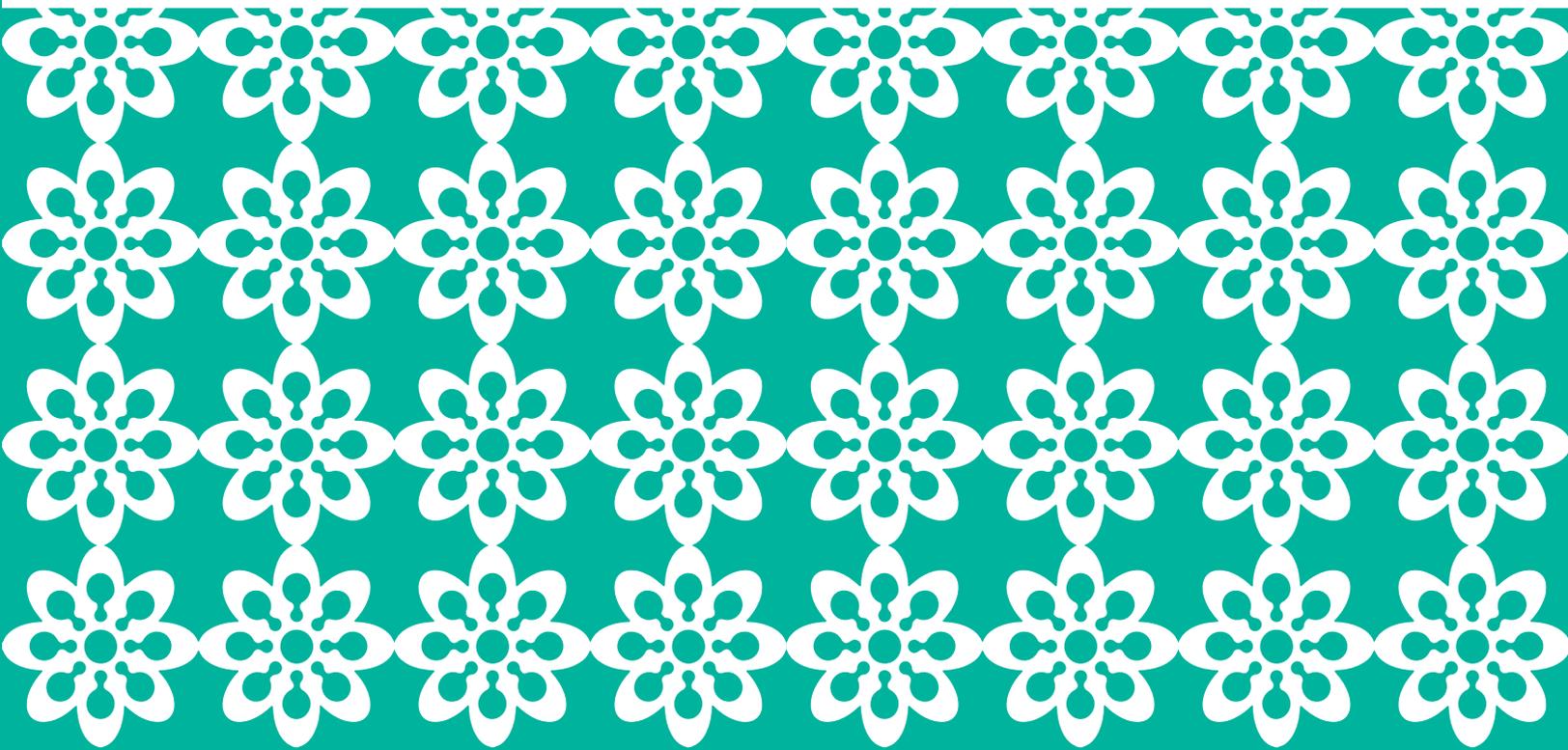


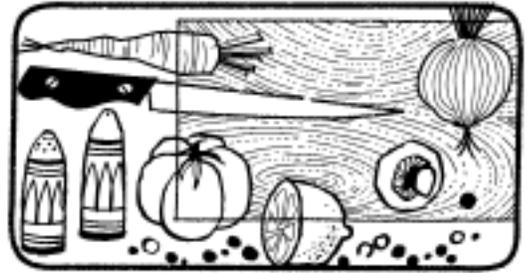
**KITCHEN COMMONS**



**COLLECTIVE  
COOKING GROUP  
RECIPES**



# SIDES, SALADS AND STARTERS



## Warm Potato, Bacon and Green Bean Salad

Servings: 8-10

### Ingredients

- 4 pounds red potatoes, quartered
- 4 tablespoons olive oil
- 16 ounces bacon, cut into 1" pieces
- 1 lb green beans
- 2 cloves garlic, minced
- 1 red onion, chopped
- 1/2 cup red wine vinegar
- 2 tablespoon grainy mustard
- salt and pepper
- 2 stalks green onion, chopped

No-meat option

Leave out bacon, saute veggies in a little bit of olive oil instead

### Directions

1. Preheat the oven to 375F. On a baking sheet, toss the potatoes with the olive oil. Roast for 25 minutes or until tip of knife pierces potato easily.
2. Meanwhile, bring a large pot of salty water to a boil. Prepare a large bowl of ice water. Boil the beans for 2 minutes. Plunge them into the ice water to stop the cooking and set the color. Drain the beans and pat dry on a cloth or paper towel.
3. Heat a skillet on medium heat. Add the bacon and cook for 2 minutes. Then add in the garlic, green beans and the red onion. Saute for an additional 3 minutes until the bacon is crisp.
4. In a large bowl, whisk together the red wine vinegar, mustard, salt and pepper. Stir in the bacon, green beans, garlic and onions, including all of the bacon drippings. Add in the roasted potatoes and the green onions. Toss gently and serve immediately.

## Quick Garlicky Bruschetta with Tomatoes and Basil

### Ingredients

- 2 cup diced ripe tomatoes
- 4 tablespoons chopped fresh basil leaves
- 4 teaspoons olive oil
- 1 teaspoon Garlic powder
- Salt and ground black pepper
- 2 loaves bread, sliced diagonally into 1-inch thick slices and toasted

### Directions

1. In a small bowl, combine tomatoes, basil, olive oil, and garlic powder.
2. Mix well to combine. Season, to taste, with salt and black pepper.
3. Spoon tomato mixture on toasted bread slices and serve.

## **Caprese Salad**

(Serves 8-10 as side)

### **Ingredients**

- 6-8 large, ripe tomatoes
- 1 lb. fresh mozzarella
- Fresh basil leaves
- Olive oil
- Balsamic vinegar
- Salt and Pepper

### **Directions**

1. Slice tomatoes and mozzarella thick, about ¼ inch per slice.
2. Arrange tomatoes and mozzarella slices on a platter, placing basil leaves in between slices.
3. Lightly drizzle salad with olive oil and balsamic vinegar.
4. Sprinkle with salt and pepper to season. Serve.

## **Waldorf Salad**

(Recipe Adapted from All Recipes.com)

### **Ingredients**

- 4 stalks celery, diced
- 1/2 cup raisins
- 1 cup walnuts
- 2 tablespoons walnut oil or olive oil
- 1 tablespoon cider vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

### **Directions**

1. Toss together the celery, raisins, and walnuts in a large bowl; set aside.
2. In a small bowl, whisk together the oil, cider vinegar, salt, and pepper. Toss all ingredients with dressing and serve.

## **Stone Fruit Salad (Mexican Style)**

Serves 12

### **Ingredients**

- 5 lbs. seasonal stone fruit (such as peaches, nectarines, plums, mangoes)
- 2 tablespoons lime juice
- 2 tablespoons water
- 1 teaspoon chili powder
- 1 pinch cayenne pepper
- 1/2 teaspoon salt
- 1 tablespoon sugar

### **Directions**

1. Wash all fruit and slice into thin slices.
2. Combine all other ingredients in a large bowl.
3. Toss fruit and dressing together, refrigerate and serve chilled.



## Sublime Fruit Salad with Mint

(Adapted from a recipe by Giada de Laurentiis)

### Ingredients

- Strawberries, sliced
- 2.45 lbs Pears
- 1 pineapple, peeled and cubed
- 1/8 cup simple syrup (see instructions)
- 1/4 cup lime juice (about 3 limes)
- 1/2 cup fresh mint, chopped
- 1/8 tsp almond extract

### Directions

1. Make simple syrup and chill while prepping fruit. Simple syrup = 1 part sugar to 1 part water. Bring water to a boil, stir in sugar until dissolved completely. Remove from heat and allow to cool.
2. Wash, peel, and chop fruit as desired.
3. In a blender, combine simple syrup, lime juice, chopped mint, and almond extract. Toss syrup over fruit.
4. Chill (overnight is good) and serve. Practice saying, "thank you." You'll be getting lots of compliments.

## Mexican Chopped Salad with Cumin

**Vinaigrette**  
Serves 8-10

### Ingredients

- 1 ½ tbsp cumin seeds, toasted
- 9 tbsp canola oil
- 3 tbsp olive oil
- 7 1/2 tbsp red wine vinegar
- 2 tbsp honey
- Sea salt and freshly cracked pepper, to taste
- 4 whole boneless, skinless chicken breasts
- Romaine lettuce, finely chopped (other mixed greens can also be added)
- One bunch grape tomatoes, diced
- 2 green onions, diced
- 2 small poblano peppers, diced
- 2-3 bell peppers, (green, red or yellow), diced
- 2-3 avocados, diced
- 1 cup garbanzo beans (can substitute black beans)
- 6 tbsp toasted pepitas
- 1-2 cups of fresh, uncooked corn
- 6 tbsp fresh cilantro
- 3/4 cup of tortilla chips, crushed
- Cotija cheese, diced

### Directions

1. Place the whole cumin seeds in a dry skillet over medium heat. Cook, stirring often, until fragrant and toasted, about 3 minutes. Place into a small shallow dish and add the canola oil, olive oil, red wine vinegar, honey, sea salt, and freshly cracked pepper, to taste. Blend with an immersion blender until thoroughly combined and the cumin seeds are crushed, about 3-4 minutes. Set aside until ready to use.
2. Chicken: Place chicken breasts into large plastic storage bag. Pound with a mallet or rolling pin to flatten to 1/4 inch uniform thickness. Season chicken with salt and pepper, or a rub. Heat grill pan and drizzle chicken with olive oil. Grill chicken on both sides until done, about 7 minutes per side. Remove from pan and allow to cool. Slice chicken into flat, randomly shaped pieces.
3. Shuck and wash corncobs. Slice raw kernels off shucked corn cobs. Set aside.
4. Toss together in a large bowl the chopped lettuce, tomatoes, green onions, poblano pepper, bell pepper, avocado, garbanzo beans, pepitas, corn, avocado, cilantro, crushed tortilla strips, and the cotija cheese together in a bowl. Drizzle the cumin vinaigrette on top of the salad, to taste, then toss to coat evenly. Serve immediately. Enjoy.

# SOUPS AND STEWS



## Corn Chowder and Biscuits (serves 12 or so)

### Ingredients

- 10 ears of corn
- 2 tablespoons butter or neutral oil, like canola or grapeseed
- 1 large (or 2 medium) onion, chopped
- 5 medium potatoes (yellow or red), peeled and diced
- Salt and freshly ground black pepper
- 2 cups whole or low-fat milk
- 1/2 cup chopped parsley (optional).

### Directions

1. Shuck corn, and use a paring knife to strip kernels into a bowl. Put cobs in a pot with 10 cups water; bring to a boil, cover and simmer while you continue.
2. Put butter or oil in a saucepan, and turn heat to medium-high. When butter melts or oil is hot, add onion and potatoes, along with a sprinkling of salt and pepper. Cook, stirring occasionally, until onion softens, about 5 minutes.
3. After corncoobs have cooked at least 10 minutes, strain liquid into onion-potato mixture; bring to a boil, then lower heat to a simmer. When potatoes are almost tender, add corn kernels and continue simmering, about 4-5 minutes. When corn is tender, add milk, and heat through. Taste, and adjust seasonings. Garnish with the parsley, and serve.

## Biscuits (makes 12 +)

### Ingredients

- 2 cups all-purpose or cake flour, plus more as needed
- 1 scant teaspoon salt
- 3 teaspoons baking powder
- 1 teaspoon baking soda
- 2-5 tablespoons cold butter
- 3/4 cup + 3 tablespoons plain yogurt (or buttermilk)

### Directions

1. Heat the oven to 450 degrees. mix the dry ingredients together in a bowl (or food processor). Cut the butter into small bits and incorporate into the dry mix by picking it up with some of the dry ingredients in your fingers and rubbing them, then dropping it in the bowl. Make sure butter is blended in well.
2. Use a large spoon to stir in the yogurt until the mixture forms a ball. Turn the dough out onto a lightly floured surface and knead it about 10 times. Add a little flour if it is too sticky, but it should be pretty wet.
3. Press the dough into a rectangle about 3/4 inch high and cut into rounds (about 2 inches wide) with a drinking glass or cookie cutter. Put the rounds on an ungreased baking sheet. Bake for 7-9 minutes until golden brown.

## Pumpkin Tortilla Soup

Serves 12

### Ingredients

- 24 (6-inch) corn tortillas
- 8 tablespoons olive oil
- 1 large white onion, finely chopped
- 4 cloves garlic, minced
- 2 cup finely chopped cilantro, plus more sprigs for garnish
- 2 teaspoons ground cumin
- Chile pequins, other dried hot peppers, or cayenne pepper to taste\*
- 3 cups pumpkin puree or canned pumpkin
- 2 (28-ounce) can diced tomatoes, undrained
- 5-6 cups vegetable stock (more or less depending on desired thickness)
- 1 teaspoon salt (more to taste)
- Vegetable oil for deep-frying
- 3 ripe avocados, peeled, pitted, and cubed

### Directions

1. Cut half of the tortillas into 1/2-inch squares. Heat olive oil in a large saucepan over medium-low heat. Add onion, garlic, cilantro, and chopped tortillas and cook, stirring frequently, until onion is soft.
2. Add cumin and crushed peppers or cayenne and sauté for another minute. *\*You can tailor the type and amount of hot pepper to your own tastes. If you're not sure how much to use, start with 1/8 teaspoon of cayenne, taste the soup after it has simmered for awhile, and then add more if desired.*
3. Add pumpkin, tomatoes, vegetable stock, and salt and stir to combine. Bring to a boil. Cover, reduce heat, and simmer for about a half hour. Add more spices to taste.
4. While the soup is simmering, cut the remaining tortillas in half and then into 1/4-inch-wide strips. Heat 1/2 inch of vegetable oil in a medium skillet over medium-high heat until very hot but not smoking. Fry tortilla strips in two batches until crisp and light golden (about a minute). Using a slotted spoon, transfer tortilla strips to towels to drain.
5. To serve, ladle soup into bowls and garnish with tortilla strips, avocado, and cilantro.

## Gypsy Stew

By Steph Noll

### Ingredients

- 3 large onions
- 3 sweet potatoes
- 6 stalks celery
- 10-15 cloves garlic
- 3, 28 oz cans canned tomatoes
- 1 bunch swiss chard
- 1 green pepper
- 6 cups, cooked chickpeas
- 6 tsp. paprika
- 3 tsp. turmeric
- 3 tsp basil
- 3 dashes cinnamon
- 3 dashes cayenne
- 3 tsp salt
- 6 Tbs Soy sauce

### Directions

1. Sauté veggies for 5 minutes. Add spices and sauté for another 5 minutes.
2. Add water or stock and simmer.
3. Add chick peas and tomatoes and cook until potatoes are tender.
4. Add chard and soy sauce with 5 minutes remaining.
5. Serve and enjoy.

## Red Lentil Coconut Soup

### Ingredients

- 3-4 cups red split lentils
- 2 onions, finely chopped
- 2 red bell pepper cut into 1/2 inch dice
- 2 fresh jalapeno or serrano chili, finely chopped, including seeds
- 2 tablespoon fresh peeled and minced ginger
- 4 garlic cloves, finely chopped
- 2 tablespoon curry powder
- 1 teaspoon cinnamon
- 4 teaspoons salt
- 2/3 cup tomato paste
- 7-10 cups water or vegetable stock
- 2 cans unsweetened light coconut milk
- 2 15-ounce can of chickpeas
- 2 tablespoon freshly squeezed lime juice
- Lime wedges for serving

## Tortilla Soup

Recipe from Loretta Tinnon

### Ingredients

- 3-5 lbs ground beef, turkey, or chicken
- 32 oz. chicken stock
- 1 large can refried beans
- 1 20oz can enchilada sauce
- 2 pkgs taco seasoning
- 1 can diced tomatoes w/chiles
- 1 can corn (fresh corn is also good)
- 1 can black beans
- 1 16oz pkg mexican blend cheese
- 1 large can black olives
- 2 cups cooked rice, white or brown
- 16 oz sour cream (for garnish)
- 2 bundles green onions
- 16oz jar salsa
- 1 bag tortilla chips (optional)
- 1 pkg. tortillas (optional)

### Directions

1. Heat the olive oil in a dutch oven or large soup pan and add the onions, bell pepper and jalapeno; cook for 5-7 minutes until the vegetables have softened and start to take on some color.
2. Add the garlic, ginger, spices and tomato paste and continue to cook for 2-3 more minutes until the mixture is toasty and fragrant.
3. Add the water, coconut milk, lentils and chickpeas and cook uncovered for 20 to 25 minutes adding the lime juice at the end of cooking. Taste and adjust with more salt or more lime juice if desired.
4. Serve the soup with some extra limes on the side.

### Directions

1. In a medium skillet, add 1/4 cup water and meat; cook thoroughly. Pour off any excess liquid and add 1 package of taco seasoning. Mix well and set aside. Cook rice per instructions and set aside.
2. In a large pot, warm chicken stock to a medium boil, add refried beans and stir until broken down. Add remaining package of taco seasoning; thoroughly combine. Wash and drain corn and add to pot, along with enchilada sauce, diced tomatoes and black beans (do not drain tomatoes or beans). Add rice and continue to stir occasionally at medium to low heat.
3. Chop olives and green onions, set aside to use as garnish. Scoop soup in bowls and garnish with condiments. Enjoy!

# MAIN DISHES

## Chicken Alfredo Pizza

adapted from Sonya Richardson

Makes 2 pizzas



### Ingredients

- 1- 3lb bag of chicken breast
- 1- 2 pack of ready made pizza crust
- 1- bag fresh spinach
- 1- container of grape or cherry tomatoes
- 1- pint heavy cream
- 4- containers parmesan/romano shredded cheese
- 2- cups cheddar cheese
- 2- cups mozzarella cheese
- 1/2 stick butter
- 3 tbs olive oil, plus more to brush on pizza crust

### Directions

1. Preheat oven to 400 degrees.
2. Brown the chicken in butter and olive oil in a skillet on stove top. Cook until slightly pink in the center. Remove from skillet and chop into bite sized chunks, set aside.
3. Pour heavy cream into skillet with leftover butter and oil from chicken. Stir to mix, also scraping sides. Add salt and pepper to taste. Add parmesan cheese, stir until creamy and thickened, then remove from heat.
4. Place prepared pizza crusts onto sheet pans or round pizza pan. Brush olive oil onto pizza crust, then spread on alfredo sauce. Top with spinach, chicken, tomatoes, and shredded cheeses.
5. Bake at 400 degrees for 10-12 minutes, or until cheese is melted and slightly golden brown.

(There will likely be leftover chicken and sauce, to be used for another meal)

\* The cooking group prepared a slightly alternative version of this recipe, using frozen pizza crust which was formed into smaller, personal sized pizzas. This adds a bit more prep time to pre-bake the frozen crusts.

## Orzo Salad with Tuna

### Ingredients

- 8 cups chicken broth
- 3 cups orzo
- 2 cans light tuna in water
- 2 (15-ounce) can garbanzo beans, drained and rinsed
- 3 cups red and yellow teardrop tomatoes or grape tomatoes, halved
- 1 1/2 cups finely chopped red onion
- 1 cup chopped fresh basil leaves
- 1/2 cup chopped fresh mint leaves
- About 1 1/2 cups Red Wine Vinaigrette, recipe follows
- Salt and freshly ground black pepper

### Directions

1. Pour the broth into a heavy large saucepan. Cover the pan and bring the broth to a boil over high heat.
2. Stir in the orzo. Cover partially and cook until the orzo is tender but still firm to the bite, stirring frequently, about 7 minutes.
3. Drain the orzo through a strainer. Transfer the orzo to a large wide bowl and toss until the orzo cools slightly. Set aside to cool completely.
4. Toss the orzo with the tuna, beans, tomatoes, onion, basil, mint, and enough vinaigrette to coat. Season the salad, to taste, with salt and pepper, and serve at room temperature.

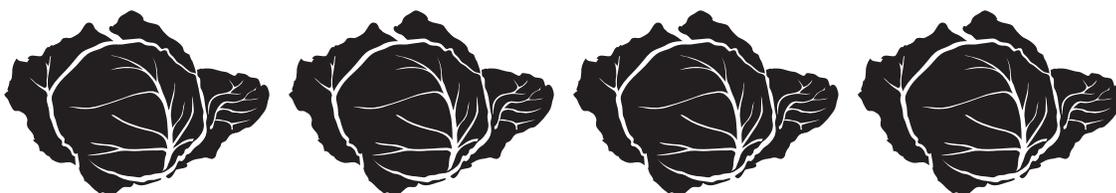
## Red Wine Vinaigrette

### Ingredients

- 1/2 cup red wine vinegar
- 1/4 cup fresh lemon juice
- 2 teaspoons honey
- 2 teaspoons salt
- 3/4 teaspoon freshly ground black pepper
- 1 cup extra-virgin olive oil

### Directions

Mix the vinegar, lemon juice, honey, salt, and pepper in a blender. With the machine running, gradually blend in the oil. Season the vinaigrette, to taste, with more salt and pepper, if desired.



## Veggie Pasta Bake

### Ingredients

- 2 lb. macaroni
- 4 Tbsp olive oil
- 4 cloves garlic
- 2 medium onion
- 16 oz. button mushrooms
- 2 can (15 oz.) fire roasted tomatoes
- 2 pkg (20 oz) frozen spinach
- 32 oz. whole milk mozzarella
- 1 cup parmesan cheese
- 1 cup bread crumbs
- 1/2 tsp nutmeg
- 1 tsp cayenne pepper
- 1 tsp red pepper flakes
- salt and pepper to taste



### Directions

1. Boil a large pot of water and cook the macaroni noodles according to the package directions (boil for 10-15 minutes or until al dente). Drain and set aside until ready to use.
2. Chop the onion and mince the garlic cloves. Cook both in a large skillet in 2 Tbsp of olive oil over medium heat until soft (about 5 min.). Add the sliced mushrooms and cook until they are soft and brown in color (a dash of salt will help).
3. Preheat the oven to 350. Add the undrained can of tomatoes and the thawed package of spinach to the skillet. I did not drain either one so that the juices would add more flavor. Heat all of the vegetables through then season to taste with salt, fresh ground pepper, nutmeg, cayenne and red pepper flakes (or whatever seasonings you like).
4. Stir the cooked vegetables into the pasta (I used the original pasta pot as it was the only thing large enough to hold everything). Dice the mozzarella into small chunks. Combine the parmesan and breadcrumbs in a small bowl. Add the mozzarella and parmesan mixture to the pasta and stir until everything is evenly combined.
5. Coat a large glass baking dish with non-stick spray and transfer the pasta mixture into it. Cover the dish with foil (to keep the top from drying) and bake for 25-30 minutes or until the cheese has fully melted.

# DESSERTS



## Peach Blueberry Cobbler

### Ingredients

- 3 lbs (about 6-8 cups) pounds peaches, pitted and cut into slices
- 2 pints blueberries, rinsed and dried
- 1 1/3 cups packed dark-brown sugar
- 4 tablespoons flour
- 4 tablespoons fresh lemon juice
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1 1/2 cups all-purpose flour
- 1/2 cup fine stone-ground cornmeal (yellow or white)
- 6 tablespoons dark brown sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 6 tablespoons cold unsalted butter, cut into pieces
- 1 cup buttermilk

### Directions

1. Preheat oven to 425°F.
2. Toss peaches with blueberries, sugar, flour, lemon juice, cinnamon and salt in the bottom of a 4-quart oven-proof dish.
3. Make the biscuit dough: Stir together the flour, cornmeal, brown sugar, baking powder and salt. Cut the butter into the dry mixture with your fingertips, a fork or a pastry blender. Stir in buttermilk with a rubber spatula until a wet, tacky dough comes together.
4. Plop spoonfuls of the biscuit dough over the filling; don't worry about covering entire surface. Bake until the cobbler's syrup is bubbly and the biscuit tops are browned, about 20 to 25 minutes. Let cool slightly and scoop it into bowls. Top with whipped cream, vanilla ice cream, or plain yogurt.

## Cran-Apple Cups

(from Simple and Delicious Cookbook)

Serves 8

### Ingredients

- 1 tube (12.4 oz) refrigerated cinnamon roll dough
- 1 cup apple pie filling
- 1/3 cup dried cranberries
- 1/4 teaspoon ground cinnamon

### Directions

1. Set aside icing packet from cinnamon rolls. Place rolls in ungreased muffin cups. Bake at 400 degrees for 8 minutes; remove from oven.
2. In a small bowl, combine the pie filling, cranberries and cinnamon. With the back of a teaspoon, make an indentation in the center of each roll; fill with fruit mixture. Bake for an additional 4-5 minutes, or until golden brown. Cool on a wire rack for 5 minutes. Drizzle with icing and serve warm.
3. \*This recipe was adjusted by the group to make twice as many servings.

## Peach Crisp with Maple Cream Sauce

(adapted from  
thepioneerwoman.com)

### Ingredients

- 5 whole To 6 Whole Fresh Peaches (best When Not Overly Ripe Or Soft)
- 1 cup Flour
- ½ cups Sugar
- ½ cups Light Brown Sugar, Firmly Packed
- ½ teaspoons Ground Cinnamon
- ½ teaspoons Ground Nutmeg
- ¼ teaspoons Salt
- 1 stick Butter (1/2 Cup)
- ½ whole Lemon
- 7 Tablespoons Maple Syrup, Divided
- 3 Tablespoons Light Corn Syrup or Agave Nectar
- 1-½ cup Whipping Cream

NOTE: if you are unable to use real maple syrup, pancake syrup can be substituted. You will not have to add the extra corn syrup or agave to the cream sauce.

### Directions

1. In a medium bowl, mix flour, sugar, light brown sugar, cinnamon, nutmeg and salt using a fork or pastry cutter. Cut butter into small pieces and gradually add to flour mixture until evenly mixed.
2. Pit and chop peaches into a bowl. Add the zest from half a lemon. Squeeze juice from lemon half and stir in with peaches and zest. Add 2 tablespoons real maple syrup (or pancake syrup) to peaches, stir well.
3. Pour peach mixture into a small pan (8" or 9" square) and cover evenly with crumb topping. Cover with foil and bake at 350°F for 15 minutes. Remove foil and bake for an additional 20 to 30 minutes or until crisp and brown on top.

### Maple Cream Sauce

1. Pour whipping cream into a saucepan. Add 8 tablespoons pancake syrup (or 5 tablespoons real maple syrup and 3 tablespoons agave or corn syrup) and stir over moderate heat until thickened and reduced by about one-third, approximately 15 minutes.
2. Refrigerate mixture until it is cold and thick, or set the saucepan into a small bowl of ice (the ice will melt and turn into ice water). Stirring your mixture, it will cool and thicken in about 15 minutes.
3. Drizzle sauce over peach crisp. Serve warm.

## Apple Crisp

Recipe from Food Network Online

### Ingredients

- 12 McIntosh apples, peeled and diced into 1/2-inch pieces
- 1 lemon, juiced
- 2 teaspoon ground cinnamon
- 1 teaspoon ground or freshly grated nutmeg
- 4 tablespoons granulated sugar
- 1 cup flour or fine graham cracker crumbs
- 1 cup brown sugar
- 1 stick butter

### Directions

1. Preheat oven to 400 degrees.
2. In a 9 by 12 baking dish, combine apples, lemon juice, cinnamon, nutmeg and sugar.
3. In a small bowl, mix flour or graham cracker crumbs, brown sugar and butter together using the tines of a fork and your fingers, working until even, small crumbles form.
4. Sprinkle topping evenly over apples and bake 15 to 20 minutes until apples are just tender and topping is golden brown.

## Poached Pears

### Ingredients

- 1 quart water
- 1 1/2-2 cups sugar
- 6 Bosc pears; peeled, cored, and quartered

### Additions:

- One cinnamon stick
- 2 teaspoons whole cloves, black peppercorns or allspice
- one lemon half
- one split vanilla bean
- 2-3 star anise
- 6-8 fresh ginger slices
- Dried fruit

### Directions

1. In a large saucepan, heat the water and sugar until warm and the sugar is dissolved.
2. Add any of the additions that you wish.
3. Slide in the pears and cover with a round of parchment paper, with a small hole cut in the center.
4. Keep the liquid at a very low boil and simmer the pears until cooked through, 15 to 25 minutes, depending on the pears.
5. Remove from heat and let the pears cool in their liquid.
6. Serve the pears warm or at room temperature. Accompany with a scoop of vanilla ice cream.

*Optional:* After poaching the pears, while the liquid is still warm, add approximately 1/2 cup dried sour cherries, cranberries, raisins, or dried currants and let them plump.

## Oatmeal Brown Sugar Baked Apples

Serves 8

### Ingredients

- 8 apples (your choice on what variety)
- 1/2 cup brown sugar (dark or light)
- 1/2 cup oatmeal
- 2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 2 pinches cloves
- 1 stick of butter, to divide between each apple
- 2 cups hot water

Optional Extras: orange zest, lemon zest, grated ginger, raisins or other dried fruit, chopped nuts

### Directions

1. Pre-heat oven to 375-degrees.
2. Remove the core of the apples, cutting to within a half inch of the bottom of the apple. This is easy to do with an apple corer, but can also be done with a melon baller, grapefruit spoon, or a paring knife. The idea is to create a well inside the apple about 3/4 inch wide.
3. Mix the brown sugar, oatmeal, cinnamon, nutmeg, cloves, and any extras in a bowl. Divide this mixture between the apples and pack it into the wells.
4. Arrange the apples in a baking dish (an 8x8 Pyrex dish works well), and top each one with a pat of butter. Pour the water into the bottom of the dish and cover loosely with aluminum foil.
5. Bake for 20 minutes and remove foil. Continue baking uncovered until the apples are baked through and the brown sugar has melted into a syrup, an additional 20-30 minutes.
6. Test for doneness by poking a knife into the apple through the center well. It should slide easily with no resistance. The skin on the apples will also become wrinkled and soft by the end of cooking. Can be served with a scoop of ice cream, yogurt or whipped cream.

