffy.

Recipe Notes:

Be sure to sift the powdered sugar to prevent clumps from forming in the buttercream. Only add in cream and extra sugar until the desired thickness is achieved. If the buttercream seems too runny, try adding  
(over)

## Buttercream Cupcake Frostings & Fruit Fillings

in all of the sugar or chilling the mixing bowl (and its contents) in the fridge for a bit, as the butter just might be too soft. This type of buttercream will begin to dry out and develop a crust over time. If not using immediately, briefly re-mix before use.

### Chocolate Buttercream

Yield: about 2 1/2 cups

Ingredients:

- 1 cup butter , softened
- 2 tsp vanilla extract
- 1/2 cup unsweetened cocoa powder
- 1 Tbsp milk
- 2-3 cups powdered sugar

Directions:

1. Beat butter for two minutes. Add vanilla extract, cocoa powder and milk and beat again until smooth. Slowly add powdered sugar until you reach your desired frosting consistency.

### Raspberry Filling

Yield: about 2 1/2 cups

Ingredients:

- 1 package (16 ounces) frozen raspberries packed in sugar (thawed)
- 1/3 cup granulated sugar
- 3 tablespoons cornstarch
- 1 teaspoon lemon juice

Directions:

1. Drain raspberries, reserving liquid. Add enough water to liquid to equal 1 1/4 cups.
2. In large saucepan, combine liquid, sugar, cornstarch and lemon

## Buttercream Cupcake Frosting & Fruit Fillings

juice; mix well.

3. Heat and stir until mixture boils and thickens. Cool completely. Stir thawed raspberries into cooled mixture.

### Strawberry Filling

Yield: about 2 1/2 cups

Ingredients:

- 1 package (16 ounces) frozen sliced strawberries (packed in sugar and thawed)
- 1/3 cup granulated sugar
- 3 tablespoons cornstarch
- 1 teaspoon lemon juice

Directions:

1. Drain strawberries; reserving liquid. Add enough water to liquid to equal 1 1/4 cups.
2. In large saucepan, combine strawberry liquid, sugar, cornstarch and lemon juice; mix well.
3. Heat and stir until mixture boils and thickens. Cool completely. Stir strawberries into the cooled mixture.
4. Refrigerate until ready to use, then refrigerate until ready to serve, covered in plastic wrap, until cold, at least 1 hour.

# Chewy Spice Cookies



*These chewy, spicy cookies contain the perfect amounts of cinnamon, nutmeg, ginger, pepper and salt.*

## ***MULE RATING***



*Crusty on the outside and soft and chewy on the inside, these cookies are perfect.*

*The most outstanding ingredient is the molasses, which gave the cookies a mouth-watering flavor. You'll want more than one!*



# Chewy Spice Cookies

Difficulty: Medium

Prep Time: 20 minutes

Cook Time: 10-12 minutes

Yield: 24 cookies

## Ingredients:

- 2 cups all-purpose flour, spooned and leveled
- 2 teaspoon ground ginger
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon ground cloves
- 3/4 cup vegetable shortening
- 2/3 cup packed light brown sugar
- 1 large egg
- 1/2 cup molasses
- 1 teaspoon pure vanilla extract
- 1/4 cup granulated sugar

## Directions:

1. Heat oven to 350° F. In a medium bowl, whisk together the flour, ginger, baking soda, cinnamon, salt, nutmeg, pepper, and cloves.
2. Using an electric mixer, beat the shortening and sugar on medium-high speed until fluffy, 2 to 3 minutes. Reduce speed to low and beat in the egg, molasses, and vanilla. Add flour, mixing just until combined (do not overmix).
3. Place the granulated sugar on a plate. Roll heaping tablespoonfuls of the dough into balls; roll in the sugar to coat. Place on parchment-lined baking sheets, spacing them 2 inches apart. Using a glass, press the balls to a 3/8-inch thickness and sprinkle with more granulated sugar.
4. Bake, rotating the sheets halfway through, until the edges are firm, 10 to 12 minutes. Cool slightly on the baking sheets, then transfer to racks to cool completely. Store the cookies in an airtight container at room temperature for up to 5 days.

## Citrus-Spiked Grapefruit Cake



### MULE RATING



*This delicious cake has very creamy texture throughout, with the grapefruit pieces layered on the top and bottom providing a blast of citrus flavor.*

*The zested cream cheese frosting complements the cake perfectly and make the dish incredibly appetizing. This cake was so fun to make, and even more fun to share!*



# Citrus-Spiked Grapefruit Cake

Difficulty: Hard

Prep Time: 40 minutes

Cook Time: 40-45 minutes

Yield: 18

Ingredients:

- 3 pink grapefruits
- 2/3 cup unsalted butter, softened
- 3 cups cake flour, plus more
- 1 tablespoon baking powder
- 1 teaspoon kosher salt
- 1 3/4 cups sugar
- 2 eggs
- 3/4 cup milk
- 1 1/2 tbsp. vanilla extract
- 1 lb. cream cheese, softened
- 2 1/2 cups confectioners' sugar

Directions:

1. Zest 1 grapefruit to make 2 tsp. zest; set aside. Peel and segment grapefruits; set aside. Squeeze juice from remaining pulp, reserving 1/2 cup plus 1 tablespoon; set aside.
2. Heat oven to 350°. Butter and flour a 9" x 13" baking dish; set aside. In a bowl, whisk together flour, baking powder, and salt; set aside. Into a large bowl, beat remaining butter and sugar with a handheld mixer until fluffy. Beat in eggs one at a time. Add 1/2 cup of the reserved juice, milk, and vanilla; stir. Add flour mixture; stir until combined. Line bottom of pan with half the reserved grapefruit; add batter; smooth top with a spatula. Bake until a toothpick inserted into the cake comes out clean, 40-45 minutes; let cool.
3. In a large bowl, beat reserved zest, remaining juice, and cream cheese until fluffy. Add confectioners' sugar 1/2 cup at a time; beat until smooth. Spread frosting over cake; top with the remaining grapefruit segments. Chill.

# Homemade Peanut Butter Cups



*Just like Reese's Peanut Butter Cups, but bigger and topped with sweet sprinkles!*

## MULE RATING



*On holidays, use pretty mini muffin liners and top with colored sprinkles to coordinate with the special day for a festive touch.*



*You won't believe how simple it is to make these irresistible candies with gooey peanut butter centers!*

# Homemade Peanut Butter Cups

Difficulty: Medium

Prep Time: 30 minutes

Chill Time: 1 hour

Yield: 3 dozen

## Ingredients:

- 1 cup creamy peanut butter, divided
- 1/2 cup confectioners' sugar
- 4-1/2 teaspoons butter, softened
- 1/2 teaspoon salt
- 2 cups (12 ounces) semisweet chocolate chips
- 4 milk chocolate candy bars (1.55 ounces each), coarsely chopped
- Colored sprinkles

## Directions:

1. Combine 1/2 cup peanut butter, confectioners' sugar, butter and salt until smooth.
2. In a microwave, melt chocolate chips, candy bars and remaining peanut butter; stir until smooth.
3. Drop teaspoonfuls of chocolate mixture into paper-lined miniature muffin cups. Drop a scant teaspoonful of peanut butter mixture into each cup; top with another teaspoonful of chocolate mixture. If desired, decorate with sprinkles. Refrigerate until set.

# Mexican Brownies



*These Mexican cuisine inspired brownies are easy to make and don't require many ingredients, but still taste so good!*

## MULE RATING



*These brownies are unique in that they have two different textures: the top is crusty and the bottom is soft.*



*The chocolate chips add even more sweetness while the cayenne adds spice the compliments the richness of these tasty treats.*

# Mexican Brownies

Difficulty: Easy

Prep Time: 15 minutes

Cook Time: 30-35 minutes

Yield: 12 brownies

Ingredients:

- 4 ounces unsweetened chocolate
- 3/4 cup butter
- 2 cups sugar
- 3 eggs, slightly beaten
- 1 teaspoon vanilla
- 1 1/2 teaspoons ground cinnamon
- 1/4 teaspoon ground cayenne pepper
- 1 cup all-purpose flour

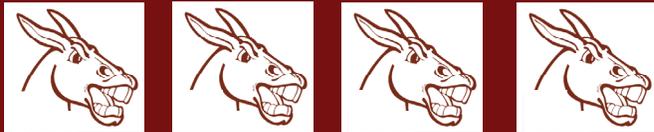
Directions:

1. Preheat the oven to 350 degrees.
2. Line a 13×9-inch baking pan with foil, making sure that the piece of foil is large enough to allow the ends of the foil to extend up and over the sides of the pan. Spray the foil with non-stick cooking spray.
3. In a large microwave-safe bowl, add the chocolate and butter and microwave on high for 2 minutes. Stir until the chocolate is completely melted.
4. Stir in the sugar.
5. Blend in the eggs and vanilla, stirring to combine as much as possible.
6. Add cinnamon, cayenne and flour and mix thoroughly.
7. Pour the batter into the prepared pan. Bake for 30 to 35 minutes or until a toothpick inserted into the center comes out with fudge-like crumbs.
8. Let cool completely. When cool, use the foil to remove the brownies from the pan and onto a cutting board. Cut before serving.

## Nutella-Swirl Blondies



### MULE RATING



*Everything tastes better with swirls, especially swirls of Nutella. These Nutella-Swirl Blondies are soft, moist, and deliciously dense. No chemical leaveners like baking powder or soda are used, and you'll just want to sink your teeth into these softies.*

*Butterscotch chips are woven throughout the blondies, providing a nice burst flavor amidst the dough. The Nutella swirls add depth, richness, and a wonderful pop of chocolate. Substitute chocolate chips or peanut butter swirls for a new flavor!*



# Nutella-Swirl Blondies

Difficulty: Medium

Prep Time: 30 minutes

Cook time: 40 minutes

Yield: 12

## Ingredients

- 1 1/2 cups packed brown sugar
- 16 tablespoons (2 sticks) unsalted butter, cut into small pieces
- 2 large eggs plus 1 large yolk
- 1 teaspoon vanilla extract
- 2 1/4 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 1/2 cups butterscotch chips
- 4 ounces cream cheese, at room temperature
- 3/4 cup Nutella

## Directions:

1. Preheat oven to 375°F. Grease a 9-by-13-inch baking pan and line with foil, letting ends of foil hang over edges. Grease foil.
2. Combine sugar and butter in a large pan over medium heat. Cook, stirring often, until butter has melted and sugar has dissolved (mixture will not look combined). Remove from heat and let cool slightly. Whisk in 2 whole eggs and vanilla.
3. In a bowl, whisk flour with baking powder and salt. Gradually add flour mixture to sugar mixture; mix until smooth. Fold in butterscotch chips. Spread evenly in pan. Using an electric mixer on medium speed, beat cream cheese with egg yolk and Nutella until smooth. Drop spoonfuls of Nutella mixture over batter in pan and use the tip of a small knife to swirl it in, making a decorative pattern. Do not scrape bottom of pan. Bake until blondies are just set in the center and a toothpick inserted into center comes out clean, 25 to 30 minutes.
4. Let cool in pan on a wire rack, then cover and refrigerate until thoroughly chilled, at least 2 hours. Run a sharp knife along edges of pan to loosen, then remove blondies from pan using foil handles. Cut into squares and serve at room temperature.

# Peanut Butter Brownie Trifle



*This peanut butter brownie trifle is sooo delicious that it won first place at the MSB Culinary Arts Cook-off 2017!*

## MULE RATING



*This rich, tempting trifle feeds a crowd and features the ever-popular combination of chocolate and peanut butter. Try this dessert for your next get-together.*



*For rich desserts like this, be sure to watch your portion sizes; you don't want too much of a good thing!*

# Peanut Butter Brownie Trifle

Difficulty: Medium

Prep time: 30 min

Cook time 25 min

Chill 1 hour

Yield: 12

## Ingredients

- 1 fudge brownie mix (13-inch x 9-inch pan size)
- 1 package (10 ounces) peanut butter chips
- 2 packages (13 ounces each) miniature peanut butter cups
- 4 cups cold 2% milk
- 2 packages (5.1 ounces each) instant vanilla pudding mix
- 1 cup creamy peanut butter
- 4 teaspoons vanilla extract
- 3 cartons (8 ounces each) fr ounce en whipped topping, thawed

## Directions:

1. Preheat oven to 350°. Prepare brownie batter according to package directions; stir in peanut butter chips. Bake in a greased 13x9-inch baking pan 20-25 minutes or until a toothpick inserted in the center comes out with moist crumbs (do not overbake). Cool on a wire rack; cut into 3/4-inch pieces.
2. Cut peanut butter cups in half; set aside 1/3 cup for garnish. In a large bowl, whisk milk and pudding mixes for 2 minutes (mixture will be thick). Add peanut butter and vanilla; mix well. Fold in 1-1/2 cartons whipped topping.
3. Place a third of the brownies in a 5-qt. glass bowl; top with a third of the remaining peanut butter cups. Spoon a third of the pudding mixture over the top. Repeat layers twice. Cover with remaining whipped topping; garnish with reserved peanut butter cups. Refrigerate until chilled.

## Skillet Apple Brown Betty



*The two types of apples in this dish provide sweet and tangy flavors. The crust is flaky, smooth and sweet-smelling, and even sweeter tasting.*

*The apples are buttery and delicious, and a scoop of ice cream is the perfect garnish on this fantastic dessert.*

## MULE RATING



Note: If your apples are especially tart, omit the lemon juice. If, on the other hand, your apples are exceptionally sweet, use the full amount. A scoop of vanilla ice cream is the perfect accompaniment to this dish. Leftovers can be refrigerated in an airtight container; topped with vanilla yogurt, they make an excellent breakfast.

# Skillet Apple Brown Betty

Difficulty: Medium

Total Time: 30 minutes

Yield: Serves 6 to 8

## Ingredients:

### Apples

- ¼ cup light brown sugar (1 ¾ ounces)
- ¼ teaspoon ground ginger
- ¼ teaspoon ground cinnamon
- Pinch table salt
- 3 tablespoons unsalted butter
- 1 ½ pounds Granny Smith apples, peeled and cut into 1/2-inch cubes
- 1 ½ pounds Golden Delicious apples, peeled and cut into 1/2-inch cubes
- 1 ¼ cups apple cider
- 1 - 3 teaspoons lemon juice from 1 lemon
- Vanilla ice cream & vanilla yogurt

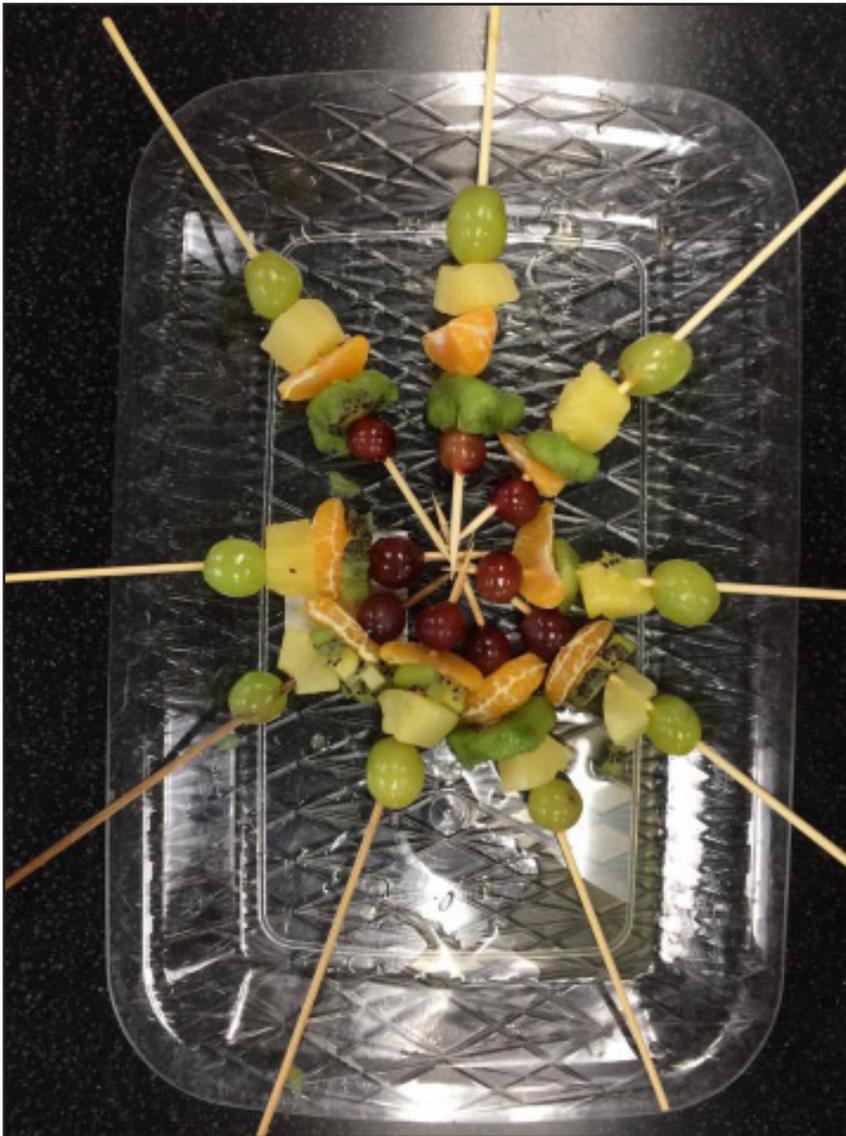
### Bread Crumbs

- 4 large slices wheat sandwich bread (about 4 ounces), each slice torn into quarters
- 2 tablespoons packed light brown sugar
- 3 tablespoons unsalted butter, cut into 4 pieces

## Directions:

1. FOR THE BREAD CRUMBS: Pulse the bread, sugar, and butter in a food processor until coarsely ground, about four 1-second pulses. Transfer the crumbs to a 12-inch skillet; toast over medium heat, stirring constantly, until the crumbs are deep golden brown, 8 to 10 minutes. Transfer to a paper towel-lined plate; wipe out the skillet.
2. FOR THE APPLES: Combine the sugar, spices, and salt in a small bowl. Heat 1 ½ tablespoons of the butter in the now-empty skillet over high heat; when the foaming subsides, stir in 4 cups of the apples and half of the sugar mixture. Distribute the apples in an even layer and cook, stirring two or three times, until medium brown, about 5 minutes; transfer to a medium bowl. Repeat with the remaining butter, apples, and sugar mixture, returning the first batch of apples to the skillet when second batch is done.
3. Add the apple cider and scrape the bottom and sides of the skillet with a wooden spoon to loosen the browned bits; cook until the apples are tender but not mushy and the liquid has reduced and is just beginning to thicken, 2 to 4 minutes.
4. Remove the skillet from the heat; stir in the lemon juice, if using, and 1/3 cup of the toasted bread crumbs. Using a wooden spoon, lightly flatten the apples into an even layer in the skillet and evenly sprinkle with the remaining toasted bread crumbs. Spoon the warm betty into individual bowls and serve with vanilla ice cream, if desired.

## Sweet Fruit Kabobs



*A delicious fruit salad on a stick! Eat one on it's own as a healthy refreshing snack, or dip in chocolate for a decadent dessert!*

*Try a variety of different fruits depending on what's in season, and you'll have a tasty mix of fruit flavors that'll surprise you every time!*

## **MULE RATING**



# Sweet Fruit Kabobs

Difficulty: Easy

Prep time: 15 minutes

Total time: 0 minutes

Yield: 10 skewers

## Ingredients:

- 2 kiwis
- 2 clementine (Cuties)
- 10 green grapes
- 10 red grapes
- 10 pieces of pineapple (fresh is best but if making small portions canned will work)

## Directions:

1. Peel the kiwi and slice each into 5 pieces. If you want, cut with a cookie cutter into fun shapes. Set aside.
2. Peel and section 2 clementines. Set aside.
3. Wash the grapes and put in 2 separate bowls. Set aside.
4. Cut the pineapple into chunks. Set aside.
5. Using a skewer at least 6 inches long (longer gives a longer handle) place one piece of fruit on the skewer (our preference was green grape, clementine, kiwi, pineapple, red grape).
6. Repeat until 10 skewers are done.

## Sweet Potato Pudding



*This smooth and cream pudding contains sweet potatoes, cinnamon, cayenne pepper, and vanilla yogurt. The taste is sweet yet surprisingly mellow, and the texture is thick but not heavy.*

## MULE RATING



*This tasty surprise is an excellent healthy alternative to sugary desserts, and many MSB Mules are going to make this as their sweet potato side dish on Thanksgiving!*



# Sweet Potato Pudding

Difficulty: Easy

Prep Time: 10 minutes

Cook Time: 7-8 minutes

Yield: Serves 4

## Ingredients:

- 1 medium sweet potato
- 1/4 cup Greek yogurt
- Cinnamon
- Cayenne pepper

## Directions:

1. Pierce the sweet potato several times with the tip of a knife.
2. Wrap into a damp paper towel and microwave for about 7-8 minutes, turning the potato over about half way through the cooking time.
3. Remove potato once soft. Cooking time may vary depending of the size of the sweet potato and the strength of your microwave.
4. Carefully remove the sweet potato once soft and set aside until cool enough to handle.
5. Cut potato into half and scrape the inside into a medium-sized bowl. Stir in the yogurt, cinnamon and cayenne until smooth and silky.
6. Return to microwave for reheating if necessary.

## The BEST Oatmeal Chocolate Chip Cookies



*Oatmeal chocolate-chip cookies made healthy with no flour, no butter, very little sugar, and healthy fats such as coconut oil and dark chocolate.*

### **MULE RATING**



*The delicious secret to these cookies is that you make your own oat flour by blending oats in a blender or food processor, and it's just that easy. And if you use oats processed in a flour-free facility, these cookies are also gluten free!*



# The BEST Oatmeal Chocolate Chip Cookies

Difficulty: Medium

Prep time: 20 minutes

Total time: 10 minutes

Yield: 40 servings apx .size 1 inch

Ingredients:

- 3/4 cup oat flour (regular oats blended in a blender)
- 1/2 cup old-fashioned oats
- 1/4 cup quick oats
- 3/4 teaspoon baking soda
- 1 teaspoon cinnamon
- Pinch of salt
- 1 and 1/2 teaspoons vanilla extract
- 1 large egg
- 4 tablespoons brown sugar lightly packed
- 1/2 cup coconut oil
- 1/2 cup dark chocolate chips

Directions:

1. Take regular old fashioned oats or quick oats and blend them until they resemble a flour or powder in a blender or food processor.
2. If you don't have quick oats, pulse old fashioned oats a few times in a blender or food processor until they resemble quick oats.
3. In a medium-sized bowl, stir together the oat flour (measured after blending NOT before), old-fashioned oats, quick oats, baking soda, cinnamon, and salt.
4. In another bowl, stir together the vanilla extract, large egg, and brown sugar. Melt the coconut oil and let it cool slightly before adding to the bowl (Make sure to measure the coconut oil in it's liquid state). Stir until well combined.
5. Add the dry ingredients to the wet ingredients and stir until just combined. Fold in the dark chocolate chips.
6. Cover the dough tightly and chill the dough for 30 minutes to an hour or until the dough has hardened enough to scoop out cookie balls. (If you chill longer than a day, let the dough sit out for 15 or so minutes so you are able to scoop it into balls). If you don't chill your dough these cookies will be flatter than a pancake! The coconut oil needs a little bit of time in the fridge to firm up again.
7. Preheat the oven to 350 degrees F.
8. Using a cookie scoop (and pack these in the scoop very tightly or they may crumble), scoop out balls of the dough onto a parchment lined cookie sheet. Press a few more chocolate chips in the tops if desired.
9. Depending on the size, bake for 7-9 minutes or until very lightly browned around the edges. They may look a little underdone in the center, but they are the very best slightly under-baked and they will harden after cooling.
10. Remove from the oven and allow to stay on the baking sheet for another 2 minutes before removing to a wire cooling rack.

## Zucchini Bars

*These zucchini bars, though healthy, are truly a dessert: sweet and salty with a soft center thanks to the zucchini.*

*The topping was crumbly and sweet with delicious cinnamon-sugar flavor,*



**MULE RATING**



# Zucchini Bars

Difficulty: Hard

Prep Time: 20 min

Cook Time: 45 min

Yield: 6-8 bars

## Ingredients:

### Crust

- 1/2 cup unsalted butter, softened
- 1 1/2 cups all purpose flour
- 1/4 cup granulated sugar
- 1/4 teaspoon salt

### Topping:

- 1/2 cup unsalted butter, softened
- 1/2 cup granulated sugar
- 1 cup all purpose flour
- 1/2 teaspoon cinnamon
- 1/2 cup quick cook oats
- 1/4 teaspoon salt

### Filling

- 2 cups peeled and diced zucchini
- 1 tablespoon unsalted butter
- 1 tablespoon granulated sugar
- 1/2 teaspoon ground cinnamon

## Directions:

1. Line a 9x9" pan with foil and spray with cooking spray (for easy removal and cutting of bars). Preheat oven to 350°F.
2. Prepare the crust by slowly mixing all the ingredients in a stand mixer fitted with the paddle attachment or in a large bowl using hand mixer. The mixture will be crumbly and if you are using a hand mixer you may need to use your hands to break up any large chunks of butter. Press the crust in the prepared pan and bake for 15 minutes.
3. Make the filling: Heat a frying pan over low heat. Melt the butter, then add the zucchini, sugar, and cinnamon. Cook, stirring often, for 4-5 minutes until the zucchini just looks like it's getting translucent around the edges. Drain and let sit until the crust is done.
4. Make the topping while the zucchini is cooking: you can use the same bowl you used for the crust. Use a stand or a hand mixer to cream the butter and sugar. Add the flour, oats, and salt and mix slowly until crumbly.
5. Right before the crust comes out of the oven, drain the zucchini again. Remove the hot crust from the oven. Sprinkle the zucchini carefully on top (make sure they are well drained first - do not add any of the extra liquid!), then sprinkle with the topping. Bake for an additional 25-30 minutes, until the top starts to get golden brown.
6. Cool completely in pan before slicing into bars and serving. Serve with caramel sauce and/or ice cream or whipped cream.
7. Store bars in the refrigerator in an airtight container for up to 3 days, or freeze them for up to one month.

**We hope you enjoy Mule Chow!**



**Thank you from the MSB Mules!**