

UNITED WAY HOLIDAY RECIPE SWAP

NOVEMBER 2024





CONTENTS



03 Appetizers & Salads

09 Breakfast Sweets

14 Main Courses

30 Desserts & Drinks



APPETIZERS & SALADS



Home



Grilled Romaine

Submitted by Katy Francis

Backstory

I love Romaine lettuce and ordered this version years ago in a restaurant. It's great with grilled chicken or meat or topped with a can of tuna packed in oil. It's easy and YUM!

Instruction

Yields 4 servings



Prepare Time

5 Minutes



Cook Time

15 Minutes

Make Dressing:

- Mash together the anchovies and the minced garlic to form a paste. Add the mayo and mustard and whisk well.
- Add the olive slowly while whisking and then add vinegar. Set dressing aside

Heat your grill, all burners on high for 15 minutes and then lower to medium, close cover.

Make the salad:

- Brush olive oil over the cut side of quartered lettuce heads. Place cut-side on the grill and cook about 1 minute or 2, or until leaves begin to brown.
- Flip the Romaine over and baste cut-side with dressing, make sure to get dressing in between leaves.
- When the bottom begins to brown, sprinkle the top with parmesan, close the grill cover, and turn off the heat.
- When the cheese has melted, remove to platter and serve with any leftover dressing. Serve right away.

Ingredients

For the dressing:

- 1 clove garlic peeled and minced
- 6 anchovy fillets, mashed - leave out if you're not a fan, but when mashed they're no 'fishy'
- 2 teaspoons mayo
- 2 teaspoons Dijon mustard
- 1/2 cup Extra Virgin Olive Oil
- 2 tablespoons cider vinegar
- Salt & Pepper to taste

For the Salad:

- 3 tablespoons olive oil
- 2 heads Romaine lettuce, washed. Trim tops and bottoms neatly and cut each head lengthwise into quarters
- 1/2 cup grated Parmesan cheese

Note: If leaves begin to brown too quickly, lower the heat. You want the lettuce to soften and the cheese to melt.





Butternut Squash Feta Salad

Submitted by Surline Jolicoeur

Backstory

I love clean eating and this recipe has become a staple in my home (Thank you, Pinterest!). Butternut Squash is low in calories but high in many nutrients, including vitamin A, vitamin C, magnesium, and potassium. Also, it contains pectin, a natural prebiotic which is GREAT for your gut health. There is a fusion of flavors and textures that will also leave your taste buds craving for more.

Ingredients

- 1 small butternut squash
- 1½ Tbsp olive oil
- ½ tsp salt
- ½ tsp black pepper, onion and garlic powder
- ½ tsp cayenne pepper, *optional for a little heat to pair with the sweet dressing
- 7 cup arugula, *see notes
- ½ cup feta, crumbled, *see notes
- 3 dates, pitted and chopped
- ¼ cup walnuts, chopped
- ¼ cup dried cranberries

Maple Date Dressing

- 3 Tbsp olive oil
- 3 Tbsp maple syrup
- 1 Tbsp fresh lemon juice
- 2 Tbsp apple cider vinegar
- 1-2 tsp water, *to thin the dressing
- ¼ tsp nutmeg
- ¼ tsp cumin
- ¼ tsp cinnamon
- ¼ tsp salt
- 1 garlic clove
- 1 soaked date, pitted, *see notes



Instruction

Yields 1-2 servings



Prepare Time
10 Minutes



Cook Time
30-40 Minutes

- Preheat the oven to 425°F and line a large baking sheet with parchment paper. Peel the butternut squash with a vegetable peeler. Carefully cut the butternut squash up into small 1 inch cubes, discard the seeds.
- Place the butternut squash cubes on the sheet and drizzle with olive oil and salt, onion powder, garlic powder, cayenne and black pepper. Toss to coat and spread evenly on the baking sheet. Roast for 30 to 40 minutes, or until tender and browned around the edges.
- While the squash is roasting, make the maple dressing. Add lemon, maple syrup, seasonings (cumin, cinnamon, salt, pepper, nutmeg) apple cider vinegar, garlic, soaked dates, water and olive oil to a small blender. Blitz everything together well.



Ingredients

- 1 small butternut squash
- 1½ Tbsp olive oil
- ½ tsp salt
- ½ tsp black pepper, onion and garlic powder
- ½ tsp cayenne pepper, *optional for a little heat to pair with the sweet dressing
- 7 cup arugula, *see notes
- ⅓ cup feta, crumbled, *see notes
- 3 dates, pitted and chopped
- ¼ cup walnuts, chopped
- ¼ cup dried cranberries

Maple Date Dressing

- 3 Tbsp olive oil
- 3 Tbsp maple syrup
- 1 Tbsp fresh lemon juice
- 2 Tbsp apple cider vinegar
- 1-2 tsp water, *to thin the dressing
- ¼ tsp nutmeg
- ¼ tsp cumin
- ¼ tsp cinnamon
- ¼ tsp salt
- 1 garlic clove
- 1 soaked date, pitted, *see notes



- Once the squash is finished, let it cool a bit. Assemble the salad. I like to add the greens on the bottom, then the squash, walnuts, cranberries, chopped dates, dressing and finish with the crumbled feta. Serve and enjoy!

Note: Mixed greens or spinach will work with this dish. Goat cheese or blue cheese will also work well if you don't like Feta. Lastly, soaking dates means you put them in a little hot water for a few minutes to soften them (if they are dried/hard/stale at all) this makes them really easy to chop and blend.

Butternut Squash Feta Salad



Source: *Sailor Bailey Recipes* | See Original Recipe [HERE](#)



Haitian Beef Patty

Submitted by Surline Jolicoeur

Backstory

These baked Haitian patties can be found as an appetizer at almost every Haitian function or celebration. They can also be found throughout Haiti at roadside food shacks, local bakery/grocery stores, and anywhere that sells food. It is a must-have if you ever visit Haiti or a part of the Haitian community.

Ingredients

- 1 lb ground beef
- 1/3 Cup Haitian Seasoning (Epis) *see below
- 1/3 Cup Chopped Onions
- Salt and Pepper To Taste; optional *
- 1/4 Cup Olive Oil
- Pepperidge Farm Puff Pastry Frozen Pastry Dough Sheets, 2-Count, 17.3 oz. Box

Haitian Seasoning (Epis) Ingredients (blender or food processor is needed)

- 1/2 cup Fresh parsley chopped
- 10 sprigs Thyme
- 10 Cloves garlic
- 1 cup Bell peppers and onions
- 1 cup Green onions
- 2 tsp Salt and pepper
- 2 tsp Cayenne pepper (optional)
- 1 cup Olive oil
- 1/4 cup Chicken bouillon paste



Instruction

Yields 12 servings



Prepare Time
15 Minutes



Cook Time
20 Minutes

- Preheat oven to 400 degrees.
- **Make the Haitian seasoning:** This seasoning blend has all of the essential ingredients you would want in your dish to make it flavorful. In a blender or food processor, combine all the ingredients and blend until smooth. Any leftover seasoning can be stored in your fridge and used in other dishes for up to 4-6 weeks.
- **Make the filling:** In a bowl or food processor, add the ground beef, then add the Haitian seasoning (optional but recommended). **Important: If you forgo making the Haitian seasoning, be sure to include salt and pepper, then add the chopped onions.** Mix or blend well to combine.
- **Cook the meat:** Heat the oil in a medium skillet over medium heat. Cook the meat. Be sure to break it down with a spoon or spatula.



Ingredients

- 1 lb ground beef
- 1/3 Cup Haitian Seasoning (Epis) *see below
- 1/3 Cup Chopped Onions
- Salt and Pepper To Taste; optional *
- 1/4 Cup Olive Oil
- Pepperidge Farm Puff Pastry Frozen Pastry Dough Sheets, 2-Count, 17.3 oz. Box

Haitian Seasoning (Epis) Ingredients (blender or food processor is needed)

- 1/2 cup Fresh parsley chopped
- 10 sprigs Thyme
- 10 Cloves garlic
- 1 cup Bell peppers and onions
- 1 cup Green onions
- 2 tsp Salt and pepper
- 2 tsp Cayenne pepper (optional)
- 1 cup Olive oil
- 1/4 cup Chicken bouillon paste



- Adjust the seasoning if needed with salt, pepper, etc. and continue cooking until just done. Do not allow the liquid to evaporate from the meat, if the meat becomes dry, add about 1/2 cup water and continue to cook.
- Before assembling the patties, allow the filling to cool down and set it aside.
- **Assemble the patty:** Roll out the puff pastry dough. Cut the dough into even squares and desired size. Feel free to measure first for even cutting.
- Fill the dough with it with some of the filling. Add the other half of the dough on top of the filling and use a fork to seal in the seams.
- Bake until golden brown and flaky, about 15-20 minutes.

Haitian Beef Patty





BREAKFAST SWEETS



Easy Banana Pecan Bread

Submitted by Arlene Ajami

Backstory

We love fruit-based deserts, and this recipe is perfect for an after-Thanksgiving meal treat or even for breakfast when family is visiting for the Holidays.

Instruction

Yields 1 9x5 Loaf



Prepare Time

10 Minutes



Cook Time

50-60 Minutes

Ingredients

- 1/3 cup butter, melted
- 1 cup sugar
- 1 egg, slightly beaten
- 2 cups ripe bananas, mashed (approximately 4 medium bananas)
- 1 tsp baking soda
- 1 3/4 cup all-purpose flour
- 1/2 cup pecans, chopped



- Preheat oven to 350° and spray a 9 x 5 baking dish with a non-stick spray. Set aside.
- In a medium mixing bowl, beat butter and sugar until creamy.
- Add egg and lightly beat then add bananas and stir until incorporated.
- Mix baking soda and flour just until combined.
- Lastly, add chopped pecans and stir.
- Place into prepared baking dish and bake for 50-60 minutes or until toothpick comes out clean.

Source: Great Grub, Delicious Treats



Ingredients

- 1 lb. bacon, cooked & crumbled(optional)
- 9 eggs
- 3 cups 2% milk
- 1 1/2 teaspoon dry mustard
- 1 1/2 teaspoon salt
- 3 oz. shredded cheddar
- 9 slices bread cubed
- vegetable cooking spray



Breakfast Puff

Submitted by Faith Douglass

Backstory

I prepare this late Christmas Eve night as Santa Claus is on his way. It is best that the casserole sits in the fridge overnight and then is baked Christmas morning.

Instruction

Yields 11 servings



Prepare Time

10 Minutes



Cook Time

45 Minutes

- Beat eggs in large bowl
- Add the milk, mustard, salt, cheese, & bacon crumbles (optional) to the beaten eggs
- Stir the bread into the egg mixture & pour into a 9"X13" pan sprayed with vegetable cooking spray
- Cover & refrigerate overnight
- Bake at 350 for 45 minutes

Source: Nancy Nagle, RN, Health Coordinator, Headstart Team, Inc., Derby, CT



Classic Cranberry Nut Bread

Submitted by Katie Murphy

Backstory

When I was in elementary school I had to do a big project on the state of Massachusetts. As part of the project I wrote to Ocean Spray for some information and materials and in what they sent me was this bread recipe which I made for my presentation and now my family makes every year during Thanksgiving and Christmas.



Ingredients

- 2 cups flour
- 1 cup sugar
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 3/4 cup orange juice
- 1 tablespoon grated orange peel
- 2 tablespoons vegetable oil (added to orange juice)
- 1 egg (well beaten)
- 1 1/2 cups Ocean Spray (or other brand) cranberries - fresh or frozen, cut in half
- 1/2 chopped walnuts (optional)

Instruction

Yields 1 Loaf



Prepare Time
15 Minutes



Cook Time
55 Minutes

- Pre-heat oven to 350 and grease a 9x5in loaf pan well (get the sides and corners).
- Mix flour, sugar, baking powder, salt, and baking soda in a medium mixing bowl.
- Stir in grated orange peel, orange juice and vegetable oil, and egg. Mix until well blended.
- Stir in cranberries and nuts.



- Spread evenly into a loaf pan and sprinkle with some cinnamon sugar.
- Bake for 55 min, or until a toothpick inserted in the center comes out clean.
- Cool on a rack for 15 min then remove from pan. Enjoy warm or toasted with butter!

Source: *Ocean Spray*

Ingredients

- 2 cups flour
- 1 cup sugar
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 3/4 cup orange juice
- 1 tablespoon grated orange peel
- 2 tablespoons vegetable oil (added to orange juice)
- 1 egg (well beaten)
- 1 1/2 cups Ocean Spray (or other brand) cranberries - fresh or frozen, cut in half
- 1/2 chopped walnuts (optional)

Classic Cranberry Nut Bread





MAIN COURSES



Honey Roasted Sweet Potatoes with Labneh

Submitted by Arlene Ajami

Backstory

Roasted sweet potatoes are a staple for our Thanksgiving Meal and the addition of Labneh which is a Lebanese form of yogurt brings a delicious twist to the traditional.

Instruction

Yields 6 servings



Prepare Time

10 Minutes



Cook Time

50-60 Minutes

- In a small bowl, mix the yogurt, 1 teaspoon salt and lemon zest.
- Line a large sieve or colander with cheesecloth or clean, thin (flour sack style) dish cloth; set over a large bowl. Place the yogurt mixture in the colander. Gather edges of cheesecloth to cover yogurt. Place in refrigerator and let drain for 4-6 hours (longer if you want it to be thicker).
- Gently squeeze out any excess liquid over the sink, set aside.
- Heat oven to 375 degrees F.
- In a small bowl mix the honey, olive oil, cinnamon, ginger, salt and crushed red pepper flakes.

Ingredients

- 16 oz Plain greek yogurt
- 1 Lemon, zested
- 2 tsp Salt, divided
- 3 lbs Sweet potatoes, peeled cut into 1 1/2" pieces
- 3 tbsp Honey, warmed
- 1/2 cup Olive oil
- 1 tsp Cinnamon
- 1 tsp Ground ginger
- 1/2 tsp Crushed red pepper flakes Flat leaf parsley, chopped
- Green onions, chopped Olive oil
- Flaky sea salt

Note: If you don't want to make your own Labneh you can buy premade at any Lebanese or market. Or it can be omitted - the roasted sweet potatoes with honey are delicious on their own as well!





Ingredients

- 16 oz Plain greek yogurt
- 1 Lemon, zested
- 2 tsp Salt, divided
- 3 lbs Sweet potatoes, peeled cut into 1 1/2" pieces
- 3 tbsp Honey, warmed
- 1/2 cup Olive oil
- 1 tsp Cinnamon
- 1 tsp Ground ginger
- 1/2 tsp Crushed red pepper flakes Flat leaf parsley, chopped
- Green onions, chopped Olive oil
- Flaky sea salt



- Lay the sweet potatoes out on a rimmed baking dish in a single layer. Drizzle the honey mixture over the potatoes. Roast, tossing occasionally, for 35-40 minutes in oven or until tender.
- Drizzle with more extra-virgin olive oil.
- Spread the labneh onto a platter and top with the roasted sweet potatoes. Drizzle with extra olive oil and sprinkle with parsley, green onions and flakey sea salt to taste.

Note: If you don't want to make your own Labneh you can buy premade at any Lebanese or market. Or it can be omitted - the roasted sweet potatoes with honey are delicious on their own as well!

Source: *The Modern Proper*



Creole Gumbo

Submitted by Yolande Ford

Backstory

Gumbo tells Louisiana's story through a blend of West African, Native American, French, and Spanish influences. The "Cajun vs. Creole" debate centers on tomatoes: Creole gumbo includes tomatoes and seafood, influenced by French cooking. Cajun gumbo without tomatoes, features a dark roux and local meats like sausage and chicken. Despite these differences, both are beloved, capturing Louisiana's diverse heritage in a rich, flavorful stew. Which is your favorite?

Ingredients

- 1 cup chopped onion
- ***I don't use bell pepper and celery, 2 of the 3 holy trinity ingredients, but you absolutely could (1/2 cup each)***
- 2 tsp minced garlic
- 1.5 c sausage links (pork, beef, chicken, mixture of everything...whatever you choose)
- 1/2 lb chicken breast
- 3-32 oz boxes chicken broth
- 1 can diced tomatoes (w/ sweet onions if you have it)
- 1-8 oz can tomato sauce
- 12 oz jumbo lump crabmeat (canned crabmeat works, too)
- 1 bag frozen okra
- 1.25 lbs peeled, extra large brown shrimp uncooked (or any type of shrimp will do)
- 3 bay leaves
- Creole or Cajun seasoning
- Pepper
- Gumbo filé
- Crushed red pepper
- Seasoned salt
- Worcestershire sauce
- Stock pot or at least 9 qt Dutch oven



Instruction

Yields a LOT of servings

Prepare Time
15 Minutes



Cook Time
30-40 Minutes

- In stock pot/Dutch oven:
- Sautee chopped onion and minced garlic--medium heat ****Add bell pepper and celery here****
- Add sausage and cook together for about 10 min, stirring frequently
- Turn to low heat
- In a separate pan:
 - Sautee chicken breast for 2-3 min or until done (prior to cooking, season with pepper, seasoned salt, Worcestershire sauce on both sides)
 - Chop in cubed pieces
 - Add to onion, garlic and sausage
 - Turn to medium heat
 - Let cook together for 2-3 min, stirring frequently (don't want to make chicken tough by overcooking)



Ingredients

- 1 cup chopped onion
- ***I don't use bell pepper and celery, 2 of the 3 holy trinity ingredients, but you absolutely could (1/2 cup each)***
- 2 tsp minced garlic
- 1.5 c sausage links (pork, beef, chicken, mixture of everything...whatever you choose)
- 1/2 lb chicken breast
- 3-32 oz boxes chicken broth
- 1 can diced tomatoes (w/ sweet onions if you have it)
- 1-8 oz can tomato sauce
- 12 oz jumbo lump crabmeat (canned crabmeat works, too)
- 1 bag frozen okra
- 1.25 lbs peeled, extra large brown shrimp uncooked (or any type of shrimp will do)
- 3 bay leaves
- Creole or Cajun seasoning
- Pepper
- Gumbo filé
- Crushed red pepper
- Seasoned salt
- Worcestershire sauce
- Stock pot or at least 9 qt Dutch oven



- Add:
 - 2 boxes of chicken broth, Diced tomatoes w/ sweet onions, Tomato sauce, Crab meat (can add more if that's your thing), Frozen okra, Bay leaves, 2 tsp creole seasoning, 2 tsp pepper, 2 tsp gumbo filé, and 1 tsp crushed red pepper.
- Boil for 15 min ****if you want more "juice", once it has reduced, add 1/4-1/2 box more chicken broth as desired. This will decrease saltiness, too.****
- Add shrimp to gumbo (can add more if that's your thing)
- Boil for 5 min
- Remove from heat (otherwise shrimp will overcook)

Creole Gumbo





Chicken Adobo

Submitted by Roel Eblamo

Backstory

This is a quintessential Filipino dish that embodies the essence and soul of Filipino cooking. The aroma of vinegar, soy sauce, garlic, and black peppercorns simmering in harmony captivates both the senses and the spirit, creating a symphony of flavors that have withstood the test of time.

Instruction

Yields 4-5 servings



Prepare Time
15 Minutes



Cook Time
55 Minutes

- Combine vinegar, soy sauce, ½ of the chopped garlic, bay leaves, garlic powder, black pepper, and 1 ½ teaspoons annatto powder in a large bowl. Add chicken, stir to coat with marinade, cover, and refrigerate for at least 4 hours.
- Remove chicken from the marinade and pat dry. Reserve the marinade.
- Heat 2 tablespoons vegetable oil in a large skillet over medium-high heat. Cook chicken in the hot oil until browned, about 4 minutes per side. Remove skillet from heat.



Ingredients

- 2 cups coconut vinegar
- ½ cup soy sauce
- 2 heads garlic, peeled and coarsely chopped, divided
- 10 bay leaves
- 1 tablespoon garlic powder
- 1 ½ teaspoons ground black pepper
- 3 teaspoons annatto powder, divided
- 5 ½ pounds cut-up chicken parts
- 3 tablespoons vegetable oil, divided

Source: All Recipes | Find the original recipe [HERE](#)



Ingredients

- 2 cups coconut vinegar
- ½ cup soy sauce
- 2 heads garlic, peeled and coarsely chopped, divided
- 10 bay leaves
- 1 tablespoon garlic powder
- 1 ½ teaspoons ground black pepper
- 3 teaspoons annatto powder, divided
- 5 ½ pounds cut-up chicken parts
- 3 tablespoons vegetable oil, divided



- Heat remaining 1 tablespoon vegetable oil in a small skillet over medium heat. Cook and stir remaining chopped garlic until browned, about 3 minutes. Add remaining 1 ½ teaspoons annatto powder; simmer for 3 minutes.
- Pour annatto mixture over chicken and add reserved marinade. Bring to a simmer, cover, and cook until chicken is tender, about 45 minutes. Uncover and cook until sauce has reduced slightly, about 10 minutes.

Note: The flavor gets better in a day or two

Chicken Adobo



Source: All Recipes | Find the original recipe [**HERE**](#)



Rosa's Sweet Potato Casserole

Submitted by Sarah Lehberger

Backstory

I was given this recipe by an old co-worker named Rosa. She so generously shared her family's favorite Thanksgiving side dish, and I've been making it now for 20 years! It's everyone's favorite dish now in my own family, beating out stuffing or mashed potatoes and gravy! I hope your friends and family will love it as much as ours does.

Ingredients

For the casserole:

- 2 quart peeled, cubed sweet potatoes
- 4 large eggs, beaten
- 1 cup white sugar
- 1 cup milk
- 8 tablespoons butter, softened
- 1 teaspoon vanilla extract
- 1 teaspoon salt

For the topping:

- 1 cup packed brown sugar
- 2/3 cup all-purpose flour (or GF flour of your choosing)
- 6 tablespoons butter, softened
- 1 cup chopped pecans (omit if anyone has nut allergies)
- 1 cup flaked coconut



Instruction

Yields 12 servings



Prepare Time

15 Minutes



Cook Time

30-45 Minutes

- Gather the ingredients. Preheat oven to 325 degrees F (165 degrees C).
- To prepare the sweet potatoes: Put sweet potatoes in a medium saucepan and cover with water. Cook over medium-high heat until tender, 10 to 15 minutes. Drain and transfer to a large bowl.
- Mash drained sweet potatoes with a fork. Add eggs; mix until well combined. Add sugar, milk, butter, vanilla, and salt; mix until smooth. Transfer to a 9x13-inch baking dish.
- To make the topping: Mix brown sugar and flour together, in a medium bowl. Cut in butter with a pastry cutter until mixture is coarse and looks like peas; don't overmix. Stir in pecans and coconut flakes (optional). Sprinkle topping over sweet potato mixture.



Ingredients

For the casserole:

- 2 quart peeled, cubed sweet potatoes
- 4 large eggs, beaten
- 1 cup white sugar
- 1 cup milk
- 8 tablespoons butter, softened
- 1 teaspoon vanilla extract
- 1 teaspoon salt

For the topping:

- 1 cup packed brown sugar
- $\frac{2}{3}$ cup all-purpose flour (or GF flour of your choosing)
- 6 tablespoons butter, softened
- 1 cup chopped pecans (omit if anyone has nut allergies)
- 1 cup flaked coconut



- Bake in the preheated oven until topping is lightly browned, about 30-45 minutes or until firm (similar to a pumpkin pie consistency).
- Serve while hot and enjoy!

Note: Can be prepared ahead of time, cooked (almost fully) and then frozen, but leave off topping until you are ready to reheat and serve. Defrost casserole overnight, sprinkle topping mixture and spread it evenly, then heat at 325 degrees for 30-45 minutes until heated through, lightly browned then serve.

Source: *Allrecipes Magazine from Rosa DiSalvo's Family*



Easy and Delicious Shrimp Scampi

Submitted by Katy Francis

Backstory

This is very easy to prepare and comes out perfect every time! It tastes great as a starter with crusty bread or a main course over pasta. Adding cooked frozen peas at the finish is a nice touch, too!

Instruction

Yields 4 servings



Prepare Time

5 Minutes



Cook Time

15-20 Minutes

• Step 1

- In a large skillet, melt butter with olive oil. Add garlic and sauté until fragrant, about 1 minute. Add wine or broth, salt, red pepper flakes and plenty of black pepper and bring to a simmer. Let wine reduce by half, about 2 minutes.

• Step 2

- Add shrimp and sauté until they just turn pink, 2 to 4 minutes depending upon their size. Don't overcook!
- Stir in the parsley and lemon juice and serve over pasta or in a bowl accompanied by crusty bread.

Note: If serving without pasta, add a little more butter and/or broth to the pan with the shrimp to make a lovely sauce. This is a delicious way to serve shrimp!



Ingredients

- 2 tablespoons unsalted butter
- 2 tablespoons extra-virgin olive oil
- 4 garlic cloves, minced
- 1/2 cup dry white wine or broth
- 1/2 teaspoon kosher salt, or to taste
- 1/8 teaspoon crushed red pepper flakes, or to taste
- Freshly ground black pepper
- 1-3/4 pounds large or extra-large shrimp, shelled
- 1/4 cup chopped parsley
- Juice of half a lemon
- Cooked pasta or crusty bread



Coconut Butternut Squash Soup

Submitted by Nina Salzman

Backstory

This is a family favorite enjoyed all year, but especially in autumn and winter.

Instruction

Yields 8 servings



Prepare Time

15 Minutes



Cook Time

20 Minutes

Ingredients

- 1 large butternut squash (about 1½ pounds)
- 2 tablespoons olive oil or other vegetable oil
- 1 large yellow or sweet white onion, chopped
- 1 medium apple, any variety, peeled and diced
- 2 cups prepared vegetable broth, or 2 cups water with 1 vegetable bouillon cube
- 2 teaspoons good-quality curry powder
- 2 teaspoons grated fresh or jarred ginger, or more, to taste
- Pinch of ground nutmeg or allspice
- 1-14-ounce can light coconut milk
- Salt and freshly ground pepper to taste

Note: 1. Beware- not all curry is created equal. One teaspoon is plenty for my family's tastes.

2. You can try 1 Tbs. coconut oil instead of olive oil.

3. We serve without the kale and onions on top.

4. Most important- we cheat and stir in a couple tablespoons maple syrup to the finished soup pot- yum!



- **Step 1:** To bake the squash, preheat oven to 375 degrees. Cut in half and place halves, cut side up, in a foil-lined, shallow baking dish and cover tightly with more foil. Bake for 30 to 50 minutes, until you can easily pierce the flesh with a knife. Scoop out and set aside.
- **Step 2:** Heat about half the oil in a soup pot. Add the onion and sauté over medium-low heat until golden, about 8 to 10 minutes.
- **Step 3:** Add the apple, squash, broth and spices. Bring to a steady simmer, then cover and simmer gently until the apples are tender, about 10 minutes.
- **Step 4:** Transfer the solids to a food processor with a slotted spoon, in batches if need be, and process until smoothly pureed, then transfer back to the soup pot. Or better yet, simply insert an immersion blender into the pot and process until smoothly pureed.



Ingredients

- 1 large butternut squash (about 1½ pounds)
- 2 tablespoons olive oil or other vegetable oil
- 1 large yellow or sweet white onion, chopped
- 1 medium apple, any variety, peeled and diced
- 2 cups prepared vegetable broth, or 2 cups water with 1 vegetable bouillon cube
- 2 teaspoons good-quality curry powder
- 2 teaspoons grated fresh or jarred ginger, or more, to taste
- Pinch of ground nutmeg or allspice
- 1-14-ounce can light coconut milk
- Salt and freshly ground pepper to taste

Note: 1. Beware- not all curry is created equal. One teaspoon is plenty for my family's tastes. **2.** You can try 1 Tbs. coconut oil instead of olive oil. **3.** We serve without the kale and onions on top. **4.** Most important- we cheat and stir in a couple tablespoons maple syrup to the finished soup pot- yum!



- **Step 5:** Stir in the coconut milk and return the soup to a gentle simmer. Cook over low heat for 5 to 10 minutes, until well heated through. Season with salt and pepper. If time allows, let the soup stand off the heat for an hour or two, then heat through as needed before serving.
- **Step 6:** Just before serving, heat the remaining oil in a large skillet. Add the red onions and sauté over low heat until golden and soft.
- **Step 7:** Meanwhile, strip the kale leaves off the stems and cut into thin shreds. Stir together with the onions in the skillet, adding just enough water to moisten the surface. Cover and cook over medium heat, stirring occasionally, until the kale is bright green and just tender, about 5 minutes.

Coconut Butternut Squash Soup



Source: *The New York Times* | Find the original recipe [HERE](#)



Ingredients

- 12 potatoes
- 1 onion
- Oil
- Salt

Note: In traditional Belarusian recipes flour and eggs are not added to thicken the substance. If grated potatoes appear too liquid, excess potato juice would be drained, and add some starch which sank to the bottom of the bowl together with potato juice. However, you can use imagination and change the traditional draniki recipe by adding eggs, flour, spices.



Draniki

Submitted by Tanya Petushok

Backstory

Potatoes - bulba - are the basis for many dishes in the Belarusian national cuisine; there are plenty of recipes. Traditional Belarusian draniki are made of potatoes, onions, salt and oil. These ingredients are enough if you make draniki using delicious Belarusian potatoes rich in starch. I like to add 1 egg to the mix.

Instruction
Yields 4 servings



Prepare Time
5 Minutes



Cook Time
15 Minutes

- Peel, wash and grate potatoes and the onion (the onion will help you keep grated potatoes from turning brown). Use a grater with small holes. Add salt and mix until a smooth even consistency is obtained.
- Heat the frying pan with vegetable oil. Put a full tablespoon of mixture from the bowl onto the frying pan and form a small pancake. Flip over once browned and crispy - about 2 to 3 minutes each side.
- Serve hot with sour cream.
- Draniki can be stewed in ceramic pots with meat, sausages, mushrooms...

Draniki



Source: Belarus | Find the original recipe [**HERE**](#)



Rum Glazed Sweet Potatoes

Submitted by Lauren Scopaz Daunais

Backstory

This is a Thanksgiving staple for my family. It's something we enjoy making together. I really only liked the apples when I was younger... but now I enjoy the full dish.

Ingredients

- 3 lbs sweet potatoes, pricked with skewer or fork
- 3 golden delicious apples
- 1 stick butter
- 1/2 cup packed brown sugar
- 1/2 cup honey
- 2 tbsp dark rum
- 1/4 tsp ginger
- 1/2 tsp cinnamon
- 1/4 tsp mace (or nutmeg)
- 1 cup nuts (pecans, walnuts, chestnuts, your choice) chopped coarsely

Instruction

Family Size Serving



Prepare Time

15 Minutes



Cook Time

1 Hour and 30 Minutes

- Bake sweet potatoes at 400 degrees for 45 min to 1 hour.
- Let sweet potatoes cool. Then peel and cut diagonally in ~1/4" slices.
- While sweet potatoes are cooling...
- Peel and slice apples about the same thickness as sweet potatoes, then toss with lemon juice.
- Butter a large casserole dish.
- In a saucepan with medium heat, combine butter, brown sugar, honey, rum, and spices, stirring until dissolved.



Ingredients

- 3 lbs sweet potatoes, pricked with skewer or fork
- 3 golden delicious apples
- 1 stick butter
- 1/2 cup packed brown sugar
- 1/2 cup honey
- 2 tbsp dark rum
- 1/4 tsp ginger
- 1/2 tsp cinnamon
- 1/4 tsp mace (or nutmeg)
- 1 cup nuts (pecans, walnuts, chestnuts, your choice) chopped coarsely



- Arrange sweet potato and apple slices alternating in the buttered casserole dish.
- Sprinkle with nuts.
- Spoon saucepan mixture over potato and apples.
- Bake at 400 degrees, basting, for 30 minutes or until apples are tender.

Note: You can bake the sweet potatoes ahead of time so you're not waiting for them to cool when you're ready to assemble. You can also assemble ahead of time and cook in the oven after the turkey comes out, if oven constrained, and it's ready by the time the turkey rests and is carved. Enjoy!

Source: *I only have a hand written version of the recipe, so I'm not sure the original source!*

DESSERTS & DRINKS





Frozen, No Bake, Key Lime Pie

Submitted by Katy Francis

Backstory

It's the easiest to prepare and best tasting lime pie, ever! It's always a hit with guests and it looks lovely any time of the year.

Instruction



Prepare Time

5 Minutes



Cook Time

0 Minutes

Yields 8 servings

- Beat egg yolks and sugar on high-speed w/paddle attachment for 5 minutes. With mixer on medium speed, slowly add condensed milk, lime zest and lime juice. Pour into (cooled if you baked your own) graham crust and freeze.
- **For decoration:** beat heavy cream on high speed with whisk attachment until soft peaks form. Add sugar and vanilla and beat until firm. Spoon, pipe or simply spread cream mixture evenly over top of frozen pie. Freeze for several hours or overnight. Garnish with twists or wedges of wedges if desired.

Source: Adapted over 20 years to my version based on several recipes and morphed to this no bake recipe.

Ingredients

- Use a premade graham cracker crust or pre-bake your favorite version.

For Filling:

- 6 large egg yolks, at room temperature
- 1/4 cup sugar
- 1 14-ounce can sweetened condensed milk (low or non-fat works fine)
- 2 TBSP grated lime zest
- 3/4 cup freshly squeezed lime juice (4-5 limes)

Note: use regular limes, not Key Limes

- For Topping:
- 1 cup cold heavy cream
- 1/4 cup sugar
- ¼ tsp vanilla extract



Fantasy Fudge (Original)

Submitted by Lisa Alexander

Backstory

My mom used to throw a huge gathering on Christmas Eve every year with tons of Italian food she prepared herself—meaning she had her kids help a lot, and over time we even recruited the neighborhood teens, grating cheese, fussing over appetizers and following dessert recipes together. This milk chocolate fudge was one of her Christmas Eve traditions, and it became mine, giving it out to family and friends. My brother loves it so much he once wrote a hilarious confession of his secret addiction!

Ingredients

- 3 cups white sugar
- $\frac{3}{4}$ cup margarine
- $\frac{2}{3}$ cup evaporated milk
- 1 (12 ounce) bag semisweet chocolate chips
- 1 (7 ounce) jar marshmallow creme (I use Fluff, but any brand is fine)
- 1 cup chopped walnuts (optional)
- 1 teaspoon vanilla extract

Instruction

Yields 48 servings



Prepare Time

10 Minutes



Cook Time

10 Minutes

- In a large sauce pan, cook the sugar, margarine, and evaporated milk together on medium-low heat until the sugar is melted.
- Bring to a boil on medium heat while stirring, and once it boils, stir constantly for five minutes from the bottom. (Timing it helps. Reduce heat if it begins to toast on the bottom, and don't stop stirring.)
- Remove from heat to a cooler side of the stove top and stir in chocolate chips until fully melted.



Ingredients

- 3 cups white sugar
- $\frac{3}{4}$ cup margarine
- $\frac{2}{3}$ cup evaporated milk
- 1 (12 ounce) bag semisweet chocolate chips
- 1 (7 ounce) jar marshmallow creme (I use Fluff, but any brand is fine)
- 1 cup chopped walnuts (optional)
- 1 teaspoon vanilla extract



- Stir in the marshmallow creme, walnuts, and vanilla. (You can skip the walnuts.)



- Transfer the fudge to lightly buttered pans (about $\frac{3}{4}$ " thick) and let cool before cutting into $\frac{3}{4}$ " squares.



Note: Let the fudge dry out overnight after you cut it. I just cover it loosely with wax paper or parchment. Gives it a lovely texture, and makes it easier to portion out. (Not my photo, but it looks like the next page!)



Fantasy Fudge (Original)



Source: Back of the Marshmallow Fluff container





Ingredients

Brownie Base

- 1 cup white sugar
- 4 eggs
- 1/2 cup butter - softened
- 1 tsp vanilla
- 1 1/4 cups Hershey chocolate syrup
- 1 cup flour
- 1/2 tsp baking powder
- 1/4 tsp salt

Mint Filling

- 1/2 cup butter - softened
- 1.5 cups powdered sugar
- 2 tbsp milk
- 2 tsp peppermint extract
- Green food coloring
- Chocolate Topping
- 3/4 cup butter
- 1-1/2 cups chocolate chips



Chocolate Mint Brownie Bars

Submitted by Ashley Gaudiano

Backstory

This recipe is a holiday special for my family. My grandmother used to make these every holiday season. After she passed away, my cousins and I would make them and share pictures from where we all lived throughout the country. I always thought this was a recipe only my grandma held, but apparently it's quite a common holiday recipe. Hope someone enjoys it too!

Instruction

Yields 9x13 pan



Prepare Time

15 Minutes



Cook Time

20-25 Minutes

Make the brownies first:

- Preheat oven to 350 degrees.
- Grease a 9 x 13 baking pan.
- Cream together softened butter and sugar in a mixing bowl.
- Add eggs, hershey syrup, and mix.
- Add flour, baking powder, salt and beat until blended.
- Pour into pan and bake at 350 for 20-25 minutes.
- Let cool completely!



Ingredients

Brownie Base

- 1 cup white sugar
- 4 eggs
- 1/2 cup butter - softened
- 1 tsp vanilla
- 1 1/4 cups Hershey chocolate syrup
- 1 cup flour
- 1/2 tsp baking powder
- 1/4 tsp salt

Mint Filling

- 1/2 cup butter - softened
- 1.5 cups powdered sugar
- 2 tbsp milk
- 2 tsp peppermint extract
- Green food coloring
- Chocolate Topping
- 3/4 cup butter
- 1-1/2 cups chocolate chips



Mint Filling:

- Mix all of the filling ingredients together in mixing bowl.
- Spread evenly over the brownies (only if the brownies are cool - otherwise the filling will melt)
- Refrigerate until firm, about 30 minutes. (I put in freezer for faster results)

Chocolate Topping:

- Put butter and chocolate chips in microwave safe bowl.
- Microwave in 30 second intervals and mix each time. Continue until fully melted.
- Pour chocolate topping over brownies/mint filling.
- Let rest for 15-30 minutes.
- Cut into squares and enjoy!

Note: Can be prepared ahead of time and frozen until ready to eat.



Individual Molten Chocolate Cakes

Submitted by Katy Francis

Backstory

Chocolate desserts are always and these little cakes are sure to please your guests. A simple and very yummy recipe!

Instruction

Yields 4 servings (can be doubled for 8 servings)



Prepare Time

30 Minutes



Cook Time

10-12 Minutes

Ingredients

- 5 ounces bittersweet (not unsweetened) or semisweet chocolate, broken up
- 1/4 cup (1/2 stick) unsalted butter
- 1 TBSP Brandy
- 2 large eggs
- 2 large egg yolks
- 5 TBSP sugar
- 1 tsp vanilla extract
- 1-1/2 tsp instant espresso powder or instant coffee powder
- large pinch of salt
- 1 TBSP all-purpose flour
- 1/2 Cup chilled whipping cream



- Preheat oven to 400°F.
- Butter four 3/4-cup soufflé dishes or custard cups. Arrange them on baking sheet.
- Stir chocolate and butter in heavy small saucepan over low heat until smooth. Remove from heat; stir in brandy. Cool 10 minutes, stirring occasionally.
- Using electric mixer, beat eggs, yolks, 4 tablespoons sugar, vanilla, 1-teaspoon espresso powder and salt in medium bowl until very thick, about 6 minutes.
- Sift 1-TBSP flour over the batter; fold gently into the chocolate mixture.
- Divide batter among dishes, filling completely. (Can be made 1 day ahead. Cover loosely; refrigerate. Let stand at room temperature 30 minutes before baking.)



Ingredients

- 5 ounces bittersweet (not unsweetened) or semisweet chocolate, broken up
- 1/4 cup (1/2 stick) unsalted butter
- 1 TBSP Brandy
- 2 large eggs
- 2 large egg yolks
- 5 TBSP sugar
- 1 tsp vanilla extract
- 1-1/2 tsp instant espresso powder or instant coffee powder
- large pinch of salt
- 1 TBSP all-purpose flour
- 1/2 Cup chilled whipping cream



- Bake cakes until tops are puffed and dry and tester inserted into center comes out with moist batter still attached, about 10-12 minutes. Cool cakes 5 minutes.
- While cakes are cooking, beat 1/2 cup cream, 1 tablespoon sugar and 1/2-teaspoon espresso powder in small bowl until firm peaks form.
- Top cooled cakes with whipped cream and serve warm.

Note: If you skip the whipped cream a dusting of confectioners sugar on top looks nice, as do a few chocolate shavings on top of the whipped cream. Be sure to check cakes after 10 minutes. You want the toothpick/tester to have moist; not runny-batter attached. If your oven runs hot, check a minute or so earlier. The cakes will continue to cook when cooling.



Christmas Butter Fingers

Submitted by Gabriella (Gabi) Tozzi

Backstory

This recipe has been in my family for decades, since my great-aunt Eleanor learned how to make them in school (and they won my great-grandmother's approval). My Grandma, who was an avid (and fantastic) cook and baker, especially during the holidays, passed this recipe down to me when I was 10 years old, while making Christmas cookies with her. Now, I make these cookies every year. They're not only easy to make, versatile and delicious, making them helps keep our family's traditions alive.

Ingredients

- 1 cup of butter
- 5 tbsps. & 1 tsp. of granulated sugar
- 1 tsp. of vanilla
- 4 tsp. of water
- 2 cups of flour
- pinch of salt
- 1 cup of chopped nuts (you can swap this out for sprinkles, chocolate chips, etc. to accommodate nut allergies)

Instruction

Yields 40 cookies



Prepare Time

15 Minutes



Cook Time

20 Minutes

- **Step 1:** Cream butter & add sugar, vanilla, & water.
- **Step 2:** Sift flour and salt together & stir into butter mixture
- **Step 3:** Add nuts (or other additions) and mix thoroughly.
- **Step 4:** Using portions about the size of a walnut, roll dough into finger shaped cookies.
- **Step 5:** Bake at 375 degrees for about 15 mins. or until lightly golden.
- **Step 6:** While still warm, roll cookies in granulated sugar (you can lightly turn them with a fork, if too warm.)



Ingredients

- 1 cup of butter
- 5 tbsps. & 1 tsp. of granulated sugar
- 1 tsp. of vanilla
- 4 tsp. of water
- 2 cups of flour
- pinch of salt
- 1 cup of chopped nuts (you can swap this out for sprinkles, chocolate chips, etc. to accommodate nut allergies)

Note: This is a versatile recipe. You can leave it plain or add any additions you'd like (i.e.: sprinkles, chocolate chips, chopped dates, lemon or orange zest, lavender, etc.) to make it your own and/or to accommodate any dietary restrictions. You can also omit Step 6 if you prefer less sugar. These specific methods have been tested and approved.

- If you're adding nuts, the type usually used with this recipe is walnuts, however, you can add your nut(s) of choice.
- Before rolling the warm cookies in Step 6, you can add a little cinnamon or lemon or orange zest to the sugar for a little "pizzazz", if preferred.
- Can be made ahead of time (overnight).





Salted Caramel Butter Bars

Submitted by Isabel Almeida

Backstory

This is a recipe that was shared with me by one of my best friends, Rebecca. They have become a family favorite and an annual tradition at the holidays. I hope you enjoy them as much as my family does!

Instruction

Yields 24 Bars



Prepare Time

15 Minutes



Cook Time

25-30 Minutes

To Make the Crust:

- Preheat oven to 325°. Coat a 9×13 baking dish with nonstick spray. Set aside.
- In the bowl of your stand mixer fitted with the paddle attachment, mix the butter, granulated sugar, and powdered sugar together on medium speed for 2 minutes. Add the vanilla and mix until combined. Turn the mixer to low and add in the flour, mixing until a soft dough forms.
- Press one-third of the dough evenly into the bottom of the prepared pan. Wrap the remaining dough in plastic wrap and chill in refrigerator. Bake for 20 minutes, or until the edges are a pale golden brown. Transfer the pan to a wire rack and let cool about 15 minutes.

Ingredients

For the Crust:

- 2 cups salted butter, room temperature
- 1 cup granulated sugar
- 1½ cups powdered sugar
- 2 tablespoons vanilla extract
- 4 cups all purpose flour

For the Filling:

- 14 ounces soft caramel candies (about 50 individual caramels), unwrapped
- 1/3 cup milk or cream
- 1/2 teaspoon vanilla
- 1 tablespoon coarse sea salt





Ingredients

For the Crust:

- 2 cups salted butter, room temperature
- 1 cup granulated sugar
- 1½ cups powdered sugar
- 2 tablespoons vanilla extract
- 4 cups all purpose flour

For the Filling:

- 14 ounces soft caramel candies (about 50 individual caramels), unwrapped
- 1/3 cup milk or cream
- 1/2 teaspoon vanilla
- 1 tablespoon coarse sea salt

To Make the Filling:

- While the bottom crust is baking and the remaining dough is chilling, make the caramel filling. Place the unwrapped caramels in a microwave-safe bowl. Add the milk or cream. Microwave on high for 1 minute. Remove from the microwave and stir until smooth. If caramels are not completely melted, microwave on high for 30-second intervals, stirring after each interval, until smooth.
- Once the caramel is melted add in your ½ teaspoon of vanilla and stir until combined.
- Pour the caramel filling over the cooled crust. If you are going to salt the caramel sprinkle it on caramel layer now.
- Remove the remaining chilled dough from the refrigerator and crumble it evenly over the caramel.
- Return the pan to the oven and bake until the filling is bubbly and the crumbled shortbread topping is firm and lightly golden, about 25 – 30 minutes.
- Let cool completely before cutting into squares.

Note: If you don't have coarse sea salt, feel free to use kosher salt, Himalayan salt, or a sprinkle of whatever salt you have. Just don't skip the salt! I sometimes even sprinkle a little extra salt on top before sticking in the oven. Also, pull it out of the oven when it is just slightly blonde on top. If you leave them in until it looks golden, you'll risk overbaking and having hard/crunchy bars. They are super buttery and rich, so cutting them into small squares is the way to go.



Salted Caramel Butter Bars





Dominican Hot Chocolate

Submitted by Roversy Ventura

Backstory

"Dominican Hot Chocolate" reminds me of the holidays with family and friends. My Dominican heritage influences this recipe because the main ingredient in this recipe was founded in the Dominican Republic, where my family and I are from. Can't wait to share the recipe with you!

Ingredients

- 6 cloves
- 1 tsp nutmeg
- 1/4 tsp salt
- 2 cinnamon sticks
- 3 Cortes Embajador Hot Chocolate Flavored Tablets
- 1 cup of water
- 1 can of evaporated milk
- 2 cups of whole milk
- 1 tsp vanilla extract

Instruction

Yields 4 Cups



Prepare Time

5 Minutes



Cook Time

20 Minutes

- Pour milk, evaporated milk, water, and vanilla extract into a pot over low to medium heat.
- Add cloves, salt, cinnamon sticks, Embajador hot chocolate-flavored tablets, and nutmeg to the same pot.
- Let the ingredients come to a slow boil and lower the heat to low for 20 minutes or until the chocolate is completely melted.
- Strain before serving.

Note: I do not add sugar because I enjoy the semi-sweet taste of this recipe and the hot chocolate tablets contain sugar. I recommend taste-testing the final product and adding sugar to taste. **Pro Tip:** Do not purchase the Embajador hot chocolate tablets on Amazon. You'll likely receive a chocolate baking powder version of the same brand. You can find hot chocolate tablets in the international aisle of your favorite store. I tend to find them at Stop and Shop and ShopRite.



Photo Credits:

Pexels, DAPA Images, Scukrov, Getty Images, and Canva



United Way of Coastal and Western Connecticut



Home