

Sautéed Corn and Onion



Ingredients

- 1 Tablespoon butter
- 4 cups corn (try frozen, canned and drained, or fresh, cut off the cob)
- 1 cup chopped or sliced onion
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried basil
- 1/4 teaspoon each salt and black pepper

Instructions

1. Heat butter in medium pan over medium-high heat (350 degrees F in an electric skillet).
2. Add corn, onion, oregano, basil, salt and pepper. Stir to coat evenly.
3. Cook uncovered until onion is tender and corn is heated through, about 5 to 10 minutes.

Adapted from foodhero.org

Pineapple Upside Down Cake

Ingredients

- 1 1/2 cups flour
- 3 eggs, whisked
- 4-6 pineapple rings
- 1/2 cup plain yogurt
- 1/4 cup maple syrup
- 1 level teaspoon baking powder
- 1 teaspoon unsalted butter, melted

Instructions

1. Heat oven to 390°F.
2. Line a cake tin with parchment paper.
You can draw around the tin to cut out the base and then line the sides, using a little room temperature butter to stick the parchment to the tin.
3. In a large mixing bowl add the whisked eggs, yogurt and maple syrup and combine well.
4. Sift the dry ingredients: flour and baking powder into the wet ingredients and mix until just combined. (A fine-mesh strainer works like a flour sifter. Scoop the amount of dry ingredients you need into the strainer. Hold it over a big bowl and gently shake it back and forth to sift them. If there are lumps, tap the sides of the strainer to break them up. If your strainer is small, work in batches.)
5. Use the melted butter to grease the bottom of the cake tin and then place your pineapple rings into the tin and pour the cake batter on top of the pineapple rings
6. Bake for 25 minutes and check to see if it's cooked through by using a toothpick inserted into the middle of the cake to make sure it comes out clean. If it doesn't, put the cake back into the oven for another 5 minutes
7. Cool the cake down in its tin for at least 25 minutes and then turn it out onto a plate, gently peeling the parchment paper off the top.



Adapted from cleaneatingwithkids.com

Sweet & Spicy Butternut Squash Soup

Ingredients

- 1 butternut squash
- 1 Tablespoon butter
- 1 medium onion diced
- 1 green bell pepper diced
- 3 cloves garlic, finely chopped (or 3/4 teaspoon garlic powder)
- 1 teaspoon cumin powder
- 1 teaspoon turmeric powder
- 1 teaspoon cayenne pepper (or less if you don't like it spicy)
- 12 ounce can evaporated milk
- 3 cups water
- Salt and pepper to taste

Instructions

1. To prepare the squash, peel off the tough skin with a potato peeler. Cut the squash in half lengthwise with a sharp chef's knife, then scoop out the seeds and gloop.
2. Next, slice off the stem and very bottom of the squash and throw them away. Take each half of the squash and place it face-down on a cutting board. Slice each across into 1/2 " sticks, then turn each slice into cubes.
3. Put a large pot or Dutch oven on the stove on medium heat. Melt the butter and let the pot get hot. Add the onion, pepper, and garlic, then sauté for two minutes.
4. Add the cubed squash and spices and stir it all together. Put a lid on the pot and let it cook for another two minutes. Add the evaporated milk and water and stir.
5. Bring the soup to a boil, then turn down the heat to low and let it cook for about 30 minutes, or until the squash is tender.
6. Once the squash is tender, taste the soup and add salt and pepper as needed.

Adapted from leannebrown.com

How to Peel & Cut Butternut Squash



Learn how to peel and cut butternut squash with this step-by-step guide from Food Network!

<https://bit.ly/3De2PK6>



Broccoli Mac and Cheese

This macaroni and cheese is creamy, cheesy, and full of extra veggies!



Ingredients

- 8 ounces elbow macaroni noodles
- 2 Tablespoons salted butter
- 2 Tablespoons all purpose flour
- 2 cups whole milk
- 1/2 Tablespoon spicy mustard
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon paprika
- 1/2 teaspoon salt, plus more to taste
- 1/4 teaspoon black pepper
- 8 ounces extra sharp white cheddar cheese, shredded
- 1 cup broccoli florets, stems removed and chopped small
- 1 large carrot, grated

Instructions

1. Boil the dry pasta in salted water and cook until al dente. Drain and set aside.
2. Make the cheese sauce: Heat a large pot over medium heat. Once hot, add the butter. When the butter has melted, add the flour and stir until well combined. Cook the butter and flour mixture for 1-2 minutes.
3. Next, slowly whisk in the milk. Let the mixture come to a simmer for 3-5 minutes until thickened being careful to not let it boil. Once it's simmered, add the mustard, garlic powder, onion powder, paprika, salt, and pepper. Whisk until well combined. Then, fold in the shredded cheese, broccoli, and grated carrot. Stir until everything is well combined and the cheese is melted.
4. Lastly, lower the heat and add the pasta. Stir until it's well combined and everything is heated through. If you like, you can add a bit more milk depending on your desired consistency.
5. Remove from the heat, serve, and enjoy!

Adapted from allthehealthythings.com