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holiday 2014

*recipe magazine*

## *inspired* RUBS

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## TIPS FOR A *stress-free* HOLIDAY

Tradition is the common thread woven through our holiday celebrations. Year after year, we prepare and eat the same foods, set out the same decorations, and spend time with the same people.

Some of us wouldn't have it any other way. But for some, the hectic holiday season is a source of stress, a time when some past practices may feel more like annual obligations than meaningful experiences.

Instead of gamely embracing the seasonal hubbub this year, consider freshening up your holiday style. Small changes may result in large sighs of relief all around – and in new traditions to treasure.

### > **mix up the meal**

Inaugurate the first-ever holiday potluck dinner. You provide the main course, and family members and friends bring side dishes, dessert and beverages.

### > **embrace minimalism**

Unless the kids are counting on it, forgo the tree. Instead, buy fresh pine boughs and display them on the mantel, or place pine-scented candles on the coffee table. Holiday music will fill any undecorated spaces in your home.

### > **avoid the mall**

Make charitable donations in family members' names, buy memberships to the local zoo or art museum, or pick up concert tickets for music lovers in lieu of a gift exchange.

### > **party less hearty**

Cancel your annual, all-out holiday fête. Instead, invite the nearest and dearest to drop in at an open house. By staggering the traffic over a few hours, you will have more time to spend visiting with each guest than when everyone arrives at once.

### > **fill your own stocking**

Put yourself on your gift list. What would you like? A bubble bath with a favorite magazine and a wee glass of eggnog? Time to read Truman Capote's poignant "A Christmas Memory" aloud to your family? A volunteer shift serving dinner at the local homeless shelter? Pamper yourself as only you can.



## *perfect* PAIRINGS

Food historians attribute soup's popularity and longevity to its ease of preparation, combining various ingredients into a satisfying and flavorful one-pot meal. From thick and hearty chili to vegetable stew, soup presents infinite possibilities. Serve them with a few of our favorite breads and nothing will beat these "soup-er" combinations.





## Vegetable Beef Stew

**Prep: 25 minutes • Cook: 2 hours 15 minutes**  
**Serves: 8 • Makes: about 10 cups**

- ¼ cup Sunny Select All-Purpose Flour
- ¾ teaspoon Sunny Select Salt
- ¾ teaspoon Sunny Select Ground Black Pepper
- 2½ pounds boneless sirloin tip roast, fat trimmed, cut into 1½-inch pieces
- 3 tablespoons Sunny Select Vegetable Oil
- 1 large onion, coarsely chopped (about 1½ cups)
- 1 cup dry red wine
- 2 cans (14 ounces each) less-sodium beef broth (3½ cups)
- 1 can (14.5 ounces) Sunny Select Diced Tomatoes
- 3 garlic cloves, minced (1 tablespoon)
- 1 bay leaf
- 4 medium carrots, coarsely chopped (about 2 cups)
- 4 medium celery ribs, coarsely chopped (about 2 cups)
- 3 medium Idaho potatoes, unpeeled, cut into 1-inch pieces (about 3 cups)
- 2 tablespoons chopped fresh parsley leaves plus additional leaves for garnish (optional)
- 1 tablespoon Worcestershire sauce
- 2 teaspoons chopped fresh thyme leaves

**1.** In large bowl, combine flour and ½ teaspoon each salt and pepper; add beef and toss to coat. In large saucepot, heat 2 tablespoons oil over medium-high heat. In 2 batches, shaking off excess flour, add beef to saucepot, and cook 3 to 5 minutes or until beef is browned, stirring occasionally. With slotted spoon, transfer beef to large bowl.

**2.** Add remaining 1 tablespoon oil and onion to saucepot and cook 4 to 5 minutes or until onion is tender. Add wine and cook 1 minute, stirring with wooden spoon to loosen browned bits from bottom of saucepot. Add broth, tomatoes with their juice, garlic, bay leaf, remaining ¼ teaspoon each salt and pepper and beef with any drippings in bowl; heat to boiling. Reduce heat to medium-low, and cook, covered, 45 minutes. Uncover and cook, 45 minutes longer, stirring occasionally.

**3.** Add carrots, celery, potatoes, parsley, Worcestershire and thyme and cook, uncovered, 30 minutes longer or until beef and vegetables are tender, stirring occasionally. Makes about 10 cups.

**4.** Remove and discard bay leaf. Ladle stew into bowls. Garnish with parsley, if desired.

*Approximate nutritional values per serving: 336 Calories, 10g Fat (3g Saturated), 64mg Cholesterol, 605mg Sodium, 26g Carbohydrates, 4g Fiber, 27g Protein*

## Irish Cheddar Oat Scones

**Prep: 30 minutes**  
**Bake: 25 minutes • Makes: 12 scones**

- Nonstick cooking spray
- 2¾ cups Sunny Select All-Purpose Flour
- 2 teaspoons baking powder
- 1 teaspoon Sunny Select Salt
- ½ teaspoon Sunny Select Ground Black Pepper
- ¾ cup Sunnyside Farms Unsalted Butter (1½ sticks), cut into small pieces
- 1 package (8 ounces) finely shredded sharp Cheddar cheese (2 cups)
- 1 package (⅔ ounce) fresh dill, chopped (about ¼ cup)
- ¾ cup plus 2 tablespoons Sunny Select Old-Fashioned Rolled Oats
- 3 large Sunnyside Farms Eggs
- 1 cup Sunnyside Farms Heavy Cream
- 1 tablespoon water

**1.** Preheat oven to 375°. Spray cookie sheet with nonstick cooking spray. In large bowl, whisk together flour, baking powder, salt and pepper. With fingertips or pastry blender, work in butter until pea-sized crumbs form. Stir in cheese, dill and ¾ cup oats.

**2.** In medium bowl, whisk 2 eggs and cream until well blended. Add flour mixture to egg mixture; with wooden spoon, stir until dough forms a ball. In small bowl, whisk water and remaining egg.

**3.** Transfer dough to lightly floured work surface. With rolling pin, roll dough into 8-inch round. With large knife or pizza cutter, cut dough into 12 equal wedges. Place wedges, 1 inch apart, on prepared cookie sheet. Brush wedges with egg mixture; sprinkle with remaining 2 tablespoons oats. Bake 25 to 30 minutes or until tops and bottoms are lightly browned.

*Approximate nutritional values per serving: 391 Calories, 25g Fat (16g Saturated), 124mg Cholesterol, 420mg Sodium, 27g Carbohydrates, 1g Fiber, 11g Protein*



## perfect PAIRINGS



3. Meanwhile, sprinkle both sides of chicken with jerk seasoning. Heat oil in large nonstick skillet over medium-high heat. Add chicken and cook 3 to 4 minutes or until deep brown in color, turning once. Reduce heat to medium, and cook chicken 5 to 6 minutes longer or until internal temperature reaches 165°, turning occasionally. Cut chicken into ½-inch pieces.

4. Ladle chili into serving bowls and top with chicken. Garnish with sour cream, pico de gallo and cilantro, if desired.

*Approximate nutritional values per serving: 316 Calories, 4g Fat (1g Saturated), 19mg Cholesterol, 892mg Sodium, 47g Carbohydrates, 10g Fiber, 22g Protein*

## White Bean Chicken Chili

**Prep: 20 minutes • Cook: 45 minutes**

**Serves: 10 • Makes: about 14 cups**

- 8 slices turkey bacon, cut crosswise into ¼-inch strips
- 2 green and/or red bell peppers, diced
- 1 medium yellow onion, diced
- 1 tablespoon Sunny Select Chili Powder
- 1 tablespoon dried marjoram
- 1 tablespoon dried oregano
- 1½ teaspoons ground cumin
- 1 teaspoon garlic powder
- 1 cup Sunny Select All-Purpose Flour
- 1¼ teaspoons Sunny Select Salt
- ½ teaspoon Sunny Select Cayenne Pepper
- ½ teaspoon ground black pepper
- 1 can (28 ounces) diced tomatoes, drained
- 6 cups rinsed and drained canned Sunny Select Great Northern Beans
- 6 cups less-sodium chicken broth
- 1 teaspoon fresh lemon juice
- 1 boneless, skinless chicken breast (about 8 ounces)
- ½ teaspoon jerk seasoning
- 1 teaspoon Sunny Select Olive Oil
- Sunnyside Farms Light Sour Cream, pico de gallo and cilantro leaves for garnish (optional)

1. In large saucepot, cook bacon over medium-high heat 4 to 5 minutes or until crisp, stirring frequently. Reduce heat to medium. Add bell peppers and onion, and cook 3 to 4 minutes, stirring frequently. Stir in chili powder, marjoram, oregano, cumin and garlic powder, and cook 1 minute. Stir in flour, salt, cayenne pepper and black pepper.

2. Add tomatoes, beans, broth and lemon juice, and bring to a simmer; simmer 20 minutes, stirring occasionally.



### how-to video!

Scan this code with your smart phone, or visit [savemart.com](http://savemart.com) or [luckysupermarkets.com](http://luckysupermarkets.com) to watch our White Bean Chicken Chili video and view our online magazine.

## Popovers

**Prep: 15 minutes**

**Bake: 30 minutes • Makes: 12 popovers**

- 1½ tablespoons Sunnyside Farms Unsalted Butter, softened
- 2 cups Sunny Select All-Purpose Flour plus additional for dusting
- 4 large Sunnyside Farms Eggs, room temperature
- 2 cups Sunnyside Farms Whole Milk, room temperature
- ¾ teaspoon Sunny Select Salt

1. Preheat oven to 450°. Grease 12 popover tin cups with butter. Lightly dust bottom and sides of cups with flour, tapping tin to evenly coat cups; shake out any excess flour.

2. In large bowl, whisk eggs lightly; whisk in milk and salt until combined. Gradually sift 2 cups flour into egg mixture, whisking just until combined; do not overmix (batter will be lumpy). Immediately pour about 5 tablespoons batter into each cup, filling cups a little less than half full.

3. Bake popovers 15 minutes. Reduce temperature to 350°. Bake 15 minutes longer or until sides of popovers are firm and caramel in color. Serve immediately.

*Approximate nutritional values per serving: 138 Calories, 5g Fat (2g Saturated), 80mg Cholesterol, 177mg Sodium, 18g Carbohydrates, 1g Fiber, 6g Protein*

### Chef Tips

The eggs and milk should be at room temperature so that the popover batter can heat up as quickly as possible during baking, creating the steam necessary to make them “pop over.” It’s also important to use the popover batter as soon as it’s made to prevent the popovers from becoming dense.

If using a nonstick popover tin, it’s unnecessary to grease the cups with butter or dust with flour.

Popovers can also be prepared in a standard muffin tin. Prepare 20 muffin tin cups and pour about 3 tablespoons batter into each cup as directed in steps 1 and 2. Bake popovers as directed in step 3, baking only 10 minutes longer after reducing temperature to 350°.



## Celery Soup

**Prep: 15 minutes • Cook: 33 minutes**  
**Serves: 8 • Makes: about 8 cups**

- 2 tablespoons Sunnyside Farms Unsalted Butter
- 10 celery ribs, diced
- 1 medium onion, diced
- 1 medium russet potato, peeled and diced
- 1 garlic clove, crushed with press
- 1 box (32 ounces) less-sodium chicken broth
- 2 tablespoons fresh lemon juice
- 1 cup Sunnyside Farms Heavy Cream
- 1½ teaspoons Sunny Select Salt
- ½ teaspoon white pepper
- 4 slices fully cooked bacon, chopped
- 2 tablespoons chopped fresh parsley leaves

**1.** In large saucepot, melt butter over medium heat. Add celery, onion and potato, and cook 5 minutes, stirring frequently. Add garlic and cook 2 minutes. Add broth and lemon juice; heat to boiling over medium-high heat. Reduce heat to medium-low, partially cover and cook 20 minutes, stirring every 5 minutes to prevent sticking. Stir in cream, salt and pepper; remove from heat.

**2.** In batches, transfer soup to blender and purée. Transfer puréed soup to large bowl before puréeing next batch.

**3.** On microwave-safe plate, heat bacon in microwave oven on high 25 to 30 seconds or until heated through.

**4.** To serve, ladle soup into individual soup bowls; sprinkle each with bacon and parsley.

*Approximate nutritional values per serving (1 cup): 268 Calories, 15g Fat (9g Saturated), 51mg Cholesterol, 761mg Sodium, 7g Carbohydrates, 1g Fiber, 4g Protein*



## Savory Muffins

**Prep: 20 minutes plus cooling**  
**Bake: 27 minutes • Makes: 12 muffins**

- 3 tablespoons Sunnyside Farms Salted Butter
- 2 cups Sunny Select All-Purpose Flour
- 1½ teaspoons poultry seasoning
- 1¼ teaspoons Sunny Select Salt
- 1 teaspoon baking powder
- ½ teaspoon Sunny Select Baking Soda
- 2 large Sunnyside Farms Eggs
- 1 cup Sunnyside Farms Buttermilk
- 3 tablespoons drained and chopped sun-dried tomatoes packed in oil with Italian herbs plus 1 tablespoon oil
- ¼ cup chopped fresh parsley leaves
- ¾ cup sliced green onions
- 2 teaspoons lemon zest
- ½ cup shredded sharp Cheddar cheese
- 12 paper muffin-cup liners

**1.** Preheat oven to 350°. In small microwave-safe bowl, heat butter in microwave oven on high 40 to 45 seconds or until melted.

**2.** In large bowl, whisk together flour, poultry seasoning, salt, baking powder and baking soda. In medium bowl, whisk together eggs, buttermilk, 1 tablespoon tomato oil and butter; stir in drained tomatoes, parsley, onions and lemon zest.

**3.** With wooden spoon, stir egg mixture into flour mixture until just combined; do not overmix. Fold in cheese.

**4.** Line 12 standard muffin cups with liners. Evenly spoon batter into prepared cups. Bake 27 to 29 minutes or until tops are golden brown and toothpick inserted in center of muffins comes out clean, rotating once halfway through baking time. Transfer muffins from cups to wire rack. Cool 10 minutes and serve warm, or cool completely, wrap in plastic wrap and refrigerate up to 2 days.

*Approximate nutritional values per serving: 152 Calories, 6g Fat (4g Saturated), 51mg Cholesterol, 416mg Sodium, 18g Carbohydrates, 1g Fiber, 5g Protein*



## holiday TURKEY

You can't pull off a holiday menu without its hero, turkey. This year, consider a new twist – rub on or inject your turkey with internationally-inspired accents. We share some suggestions on the next page.



### Herb Seasoning

Mix together 1 tablespoon crushed rosemary, 1 tablespoon kosher salt, 1 tablespoon onion powder, 1 tablespoon paprika, 1 tablespoon garlic powder, 2 teaspoons dried thyme, 1 teaspoon ground black pepper and ½ teaspoon rubbed sage.

## Roasted Garlic & Herb Turkey

**Prep: 1 hour plus standing**

**Roast: 3 hours • Serves: 8**

- 2 garlic heads
- Sunny Select Olive Oil
- 12 tablespoons Sunnyside Farms Butter (1½ sticks), softened
- 4 tablespoons Herb Seasoning (recipe at left)
- 1½ teaspoons finely chopped fresh thyme leaves
- 1½ teaspoons fresh lemon juice
- ½ teaspoon lemon zest
- 1 (12- to 14-pound) turkey, thawed if necessary
- 2 medium yellow onions, each cut into wedges
- 3 medium carrots, each cut into 3-inch pieces
- 3 celery ribs, each cut into 3-inch pieces
- ¼ cup Sunny Select All-Purpose Flour
- ¾ cup dry white wine (such as Sauvignon Blanc)
- 1 can (14 ounces) less-sodium chicken broth (1¾ cups)

1. Preheat oven to 350°. Slice ¼ inch off top of each garlic head. Place garlic, cut side up, in foil and drizzle with oil. Wrap garlic in foil to seal. Place on rimmed baking pan and roast 45 minutes. When cool enough to handle, squeeze out garlic into small bowl.
2. Increase temperature to 400°. Mash garlic with 6 tablespoons butter, 1 tablespoon herb seasoning, thyme, lemon juice and lemon zest. Remove neck and giblets from turkey; reserve. Tuck wing tips under to hold in place. Work your fingers between skin and breast to loosen. Evenly distribute garlic mixture under skin.
3. Sprinkle 2 tablespoons herb seasoning inside turkey cavity; fill with some vegetables. Place any remaining vegetables, neck and giblets in large roasting pan. Melt remaining 6 tablespoons butter and mix with remaining 1 tablespoon herb seasoning. Gently rub mixture over turkey skin. Place turkey in roasting pan on top of vegetables, neck and giblets.
4. Roast turkey 15 to 20 minutes or until outside is browned. Reduce temperature to 325°. Roast 2 hours longer or until thermometer inserted into thickest part of thigh reads 165°, rotating turkey halfway through roasting time. Transfer turkey from roasting pan to cutting board and let stand 20 minutes before carving.
5. Place roasting pan with drippings and vegetables over medium heat; whisk in flour and simmer 5 minutes. Whisk in wine; simmer 5 minutes. Add broth; simmer 20 minutes, whisking occasionally. Strain sauce through fine-mesh strainer and serve with turkey.

*Approximate nutritional values per serving: 755 Calories, 45g Fat (19g Saturated), 305mg Cholesterol, 982mg Sodium, 7g Carbohydrates, 1g Fiber, 74g Protein*



### Chef Tip

Use remaining Herb Seasoning to flavor vegetables or mashed potatoes.



## *inspired* RUBS

**Asian** – chopped fresh lemon grass, five-spice powder, grated fresh ginger, minced garlic, minced scallions

**Greek** – dried basil, dried parsley, dried thyme, ground allspice, ground cloves, ground nutmeg, orange zest, onion powder

**Latin American** – dried oregano, dried rosemary, dried thyme, ground cayenne pepper, ground coriander, ground cumin, lime juice/zest, minced garlic, onion powder

**Mediterranean** – chopped fresh oregano, chopped fresh parsley, cracked black pepper, dried basil, dried marjoram, dried rosemary, dried thyme, minced garlic

**Spanish** – dried parsley, dried thyme, granulated garlic, kosher salt, orange zest, onion powder, saffron, smoked paprika



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## Roasted Butternut Squash, Green Beans & Mushrooms with Basil-Shallot Vinaigrette

**Prep: 20 minutes**

**Cook: 25 minutes • Serves: 12**

- 1 medium butternut squash (about 2 pounds), peeled, cut lengthwise in half, seeded and squash cut into ¾-inch pieces (about 6 cups) or 1 package (20 ounces) precut butternut squash
- ½ cup Sunny Select Olive Oil
- 2 teaspoons Sunny Select Salt
- ¾ teaspoon fresh ground black pepper
- 1½ pounds green beans, stems trimmed
- 3 packages (8 ounces each) white mushrooms, each cut into quarters
- ¼ cup Sunny Select Red Wine Vinegar
- 2 tablespoons Sunny Select Dijon Mustard
- 1 package (⅔ ounce) fresh basil, leaves thinly sliced
- 2 large shallots (about 3 ounces), finely chopped (about ½ cup)

**1.** Preheat oven to 425°. In large bowl, toss squash with 1½ tablespoons oil, ½ teaspoon salt and ¼ teaspoon pepper. Evenly spread squash in large rimmed baking pan. In same bowl, toss beans with 1½ tablespoons oil; evenly spread on separate large rimmed baking pan. Roast squash and beans 10 minutes.

**2.** Meanwhile, in same bowl, toss mushrooms with 1½ tablespoons oil; evenly spread on third large rimmed baking pan.

**3.** Stir squash and beans. Roast squash, beans and mushrooms 15 to 17 minutes longer or until vegetables are tender and lightly browned, stirring once.

**4.** Meanwhile, in separate large bowl, whisk together vinegar, mustard, and remaining 1½ teaspoons salt and ½ teaspoon pepper until well blended. Whisking constantly and vigorously, very slowly drizzle remaining oil into vinegar mixture until dressing is emulsified; stir in basil and shallots. Add vegetables and toss to combine. Makes about 14 cups.

*Approximate nutritional values per serving: 299 Calories, 10g Fat (1g Saturated), 0mg Cholesterol, 462mg Sodium, 41g Carbohydrate, 15g Fiber, 13g Protein*

### **Chef Tip**

Squash and mushrooms can be cut and beans can be trimmed and refrigerated in separate zip-top plastic bags up to 1 day in advance. Vinaigrette can be prepared, covered and refrigerated up to 3 days in advance.

## Rustic Smashed Potatoes with Stir-Ins

**Prep: 20 minutes**

**Cook: 25 minutes • Serves: 12**

- 4 pounds Yukon gold potatoes (about 9 medium), unpeeled, cut into 2-inch chunks
- 1¼ cups Sunnyside Farms Half and Half

- 6 tablespoons Sunnyside Farms Unsalted Butter
- 1½ teaspoons kosher salt
- ¼ teaspoon fresh ground black pepper

**1.** In large covered saucepot, heat potatoes and enough salted water to cover to boiling over high heat. Simmer, uncovered, 15 to 20 minutes or until potatoes are very tender.

**2.** Drain potatoes well. In same saucepot, heat half-and-half, butter, salt, pepper and stir-in of choice, if using, to simmering over medium heat. Return potatoes to saucepot. With potato masher, mash potatoes until they are slightly chunky. Heat through over medium heat, stirring occasionally. Makes about 10 cups.

*Approximate nutritional values per serving: 187 Calories, 8g Fat (5g Saturated), 24mg Cholesterol, 270mg Sodium, 25g Carbohydrates, 4g Fiber, 3g Protein*

## Stir-Ins

### Roasted Garlic-Chive

**Prep: 5 minutes • Roast: 45 minutes**

- 4 heads garlic
- 2 teaspoons Sunny Select Olive Oil
- 2 packages (⅔ ounce each) fresh chives, chopped (about ½ cup)

Preheat oven to 400°. With serrated knife, cut ½ inch from top of each head of garlic to expose top of cloves; discard tops. Place garlic, cut side up, on sheet of aluminum foil; drizzle oil over cut side of garlic. Wrap foil tightly around garlic. Roast 40 to 45 minutes or until cloves are very soft. Carefully open foil. When cool enough to handle, squeeze each garlic clove out of its skin and roughly chop.

*Approximate nutritional values per serving: 7 Calories, 1g Fat (0g Saturated), 0mg Cholesterol, 0mg Sodium, 0g Carbohydrates, 0g Fiber, 0g Protein*

### Grainy Mustard & Rosemary

**Prep: 5 minutes**

- ½ cup whole grain mustard
- 1½ tablespoons chopped rosemary leaves

*Approximate nutritional values per serving: 10 Calories, 0g Fat (0g Saturated), 0mg Cholesterol, 320mg Sodium, 2g Carbohydrates, 0g Fiber, 0g Protein*

### Cheddar, Bacon & Green Onion

**Prep: 10 minutes**

- 1 package (8 ounces) finely shredded sharp Cheddar cheese (2 cups)
- 6 green onions, thinly sliced (about ¾ cup)
- 5 slices smoked bacon, cooked and crumbled (about ⅔ cup)

*Approximate nutritional values per serving: 88 Calories, 7g Fat (0g Saturated), 19mg Cholesterol, 188mg Sodium, 1g Carbohydrate, 0g Fiber, 6g Protein*

## Cranberry-Apricot Relish

**Prep: 10 minutes plus chilling**

**Cook: 15 minutes • Makes: about 2½ cups**

- ¾ cup apricot nectar
- ¾ cup Sunny Select Granulated Sugar
- ⅓ cup thinly sliced dried apricots
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground allspice
- 1 bag (12 ounces) fresh cranberries (3 cups)
- 2 tablespoons brandy

**1.** In small saucepot, combine apricot nectar, sugar, apricots, cinnamon and allspice. Heat to boiling over medium-high heat, stirring occasionally. Stir in cranberries; return to boiling. Reduce heat to medium-low; cook 12 to 14 minutes or until most cranberries burst, stirring occasionally.

**2.** Remove saucepot from heat; stir in brandy. Allow relish to cool slightly before spooning into serving bowl; cover and refrigerate at least 3 hours or up to 4 days.

*Approximate nutritional values per serving: 93 Calories, 0g Fat (0g Saturated), 0mg Cholesterol, 0mg Sodium, 24g Carbohydrates, 2g Fiber, 0g Protein*

## RELISH THE *Cranberry*

No Thanksgiving table would be complete without at least one dish containing the American classic, *vaccinium macrocarpon*, more commonly known as the cranberry. An iconic holiday staple, historians aren't sure whether the cranberry graced the first Thanksgiving table in 1621. Since there were no photographs or written menus of that fabled feast, we can only assume that the tart red berry was there in some way, shape or form.

Native Americans likely introduced this brilliant red fruit to the Pilgrims. Not only prized as a culinary ingredient and preservative, cranberries were also used both as a natural dye and medicinally to prevent indigestion, heal arrow wounds and treat other maladies.

Wisconsin, followed by Massachusetts, leads the nation in cranberry production. Cranberries grow on low-running vines in sandy bogs and marshes. Because cranberries float, bogs appear flooded when the fruit is ready for harvesting. Machines resembling large lawnmowers, called water beaters, pluck the cranberries off their vines every fall.

Fresh cranberries require little advance preparation. Simply rinse and remove any stems; discard discolored or shriveled berries. Cranberries can range in color from light to dark ruby red.

Fresh cranberries should be stored in a tightly sealed bag up to two months, or frozen in their bag up to one year. To use frozen berries, do not thaw. Just rinse with cold water and drain.

Cranberries add a tart burst to quick breads including muffins, pancakes and waffles. Stir some into homemade applesauce or toss into cobblers and crisps.

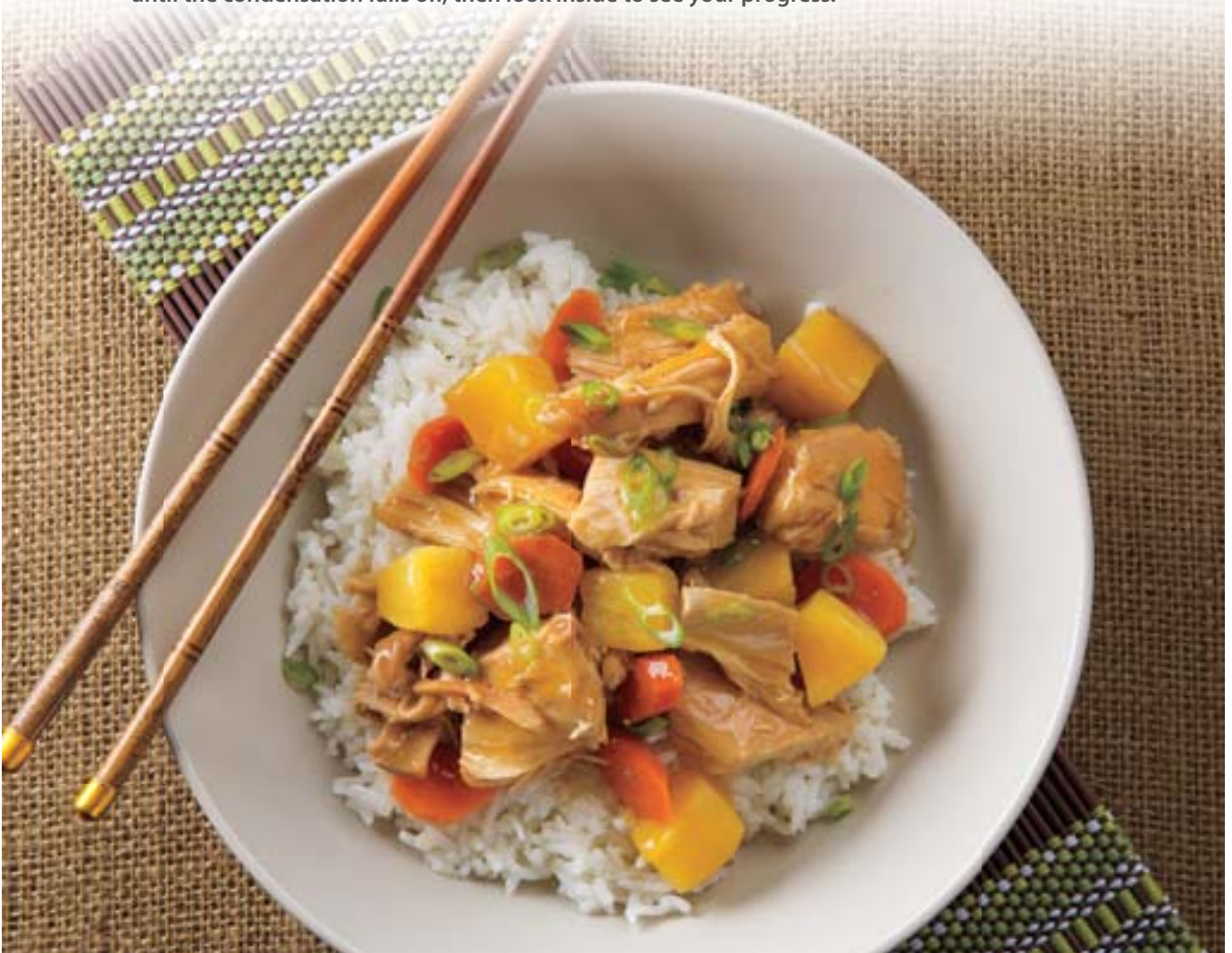
Cranberries aren't just for eating. Try filling a vase with cranberries for an instant decoration – they hold flowers in place with a festive flair. Or, float cranberries and candles in a shallow bowl for your centerpiece. Cranberries are only available in the fall through early winter, so remember to stock up and freeze several bags to enjoy throughout the year.





## LEFTOVER *Love*

The slow cooker makes this holiday leftover dish a cinch. Lifting the lid to check on your dinner will release too much of the necessary heat. Instead, try spinning the lid until the condensation falls off, then look inside to see your progress.



### Slow Cooker Teriyaki Turkey

**Prep: 15 minutes**

**Cook: 6 hours • Serves: 6**

- 3 garlic cloves, minced
- 2 medium carrots, thinly sliced
- 4 cups chopped leftover or pre-cooked turkey meat (about 2-inch chunks)
- 1 cup less-sodium chicken broth
- $\frac{3}{4}$  cup teriyaki sauce
- 1 tablespoon grated fresh ginger or  $\frac{1}{2}$  teaspoon ground ginger
- $\frac{1}{2}$  teaspoon ground white pepper
- $1\frac{1}{2}$  cups diced fresh or drained canned pineapple
- $1\frac{1}{2}$  cups long-grain white rice
- 4 green onions, thinly sliced (about  $\frac{1}{3}$  cup)

**1.** In 5- to 6-quart slow cooker bowl, combine garlic, carrots, turkey, broth, teriyaki sauce, ginger and white pepper. Cover slow cooker with lid and cook on low 6 to 8 hours or on high 3 to 4 hours, adding pineapple to slow cooker during last 20 minutes of cooking. Makes about 5 cups.

**2.** Meanwhile, prepare rice as label directs.

**3.** Serve turkey mixture over rice sprinkled with green onions.

*Approximate nutritional values per serving: 378 Calories, 2g Fat (1g Saturated), 91mg Cholesterol, 1552mg Sodium, 52g Carbohydrates, 2g Fiber, 34g Protein*

## christmas EXTRAVAGANZA

It's always important to allow beef to rest before slicing as this prevents the juices from running.



### Pepper-Crusted Steak with Red Wine-Shallot Sauce

**Prep: 13 minutes**

**Cook: 17 minutes • Serves: 4**

- 1½ pounds boneless rib-eye or top sirloin steaks (about 1-inch-thick)
- 3 tablespoons Sunnyside Farms Unsalted Butter, softened
- 1 tablespoon cracked black pepper
- 1 teaspoon kosher salt
- 2 tablespoons Sunny Select Olive Oil
- 1 cup thinly sliced shallots
- 2 cups dry red wine (such as Cabernet Sauvignon)
- 1 teaspoon Dijon mustard

**1.** Pat steaks dry with paper towels. In small bowl, combine 2 tablespoons butter and pepper; evenly coat both sides of steaks with butter-pepper mixture. Sprinkle steaks with salt.

**2.** In large skillet, heat oil over medium-high heat 3 minutes or until shimmering, but not smoking. Add steaks and cook 8 to 10

minutes or until internal temperature reaches 140° for medium-rare, turning steaks once halfway through cooking. Transfer steaks to cutting board and loosely cover with aluminum foil; let stand 5 minutes. (Internal temperature will rise 5° upon standing.)

**3.** While steaks rest, drain all but 1½ tablespoons drippings from skillet. Add shallots to same skillet and cook 1 minute, stirring frequently. Add wine, stirring to scrape browned bits from bottom of skillet; boil 5 to 7 minutes or until sauce thickens slightly. Remove skillet from heat; whisk in mustard and remaining 1 tablespoon butter.

**4.** To serve, thinly slice steaks across the grain and serve with sauce.

*Approximate nutritional values per serving:  
561 Calories, 28g Fat (13g Saturated),  
140mg Cholesterol, 581mg Sodium,  
10g Carbohydrates, 0g Fiber, 37g Protein*





## Pear & Gorgonzola Salad

Prep: 15 minutes

Cook: 10 minutes • Serves: 8

- 8 slices Farmer John Classic Bacon
- ¼ cup Sunny Select Extra Virgin Olive Oil
- 2 tablespoons minced shallot
- 1½ tablespoons balsamic vinegar
- ½ teaspoon Sunny Select Dijon Mustard
- ¼ teaspoon Sunny Select Salt
- ⅛ teaspoon Sunny Select Ground Black Pepper
- 1 package (10 ounces) baby spinach
- 1 container (4 to 5 ounces) crumbled Gorgonzola cheese
- 2 medium Bosc pears, cored and thinly sliced

1. In large skillet, cook bacon over medium heat 10 to 12 minutes or until crisp. Transfer to paper towels to drain. When bacon is cool enough to handle, crumble into 1-inch pieces.

2. Meanwhile, in medium bowl, whisk together oil, shallot, vinegar, mustard, salt and pepper until well blended.

3. In large salad bowl, toss spinach with dressing until combined. To serve, evenly divide spinach mixture over 8 salad plates; top with cheese, pears and bacon.

*Approximate nutritional values per serving: 188 Calories, 15g Fat (5g Saturated), 20mg Cholesterol, 422mg Sodium, 9g Carbohydrates, 2g Fiber, 7g Protein*



**↑ Chef Tip**  
Vinaigrette can be prepared and refrigerated up to 3 days in advance.

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serving suggestion  
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## Asparagus Almondine

Prep: 5 minutes

Cook: 5 minutes • Serves: 8

- 2 bunches fresh asparagus (about 2 pounds), ends trimmed
- 4 tablespoons Sunnyside Farms Unsalted Butter
- 1 package (2.25 ounces) sliced almonds (½ cup)
- 1½ tablespoons fresh orange juice
- 1 tablespoon fresh lemon juice
- ¼ teaspoon Sunny Select Salt
- ¼ teaspoon Sunny Select Ground Black Pepper
- 2 teaspoons lemon and/or orange zest

1. Heat large covered saucepot filled with salted water to boiling over high heat. Add asparagus and cook 4 to 5 minutes or just until asparagus is tender; drain.

2. In same saucepot, melt butter over medium heat. Add almonds and cook 2 to 3 minutes or until almonds turn golden, stirring occasionally. Stir in juices, salt and pepper. Add asparagus and toss to combine; cook 1 minute. Serve asparagus garnished with zest.

Approximate nutritional values per serving: 126 Calories, 10g Fat (4g Saturated), 16mg Cholesterol, 4mg Sodium, 7g Carbohydrates, 3g Fiber, 4g Protein

*christmas* EXTRAVAGANZA



# Michael Angelo's®

Uncompromisingly Italian™

## From Our Family to Yours... The Way We've Always Done it.

Making great-tasting Italian food the right way is a passion my mom and I have in our blood... it's been that way for over 30 years. We make all of our meals with authentic recipes passed down from her Grandma Foti, with only all natural, wholesome ingredients, and Absolutely No Preservatives.

And, because all of our meals are made-to-order in small batches, you know they are as fresh as they can possibly be.

It's the way we've always done it, because it's the **right** way to do it!

You can taste the difference in every bite.

Buon Appetito,

*Michael Angelo*

Founders Michael Angelo and his mother Sara.  
Go to our website @ [michaelangelos.com](http://michaelangelos.com)







## Cinnamon-Walnut Crunch Coffee Cake

**Prep: 20 minutes**

**Bake: 50 minutes • Serves: 12**

- Nonstick baking spray
- 1 cup plus 2 tablespoons Sunny Select Granulated Sugar
- 1½ cups chopped walnuts (6 ounces)
- ¾ cup Sunny Select Light Brown Sugar
- 1 tablespoon ground cinnamon
- 2½ cups Sunny Select All-Purpose Flour
- 1 teaspoon baking powder
- 1 teaspoon Sunny Select Baking Soda
- ¼ teaspoon Sunny Select Salt
- ¾ cup Sunnyside Farms Unsalted Butter (1½ sticks), softened
- 3 large Sunnyside Farms Eggs
- 1 container (8 ounces) Sunnyside Farms Sour Cream
- 2 teaspoons pure vanilla extract

**1.** Preheat oven to 350°. Lightly spray 10-inch angel food tube pan with nonstick baking spray, then coat inside pan with 2 tablespoons granulated sugar. In small bowl, mix walnuts, brown sugar and cinnamon until combined. In medium bowl, whisk together flour, baking powder, baking soda and salt.

**2.** In large bowl, with mixer at high speed, beat butter and remaining 1 cup granulated sugar 4 minutes or until light and fluffy, occasionally scraping bowl with rubber spatula. Reduce speed to medium-low. Add eggs, 1 at a time, beating well after each addition. Add sour cream and vanilla extract, and beat 1 minute or until incorporated. With mixer on low speed, slowly add flour mixture to bowl, mixing just until combined, occasionally scraping bowl.

**3.** With rubber spatula, transfer ½ of the batter into prepared pan; sprinkle ½ of walnut mixture over batter in pan. Transfer remaining batter over walnut mixture in pan; smooth top of cake with rubber spatula and sprinkle remaining walnut mixture evenly over top of batter.

**4.** Bake 40 to 50 minutes or until toothpick inserted near center of cake comes out clean. Cool cake in pan on wire rack 10 minutes. With small metal spatula, loosen cake from side of pan. Remove side of pan. Place cake, with bottom of pan still attached, onto wire rack to cool completely. With small metal spatula, loosen cake from bottom and center of pan. Carefully lift cake off pan.

*Approximate nutritional values per serving: 420 Calories, 21g Fat (8g Saturated), 76mg Cholesterol, 231mg Sodium, 51g Carbohydrates, 2g Fiber, 7g Protein*



## *crazy* FOR COOKIES

Here's a simple tip for cooking large batches of holiday cookies. Let them stand one to three minutes on their cookie sheet before lifting them onto a cooling rack. This will allow the sugar to set, which will help you avoid cookie breakage.



### Coconut Macaroons

**Prep: 30 minutes plus cooling**

**Bake: 16 minutes per batch • Makes: about 6 dozen**

- 8 large Sunnyside Farms Eggs (whites only)
- 1½ cups Sunny Select Granulated Sugar
- 4 teaspoons vanilla extract
- ½ teaspoon almond extract
- 4 packages (7 ounces each) sweetened coconut flakes (about 10½ cups)
- 1½ cups Sunny Select All-Purpose Flour

**1.** Position 2 oven racks to upper and lower position. Preheat oven to 350°. Line 2 rimmed baking pans with parchment paper.

**2.** In large bowl, whisk together egg whites, sugar and extracts. Add coconut and flour and toss to combine.

**3.** With wet hands, shape coconut mixture into 1½-inch balls (about 1½ tablespoons per ball) and place 1½-inches apart on prepared baking pans. Bake macaroons 16 to 18 minutes or until golden brown, rotating pans between upper and lower racks halfway through baking. Slide parchment paper with macaroons onto wire rack to cool completely. Repeat with additional parchment paper and remaining coconut mixture.

**4.** Store macaroons in airtight container at room temperature with parchment or waxed paper between layers up to 5 days.

*Approximate nutritional values per serving (1 cookie): 76 Calories, 4g Fat (4g Saturated), 0mg Cholesterol, 44mg Sodium, 11g Carbohydrates, 1g Fiber, 1g Protein*



## Chocolate-Almond Biscotti

**Prep: 30 minutes plus cooling**

**Bake: 45 minutes • Makes: about 6 dozen**

- Nonstick cooking spray
- 4 cups Sunny Select All-Purpose Flour
- $\frac{2}{3}$  cup unsweetened cocoa powder
- 1 teaspoon baking powder
- 1 teaspoon Sunny Select Baking Soda
- 1 teaspoon Sunny Select Salt
- $1\frac{1}{2}$  cups Sunny Select Granulated Sugar
- 1 cup Sunnyside Farms Unsalted Butter (2 sticks), softened
- 4 large Sunnyside Farms Eggs
- 2 teaspoons vanilla extract
- 2 packages (2.25 ounces each) sliced almonds (1 cup)
- 1 cup mini chocolate chips

**1.** Position 2 oven racks to upper and lower position. Preheat oven to 325°. Spray 2 rimmed baking pans with nonstick cooking spray. In large bowl, sift together flour, cocoa powder, baking powder, baking soda and salt. In separate large bowl, with mixer on medium speed, beat sugar and butter 5 minutes or until light and fluffy, scraping bowl occasionally with rubber spatula. Add eggs and vanilla and beat 1 minute. Reduce speed to low, and gradually add flour mixture, beating until well combined; scrape bowl. Add almonds and chocolate chips and beat until just combined.

**2.** Divide dough into 4 equal portions. Working with 1 piece at a time, on prepared baking pan, with floured hands, shape dough into 12 x 2-inch log (about  $\frac{1}{2}$ -inch high). Repeat with remaining 3 pieces of dough, placing 2 logs on each baking pan.

**3.** Bake logs 25 to 30 minutes or until tops are firm and toothpick inserted in center comes out clean, rotating baking pans between upper and lower racks halfway through baking. Cool logs on pans on wire racks 20 minutes.

**4.** Transfer 1 log at a time to cutting board. With serrated knife, cut each log crosswise into  $\frac{1}{2}$ -inch-thick slices. Place slices, cut side down, onto same baking pans. Bake slices 20 to 25 minutes longer or until dry, rotating baking pans between upper and lower racks halfway through baking. Transfer biscotti

to wire racks to cool completely. Store biscotti in airtight container at room temperature for up to 3 weeks or freeze for up to 3 months.

*Approximate nutritional values per serving (1 biscotti): 88 Calories, 4g Fat (2g Saturated), 15mg Cholesterol, 56mg Sodium, 11g Carbohydrates, 1g Fiber, 2g Protein*

## Cream Cheese Thumbprints

**Prep: 50 minutes plus chilling and cooling**

**Bake: 15 minutes per batch • Makes: about 6 dozen**

- 3 cups Sunny Select All-Purpose Flour
- $1\frac{1}{2}$  teaspoons baking powder
- $\frac{1}{2}$  teaspoon Sunny Select Salt
- $1\frac{1}{2}$  packages (8 ounces each) cream cheese, softened (12 ounces)
- $1\frac{1}{2}$  cups Sunnyside Farms Unsalted Butter (3 sticks), softened
- 1 cup Sunny Select Granulated Sugar
- 1 large Sunnyside Farms Egg, separated
- $1\frac{1}{2}$  teaspoons vanilla extract
- Nonstick cooking spray
- $2\frac{1}{2}$  cups finely chopped walnuts (10 ounces)
- 6 tablespoons strawberry jam

**1.** In medium bowl, with whisk, stir together flour, baking powder and salt. In large bowl, with mixer on medium speed, beat cream cheese, butter and sugar 5 minutes or until light and fluffy, scraping bowl occasionally with rubber spatula. Add egg yolk and vanilla and beat 1 minute. Reduce speed to low, and gradually add flour mixture, beating until just combined. Cover with plastic wrap and refrigerate at least 2 hours or up to overnight.

**2.** Position 2 oven racks to upper and lower position. Preheat oven to 350°. Spray 2 rimmed baking pans with nonstick cooking spray.

**3.** In separate small bowls, place walnuts and egg white. Form dough into 1-inch balls. Dip each ball in egg white then roll in walnuts, and place 2 inches apart on prepared pans. Press thumb into center of each cookie to make a well; fill each well with  $\frac{1}{4}$  teaspoon jam. Bake cookies 15 to 18 minutes or until bottoms of edges are golden brown and tops are lightly browned, rotating baking pans between upper and lower racks halfway through baking. Cool cookies on baking pans 5 minutes, then transfer to wire rack to cool completely. Repeat with remaining dough, egg white and walnuts.

**4.** Store cookies in airtight container at room temperature for up to 3 days or freeze for up to 3 months.

*Approximate nutritional values per serving (1 cookie): 111 Calories, 8g Fat (4g Saturated), 17mg Cholesterol, 43mg Sodium, 9g Carbohydrates, 0g Fiber, 2g Protein*

### Chef Tips

When rolling balls of dough in egg white and walnuts, use your left hand to roll dough ball in egg white and add to walnuts, then use your right hand to coat dough ball with walnuts.

*Variation: Try preparing each batch of cookies with a different jam flavor such as raspberry, apricot, blueberry or cherry.*





## cookie SWAP

The holidays are quickly approaching, and you have made dozens of your favorite spicy snicker doodle cookies. Now you're looking for some cranberry-orange bars, pecan tarts, apricot thumbprints, chewy fruitcake cookies, peanut butter kisses, cocoa-coated truffles, peppermint meringue drops or even frosted tree-shaped sugar cookies topped with sprinkles – anything to introduce variety to your cookie platter.

### WHY NOT HOLD A COOKIE EXCHANGE?

Home cooks have been casually swapping holiday treats for a century or more, but the first mention in print of such a practice has been traced to the 1963 edition of "Betty Crocker's Cooky Book." You may plan a traditional swap or update the event by diversifying the guest list and using the event to raise money for a charitable cause. Here are 10 steps for a successful cookie exchange:

- 1) Make a list of 13 friends (a "baker's dozen") who like to bake.
- 2) Set a date for early in December and send out invitations by mid-November.



- 3) Ask each guest to bring seven dozen of their favorite type of cookie to swap and a few extra for nibbling.
- 4) Insist on homemade cookies. They do not have to be fancy, and no-bake cookies are welcome.
- 5) Remind guests that this party is B.Y.O.T. – Bring Your Own Tins.
- 6) Request that each guest bring 13 copies of their recipe for sharing.
- 7) Encourage everyone to share the origins of their recipes, plus any helpful baking tips.
- 8) Serve holiday punch, mulled wine or coffee along with the "sample" cookies.
- 9) Clear the table, set out all the cookies and let the swapping begin! Each person will end up taking home a half dozen of each type of cookie.
- 10) To add holiday spirit to your swap, consider asking for a modest cash donation from each guest to be given to a local food pantry or charity.





## NEW YEAR *tradition*

In the south, it's considered tradition to eat Hoppin' John on New Year's Day in hopes of ringing in a prosperous new year. The black-eyed peas are symbolic of coins which are added to the dish, or place three peas under dinner bowls for a new year filled with luck, fortune and romance.



## Hoppin' John

**Prep: 20 minutes plus soaking**

**Cook: 1 hour 30 minutes • Serves: 6**

- 2 cups dry black-eyed peas (about 11 ounces), rinsed and picked through
- 8 slices smoked bacon (about 7 ounces), cut crosswise into ¼-inch pieces
- 3 garlic cloves, minced
- 2 celery ribs, chopped
- 1 green bell pepper, chopped
- 1 small yellow onion, chopped
- 1 can (14.5 ounces) Sunny Select Diced Tomatoes
- 2 bay leaves
- 5 cups less-sodium chicken broth
- 1 teaspoon Cajun seasoning
- ½ teaspoon Sunny Select Salt
- 1 tablespoon Sunny Select Apple Cider Vinegar
- 1½ cups long grain white rice
- 6 green onions, thinly sliced for garnish (optional)
- Hot sauce (optional)

1. In large bowl, cover black-eyed peas with 8 cups cold water. Let stand at room temperature at least 8 hours or up to overnight; rinse and drain.
2. In large saucepot, cook bacon over medium-high heat 6 to 8 minutes or until crisp, stirring occasionally. Add garlic, celery, bell pepper and onion, and cook 4 to 5 minutes or until vegetables begin to soften, stirring occasionally.
3. Add tomatoes, bay leaves, broth, Cajun seasoning, salt and peas, and heat to boiling over high heat. Reduce heat to medium-low, cover and simmer 1 hour 15 minutes to 1 hour 25 minutes or until peas are tender, stirring occasionally. Remove bay leaves; stir in vinegar. Makes about 7 cups.
4. Meanwhile, prepare rice as label directs.
5. Serve Hoppin' John alongside rice; sprinkle with green onions and serve with hot sauce, if desired.

*Approximate nutritional values per serving: 454 Calories, 7g Fat (2g Saturated), 15mg Cholesterol, 1484mg Sodium, 81g Carbohydrates, 7g Fiber, 17g Protein*

### **Chef Tips**

Peas can also be "quick soaked": Place peas in large saucepot and add 8 cups hot water. Heat to a rapid boil over high heat and boil 2 minutes. Remove saucepot from heat, cover and let stand 1 hour. Rinse and drain peas, then proceed with step 2.

Serve this dish with your favorite sautéed greens and cornbread.



# 2015

## LUCKY FOODS FOR THE *new year*

From Bangkok to Beirut and Paris to Panama, people around the world celebrate the New Year with feasts and celebrations. Many New Year's menus are made up of foods thought to bring good fortune to those who consume them. But what exactly makes a food "lucky"?

Foods thought to look like money are perhaps the most popular New Year fare, eaten in hopes that they will bring prosperity. In Italy, the traditional dish eaten at midnight is lentils with sliced sausages; both bring to mind coins. In addition to lentils, other legumes such as beans or black-eyed peas are also favorites – not only do they resemble coins, but they swell as they cook, symbolizing a person's riches growing. If you really want to up the ante, eat some collard greens with your black-eyed peas like they do in the American South – the greens are said to look like folded-up bills. The German and Danish also believe that eating greens, preferably in large servings, will ensure wealth.

Not all cultures measure good fortune in money alone. In Asia, longevity is valued as well. The Japanese eat





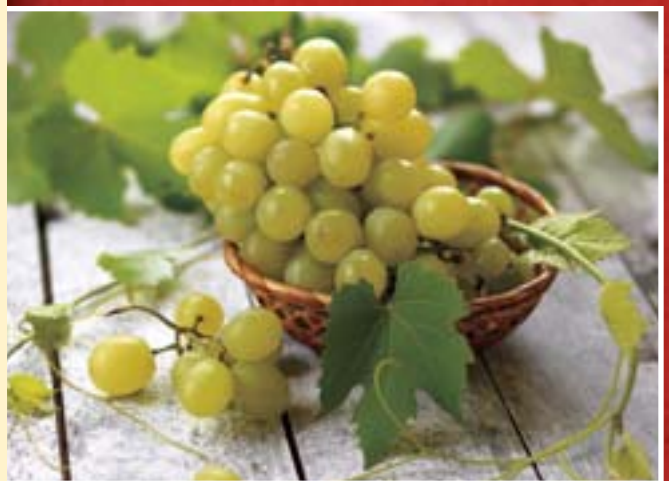


buckwheat noodles, the longer the better, to represent long life. In China, some foods are deemed lucky not because they look like something, but because they sound like something. Citrus fruit gives the Chinese a lucky triple whammy in the form of oranges, tangerines and pomelos, with Chinese pronunciations sounding like the words for wealth, luck, and the verb “to have.”

For a little protein to go with those lucky fruits and vegetables, fish or pork could fill the bill. A fish’s scales glitter like gold, and its multiple eggs represent fertility and abundance. Austria, Hungary and Cuba value the fatty pig whose forward rooting behavior brings to mind progress in traditional folklore.

What to serve for dessert at your lucky feast? Think circles – cakes, cookies, anything with a shape suggestive of a coin. Many European countries traditionally place a trinket or nut in a cake; whoever receives the hidden goodie is guaranteed good fortune in the upcoming year. For those cutting down on sweets to atone for holiday excesses, citrus fruit might come in handy. Or, you can follow the tradition of some Spanish and Portuguese-speaking countries and eat one grape for each month of the new year. Here’s hoping yours are all sweet, as sour grapes indicate that particular month may be challenging.

If one of your resolutions is to eat a bit less, follow the example of the Philippines and Germany. In these countries, it is customary to leave a little food on the plate to ensure full cupboards for the year to come. Just remember: No matter what you eat, if it’s shared with family and friends, the odds of it bringing good fortune and happiness are in your favor.







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