

Krazy Kitchen: Fall Foods

Cheddar Jalapeno Biscuits



Ingredients

- 1 + 1/2 cups all-purpose flour
- 2 teaspoons double-acting baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 4 tablespoons cold unsalted butter, cut into small cubes
- 1 + 1/2 cups shredded sharp cheddar
- 1/3 cup chopped pickled jalapenos
- 1 cup sour cream
- 1 tablespoon heavy cream or half & half
- 1 tablespoon melted butter, for brushing over tops

Directions

1. Preheat oven to 425 degrees F. Line a large baking sheet with parchment paper.
2. To a large bowl add the flour, baking powder, baking soda and salt. Whisk well.
3. Add the butter cubes and toss them to coat with flour. Use a fork to work it into the flour until it's crumbly but not fully combined.
4. Stir in the cheese then the jalapenos.
5. Make a well in the center and add the sour cream and heavy cream. Stir to combine, it will be thick and crumbly.
6. Dump it out onto a floured work surface and knead 6 or 7 times until the dough comes together. Pat the dough into a circle and then roll it out with a floured rolling pin to a little bit more than 1/2-inch thick. Use a 2 + 1/2-inch biscuit cutter to cut into circles.
7. Place them on the parchment 1-2 inches apart. Brush the tops with melted butter and bake until golden brown and puffy 13 - 16 minutes. Best served fresh and hot.

Zucchini Soup



Ingredients

- 1 onion, chopped
- 1 Tablespoon Butter
- 3-4 medium zucchinis, chopped (*or 3/4 of a HUGE one*)
- 1 garlic clove, minced
- 1 teaspoon of dried thyme
- 3-4 cups of chicken broth
- Greek yogurt or sour cream

Directions

1. Heat the butter until melted in a medium sized soup pot. Add onions and season with salt.
2. Add the garlic and cook for a few minutes more. Add in the thyme and zucchini, cook for an additional 3-4 minutes, then fill the pot with the chicken broth and cover. Let the broth come to a boil and then simmer until the zucchini is soft (about 15 minutes).
3. Use an immersion blender to make the soup into a smooth consistency.
4. Once the soup is smooth serve with a dollop of Greek yogurt or sour cream as garnish.

Crockpot Cranberry Dijon Pork Tenderloin (Freezer Meal)



Ingredients

- 1 can of whole cranberry sauce (not jellied)
- 1 package of onion soup mix
- 1 (3-4lb) raw pork tenderloin (or pork roast)
- 2 Tablespoons Dijon mustard

Directions

To assemble: Label the Ziploc bag. Combine all ingredients in the bag and freeze.

To reheat: Thaw overnight in the fridge. The next morning, pour into your crockpot and cook on low for 8-10 hours. No extra liquid is needed.

Stovetop Spaghetti Squash



Ingredients

- 1 small spaghetti squash (about 3-4 pounds)
- 2 tablespoons butter
- 2 cloves garlic, finely minced
- 1/4 cup finely minced parsley
- 1/2 teaspoon salt (or to taste)
- 1/4 cup shredded parmesan cheese

Directions

1. Preheat oven to 375 degrees F. Pierce squash a few times with sharp paring knife (to let steam escape). Bake spaghetti squash for 60 minutes, or until a paring knife pierces easily through skin with little resistance. Let squash cool for 10 minutes.
2. Cut squash in half, lengthwise. Use a fork to remove and discard the seeds. Continue using fork to scrape the squash to get long strands. If the squash seem difficult to scrape, return the squash to bake for an additional 10 minutes.
3. Heat a large sauté pan with the butter and the garlic over medium-low heat. When garlic becomes fragrant, add parsley, salt and spaghetti squash strands. Toss well, sprinkle in the parmesan cheese and taste to see if you need additional salt. The spaghetti squash should have a slight crunch (i.e. not mushy) - but if you like it softer, cover the pan and cook 2 more minutes.

Autumn Lasagna



Ingredients

- Olive oil for drizzling
- 1 ¼ lb. ground turkey
- ½ teaspoon Italian seasoning
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 clove garlic, finely minced
- 9 lasagna noodles, cooked
- Creamy Butternut Squash and Roasted Garlic Sauce (recipe below)
- 3 cups fresh, baby spinach leaves
- 4 cups shredded mozzarella cheese

Directions

1. Preheat the oven to 375 degrees F and have a 9"x13" baking dish on hand.
2. Place a large, non-stick sauté pan over medium-high heat, and add about 2 tablespoons of olive to the pan; once the oil gets hot, add the ground turkey into the pan, and break up the meat with a spatula or spoon; next, add in the Italian seasoning, the salt, pepper and the garlic, and stir to incorporate; cook the turkey for a few minutes until cooked through and no longer pink. Add to butternut squash sauce.
3. To assemble the lasagna, begin by adding about 1 cup of the Butternut Squash Sauce to the bottom of the baking dish; next, add 3 of the cooked lasagna noodles over the sauce, and then add another 2 cups of the sauce over top of the noodles followed by 1.5 cups of the baby spinach leaves, sprinkle over about 1 cup worth of the mozzarella cheese. Repeat the layering process by once again.
4. Finish the lasagna by adding the remaining 3 lasagna noodles, and the remaining sauce over top; smooth out the sauce over the noodles, and finish the by sprinkling the remaining 2 cups of mozzarella cheese over the top.
5. Place the lasagna into the oven to bake for about 25-30 minutes, or until the cheese is melted and lightly golden; serve while hot.

Creamy, Butternut Squash and Roasted Garlic Sauce ingredients:

- 3 heads garlic, tops cut off
- Olive oil for drizzling
- 3 teaspoons salt, plus a pinch, divided use
- 1 medium butternut squash, peeled and cubed (about 3-4 lbs)
- 1 teaspoon Italian seasoning
- 1 teaspoon basil
- ½ teaspoon black pepper
- 1 cup chicken stock
- 2 cups half and half (for a lower fat version use 2 cups of evaporated milk)
- 4 ounces (about ½ cup) mascarpone cheese
- ¼ cup grated Parmesan cheese
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(*This sauce can be made ahead if desired, and kept refrigerated.)

Directions

1. Preheat the oven to 400 degrees F, and line a baking sheet with parchment paper or foil.
2. Drizzle a little olive oil over the 3 heads of garlic, and sprinkle a couple of pinches of salt over top; wrap each head of garlic tightly in foil, and place the heads directly onto the rack of the oven.
3. Once the garlic heads have roasted for about 10 minutes, toss together the cubed butternut squash with about 3 tablespoons of olive oil, 1 teaspoon of the salt, and the black pepper; turn the squash out onto the lined baking sheet, and place it into the oven. Bake for about 35minutes or until tender.
4. Once slightly cooled, squeeze the cloves of garlic from the whole heads, and add the squash to a pot. Add the stock, spices, and cream and puree until smooth.
5. Add cheese and mix until combined.

Apple Snickers Trifle



Ingredients

- 2, 8 oz. packages cream cheese, softened
- 2 cups icing sugar
- 1 tablespoon vanilla extract
- 4 cups whipping cream
- 6 cups chopped, Granny Smith Apples (about 6-7 apples, plus a few for garnish)
- 10 Regular-Size Snickers, chopped (freeze unwrapped bars in a large plastic Ziploc bag and mash with rolling pin)
- Caramel Sauce

Directions

1. In the bowl of an electric mixer, beat the cream cheese until smooth. On low speed, gradually beat in the powdered sugar and then the vanilla. Fold in the whipped cream.
2. Stir in the chopped apples, reserving a few for garnish.
3. Stir in 1½ cups of the crushed Snickers. Spoon ⅓ of the mixture into a trifle dish.
4. Sprinkle half of the remaining Snickers onto the mixture.
5. Spoon another ⅓ of the mixture into the trifle dish and the remaining half of the Snickers (save a ½ c. or so for garnish).
6. Spoon the remaining mixture into the trifle dish and garnish with chopped apples, Snickers and caramel sauce. Chill in refrigerator until ready to serve (it will probably get a bit runny the next day so recommend making and serving it the same day).

Pumpkin Crumble Squares



Ingredients

Crumble:

1 1/4 cups all-purpose flour
1 1/4 cups quick oats (old fashioned works too)
1/2 tsp salt
1/2 tsp baking soda
1/2 cup granulated sugar
1/2 cup packed light-brown sugar
3/4 cup unsalted butter, melted
1 tsp vanilla extract

Pumpkin Pie Filling:

1/4 cup granulated sugar
1/4 cup packed-light brown sugar
1 tsp cinnamon
1/2 tsp nutmeg
1/4 tsp ginger
1 pinch ground cloves
1/4 tsp salt
1 large egg
1 large egg yolk
1/2 tsp vanilla extract
1 1/4 cups canned pureed pumpkin
1/3 cup evaporated milk or half and half
Whipped cream and cinnamon, for serving (optional)

Directions

1. Preheat oven to 350 degrees. In a mixing bowl, whisk together flour, oats, salt and baking soda.
2. In a microwave safe bowl, melt butter and add in 1/2 cup granulated sugar and 1/2 cup brown sugar and vanilla; mix until no clumps remain.
3. Gently press ***half*** of the mixture into a greased 8 by 8-inch baking dish and bake in preheated oven for 15 minutes.
4. Meanwhile in a mixing bowl, whisk together 1/4 cup granulated sugar, 1/4 cup brown sugar, cinnamon, nutmeg, ginger, cloves and salt. Add in egg, egg yolk and vanilla and stir until blended. Mix in pumpkin then milk. Pour mixture over baked cookie portion and return to oven to bake 15 minutes, then remove from oven and sprinkle remaining cookie crumb mixture over top while breaking the crumb into small bits.
5. Increase baking temperature to 375 degrees F and return to oven to bake about 20 - 25 minutes longer until golden on top and center only jiggles slightly.
6. Remove from oven and allow to cool 1 hour at room temperature, then transfer to refrigerator to cool 1 hour longer (or serve warm from the oven like a crumble with ice cream). Cut into squares and serve with sweetened whipped cream and a light dusting of cinnamon if desired.