

Soup/Salad

Chopped Winner

Asian-Inspired Crunchy Rainbow Salad

by Emma Witwer
ProjectSHARE

Ingredients:

Dressing

- 1 tsp minced ginger
- ¼ cup natural peanut butter
- 1 tbsp reduced sodium soy sauce
- ¼ cup hot water

Salad

- 1 bag coleslaw mix
- 3 green onions, chopped
- ½ cup butternut squash, grated
- ½ large red bell pepper, diced
- ½ can of (15 oz) black beans rinsed, drained
- ½ can of (15 oz) garbanzo beans rinsed, drained
- 1 (3 oz) pack dry ramen noodles crushed, without seasoning

Optional

- ¼ cup sunflower seeds

Directions:

Make the peanut sauce by whisking together the minced ginger, natural peanut butter, reduced sodium soy sauce and hot water. Set aside. In a large bowl, combine the coleslaw, chopped green onions, grated butternut squash, diced bell pepper, beans and crushed ramen noodles (and sunflower seeds, if including). Drizzle the peanut sauce over salad, and toss well until all ingredients are covered. Cover bowl, and refrigerate for 1 hour.



Soup/Salad

Chopped Runner Up

Spring Minestrone Soup

by Maryann Combs
The New Love Center Café

Ingredients:

- ¼ cup olive oil
- 3 tbsp chopped garlic
- 1 medium onion, diced
- 2 stalks celery, diced
- 1 green pepper, diced
- 2 medium carrots, diced small
- ½ head of cabbage, chopped
- 2 each of yellow squash and zucchini
- 2 cans of diced tomatoes
- 1 cup tomato juice
- 1 qt. chicken stock
- 1 can garbanzo beans, drained
- 1 can cannoli beans, drained
- 1 can pinto beans, drained
- 1 cup ditalini pasta

Directions:

Sauté garlic and olive oil in large pot for 3 minutes. Add green pepper, onion, celery, carrots, cabbage and squash and saute for additional 5 minutes. Add diced tomatoes, tomato juice, chicken stock and beans and bring to a simmer for approximately 10 minutes. Add pasta and cook until tender. Salt and pepper to taste. Serve & enjoy!



Soup/Salad

Chicken and Black Bean Soup

by Meghan Zook

The Salvation Army Harrisburg



Ingredients:

- ½ pound boneless, skinless chicken breasts, cut into 1-inch cubes
- 2 cans (14 ½ oz each) reduced-sodium chicken broth, divided
- 2 cups frozen corn
- 1 can (15 oz) black beans, rinsed and drained
- 1 can (10 oz) diced tomatoes and green chilies, do not drain
- 1 jalapeño pepper, seeded and chopped
- 2 tbsp minced fresh cilantro
- 3 tsp chili powder
- ½ tsp ground cumin
- 1 tbsp cornstarch
- 18 tortilla chips
- shredded reduced-fat Mexican cheese blend, optional

Directions:

Place a large nonstick saucepan coated with cooking spray over medium heat. Add chicken; cook and stir 4 to 6 minutes or until no longer pink. Reserve 2 tbsp broth; add remaining broth to pan. Stir in corn, beans, tomatoes, jalapeño, cilantro, chili powder and cumin. Bring to a boil. Reduce heat; simmer, uncovered, 15 minutes. Mix cornstarch with reserved broth until smooth; gradually stir into soup. Bring to a boil; cook and stir 2 minutes or until thickened. Top servings with crushed chips and, if desired, cheese.

Soup/Salad

Mandarin Orange/ Radish Salad with Roasted Garbanzo Beans

by Tamera Geesey
WELL

Ingredients:

- 1 package of spring mix greens
- 1 can mandarin oranges
- 3 radishes, thinly sliced
- 4 mandarin oranges
- 2 tbsp balsamic vinegar
- 2 tbsp extra virgin olive oil
- roasted garbanzo beans
roast, dried/skinned garbanzo beans in 350° F oven with olive oil for 20 minutes
- salt and pepper to taste

Directions:

Arrange salad greens on serving platter. Drain can of mandarin oranges and scatter over salad greens. Slice radishes thinly and arrange on salad. Scatter roasted garbanzo beans over salad. Whisk together juice from 4 mandarin oranges with balsamic vinegar and olive oil, salt and pepper. Drizzle dressing over salad.



Soup/Salad

Savory Butternut Squash and Bean Soup

by Joy Olcott

Loft Community Partnership



Ingredients:

- 2 ½ pounds butternut squash
- 4 cups chicken stock
- 3 cups water
- 4 tbsp butter, divided
- 1 medium onion, chopped
- 8 oz. boneless ham steak, chopped
- 1 tbsp Italian seasoning
- 2 (15.5 oz) cans low-salt pinto beans

Directions:

Cut the squash into two sections between the bulb and neck. Using a vegetable peeler, remove skin and fibrous threads from both sections of squash. Set the neck end aside. Cut the round bulb in half lengthwise. Scoop out and discard seeds. Cut each half into 4 wedges. Add the squash wedges, broth, water and 2 tbsp butter to a medium saucepan and bring to a boil. Reduce heat to medium, partially cover and simmer until squash is tender and begins to fall apart, about 20 minutes. Remove from heat. Set aside. While broth cooks, cut the squash neck into half inch cubes. Heat the remaining 2 tbsp of butter in a large pot over medium heat until melted. Add the chopped onions and ham cubes. Cook stirring occasionally until onions are softened and ham starts to brown, about 5 minutes. Add squash cubes and Italian seasoning, stirring to combine. Cook another 5 minutes, stirring occasionally. Pour most of the most of squash broth into ham and squash pot, stirring to combine and scrapping up any browned bits in the bottom of pan. Using a potato masher or fork, mash squash wedges until completely broken down. Add to the soup. Add beans and their liquid; stir to combine. Partially cover, and cook, stirring occasionally until squash is tender, about 10 minutes. Salt and pepper to taste.



Soup/Salad

Stuffed Zucchini Soup

by Darlene Colon and
Captain Michael Buzzard
Lancaster Salvation Army



Ingredients:

- 2 (24 oz) jars traditional pasta sauce
- 36 oz. beef broth
- 1 onion, diced
- 2 tbsp minced garlic
- 4 to 6 medium size zucchini, rustic chopped
- 2 lbs ground pork sausage
- Italian seasoning
- parsley
- paprika
- salt
- pepper



Directions:

Add all ingredients to crockpot. Cook on low 4 - 8 hours. Serve over rice topped with shredded cheese of choosing.

Main Entrée

Chopped Winner

Crustless Zucchini Quiche

by Lori Shienvold
HANNA's Pantry

Ingredients:

- 4 eggs
- 1 cup of cooked, chopped ham steak
(or other cooked breakfast meat like bacon or sausage)
- 1 cup of black beans, rinsed and drained
- 4 cups grated or finely diced zucchini
(leave the skin on)
- 1 medium onion, grated or diced
- 1 cup grated, shredded or diced cheese
(monterey jack, cheddar, Swiss or any other cheese)
- 1 cup Bisquick or other baking mix
- ¼ cup vegetable oil, plus a little more to grease the pan
(or melted butter)
- 1 tsp salt
- Optional: 1 tsp garlic powder, parsley, and/or basil



Directions:

Pre-heat the oven to 350° F. Beat the eggs in a large bowl. If adding any of the optional spices (garlic powder, parsley, basil) add them in with the eggs. Add the oil to the eggs and mix well. Add the ham, black beans, zucchini, onion, and cheese to the egg mixture. Mix well after each ingredient is added. Add the Bisquick (or baking mix) and mix until all the ingredients are combined evenly. Coat the bottom of an 9 x 11 oven safe baking dish or foil pan with a small amount of oil (or butter) to keep the quiche from sticking to the bottom of the pan. Pour the mixture into the baking dish/pan. Bake 1 hour or until the top is golden brown and the quiche is firm. Let rest for 15 minutes, then cut and serve with a salad or fruit to make a complete meal!

Other ways to enjoy:

Put the mixture into muffin tins instead of a baking dish and bake for 30 - 45 minutes. The quiche can then be eaten on the go!

Microwave baking option:

After everything is mixed well, pour into a microwave safe baking dish and cook for 5 minutes on high. Stir the outside edge of the egg mixture into the center of the dish to combine. Return to the microwave for another 5 minutes or until the mixture is firm. Let rest for 10 minutes, then cut and serve!

Main Entrée

Chopped Runner Up

Spaghetti Squash Burrito Bowls

by Darlene Colon and
Captain Michael Buzzard
Lancaster Salvation Army

Ingredients:

For The Spaghetti Squash:

- 1 small spaghetti squash
- ½ teaspoon olive oil
- salt and black pepper

For The Filling (most items in Food Bank):

- 1 to 2 tsp olive oil
- 1 small zucchini, diced
- ½ bell pepper, diced
- ¼ red onion, diced
- ½ teaspoon dried oregano
- salt and black pepper
- ¾ cup cooked black beans, drained and rinsed if using canned
- ½ cup corn kernels, drained well if using canned
- ½ cup salsa
- 2 oz. cheese, shredded and divided
- 1 cup cooked, diced ham

Directions:

Cook The Squash:

Preheat oven to 425° F. If using a toaster oven, select the "BAKE" setting and use the bottom rack placement. Lightly oil a baking sheet or line with a silicone baking mat. Use a sharp knife to carefully stab the squash a few times on each side, then microwave 4 to 5 minutes. Watching out for steam, slice the squash in half and scoop out the seeds. Rub each half with oil and season well with salt and black pepper. Place squash on the pan and cook until fork-tender, about 30 to 45 minutes, depending on the size of your squash. Remove squash from the oven and cool for at least 5 minutes. Then, scrape a fork along the flesh to create spaghetti-like strands (leave a little behind to keep the "bowl" intact for stuffing later).

Prepare Filling:

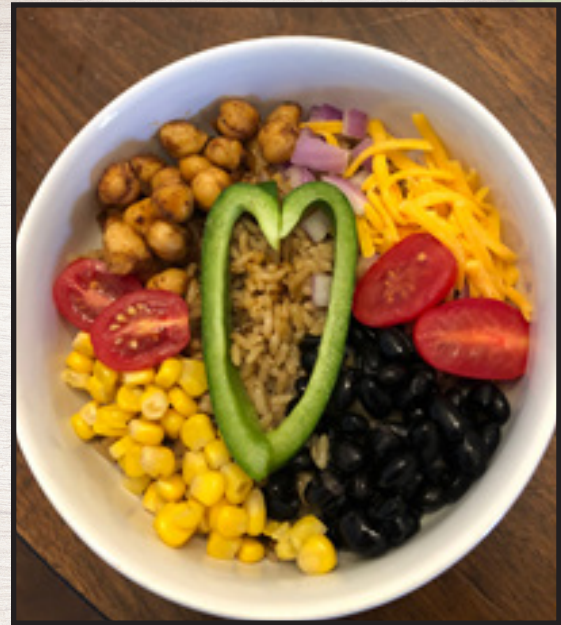
While the squash cooks, heat olive oil in a skillet over medium heat. Add the onion, zucchini, bell pepper, cumin, oregano, salt and pepper. Cook, stirring frequently until the vegetables have softened, about 8 to 10 minutes. Add ham to mixture until slightly browned. Remove skillet from heat, add black beans, corn, and salsa. Stir well, taste, and adjust seasoning as desired. Add entire mixture to the squash bowl, sprinkle cheese on top and bake for 15 minutes. Serve Warm!



Main Entrée

Taco Bowl with Beans

by Liz Donaldson
Anchor Lancaster



Ingredients:

- 2 tbsp oil
- ½ cup chopped onions
- ½ tsp chili powder
- ½ tsp cumin
- 1 can garbanzo beans
- 1 can black beans
- rice, prepared according to package
- vegetables to liking

Directions:

Prepare rice according to package directions. Add oil and onions to a frying pan, and cook until onions start to become transparent. Add chili powder, cumin, and both types of beans and cook until mixture is hot. Put rice into a bowl and put bean and onion mixture on top. Leave the remaining oil in the pan to drizzle on the top. Add other vegetables to your liking. I like to add peppers, corn, and tomatoes! (Canned is fine!) Drizzle remaining sauce on top. Mix together and enjoy!

Main Entrée

Apple-Topped Ham Steaks

by Meghan Zook

The Salvation Army Harrisburg



Ingredients:

- 4 fully cooked boneless ham steaks (8 oz. each)
- 1 cup chopped onion
- 3 cups apple juice
- 2 tsp Dijon mustard
- 2 medium green apples, thinly sliced
- 2 medium red apples, thinly sliced
- 2 tbsp cornstarch
- ¼ cup cold water
- 1 tbsp minced fresh sage or 1 tsp dry rubbed sage
- ¼ tsp pepper

Directions:

In a large skillet coated with cooking spray, brown ham steaks in batches over medium heat; remove and keep warm. In same skillet, sauté onion until tender. Stir in apple juice and mustard; bring to a boil. Add apples. Reduce heat; cover and simmer for 4 minutes or until apples are tender. Combine cornstarch and water until smooth; stir into apple juice mixture. Bring to a boil; cook and stir for 2 minutes. Stir in sage and pepper. Return steaks to skillet; heat through.

Main Entrée

Spaghetti Squash Ham Carbonara

by Amy Denninger
Lifepath York

Ingredients:

- 1 spaghetti squash
- 4 oz. diced ham steak
- 6 tbsp olive oil
- salt and pepper to taste
- 4 egg yolks
- ½ cup hot water
- ½ cup parmesan cheese

Directions:

Microwave squash about 10 minutes. While that is cooking, sauté ham in 1 tbsp olive oil. Place eggs in medium bowl and slowly whisk in hot water, then whisk in cheese, remaining oil, and pepper. Scrape flesh of squash and toss with ham, pour sauce over top and gently mix. Sprinkle with additional parmesan cheese.



Main Entrée

Ham/Squash Stir Fry

by Tamera Geesey

WELL



Ingredients:

- 1 ham steak, cut into thin bite-sized pieces
- 1 roasted acorn squash roast in 350° F oven for 20 minutes with olive oil
- 1 can pineapple, drained (reserve juice)
- 1 red pepper, sliced into thin strips
- sugar snap peas

Directions:

Heat butter and olive oil in saute pan. Sauté pineapple, red pepper, and peas until peppers are tender. Sprinkle with remaining brown sugar and add $\frac{1}{3}$ cup of reserved pineapple juice. Add cooked squash and ham to heat through. Serve over cooked rice.



Main Entrée

Stuffed Sausage and Pepper Casserole over Red Beans and Rice

by Corrie Lingenfelter
Downtown Daily Bread

Ingredients:

Stuffed Sausage and Pepper Casserole

- 1 or 2 packages of sweet sausage, cut in slices
- 1 or 2 onions, diced
- 3 green peppers, diced
- garlic and seasonings to taste
- 2 cans (15 oz) diced tomatoes
- 2 green squash, diced
- 2 tbsp olive oil

Red Beans and Rice

- 1 can kidney beans
- 1 cup par boiled rice
- 2 cups water
- seasonings (salt pepper garlic)
- 2 tbsp butter



Main Entrée

Ham and Bean Hash

by Karla Sexton

River Valley Health & Dental

Kitchen Hack

- use Ore Ida Sweet Potato Crinkle Fries for crunch element
- prepare frozen fries in toaster oven
- cut fries in small pieces after baked or fried to top dish



Ingredients:

- ham slice (1/2) cut in small chunks
- 1/2 cup diced onion
- 1/2 tsp cumin



Directions:

Sauté onion in cumin, then and add ham. Then add the following: 1/2 cup pinto beans, 1 tsp black pepper and garlic seasoning (additional to taste), 1/4 cup pineapple chunks. Add pineapple juice (from can) if extra moisture is needed when simmering ingredients. Simmer 10 to 15 minutes until flavors combine. Top with crinkle sweet potato fries.

Main Entrée

One Pan Taco Chicken Macaroni and Cheese

by Melissa Edmonds
STEP Head Start

Ingredients:

- 1 box Kraft Macaroni & Cheese Deluxe (14 oz box)
- 1 (15 oz) can black beans
- 1 (15 oz) jar of salsa
- 1 packet of Taco seasoning
- 1 (12.5 oz) can chicken
- 1 cup of corn
- 1 cup of shredded cheese

Directions:

Follow directions on Kraft Macaroni & Cheese box to make macaroni and cheese. While noodles are boiling, rinse beans and drain chicken and corn. On low heat, mix the boxed cheese sauce into the cooked pasta. Add one packet of taco seasoning, can of chicken, corn, and whole can of black beans, and mix well. Stir one cup of salsa to mixture. Add 1 cup of cheese. Mix well until cheese is melted. ENJOY.



Main Entrée

Simple Bacon Bean Burgers

by Emma Witwer
ProjectSHARE

Ingredients:

- 1 (15 oz) can pinto beans
- 1 (15 oz) can other bean of choice
- black beans, kidney beans, white beans, etc.
- 1 cup dried breadcrumbs
- 2 large eggs, lightly beaten
- ½ tsp garlic powder
- 1 tsp coarsely ground black pepper
- 6 ounces ham steak
- 3 tbsp oil for frying
- 6 hamburger buns



Toppings:

- ½ red onion, sliced
- ½ large tomato, sliced
- 1 cup leafy green of choice
- ketchup and mustard

Directions:

Drain and rinse the can of pinto beans, reserving the liquid from the can. Set the reserved liquid aside. In a mixing bowl, mash the beans. Drain and rinse the second can of beans (no need to reserve this liquid). Add to the mashed pinto beans, and combine the breadcrumbs, eggs, garlic powder and black pepper. If needed, add ½ tbsp to 1 tbsp of reserved liquid from the pinto beans to the mixture, until it holds together but is not wet. Discard remaining reserved liquid. Divide mixture into 6 patties. Set aside. Using a small knife, thinly slice the ham steak into strips similar to bacon. Cut 12 strips. Heat oil over medium-high heat. Once hot, add the ham strips to pan and cook until crispy golden brown. Place on a paper towel to absorb excess oil. Add more oil to the skillet, if necessary, and using the same skillet cook the burgers. Cook about 3 minutes per side, until the burgers form a crisp brown crust. Time to plate! Place cooked burger patties on the buns, top with crispy ham bacon and other favorite burger toppings. Enjoy!

Main Entrée

Ham and Black Bean Quesadillas

by Darlene Colon and
Captain Michael Buzzard
Lancaster Salvation Army

Ingredients:

- 4 slices deli ham, chopped
- 1 small onion, chopped
- 2 tbsp butter
- 1 packet taco seasoning
- 1/3 cup water
- 1 can black beans, rinsed and drained
- 1 can light kidney beans, rinsed and drained
- 2 cups shredded Monterey Jack cheese
- 2 cups shredded sharp cheddar
- 8 medium size tortillas



Directions:

Melt 1 tbsp of butter in a medium saucepan. Add onion and ham. Cook until onions are translucent. Add taco seasoning and water, mix well. Add black beans, stirring to incorporate ingredients, increase heat to a simmer and cook for 5 minutes. Heat 1 tbsp of butter in large cast iron or fry pan and let melt. Gently place 1 tortilla in pan. Sprinkle cheddar cheese on tortilla - enough to cover to edges. Layer on ham and black bean mixture. Sprinkle layer of Monterey Jack cheese and cover with another tortilla. Cook on low heat until bottom is golden brown. Gently flip quesadilla and continue to cook until cheese is melted - about 1 minute. Remove from heat to cutting board. Let rest 1 to 2 minutes then slice. Continue to build and cook other 3 quesadillas. Serve with any of these extras: sour cream, salsa, hot sauce, lime wedges, shredded lettuce or green onions. This recipe makes 4 quesadillas that can serve 4 people as a main dish or up to 8 as a snack or appetizer.

Main Entrée

Southwest Chicken Breast

by Maryann Combs
The New Love Center Café

Ingredients:

- 1 family pack boneless skinless chicken breasts
- 2 bags of frozen southwest vegetables
- 1 jar salsa
- carnita seasoning



Directions :

Cook frozen vegetables and jar of salsa on low until warm, cool. Filet chicken breast and pound to desired thinness. Season chicken breast with carnita seasoning. Stuff chicken breast with southwest vegetables (save some for side dish) and roll. Place in greased baking dish, seam down. Brush tops with juice from the vegetables.

To Serve:

Swirl black bean and chick pea purée on a plate. Place chicken on top of the puree. Add side of southwest vegetables. **The purée recipe can be found in the Side Dish section.**

Additional topping options: El Paso SalsaVerde sauce, sour cream, crushed chili & lime roll up chips.

Enjoy!

Main Entrée

Fiesta Bake

by Jodie Henderson

The Loft Community Partnership



Step 1 To prepare spaghetti squash;

Cut a spaghetti squash in half and remove seeds. Then place on baking sheet cut side down. Add water to cover edge of squash and bake at 400° F for 40 minutes, then allow to cool.

Step 2 Combine canned ingredients and shredded squash in colander (strainer). Drain off liquid into a strainer. Then place in this order: 1 can black beans, 1 can corn, 2 cans mild/regular Rotel tomatoes depending on desired spiciness. Use fork to shred squash into spaghetti strands. Allow moisture to continue to drain for 10 minutes.

Step 3 Combine ingredients in mixing bowl or baking dish. Place all the items from the strainer into a greased (Pam sprayed) 13 x 9 baking dish. Add 1 cup cubed ham, 1 chopped onion, 1½ cups crumbled or shredded cheddar cheese, then 1 chopped jalapeño (optional).

Step 4 To make egg mixture, whisk together 3 eggs, 1 tsp cumin, 1 tsp chili powder, a pinch of cayenne pepper, salt and pepper to taste. Add cilantro to taste (optional).

Step 5 Add egg mixture to casserole mixture. Stir to incorporate egg mixture. Sprinkle ½ cup shredded cheddar cheese over the top of the casserole. Bake 400° F for 30 minutes. (Tastes even better as left overs warmed in microwave.)

Fun idea: Instead of using the 13 x 9 pan, refill the spaghetti squash shells with the mixture and bake as instructed.

Side Dish

Chopped Winner

Zucchini Cheddar Corn Biscuits

by Melissa Edmonds
STEP Head Start



Ingredients:

- 1 zucchini
- 2 ½ cups Bisquick
- ½ cup of cheese
- ½ cup can of corn
- 1 tsp of salt
- 1 tsp of pepper
- 2 cups of milk
- cupcake liners (optional)

Directions:

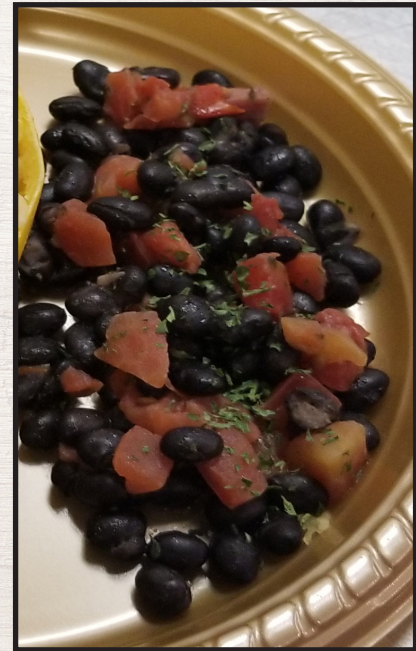
1. Preheat oven to 450° F . Chop up zucchini into fine pieces. Add Bisquick, zucchini, cheese, and corn in bowl. Stir in milk and mix until soft dough forms. Drop mixture by spoonful on an ungreased cookie sheet or you can make muffins in a muffin pan. Put in preheated oven for 8 to 10 minutes or until golden brown. Enjoy.

Side Dish

Chopped Runner Up

Black Bean and Tomato Salsa

by Amy Denninger
Lifepath York



Ingredients:

- 1 can black beans
- 1 can petite diced tomatoes
- ¼ cup diced red onion
- pinch of chopped cilantro
- 3 tbsp olive oil
- 3 tbsp vinegar
- salt and pepper to taste

Directions:

Toss all ingredients together and serve on the side.

Side Dish

Chopped Runner Up

Black Bean Purée and Chick Pea Purée

by Maryann Combs
The New Love Center Café



Black Bean Purée

Ingredients:

- 1 medium red onion
- 1 tbsp garlic
- 1 tbsp cumin
- 1 tsp olive oil
- 1 tbsp fresh cilantro
- 2 cans black beans, drained (save liquid)

Directions:

Sauté onion and garlic in olive oil, add cumin. Add cilantro, black beans, vinegar and pepper and sauté additional 5 minutes. Remove from heat and add to blender. Blend until desired smoothness and consistency, adding liquid from beans as necessary.

Chick Pea Purée

Ingredients:

- 2 tbsp olive oil
- 3 tsp garlic
- 3 cups chick peas, drained (save liquid)
- 1 tsp salt
- 1 tsp paprika
- 1/8 tsp cayenne pepper
- 1 tsp cumin

Directions:

Sauté all ingredients in olive oil for 5 minutes. Remove from heat and add to blender. Blend until desired smoothness and consistency, adding liquid from peas as necessary. Set aside.

Side Dish

Butternut Squash Stuffing

by Meghan Zook

The Salvation Army Harrisburg

Ingredients:

- 1 butternut squash, approx. 4 cups cubed
- 1 tbsp olive oil
- 1 package, Jennie-O Sweet Italian Turkey Sausage
- 1 cup chopped red onion
- 10 cups dried bread cubes, see instructions below
- ¾ cup pecans, chopped
- 2 eggs, beaten
- ½ cup melted butter
- ¼ tsp salt
- ¼ tsp pepper
- ¼ cup fresh sage, finely chopped
- 2 ½ cups chicken broth
- 1 tbsp fresh thyme, for garnish



Directions:

Poke several holes in squash; heat in microwave 5 minutes or in 400° F oven for 15 minutes to soften. Set aside to cool. While squash is cooling, heat olive oil in a large skillet over medium-high heat. Remove sausages from their casing and place in skillet with chopped onions, breaking the sausage apart as it cooks. Cook until sausage is no longer pink. Once squash is cool enough to handle, remove skin and seeds and cut into cubes. Spread squash on a large rimmed baking sheet. Drizzle lightly with olive oil and toss to coat. Spread bread cubes on a separate large rimmed baking sheet. Place both baking sheets in the oven; bake bread cubes 10 minutes and squash 15 - 20 minutes or until tender. Stir both halfway through for even cooking. Remove from oven; reduce oven heat to 350° F. Transfer bread cubes and butternut squash to a large mixing bowl. Add sausage and onion mixture, chopped pecans, beaten eggs, melted butter, salt, pepper, and fresh sage. Slowly add in chicken broth until bread is completely moistened but not soggy. (You may use more or less chicken broth depending on desired consistency.) Transfer stuffing mixture to a greased 9 x13 inch pan. Bake at 350° F for 30 - 45 minutes, until heated through. Sprinkle with fresh thyme before serving.

Side Dish

Mashed Potatoes, Green Beans, Applesauce and Dinner Rolls

by Bonnie Strayer
Bedford Food Outreach

Mashed Potatoes

Use mashed potato flakes and follow the directions. Heat 2 tbsp butter, ½ tsp salt, and ⅓ cups water in microwave for 3 minutes. Remove from microwave. Add ⅓ cup milk. Stir to combine. Using a fork, stir in ½ cups potato flakes until totally mixed, soft, and moist. Makes 4 servings, ½ cup each. I added fresh ground pepper and a touch of salt before serving.

Green Beans

- 1 (15.5 oz) can green beans with juice
- ½ tsp salt
- ½ tsp pepper
- 1 tbsp butter
- 2 tbsp roasted butternut squash
- 2 tbsp roasted acorn squash

Put all in a pan on the stove and bring to a boil. Turn stove to medium and heat for 10-15 minutes. The squash in the beans makes it creamy and flavorful.

Ham

Brown ham in a cast iron skillet (preferred) on the stovetop. Add a tbsp of brown sugar and cover the ham with it. Do not overheat as it is already precooked and will dry out.

Remove from the pan and plate with the mashed potatoes and green beans.



Dinner Rolls

- Preheat oven to 350° F
- 1 cup flour
 - 1 tsp baking soda
 - ½ tsp salt
 - ½ cup milk
 - 2 tbsp mayo

Combine ingredients in a medium sized bowl. Scoop into greased muffin pan. Bake 15 minutes or until lightly browned on top.

Applesauce

- 12 red delicious apples
- 1 tbsp cinnamon

Wash apples - peel, core, cut into slices. Put apples in crock pot and sprinkle with the cinnamon. Cook on high 4 hours. For chunky (as in photo) just stir. For smooth, puree with blender.

Side Dish

Baked Butternut Squash Fries

by Emma Witwer
ProjectSHARE

Ingredients:

- 1 medium butternut squash
- 3 tbsp oil
- sea salt and black pepper, to taste
- optional: spice mixture to flavor
(see spicy and sweet options)

Cajun Fries (Spicy!)

- 1 tbsp paprika
- 1 tsp kosher salt
- 2 tsp garlic powder
- 1 tsp ground black pepper
- 1 tsp onion powder
- 1 tsp dried oregano
- 1 tsp cayenne
- ½ tsp dried thyme

Directions:

Pre-heat oven to 425° F. Wash and peel squash. Spoon out the seeds. Cut squash into fry shapes, and drizzle with oil. Toss fries with your choice of spice mixture. Bake for 20 minutes, flip and bake another 20 minutes or until squash is easily pierced with a fork.



Cinnamon Brown Sugar Fries (Sweet)

- ¼ cup brown sugar
- ½ tablespoon cinnamon

Side Dish

Butternut Squash & Kale Browned Butter Pasta

by Darlene Colon and
Captain Michael Buzzard
Lancaster Salvation Army



Ingredients:

- 3 tbsp butter, divided
- 1 tbsp olive oil
- 1 tsp minced garlic
- ½ medium yellow onion, minced
- ½ of 3-4 lbs. butternut squash, peeled, seeded and cubed
- 1 tsp dried sage divided
- ½ tsp seasoned salt
- black pepper to taste
- one bunch kale (or about 6 oz pre-bagged)
- ¼ tsp crushed red pepper (optional)
- 12 oz box bowtie (farfalle) pasta
- ¼ cup shredded parmesan

Directions:

Boil salted water. Cook pasta al dente according to package directions. Drain, and reserve one cup of pasta water. While pasta cooking, peel and cube squash. Chop garlic and onion. Heat 1 tbsp of the butter along with the olive oil in large skillet for about one minute over medium to high heat. Add onion and saute for one minute. Stir in garlic, add the cubed squash and sprinkle it with season salt, ½ tsp sage and black pepper. Cook squash over medium to high heat for 8 to 9 minutes, stir and turn cubes over until browned and tender. Cut squash and put in separate bowl. Add kale to the same skillet and season it with crushed red pepper if desired. Cook over medium to high heat for about 4 minutes or until dark green and tender. Place the cooked kale in the bowl with the squash. Reduce heat to medium and add 2 tbsp of butter to same skillet. Melt butter, stir constantly until it turns a toasty brown. Stir in sage, then stir in the cooked squash and kale, toss to coat with butter. Add cooked pasta parmesan cheese to the pan and toss to combine pasta and veggies and melt cheese. Or instead of using shredded cheese, sprinkle with grated parmesan cheese. Season with sea salt as desired. You can also make this as a main dish by adding diced ham.

Side Dish

Zucchini Corn Muffins

by Jodie Henderson

The Loft Community Partnership



Ingredients:

- 1 pkg Jiffy corn muffin mix
- 1 egg
- 1 medium size yellow or green zucchini

Directions:

Shred zucchini into a colander (strainer) sprinkle with 1 tsp of salt. Allow to sit for 15 minutes so water can be released. Squeeze as much water out of the zucchini as you can combine zucchini, Jiffy corn muffin mix and 1 egg in mixing bowl. Fill each greased muffin tin $\frac{2}{3}$ full with mixture. Bake 400° F for 17 minutes.

Dessert Chopped Winner

Butternut Squash Chocolate Mug cake

by Amy Denninger
Lifepath York



Ingredients:

- 2 tbsp mashed, cooked, butternut squash
- 2 tbsp flour
- 1 tbsp cocoa
- ¼ tsp baking powder
- ¼ tsp vanilla
- 2 egg whites
- 2 tbsp almond milk

Directions:

Mix all ingredients well. Microwave in a large mug for 2 minutes.

Dessert

Chopped Runner Up

Zucchini/Squash Cake

by Bonnie Strayer
Bedford Food Outreach

Instructions:

Preheat oven to 350° F. Grease a 13" long cake pan.

- 3 large eggs
- 2 cups sugar
- ½ cups grated fresh zucchini - (I used both green zucchini and yellow squash)
- ¼ cup roasted butternut squash
- ¼ cup roasted acorn squash
- 1 cup vegetable oil

Mix the above ingredients well with mixer or by hand (I mixed by hand). Then add the following:

- 1 tsp salt
- ½ tsp baking powder
- 3 tsp cinnamon
- 1 tsp soda
- 3 cups flour

Directions:

Mix until well blended, then add 1 cup coarsely chopped nuts. Pour into the greased pan - bake 50 minutes or until browned on top. Remove from oven. In small bowl, mix 1 cup powdered confectioner's sugar, 1 tsp lemon, 3 - 4 tsp water (enough to make a runny drizzle, not a thick icing). Drizzle over cake while it is hot. Cool. Cut. Enjoy.



Dessert

Vegan Meringues

by Meghan Zook

The Salvation Army Harrisburg

Ingredients:

- liquid from one (15 oz) can of chickpeas (about $\frac{3}{4}$ cup)
- 2 or 3 tsp vanilla extract
- 1 cup sugar



Directions:

Preheat the oven to 250° F. Line two baking sheets with parchment paper or a non-stick mat. Put the chickpea liquid and vanilla extract into the bowl of a stand mixer. (Or use a large bowl and a hand mixer). Beat the liquid on medium speed until it starts to get pretty foamy, 2 to 3 minutes. Keep the mixer running. Gradually start to add the sugar to the liquid, a spoonful or two at a time. Keep beating until the mixture is white, glossy, and can hold a stiff peak (about 15 minutes total time in the mixer). Transfer the mixture to a piping bag. Pipe small (or large if you want) mounds onto your prepared baking sheet. These don't spread too much so the meringues can be close to each other. (You can also just spoon mounds on to your pan) Bake in the oven for 90 minutes. Half way through baking time rotate the pans so that what was on the top shelf is on the bottom and what was on the bottom is on the top. Also rotate the pans so what was facing the back of the oven is now facing the front. Sound tedious, but doing this helps make sure everything is evenly baked and nothing is too dried out. Remove from the oven and let cool for 10 minutes. Serve or store in an air tight container.

Dessert

Raspberry “Meringue” Cookies

by Tamera Geesey
WELL

Ingredients:

- 1 (15.5 oz) can garbanzo beans (room temperature)
- ½ cup sugar
- 2 tsp raspberry extract
- parchment paper



Directions:

Drain liquid from garbanzo beans into a bowl (save beans for use later). Whisk in mixer on high speed. Gradually add ½ cup of sugar while continuing to beat the mixture. Beat between 4 - 5 minutes. The mixture should now be at the stiff peak stage. Add raspberry extract. Place mixture into a piping bag (you can use a large baggie with hole cut in corner). Place onto a baking sheet lined with parchment paper. (Not much space is needed between cookies as they should not spread.) Place in 200° F oven for 1½ to 2 hours.

Dessert

Black Bean/Chocolate Waffles with Butternut (Squash) Syrup

by Karla Sexton
River Valley Health & Dental



Ingredients:

Syrup

- 2/3 cup butternut squash
- 1/2 melted, salted butter
- 1/2 cup honey
- 1/2 tsp cinnamon

Boil squash until really soft; about 20 minutes; puree squash. Add other ingredients.

Waffles

Kitchen hack – use Bisquick Baking Mix as base

- 1 cup black beans, drained, and rinsed
- 1/2 cup milk
- Puree black beans in milk. Add 1/4 cup olive or canola oil.
- 1 egg
- 2 tbsp water or additional as needed for consistency
- 1/4 cup cocoa powder
- 1/4 cup chocolate chips
- 1/4 cup stevia
- 1 tsp vanilla

Blend well and pour onto hot, greased waffle iron. Top with whipped cream and syrup.

Dessert

Butternut Squash Cake

by Emma Witwer
ProjectSHARE

Ingredients:

- 1 cup raw butternut squash, grated
- 2 tsp vanilla extract
- $\frac{1}{3}$ cup + 1 tbsp canola oil
- $\frac{1}{4}$ cup milk (or milk substitute)
- 1 cup all-purpose flour
- $1\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ cup granulated sugar
- $\frac{1}{4}$ cup powdered Sweet Leaf Better Than Sugar, or regular powdered sugar

Directions:

Pre-heat oven to 360° F. Wash, peel, and grate 1 cup of butternut squash (about half of a medium squash). Add grated squash to a bowl, and mix in canola oil, vanilla extract and milk. In a separate bowl, mix together the all-purpose flour, baking powder and sugar. Mix dry ingredients into the wet mixture, until it forms a thick batter. Pour batter into a greased cake pan, and bake for 35 to 40 minutes. Let the cake cool. Once cooled, dust with powdered sweetener.



Dessert

Super Moist Chocolate Zucchini Cake

by Darlene Colon and
Captain Michael Buzzard
Lancaster Salvation Army

Ingredients:

- 2 cups all-purpose flour
- 2 cups granulated white sugar
- ½ cup baking cocoa powder
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 2 large eggs
- ¼ cup plain yogurt or sour cream
- ¼ cup oil (vegetable or canola)
- 2 tsp vanilla extract
- 2 cups zucchini squash, shredded



For the ganache:

- one (4 oz bar) semi-sweet chocolate, finely chopped
- ½ cup heavy whipping cream
- 1 cup miniature chocolate chips

Directions:

Preheat oven to 350° F. Liberally grease a 10 or 12 cup Bundt pan with shortening and flour or cooking spray; set aside. In the bowl of a stand mixer, add the flour, sugar, cocoa powder, baking powder, baking soda, and salt, whisking well to mix together. Meanwhile, in a medium bowl, whisk together the eggs, sour cream, oil, and vanilla until blended and smooth. Add to the dry mixture and mix on low-speed until incorporated. Fold in the grated zucchini. Pour the mixture into the prepared Bundt pan. Bake for 45-50 minutes or until a toothpick inserted near the center comes out clean or with moist, not wet, crumbs. Cool completely. Invert the cooled cake onto a wire rack with parchment paper lined underneath of the rack. Add the chopped chocolate bar to a small bowl. Heat the heavy whipping cream in the microwave for 30 seconds or until hot to the touch. Pour the heavy cream over the chopped chocolate and let set for 5 minutes. Whisk together until the ganache becomes smooth and cohesive. Drizzle the ganache evenly over the cake and sprinkle liberally with the mini chocolate chips. Though this is my preferred way, you can also take a short cut by using a Devil's Food Cake Mix. Follow cake mix directions, add ½ cups of lightly packed grated zucchini. Mix all ingredients in bowl until well combined. Pour into pan and bake at 350° F for about 45 minutes.

Dessert

Butternut Squash Creme Brulee

by Maryann Combs

The New Love Center Café

Ingredients:

- 1 butternut squash
- ¼ cup honey
- 4 cups heavy cream
- 4 oz. white chocolate
- 8 egg yolks
- ⅔ cup sugar
- 1 ham steak
- ½ cup pistachios



Directions:

Slice butternut squash in half, remove seeds. Brush with honey and roast at 350° F until soft. Cool completely. In a blender add 1 ½ cup squash, heavy cream and blend. Place the squash in a pot and add the white chocolate, heat on low until melted (be careful not to scorch). In a separate bowl, beat egg yolks and sugar until light and fluffy. Add to squash mixture very slowly. Pour mixture into ramekin and place in pan with approximately ¾ inches of water in the bottom. Bake at 350° F for approximately 35 - 40 minutes. Cool completely. Trim skin off ham steaks, cut steak into very small cubes and brush with honey. Place on a baking sheet and dry out in a 200° F oven until crispy. Shell and chop pistachios, roast in 200° F oven for approximately 8 minutes, be careful not to burn. Top cooked creme brulee with raw sugar and torch or broil in oven until sugar is melted on top. Top with pistachios and ham crumbles.

Enjoy! We know this recipe seems complex, but it is worth it in the end!!

Dessert

Chewy Black Bean Brownies

by Jodie Henderson

The Loft Community Partnership



Ingredients:

- 1 can black beans rinsed, drained
- 1 eggs
- 1 box brownie mix of choice
- 1 cup coffee
- ½ cup semi-sweet chocolate chips (optional)

Directions:

Drain and rinse black beans. In food processor or using fork mash beans into paste. Combine, black beans, egg, coffee, and the brownie mix, add chocolate chips. Pour batter into a greased 9 x 9 pan, spread out evenly. Bake at 350° F for 40 - 45 minutes.

Dessert

Butternut Squash Parfait

by Darlene Colon and
Captain Michael Buzzard
Lancaster Salvation Army

Ingredients:

- 1 (2 ¼ lbs) butternut squash, peeled and cut into ½-inch dice
- 2 tbsp unsalted butter
- ¾ cup plus 2 tbsp sugar
- 1 tsp finely grated fresh ginger
- 6 large egg yolks
- 3 tbsp cornstarch
- 3 cups milk
- 2 tsp pure vanilla extract
- 1 ½ cups heavy cream
- 2 tbsp unsalted butter
- 1 (8 oz) package of cream cheese
- 1 cup confectioner's sugar
- 1 (9 oz) package of graham cracker crumbs

Directions:

In a large saucepan, steam the squash until barely tender, about 7 minutes. Let cool slightly and pat dry. In a large nonstick skillet, melt the butter with ¼ cup of the sugar. Add the squash and cook over moderately high heat, stirring occasionally, until golden, about 12 minutes. Add the ginger and cook, stirring, for 1 minute. Transfer two-thirds of the candied squash to a food processor and purée until smooth. In a medium saucepan, whisk the egg yolks with the remaining ½ cup plus 2 tbsp sugar and cook over low heat, stirring constantly, until warmed through, about 1 minute. Stir the cornstarch into the milk, then whisk the mixture into the saucepan and bring to a boil over moderate heat, whisking constantly. Cook until thickened, about 7 minutes; the custard should have the consistency of thin sour cream. Whisk in the squash purée and vanilla. Strain through a fine-mesh sieve and let cool. In a medium bowl, using an electric mixer, beat the cream until almost firm. Fold the cream into the cooled custard. In a separate bowl, beat heavy cream until firm and add cream cheese blending until smooth. Add confectioner's sugar (powdered sugar) until creamy. Spoon 1½ tbsp of the cookie crumbs into each of ten 6 oz glasses. Top with ⅓ cup of the custard and gently tap each glass to form even layers. Add layer of cream cheese mixture. Repeat with another 1½ tbsp of the cookie crumbs and a large dollop of custard. Cover the glasses with plastic wrap and refrigerate until the crumbs soften, at least 5 hours. Reserve the cookie crumb and candied squash garnishes at room temperature.

