

## PASTA LAYERED WITH VEGGIES

1 lb. spinach or Asian greens, sautéed to wilt  
1 lb. king, enoki, or shiitake mushrooms, sautéed till golden  
1 1/2 lbs. red sweet potatoes - about 3 medium  
16 oz. Cavatappi pasta, cooked 2 minutes less than given  
Sauce:

1/2 c butter  
1/2 c flour  
1/2 c milk

8 oz. gouda, cheddar, or monterey jack grated  
S + P

Rinse sweet potatoes leaving moist. Wrap in towel.  
Microwave 2-3 minutes until almost tender, cool. Peel.  
Slice into 3 long slices. Sauté over medium until golden  
crisp. Cool. Dice into 1/4 inch pieces. Reserve.

Melt butter, add flour stirring evenly into butter.  
Slowly add milk whisking until combined & thickened.  
Add cheese stirring until melted.

Butter 9x/2 Casserole. Add a few spoonfuls of  
sauce. Top with 1/4 of the pasta and spinach. Continue  
layering sauce, pasta, veggies. Finish with pasta.  
Bake 350° 40-50 minutes until bubbly and crisp  
on the edges. Top with more cheese to serve  
if desired.

## Amish Green Tomato Crisp (or Pie)

L. Hoffman  
11-5-25

Use your favorite recipe for apple  
crisp (or pie). Substitute equal  
amounts of sliced or cubed green  
tomatoes for the apples. An open  
face/crumble topping works best for a  
pie.

# Baked Beans (with Butter Beans)

## Beans:

- One 15-16 oz Can
- Green Beans
- Wax Beans
- Butter Beans
- Kidney Beans
- 2 cans Pork + Beans

## Sauce:

- 1 Can (15oz) Tomato Soup
  - 1 1/2 C brown sugar
  - 1 medium onion
- Mix together

## Also:

- 1 lb. bulk pork sausage - Browned + Drain
- About 1 lb. sliced smoked sausage - Browned

## Mix:

- Mix together: Beans, Sausages, + Sauce
- Add to Crock Pot

Cook on High - 3 hours

# Ground Beef-Stuffed Kabocha Squash

Peggy  
★★★★★  
5 from 1 vote

This ground beef-stuffed kabocha squash is a fun shelter-at-home comfort-food recipe. It's a tasty way to dress up ground beef, even for Mother's Day!

- Course Main Dish
- Cuisine American
- Keyword beef-stuffed kabocha, gluten-free dinner, ground beef, stuffed kabocha, stuffed squash

Prep Time 20 minutes  
Cook Time 40 minutes

Servings 6 servings  
Author Beth

## Ingredients

- 3 small 4-5 inch kabocha squash (or acorn)
- 2 tablespoons of extra virgin olive oil
- 1 onion diced
- 3 garlic cloves minced
- 4 ounces cremini mushrooms chopped
- 1 pound ground beef
- 1 large tomato chopped
- ½ teaspoon dried herbes de provence or oregano
- 1 teaspoon ~~dried sage~~ or thyme
- ½ teaspoon smoked paprika
- 2 cups cooked rice *or quinoa*
- 1 cup chopped parsley save some for garnish
- ¾ teaspoon salt or to taste
- ¼ teaspoon freshly ground pepper
- 5 ounces of cheese grated, optional

## Instructions

1. Preheat the oven to 400 degrees F/200 degrees C.
2. Cut the kabocha squash into halves and remove their seeds with a spoon. Sprinkle liberally with salt and pepper.
3. Line a baking tray with parchment paper and lay the squash halves cut side down on it. Roast for 25 minutes or until the kabocha squash feel soft, but not mushy, when poked with a fork. Turn down the oven to 350 degrees F.
4. Meanwhile, heat about 2 tablespoons of olive oil in a skillet.
5. Add the onion, garlic, and mushrooms. Cook until the onion softens.
6. Add the ground beef and cook it until all traces of pink are gone, stirring often.

7. Add the tomato, dried herbs, smoked paprika, salt, and pepper. Stir and cook further for about 10 minutes, on low-medium heat.
8. Remove the roasted kabocha squash from the oven and scoop out some of their flesh, leaving about a half-inch for the shell. Chop the scooped squash and stir into the beef mixture along with the cooked rice and about  $\frac{3}{4}$  of the parsley.
9. Stuff the squash halves with the beef mixture, mounding it fairly high.
10. Return to the oven and cook for 15 more minutes.
11. Garnish with the remaining parsley and serve!

## Notes

If you eat dairy, top with the cheese right after removing from the oven. The squash will be more than hot enough to melt the cheese.

Submitted by  
Mary Oakley



# Eats

## Dip for Dinner!

This indulgent pasta toss, inspired by classic spinach-artichoke dip, is on the table in less than 30 minutes.

It's from the new cookbook *It's Not Complicated* by TV chef Katie Lee Biegel (of Food Network's *The Kitchen* and Cooking Channel's *Beach Bites*). "This is one of our family favorites," Lee Biegel says. "It looks and tastes like such a decadent dish, but it's really so easy." —Alison Ashton

## Creamy Spinach Artichoke Pasta

Preheat broiler. Bring a large pot of well-salted water to a boil. Add 1 lb rigatoni (or any short pasta); cook until al dente. Reserve 2½ cups pasta water; drain pasta. Combine 1 Tbsp extra-

virgin olive oil and 2 cloves garlic, minced, in a large ovenproof skillet over medium. Cook 1 minute. Add a pinch of crushed red pepper. Stir in 1 (10-oz) pkg frozen chopped spinach, thawed and squeezed dry, and 1 (4-oz) jar artichoke hearts, drained and chopped. Cook 2 minutes; season with ½ tsp dried basil and salt and black pepper to taste. Stir in ¾ cup pasta water. Stir in 4 oz cream cheese, cubed, until it melts. Add pasta and ½ cup pasta water; toss to combine. If too thick, add more pasta water. Turn off heat. Stir in ½ cup grated Parmesan cheese. Top with 1 ½ cups shredded mozzarella cheese. Broil 2–3 minutes or until bubbly and golden brown. Serves 4.



Katie Lee Biegel

## In the Kitchen with Katie

→ **Cooking as a new mom** "I've always enjoyed simpler dishes, and now more than ever," says Lee Biegel, who gave birth to daughter Iris last September. "I've also learned to let my husband, Ryan, cook more. We've really been into sheet-pan dinners lately."

→ **First thing she'll teach** Iris to cook "I can't wait to make biscuits with her. My grandma taught me to make biscuits when I was about 4 years old."

→ **Always in her kitchen** Pasta, butter and lemons are standbys. New favorites include miso, curry paste and tahini. "You can take a vegetable and toss it with any of those three ingredients, and it's going to be completely different in flavor."

Visit [Parade.com/ranch](http://Parade.com/ranch) for Lee Biegel's salad recipe with DIY ranch dressing.

*Made by Sue Pelkine*

## 20-Minute Honey Roasted Parsnips



5 from 13 votes

Lightly sweetened with honey, seasoned with garlic powder and salt, tossed with olive oil and then roasted to perfection in about 20 minutes, these **Honey Roasted Parsnips** are an amazing veggie side to any dinner.

|           |         |
|-----------|---------|
| Prep Time | 10 mins |
| Cook Time | 20 mins |

Course: Side Dish    Cuisine: American    Diet: Vegetarian    Keyword: honey, parsnips    Servings: 4 servings    Calories: 265kcal    Author: Taesha Butler

### Ingredients

- 2 pounds parsnips
- 2 Tablespoons olive oil
- 2 Tablespoons honey divided
- ¾ teaspoon kosher salt
- Freshly ground black pepper
- ¼ teaspoon garlic powder
- 2 Tablespoons minced fresh parsley or chives

### Instructions

1. Preheat the oven to 400°F. Line a large sheet pan with parchment paper or grease lightly with oil.
2. Peel the parsnips then cut off both ends. Cut the parsnips into 3-inch by ½-inch thick fry-shapes.

If you are using larger parsnips, you might notice a woody core. I suggest cutting that out and discarding before continuing with this recipe. Smaller parsnips do not tend to have this tough core, and thus do not need to have it removed.

3. Place all the cut parsnips onto the center of the baking sheet. Drizzle with 2 tablespoons of olive oil and 1 ½ tablespoons of honey then sprinkle with the salt, a few grinds of fresh pepper, and the garlic powder. Toss everything together with your hands or tongs then spread the parsnips into a single layer on the baking sheet, being sure not to crowd. This is important in achieving the roasted, caramelized flavor. Crowded + layered parsnips will steam from the moisture released from one another vs. roast.
4. Roast the parsnips until nicely caramelized and fork tender, about 20-25 minutes.

5. Pile the parsnips onto a serving platter then drizzle with the remaining honey. Sprinkle with an additional big pinch of coarse salt and then the minced fresh herbs.

**Notes**

Have carrots? You can make this dish using parsnips and carrots. Just be sure to cut them the same size so they cook evenly.

Want to add a little extra flavor? Try adding the zest of ½ an orange to the parsnips before baking, then squeezing the juice over top after roasting.

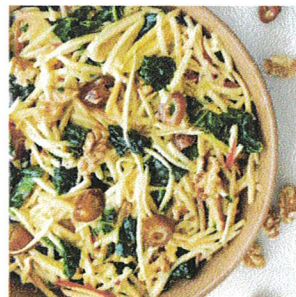
**Nutrition**

Calories: 265kcal | Carbohydrates: 50g | Protein: 3g | Fat: 8g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Sodium: 461mg | Potassium: 869mg | Fiber: 11g | Sugar: 20g | Vitamin A: 168IU | Vitamin C: 41mg | Calcium: 86mg | Iron: 2mg

# Raw Rutabaga Salad with Apples

★★★★★

A crunchy raw salad with earthy flavors and a sweet honey vinaigrette!



Course

Salad, Side Dish

Cuisine

American, Swedish

Prep Time

15 minutes

Cook Time

0 minutes

Total Time

15 minutes

Servings

4 cups

Calories

350kcal

Author

Lizzie Streit, MS, RDN

## Ingredients

- 1 rutabaga trimmed and peeled
- 2 small apples or 1 large apple
- 1 cup finely chopped kale
- ½ cup chopped walnuts
- 5 pitted dates sliced; more to taste

## For the dressing

- ¼ cup olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon honey
- 2 teaspoon dijon mustard

## Instructions

1. Prepare the rutabaga and apples by slicing them into matchsticks with a knife or by using a julienne peeler. You can also grate the rutabaga and apples with a hand or box grater. I prefer to peel the rutabaga but keep the peels on the apples. Combine the slices with the finely chopped kale in a large bowl. Add the walnuts and dates.
2. In a separate bowl, combine the ingredients for the dressing and whisk until smooth. Pour over the salad ingredients and toss until coated.
3. Enjoy chilled for about 20 minutes or at room temperature!

## Notes

- This dish is best served right away or chilled for a short time period (~20 minutes), since the apple can start to brown after a while.
- Store leftovers in an airtight container for up to 3 days.
- Feel free to substitute other dried fruit for the dates, such as dried apricots, or other nuts for the walnuts, like pecans or pistachios.

made by  
Shana Cook

rots, olives and tomatoes in large bowl. Set aside. Heat thoroughly vinegar, oil, Accent, dill, salts, and pepper for dressing. Cool. Pour over vegetables. Marinate at least 24 hours and refrigerate up to a week, adding new vegetables at anytime.

*\*Yum!*

*Cindy Wehrle*

## **CHINESE SALAD**

*Lou Anna Hanshumaker  
Delphos Green Thumb GC*

1/2 c. white sugar  
1/4 c. white vinegar  
2 T. soy sauce  
3/4 c. oil  
2 pkgs. Ramen noodles

1 1/2 c. sliced almonds  
2 T. sesame seeds  
1/4 c. margarine  
2 lbs. bok choy  
2 bunches green onions, use all

**For dressing:** Combine sugar, vinegar, and soy sauce. Bring to a boil and boil for 1 minutes. Add oil when above combination has cooled. Set aside. Crush the Ramen noodles into small pieces. In a skillet brown the almonds, noodles, and sesame seeds in the margarine. Let cool. Clean the bok choy and break into bite-size pieces. Drain well. Slice green onions in small pieces. Combine noodles and vegetable mixtures. When ready to serve, add the dressing.

*The hand that's dirty with honest labor is fit to shake with any neighbor.*

## Pumpkin Crunch Cake

Ingredients:

- 1 box yellow cake mix
- 1 can (15 oz) pumpkin puree
- 1 can (12 oz) evaporated milk
- 3 large eggs
- 1 1/2 cups sugar
- 1 tsp. cinnamon
- 1/2 tsp. salt
- 1 1/2 cups chopped pecans (the original recipe called for 1/2 cup)
- 1 cup butter, melted

Heat oven to 350 degrees. Grease bottom of 9 x 13" pan. Mix pumpkin, milk, eggs, sugar, cinnamon, and salt. Pour mixture into greased pan. Sprinkle dry cake mix over pumpkin mixture and top with pecans. Drizzle melted butter over pecans. Bake 50-55 minutes.



Lauren + Becky Kuhn