



Fall 2013 Presented by



This is a collection of recipes highlighting some delicious seasonal ingredients. Many of the ingredients can be found in our local farmers markets at this time of year. As you gather with your cooking group, you may decide to prepare these together or try some on your own later in the month. All of these have components which can be made in advance and finished quickly for a nutritious and tasty meal or snack! We welcome your feedback and encourage you to share your experiences and photographs with us on our facebook page (Doctor Yum).

"Thirst" things first...

Here are two seasonal drinks we think you need to try:

Caramel Apple-tini 

Ingredients:
½ c apple cider
1 oz vodka
1 oz butterscotch schnaaps
ice
1 thin apple slice

Directions:
Combine first four ingredients into shaker, strain into martini glass and garnish with apple slice.

Ginger Pear Sparkler 

Ingredients:
½ c pear nectar
½ c sparkling water
ice
2 thin shavings of fresh ginger
1 thin pear slice

Directions:
Combine pear nectar, ice and ginger in glass. Add sparkling water. Garnish with pear slice.

Now, let's cook!

Entrees

Curried Pumpkin Seafood Soup

Ingredients

- 1 14 oz can coconut milk
- 1-2 TBS red Thai curry paste
- 1 ½ c fish stock
- 2 TBS fish sauce
- 2 TBS sugar
- 3 lemon grass stalks, each cut into 3 pieces and bruised with side of knife
- 3 lime leaves (optional)
- ½ tsp turmeric
- 2 lbs pumpkin or butternut squash, peeled and cut into bite sized chunks
- 1 lb white fish or salmon filets cut into large bite-sized chunks
- 1 lb peeled raw shrimp

- 3 c bok choy or green of choice roughly chopped
- 1 lime cut into wedges
- Cilantro for garnish



Directions

Take the cream from the top of the coconut milk and whisk it with the Thai curry paste in large soup pot over medium heat until the curry paste is dissolved. Add the remaining coconut milk, fish stock, fish sauce, sugar, lemongrass, optional lime leaves (difficult to find but REALLY enhances the flavor) and turmeric. Bring to a boil and then add the pumpkin or squash. Simmer until tender and until some of the chunks can be smashed easily with the back of the wooden spoon (5-25 minutes depending on what type of pumpkin or squash you use). Smash about 1/4 of the pumpkin or squash cubes against the side of the pot and stir into broth.

With the broth at a good simmer, add seafood and cook about 5 minutes until cooked through. Add in greens and veggies and cook a few more minutes until wilted and warmed. Serve topped with chopped cilantro and a lime wedge.

 A Note From Dr. Yum:

You have to try this – please do not be put off by the unusual “sauces”! This will have your taste buds happily bouncing all over the place and give your body lots of amazing energy.

Gnocchi with Butternut Squash and Kale


Ingredients

2 TBS olive oil	1 ¼ c low sodium chicken broth
½ medium butternut squash, peeled, seeded, diced	1 bunch kale, stems removed and chopped into pieces (~ 8 cups)
3 cloves garlic crushed	16 oz pkg prepared potato gnocchi
1 TBS chopped fresh sage	¾ c grated parmesan cheese (optional)
1 pinch red pepper flakes	



Directions

Preheat broiler. In a large ovenproof skillet (with a lid), heat olive oil and cook squash 5-10 minutes until soft and slightly browned. Add garlic, sage, red pepper flakes and cook another 2 minutes until garlic is soft. Add chicken broth to skillet and as it starts to simmer, add kale in batches until all are wilted slightly. Add gnocchi, stir well and cover for about 5 minutes until gnocchi is cooked through. Remove cover, and stir in ¼ cup parmesan. Sprinkle remaining parmesan onto the top and put under the broiler for 2-3 minutes until bubbly and hot.

 A Note From Dr. Yum:

This is just an awesome meal! It takes less than 30 min to cook but your family will think you have been working all day on it!

Very Veggie Turkey Meatloaf

Ingredients

1 TBS olive oil	1 lb ground turkey
1 large carrot, shredded	3-4 TBS ground flax
1 small onion diced	1 tsp salt
2/3 c spinach chopped fine	1/8 tsp pepper
½ c mushrooms chopped fine	1 egg beaten

Directions

Preheat oven to 375 and spray a small loaf pan with cooking spray or coat with canola oil. Heat oil in large skillet on medium heat. Sauté veggies and garlic together until soft, 2-3 minutes. Cool together in medium sized bowl about 5 min. Add remaining ingredients and mix well using your hands. Place in loaf pan and form into shape. Cook 45 min – 1 hr until slightly browned and cooked through. Toppings can be added for last 10-15 minutes or served on side for dipping.



*Suggested toppings: Sweet & Sour, Ketchup and BBQ Sauce (no high fructose corn syrup)

 A Note From Dr. Yum:

Meatloaf is a perfect fall meal! This recipe has important nutrients from the vegetables without the fat and cholesterol of a beef meatloaf – which you will not miss once you taste it!

Keep cooking... Sides

Baked Stuffed Apples

Ingredients

6 Macintosh apples cored but not hollowed
 2/3 c grape nuts cereal
 1/2 tsp ground cinnamon
 1/8 tsp nutmeg
 2 TBS packed brown sugar
 3 TBS cold butter, diced
 2 TBS currants

Directions

Preheat oven to 350. After coring apples mix remaining ingredients with your hands, breaking up butter as you go. Fill apple with cereal mixture. Bake on prepared baking dish 35-40 min or until apples are tender. Cool slightly before eating



Sweet Potato Home Fries

Ingredients

3 TBS olive oil
 2-3 large sweet potatoes, peeled and diced into bite sized chunks
 1 small onion diced
 2 cloves garlic diced
 1 tsp paprika
 1/8 tsp cumin, coriander, turmeric
 1/4 - 1/2 c low sodium chicken stock
 salt and pepper to taste

Directions

Heat oil in large skillet on medium heat. Add potatoes, onion and garlic. Cook ~7 min before adding remaining ingredients. Bring to boil, then reduce heat slightly. Cook until potatoes are soft and nicely browned, adding more liquid if needed, ~15-20 min.



A Note From Dr. Yum

Our tiny tasters loved the baked apples for a sweet and savory snack, but they are versatile and can be used as a side or dessert with any meal! The sweet potato home fries will complete your breakfast or dinner, so give them a try!

Squash and Quinoa Casserole

Ingredients

3 TBS olive oil, divided	1 28 oz can diced tomatoes
1 TBS minced garlic	2 c frozen spinach
1 TBS paprika	1 c quinoa
2 1/2 tsp cumin, divided	1/2 c golden raisins
1 tsp coriander	1 c water
1/4 tsp cayenne pepper	1/2 tsp salt, divided
1/4 tsp allspice	2 10-12 oz boxes frozen squash puree, thawed
2 15 oz cans chickpeas, rinsed	



Directions

Preheat oven to 450. Heat 2 TBS of oil in large skillet over med heat. Add onion and cook until tender and browned, ~9 min. Add garlic, paprika, 2 tsp cumin, coriander, cayenne and allspice and cook for 30 seconds. Stir in chickpeas, tomatoes, spinach, quinoa, raisins, water and 1/4 tsp salt. Cook, stirring, for 5 min or until spinach is thawed. Remove from heat. In medium bowl, add frozen squash puree, 1 TBS oil, 1/2 tsp cumin and 1/4 tsp salt. Spread squash mixture over quinoa mixture. (If you did not use an oven proof skillet, transfer to baking dish first). Cover and bake for 45 min. Cool 5 min before serving.

A Note from Dr. Yum

This casserole is a nutritionally power-packed side or main course. I dare you to come up with a healthier, better tasting dish! Using frozen ingredients saves time without sacrificing flavor!

For your tiny tasters...

Kale Grilled Cheese

Ingredients

Olive Oil
3 large kale leaves, ribs removed and finely chopped
1 clove garlic minced
Salt
4 slices whole grain bread
4 slices of your favorite cheese (I prefer muenster)
Butter (optional)



Directions

Heat ~ 1 TBS of oil in skillet over medium heat. Add kale and garlic and stir fry until soft. Add salt to taste. Remove from heat and divide into four parts in bowl or on plate. Wipe skillet clean with towel and reduce heat to low. Assemble two sandwiches by layering cheese and kale equally. Butter tops and bottoms (optional) and toast until bread is toasty and cheese is melty.



A Note from Dr. Yum

Even your not-so-tiny tasters love a very cheesy grilled cheese, so why not hide some greens in there! Visit

www.doctoryum.com to serve with our “No Can Tomato Soup” for a classic lunch!

Halloween fun...

1. Have fun with Creepy Ice Cubes by adding gummy spiders, candy eye balls or any other “scary” small treat to your ice tray. Serve with water instead of punch and watch them melt.

2. Use cookie cutters on your sandwiches to liven up the usual fare – there are lots of Halloween sets available that include shapes such as ghosts, haunted houses, bats, cats and pumpkins!



3. Black olives can transform your deviled eggs into something kids AND adults won't pass up – check these out:



Thanks for cooking with us! Look for our Thanksgiving and holiday cooking special coming in November!