

Cranberry Pear Oatmeal Bars

Yield: 32 squares (adapted from www.bhg.com)

Ingredients:

1 cup all-purpose flour
1 cup whole wheat or white wheat flour
½ cup brown sugar
¾ cup butter, cut into pieces
1 cup regular/whole rolled oats
2/3 cup apple cider
2/3 cup brown sugar
2 tsp corn starch
1 ¼ cup fresh cranberries
1 medium pear, chopped
¼ tsp ground nutmeg

Directions:

- Preheat oven to 350°. Combine flours, ½ cup brown sugar in food processor. Pulse to mix. Add butter and pulse until it forms fine crumbs. Add oats; pulse once to mix. Reserve 1 cup crumb mixture. Line an ungreased 13/9" baking pan with foil, extending the foil over the pan edges. Press remaining crumb mixture onto bottom of lined pan. Bake for ~15 minutes or until lightly browned.
- While the crust is baking, combine apple cider (reserving 2 tsp) and 2/3 cup brown sugar in a medium saucepan. Bring to boil, stirring to dissolve sugar. Mix cornstarch with reserved cider. Add cornstarch slurry, cranberries and pear to saucepan. Return to boil; reduce heat. Simmer uncovered for ~10 minutes or until slightly thickened, stirring occasionally. Remove from heat; stir in nutmeg.
- Spread the fruit mixture on top of baked crust. Sprinkle the reserved crumb mixture on top. Bake for ~25 minutes or until lightly brown. Cool completely and use the foil to lift the bars out of the pan. Cut into servings.
- Tips: Store at room temperature for up to 3 days or freeze for up to 30 days.

Golden Brussel Sprouts

Yield: 4 servings

Ingredients:

24 small Brussel sprouts
Olive Oil
Sea Salt and freshly ground black pepper
3 TBSP grated Parmesan, Asiago or Romano cheese

Directions:

- Wash Brussel sprouts well, trimming ends and removing any torn outer leaves. Cut in half (stem to top). Place in a medium bowl and toss with 1TBSP olive oil.
- Heat 1 TBSP olive oil in large skillet over medium heat. Place Brussel sprouts in pan, flat side down in a single layer. Sprinkle with a little salt. Cover and cook for 5 minutes or until bottoms just begin to brown.
- Once just tender, uncover and turn up heat. Cook until flat sides are deep brown. Toss once or twice to brown the rounded side. Season with salt and pepper to taste and a dusting of grated cheese.

Wild Rice Stuffing (adapted from thepioneerwoman.com)

Ingredients:

3 TBSP unsalted butter
1 medium onion, chopped
2 tsp ground cumin
2 cups wild rice blend (or 1 cup wild rice & 1 cup brown rice)
4 cups reduced-sodium broth (vegetable or chicken)
Zest of 1 medium orange
1 cup nuts/seeds (pecans, walnuts, almonds or pumpkin seeds)
2 TBSP maple syrup
¼ tsp cayenne pepper
1 medium apple, chopped
½ cup dried fruit (currants, raisins, apricots)
Chives or green onion to garnish

Directions:

- Melt butter in a large deep saute/fry pan. Add onion and cook about 5 minutes or until soft. Stir in cumin and mix well.
- Add rice, both and zest to pan. Bring to a simmer, cover and cook over low heat. Simmer for 35 minutes.
- Meanwhile, coarsely chop nuts. Combine with maple syrup and cayenne in a small saute pan. Cook over low heat, stirring constantly, until maple syrup has coated nuts and they become fragrant.
- When rice is cooked, add in apple and continue to cook for ~5 minutes or until apples soften a bit. Add nuts and dried fruit. Adjust seasonings as needed. Top with chopped chives.