



Chocolate Banana Bread Pudding

Ingredients (Makes 18 servings. Prep time: 10 minutes active; 90 minutes total.)

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| 2 tablespoons melted butter | 1 tablespoon vanilla |
| 4-5 cups stale French bread, cut into ½- to 1-inch cubes | Pinch of salt |
| 4 large eggs, beaten | 2 ripe bananas, peeled and sliced |
| 2 cups milk | 1 cup semisweet chocolate chips (or roughly-chopped chocolate) |
| 1 cup sugar | 2 tablespoons brown sugar |
| 2 tablespoons rum (optional) | 2 tablespoons pecans, chopped |

Preparation

Preheat oven to 350°F. Use melted butter to grease a 9x13-inch casserole dish.

In a large mixing bowl, whisk together the eggs, milk, sugar, rum, vanilla and salt. Add the cubed bread and toss gently to coat. Gently stir in the bananas and chocolate chips. Pour into the casserole dish and sprinkle brown sugar and pecans evenly over the top. Let the pudding sit for 20 minutes in the refrigerator, then bake for 40 minutes. The pudding is done when the edges start to brown and pull away from the sides of the pan. Slice into 2" x 3" rectangles, and serve hot.

Chocolate Banana Bread Pudding

Ingredient checklist

PRODUCE

- ☐ Bananas

BULK

- ☐ Sugar
- ☐ Semisweet chocolate chips
- ☐ Brown sugar
- ☐ Pecans

GROCERY

- ☐ French bread

REFRIGERATED/DAIRY

- ☐ Butter
- ☐ Milk
- ☐ Eggs

SPICES/SEASONINGS

- ☐ Rum
- ☐ Salt
- ☐ Vanilla

Serving suggestion

This sweet treat celebrates Fair Trade Month, so be sure to use Fair Trade bananas and other ingredients where available. Add Kahlua instead of rum, or try substituting apples, raisins and a dash of cinnamon for the bananas and chocolate.

Nutritional information per serving

205 calories	4 g. fat
53 mg. cholesterol	140 mg. sodium
31 g. carbohydrate	1 g. fiber
5 g. protein	

The nutritional values and information provided are approximations.



Winter Squash and Apple Bake

Ingredients (Serves 8. Prep time: 20 minutes active; 80 minutes total.)

- | | |
|---|--|
| 2 pounds winter squash, peeled, seeded and cut into ¼-inch thick slices | 2 tablespoons flour |
| 2 Granny Smith apples, cored and cut into ¼- to ½-inch thick slices | ¼ teaspoon ground cinnamon |
| 3 tablespoons maple syrup | ¼ teaspoon ground nutmeg |
| 3 tablespoons brown sugar | ¼ teaspoon ground allspice |
| | Pinch of salt and black pepper |
| | ¼ cup cold butter, cut into small pieces |
| | 1 tablespoon butter, melted |

Preparation

Preheat the oven to 375° F. Grease a 9 x 13 inch casserole dish with melted butter. Evenly layer the squash and apple slices in the casserole dish, alternating and slightly overlapping the squash slices with the apple slices, until all slices are gone. Drizzle the maple syrup over the squash and apples.

In a small bowl, mix together the brown sugar, flour, spices, salt and pepper. Mix the butter into the flour/sugar mix with your fingers to make a crumbly mixture. Sprinkle the mixture evenly over the top of the squash and apples. Cover the dish with foil and bake for about 40 minutes or until the squash and apples start to become tender. Remove the foil, and let casserole brown for another 15 minutes. Serve warm.

Winter Squash and Apple Bake

Ingredient checklist

PRODUCE

☐ Winter squash

☐ Granny Smith or other apples

BULK

☐ Brown sugar

☐ Flour

GROCERY

☐ Maple syrup

REFRIGERATED/DAIRY

☐ Butter

SPICES/SEASONINGS

☐ Cinnamon

☐ Nutmeg

☐ Allspice

☐ Sea salt

☐ Black pepper

Serving suggestion

Use your choice of local apples and winter squash in this recipe, and serve as a side dish with ham, pork or poultry.

Nutritional information per serving

150 calories

6 g. fat

15 mg. cholesterol

37 mg. sodium

25 g. carbohydrate

3 g. fiber

1 g. protein

The nutritional values and information provided are approximations.



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Baba Ganouj

Ingredients (Serves 4. Prep time: 15 minutes active; 75 minutes total.)

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|--|--|
| 1 large eggplant
(about 1 ½ pounds) | ½ teaspoon ground cumin |
| 1 garlic clove, peeled and minced | ½ teaspoon salt |
| 3 tablespoons tahini | Pinch of cayenne (optional) |
| 3 tablespoons lemon juice | 1-2 tablespoons fresh parsley,
minced |
| 1 tablespoon olive oil | |

Preparation

Preheat oven to 375°F.

Prick the eggplant in several places with a knife or fork. Place on a baking sheet and roast the eggplant in the oven for 45 minutes to an hour, turning it occasionally. Remove from oven when the eggplant is soft and collapsing and the outside is blackened. Place the eggplant in a bowl and set aside until it is cool enough to handle.

While the eggplant is cooling, mix all of the remaining ingredients in a large bowl.

When eggplant is cool, remove and discard the blackened skin and any excess liquid that has accumulated in the bowl. Mash the flesh with a fork (or finely dice with a knife, add to the remaining ingredients and blend well). Serve with warm pita bread.

Tip: For a smooth texture, use a food processor to blend the ingredients together.

Baba Ganouj

Ingredient checklist

PRODUCE

- ☐ Eggplant
- ☐ Lemon
- ☐ Garlic
- ☐ Parsley

GROCERY

- ☐ Tahini
- ☐ Olive oil

SPICES/SEASONINGS

- ☐ Cumin
- ☐ Cayenne pepper (optional)
- ☐ Sea salt

Serving suggestion

Serve this popular dip with pita bread, olives and veggies on Mediterranean mezze (appetizer) platter, or alongside other Middle Eastern dishes like tabouli, fattoush and falafel.

Nutritional information per serving

- | | |
|--------------------|----------------|
| 144 calories | 10 g. fat |
| 0 mg. cholesterol | 315 mg. sodium |
| 13 g. carbohydrate | 7 g. fiber |
| 4 g. protein | |

The nutritional values and information provided are approximations.



Spicy Kimchee

Ingredients (Makes 1 quart/approximately 16 servings. Prep time: 20 minutes active, plus 2 days fermentation.)

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|--|--|
| 2 pounds napa cabbage, cleaned, cored and cut into 2-inch pieces | 3 tablespoons Sriracha or Korean chili paste (Gochujang) |
| ¼ cup kosher salt | 1 daikon radish, peeled and shredded |
| ¼ cup rice wine vinegar | 1 carrot, peeled and shredded |
| 1 tablespoon fresh ginger, minced | 1 bunch green onions, diced |
| 1 tablespoon fresh garlic, minced | |
| 1 tablespoon chili powder (Korean if available) | |

Preparation

Toss the cabbage with the salt and place in a plastic or stainless steel colander. Place a heavy bowl or re-sealable plastic bag filled with water on top of cabbage to press the cabbage down. Let the cabbage sit in the sink or over the top of another bowl to drain overnight.

In a large bowl, mix the remaining ingredients together, cover and set aside (mixture does not need to be refrigerated). After 24 hours, rinse the cabbage well and squeeze out the water. Add the cabbage to the rest of the ingredients and mix well (you may want to use gloves for this so the spices don't burn your hands).

Pack the kimchee into a clean 1-quart jar, seal the lid tightly, and set in a room-temperature location away from direct sunlight. Let the kimchee ferment for at least 2 days. Refrigerate the kimchee or leave at room temperature until desired flavor is achieved. Serve as a condiment, added to stir-fries or as a side dish.

Spicy Kimchee

Ingredient checklist

PRODUCE

- ☐ Napa cabbage
- ☐ Garlic
- ☐ Carrot
- ☐ Ginger
- ☐ Daikon radish
- ☐ Green onions

GROCERY

- ☐ Rice wine vinegar
- ☐ Sriracha or Korean chili paste

SPICES/SEASONINGS

- ☐ Kosher salt
- ☐ Korean or other chili powder

Serving suggestion

A pungent, flavorful and spicy fermented cabbage blend, kimchee can be added to dishes as a condiment or served as a side dish. It is popular eaten with white rice or pan-fried and added to stir-fry dishes for extra zip. Eat it hot or cold with Korean barbecued beef, with or without a splash of sesame oil.

Nutritional information per serving

21 calories	0 g. fat
0 mg. cholesterol	547 mg. sodium
4 g. carbohydrate	1 g. fiber
1 g. protein	

The nutritional values and information provided are approximations.