



Chocolate Cinnamon Pancakes

Serves 4 to 6. Prep time: 30 minutes.

1 cup all-purpose flour
1 cup whole wheat flour
1 tablespoon baking powder
½ teaspoon salt
2 teaspoons cinnamon
2 tablespoons sugar or honey

1 ½ cups milk
2 tablespoons melted butter
2 large eggs, beaten
½ cup chocolate chips

Preparation

In a bowl, whisk together all of the ingredients except for the chocolate chips.

Heat a large skillet or griddle over medium heat and brush with butter or oil. When the griddle is hot, cook the pancakes in batches; use a small ladle to spoon the batter onto the griddle, and then sprinkle each pancake with several chocolate chips. When pancakes just begin to set and small bubbles form around the outside edges, gently flip the pancakes and cook another 1 to 2 minutes on the other side. Transfer to a plate and keep warm in the oven while cooking the remainder of the pancakes. Serve warm with maple syrup.

Chocolate Cinnamon Pancakes

Ingredient checklist

BULK

- ☐ All-purpose flour
- ☐ Baking powder
- ☐ Chocolate chips
- ☐ Whole wheat flour
- ☐ Sugar or honey

REFRIGERATED/DAIRY

- ☐ Milk
- ☐ Eggs
- ☐ Butter

SPICES/SEASONINGS

- ☐ Sea salt
- ☐ Cinnamon

Serving suggestion

Top the pancakes with sliced bananas, drizzle with honey and serve with melon slices and a strawberry yogurt parfait or smoothie for a special-occasion breakfast.

Nutritional information per serving

302 calories	7 g. fat
80 mg. cholesterol	413 mg. sodium
44 g. carbohydrate	3 g. fiber
10 g. protein	

The nutritional values and information provided are approximations.



Cinnamon Apple Stuffed Squash

Serves 4 to 6. Prep time: 60 minutes.

2 acorn squash, cut in half, seeds removed
3 tablespoons unsalted butter
3 cups diced yellow onion
2 celery stalks, diced
3 cups diced apple, cored and seeds removed (about 2 large apples)

½ cup dried cranberries
2 tablespoons maple syrup
⅓ cup water
½ teaspoon cinnamon
Pinch each of salt and black pepper

Preparation

Preheat oven to 375 degrees F. Place acorn squash halves face down on a rimmed sheet pan or baking dish and add ½ inch of water to the pan. Bake squash for 40 minutes.

While the squash is baking, heat the butter in a saucepan over medium heat. Add the onion and celery and sauté for 5 to 10 minutes until soft. Add the apples, cranberries, maple syrup, water and cinnamon; stir well and cook another 5 to 10 minutes until the apples begin to soften. Season with salt and pepper. Remove from heat.

After the squash has baked for 40 minutes, remove from the oven, turn them cut side up, and fill each with the apple stuffing. Place back into the oven and bake another 15 to 20 minutes until the squash is tender. Serve warm.

Cinnamon Apple Stuffed Squash

Ingredient checklist

PRODUCE

- ☐ Acorn squash
- ☐ Celery
- ☐ Yellow onion
- ☐ Apples

BULK

- ☐ Dried cranberries

GROCERY

- ☐ Maple syrup

REFRIGERATED/DAIRY

- ☐ Unsalted butter

SPICES/SEASONINGS

- ☐ Cinnamon
- ☐ Black pepper
- ☐ Sea salt

Serving suggestion

Slice the stuffed squash halves into wedges to serve as a side with ham, turkey or chicken, or serve each half as a vegetarian entrée.

Nutritional information per serving

143 calories	3 g. fat
8 mg. cholesterol	47 mg. sodium
30 g. carbohydrate	4 g. fiber
2 g. protein	

The nutritional values and information provided are approximations.



Hot Fudge Pudding Cake

Serves 8. Prep time: 10 minutes active; 45 minutes total.

½ teaspoon vegetable oil	1 egg
1 cup all-purpose flour	3 tablespoons unsalted butter, melted
⅓ cup sugar	1 teaspoon vanilla extract
¼ cup plus one tablespoon cocoa powder (divided)	¾ cup brown sugar
2 teaspoons baking powder	1 cup brewed coffee
½ teaspoon salt	⅓ cup water

Preparation

Preheat oven to 375 degrees F. Oil an 8- or 9-inch square or round baking pan.

In a mixing bowl, sift together the flour, sugar, ¼ cup cocoa powder, baking powder and salt.

In a separate bowl, whisk together the egg, butter and vanilla. Stir the wet ingredients into the dry ingredients and mix gently until just blended. Pour the cake batter into the pan and spread evenly.

Stir together the brown sugar and remaining cocoa powder and sprinkle evenly across the top of the cake batter. Stir together the coffee and water and gently pour over the top of the entire cake (the liquid topping will become the bottom pudding portion of the cake while baking). Place in the oven and bake for about 25 minutes until a toothpick comes out clean from the center (the bottom of the cake will still be molten). Remove the cake from the oven and let sit for 10 minutes before serving. Serve warm.

Hot Fudge Pudding Cake

Ingredient checklist

BULK

- ☐ All-purpose flour
- ☐ Cocoa powder
- ☐ Sugar
- ☐ Baking powder

GROCERY

- ☐ Vegetable oil
- ☐ Brown sugar
- ☐ Vanilla extract
- ☐ Coffee

REFRIGERATED/DAIRY

- ☐ Eggs
- ☐ Unsalted butter

SPICES/SEASONINGS

- ☐ Sea salt

Serving suggestion

Spoon portions into small dessert bowls or plates and garnish each serving with a few small scoops of vanilla bean ice cream (use a melon baller) or fresh berries.

Nutritional information per serving

199 calories	6 g. fat
38 mg. cholesterol	245 mg. sodium
35 g. carbohydrate	1 g. fiber
3 g. protein	

The nutritional values and information provided are approximations.



Parmesan Herb-Crusted Potatoes

Serves 6. Prep time: 10 minutes active; 40 minutes total.

2 tablespoons olive oil
1 tablespoon minced fresh
rosemary
1 teaspoon dried thyme
1 teaspoon dried oregano
1 teaspoon lemon zest

½ teaspoon salt
½ teaspoon cracked black pepper
2 pounds fingerling potatoes
¼ cup finely-shredded Parmesan
cheese

Preparation

Preheat oven to 425 degrees F.

In a large bowl, combine the olive oil, herbs, lemon zest and spices. Add the potatoes and toss to coat. Add the cheese and toss until thoroughly mixed. Arrange the potatoes in a single layer in a large, rimmed baking pan coated with cooking spray. Sprinkle any remaining cheese and herb mix over the potatoes. Bake for 20 minutes. Check for doneness, stir and bake for 10 minutes more (or as needed).

Parmesan Herb-Crusted Potatoes

Ingredient checklist

PRODUCE

- ☐ Rosemary
- ☐ Fingerling potatoes
- ☐ Lemon

GROCERY

- ☐ Olive oil

REFRIGERATED/DAIRY

- ☐ Parmesan cheese

SPICES/SEASONINGS

- ☐ Thyme
- ☐ Sea salt
- ☐ Oregano
- ☐ Black pepper

Serving suggestion

Delicious served hot as a side dish or at room temperature as an appetizer. Be creative with dipping sauce ideas: ranch dressing, pesto, jalapeño-seasoned sour cream or sriracha aioli all taste great with these baked wedges.

Nutritional information per serving

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|--------------------|----------------|
| 173 calories | 6 g. fat |
| 3 mg. cholesterol | 259 mg. sodium |
| 27 g. carbohydrate | 4 g. fiber |
| 4 g. protein | |

The nutritional values and information provided are approximations.