

Revamp that Recipe!

Asset Health's
Healthy Fall-Feast Cook-Off
Recipe Collection



Breakfast Casserole



Ingredients

- | | |
|-----------------------------|---|
| 12 egg beater eggs | 1 cup shredded potato / hash browns |
| 1 cup non fat milk | ½ cup spinach |
| 1 large bell pepper diced | ¾ cup reduced fat cheddar (or cheese of choice) |
| 1 white onion diced | 1 tsp pepper |
| 2 roma tomatoes chopped | 1 casserole crock pot |
| 2 cups shredded cauliflower | |

Cooking Instructions

1. Mix the shredded potato / cauliflower and spread on the bottom of the crock pot to make a base.
2. Add spinach on top of the potato / cauliflower
3. In a bowl, mix the eggs, milk and tsp of pepper, bell pepper and onions to the bowl
4. Pour the contents of the bowl over the spinach.
5. Sprinkle cheese on top of the eggs
6. Cook for about 7-8 hours on low
7. Add tomatoes to the top and serve.



Banana Protein Fiber Muffins



Ingredients

- | | |
|---------------------------|---|
| 1/4 Cup Oat Flour | 1/2 tsp Ginger |
| 1/4 Cup Wheat Gluten | 2 tsp Cinnamon |
| 1/2 Cup Rye Flour | 3 eggs |
| 1/2 Cup Wheat Flour | 2 large bananas (mashed) |
| 1/2 Cup Wheat Bran | 1/2 Cup Olive Oil |
| 1/4 Cup Flaxseed (ground) | 2 Cups Walnuts |
| 1/4 Cup Hemp (ground) | 1/2 Cup Honey |
| 1/4 Cup Amaranth (whole) | 1/2 Cup Stevia |
| 1/4 Cup Chia seed (whole) | 1/4 Cup Blue Agave |
| 1/4 Cup Quinoa (whole) | 1 Cup Greek Yogurt (Plain) |
| 1/2 Cup Pumpkin seeds | 1 Cup Cottage Cheese (large curd) |
| 1 1/2 tsp Baking Powder | 1/2 Cup Applesauce (unsweetened homemade) |
| 1 tsp Ground Cinnamon | 16 oz (1 pound) whole walnuts |
| 1/2 tsp Nutmeg | |

Garnish with Hemp Hearts

Cooking Instructions

Mix all dry ingredients together first than add the rest. Mix well, scraping the bottom of the bowl. May need to add additional flour/grains to thicken it up to a Muffin mix texture (somewhat clumpy). Use all natural muffin cups and bake at 350 degrees for anywhere from 14-20 minutes (depending on muffin size).



Morning Glory Muffins



Ingredients

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|-------------------|----------------------------|
| ½ C rolled oats | 1 medium apple, chopped |
| 1 ripe banana | 1 egg (optional) |
| ¼ C honey | ½ C unsweetened applesauce |
| 1 tsp baking soda | 1 tsp vanilla |
| 1 tsp cinnamon | ¼ C natural peanut butter |
| 1C grated carrots | ½ tsp ginger |
| ¼ C raisins | |

Cooking Instructions

1. Preheat oven to 375 F and spray muffin tin.
2. Add all ingredients except carrots, apples, walnuts and raisins to blender and blend — Or, mix by hand.
3. Add all ingredients to a bowl — Fold in carrots, apples, walnuts and raisins.
4. Spoon into muffin tin and bake for 15-20 minutes.



Apple Bourbon Pulled Pork



Ingredients

- 1 Pork Tenderloin
- 2 Apples
- 3 splashes of Bourbon

Drop of Apple Cider Vinegar
Dash of Thyme, Nutmeg, Cinnamon, and Sea Salt

Cooking Instructions

1. Chop the apples into small pieces.
2. Throw all ingredients into a crockpot.
3. Set to slow cook for 8 hours.
4. When cooking is complete, use a wooden spoon or fork to gently “pull” the pork.



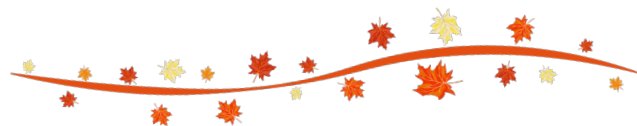
Seven-Layer Mexican Dip

Ingredients

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|---|---------------------------------|
| 1 Can Organic Refried Black Bean (vegetarian) | 1-2 chopped tomatoes |
| 2 Avocados, chopped and mashed | ½ chopped yellow pepper |
| 1 medium container Daisy Light Sour Cream | Variety of healthy option chips |
| 1 packet Old El Paso 25% Less Sodium Taco Seasoning | |
| 1 7 oz. bag Kraft Fat Free Shredded Cheddar Cheese | |

Cooking Instructions

1. Use a deep pie dish or 8 X 8 pan
2. Warm beans and layer at bottom of dish
3. Layer avocado on top of beans
4. Mix sour cream and taco seasoning, then layer on top of avocado
5. Layer remaining ingredients



Buffalo Cauliflower Wings

Ingredients

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| 1 medium head cauliflower, chopped into bite-size pieces | 1 teaspoon garlic powder |
| 1/2 cup garbanzo bean flour | 1/2 teaspoon salt |
| 1/2 cup water | 1 teaspoon melted butter or ghee |
| | 2/3 cup hot sauce |

Cooking Instructions

1. Preheat oven to 450°F. In a medium-sized bowl, combine flour, water, garlic powder, and salt. Whisk together until smooth.
2. Toss cauliflower into garbanzo batter, making sure to coat each piece completely, then place battered cauliflower on a lightly greased, nonstick baking sheet. Bake for 15 minutes, tossing halfway through.
3. In the meantime, combine melted butter and hot sauce in a large bowl, regularly stirring. When cauliflower is done, remove it from the oven and gently toss it in the hot sauce mixture. Place cauliflower back on the baking sheet and cook for an additional 25 minutes until it becomes crispy. Allow cauliflower to cool for 15 minutes before serving.



Slow Cooker Spinach and Artichoke Dip



Ingredients

1 bag of frozen, cut leaf spinach
(thawed and drained)
1 jar of marinated artichokes
16 ounces low-fat plain yogurt
1/2 cup light Daisy sour cream
4 ounces Daiya brand Mozzarella cheese
1/2 cup Greek yogurt and cream cheese spread
2 tablespoons Kraft reduced fat

Parmesan grated cheese
2 to 3 cloves of garlic
1 medium-sized onion
1 teaspoon black pepper
1 teaspoon salt
Crushed red pepper flakes (optional)
A handful of cherry tomatoes chopped
up in half (optional)

Cooking Instructions

Dice the garlic and onion into small pieces and sauté in canola oil until tender. In the meantime, squeeze as much water out from the frozen spinach as you can and then keep aside. *Tip:* reserve the spinach water to use as stock in a soup. Rinse the artichokes well and dice into small pieces. In the slow cooker, combine all the ingredients together and stir until everything is well combined. Place the lid on the cooker. Cook for 10 to 15 minutes or until the Daiya cheese has completely melted. Sprinkle red pepper flakes and garnish dip with chopped up cherry tomatoes.



Vegan Gluten Free Pumpkin Pie

Ingredients

CRUST

6 Tbsp cold vegan butter (or chilled coconut oil with varied results)
1 1/4 cup Bob's Red Mill 1:1 Gluten Free Flour
1/4 tsp salt
4-6 Tbsp ice cold water

FILLING

2 3/4 cups pumpkin puree (~1 1/2 15-ounce cans)
1/4 cup maple syrup
1/4 cup brown sugar
1/3 cup unsweetened plain almond milk
1 Tbsp olive oil, or melted coconut oil
2 1/2 Tbsp cornstarch or arrowroot powder
1 3/4 tsp pumpkin pie spice (or sub mix of ginger, cinnamon, nutmeg & cloves)
1/4 tsp sea salt

Cooking Instructions

1. To prepare crust, add gluten free flour and salt to a large mixing bowl and whisk to combine. Slice or dollop the cold butter in and work gently with a fork or pastry cutter to cut it in. Don't overwork, just get it incorporated.
2. Next add ice cold water a little at a time and use a wooden spoon to stir. Only add as much water as you need to help it come together.
3. Once a loose dough is formed, transfer to a piece of plastic wrap and work gently with your hands to form a 1/2 inch thick disc. Wrap firmly and refrigerate for a minimum 30 minutes, up to 2 days. Just let it warm back up a little before using. You don't want it too warm or it can get too soft to handle.
4. Once your dough is chilled, preheat oven to 350 degrees F and prepare pie filling.
5. Add all pie ingredients to a blender and blend until smooth, scraping down sides as needed. Taste and adjust seasonings as needed. Set aside.
6. To roll out the crust, unwrap the disc and place it between two sizable layers of wax paper (plastic wrap will work OK, but is a little more difficult to work with). Use a rolling pin to gently roll it into the shape of your pie pan. If it cracks, don't stress - you can reform it with your hands once you get it in the pan. But try and be gentle.
7. To transfer the crust, remove the top layer of wax paper and gently lay the pie dish face down on top of the crust and use the support of the wax paper to quickly but carefully invert it. Don't overthink it—just do it.
8. Once you get the crust inverted, gently use your hands to form it into the pan, working the crust up along the sides. It can be a little tricky but it bakes beautifully, so it's worth the effort! Just try not to overwork the dough in the process—it shouldn't take more than a few minutes to perfect the shape. Any holes or cracks can be mended with a little excess dough and the heat of your hand.





9. **TIP:** I would advise against trying to be fancy and do any elaborate design with the crust, so just get the crust in, get a flat edge and go.
10. Pour filling into pie crust and bake at 350 for 58-65 minutes. The crust should be light golden brown and the filling will still be just a bit jiggly and have some cracks on the top. Remove from oven and let cool completely before loosely covering and transferring to the refrigerator to fully set for 4-6 hours, preferably overnight.
11. Slice and serve with coconut whipped cream and an additional sprinkle of cinnamon, nutmeg, and/or pumpkin pie spice (optional).



Vegan Black Bean Brownies

Ingredients

- 1 15 oz. can (~ $\frac{3}{4}$ cups) black beans, well rinsed and drained
- 2 large flax eggs (One flax egg = 1 T of ground flax + 2 $\frac{1}{2}$ T water)
- 3 T coconut oil, melted (or sub other oil of choice)
- $\frac{3}{4}$ cup cocoa powder
- $\frac{1}{4}$ tsp sea salt
- 1 tsp pure vanilla extract
- $\frac{1}{2}$ cup sugar
- 1 $\frac{1}{2}$ tsp baking powder

Optional: Brewed coffee

Optional toppings: crush walnuts, pecans or semisweet chocolate chips

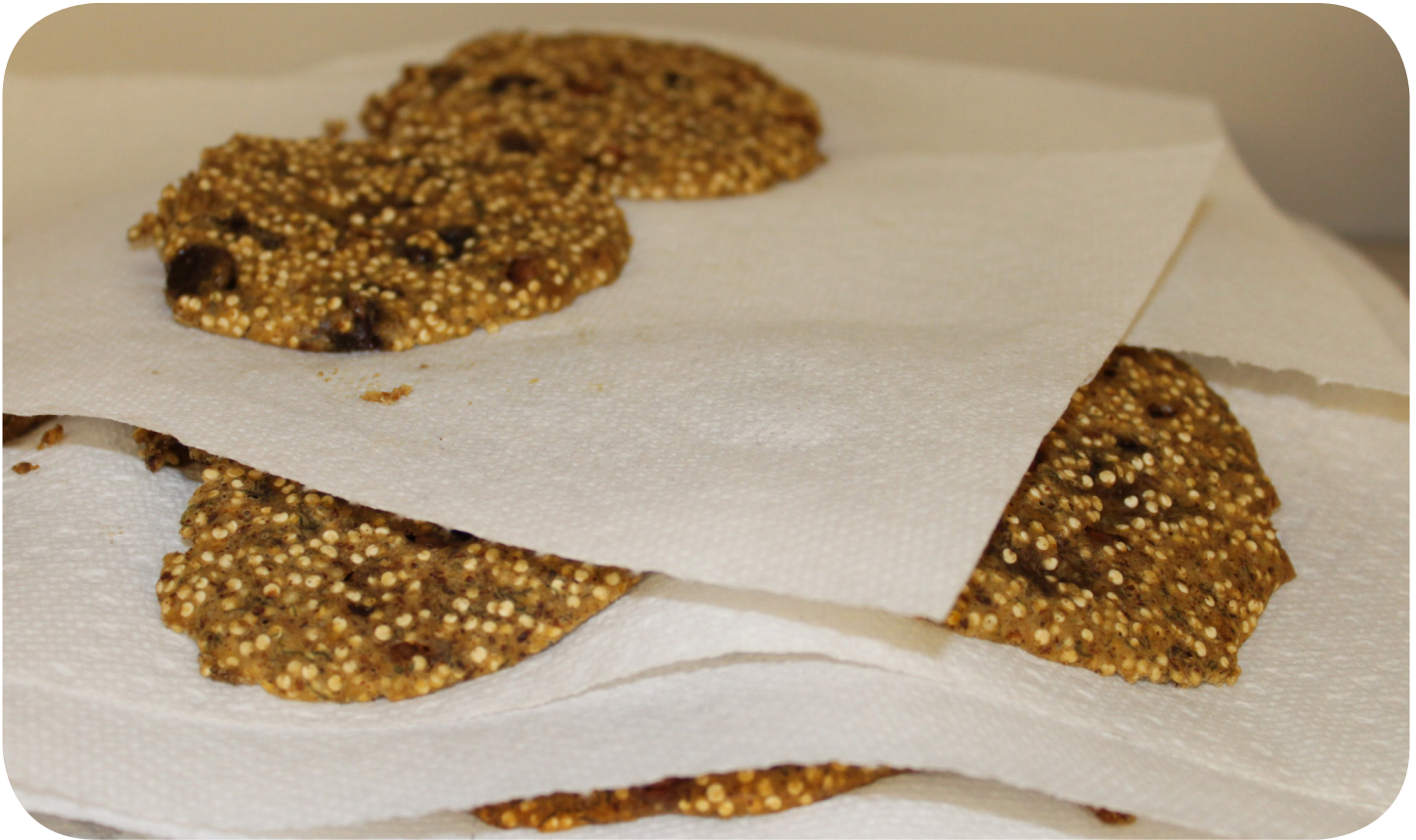


Cooking Instructions

1. Preheat oven to 350 degrees.
2. Lightly grease a 12-slot standard size muffin pan (not mini). Make sure you've rinsed and thoroughly drained your black beans at this point.
3. Prepare flax egg by combining flax and water in the bowl of the food processor. Pulse a couple times and then let rest for a few minutes.
4. Add remaining ingredients (besides walnuts or other toppings) and puree - about 3 minutes - scraping down sides as needed. You want it pretty smooth.
5. If the batter appears too thick, add a Tbsp or two of water or brewed coffee and pulse again. It should be slightly less thick than chocolate frosting but nowhere close to runny.
6. Evenly distribute the batter into the muffin tin and smooth the tops with a spoon or your finger.
7. Optional: Sprinkle with crushed walnuts, pecans or chocolate chips.
8. Bake for 20-26 minutes or until the tops are dry and the edges start to pull away from the sides. I found mine took about 25.
9. Remove from oven and let cool for 30 minutes before removing from pan. They will be tender, so remove gently with a fork. The insides are meant to be very fudgy, so don't be concerned if they seem too moist - that's the point. Plus, they're vegan so it doesn't really matter.
10. Store in an airtight container for up to a few days. Refrigerate to keep longer.



Quinoa Banana Chocolate Chip Cookies



Ingredients

½ cup whole grain gluten free flour mix
1 cup Gluten Free quinoa (use quinoa flakes for non-crunch version)
½ teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon cinnamon
1 tablespoon ground flaxseeds

¼ cup honey or agave syrup
¼ cup non-dairy milk (almond, coconut, rice, soy)
½ teaspoon vanilla
1 tablespoon olive oil
1 ripe banana
½ cup chocolate / peanut butter chips
Pinch of salt

Cooking Instructions

Preheat oven to 350 degrees. Mix all the ingredients together in a large bowl. Using a tablespoon, form cookies on a parchment paper lined baking sheet, spacing cookies apart 1-2 inches. Press down on top of cookies gently with the back of a spoon to flatten slightly. Bake 10 minutes until golden brown.



Strawberry Trifle



Ingredients

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|--|----------------------------------|
| 1 (8 oz) container lite frozen whipped topping | 3 cups organic strawberries |
| 2 (8 oz) packages 1/3 fat cream cheese | 1 (13 oz) angel food cake |
| 1 (3.4 oz) (no artificial) instant pudding - vanilla | 3 tablespoons natural cane sugar |
| 1 ¼ cups milk | |

Cooking Instructions

1. Mix room temperature cream cheese with milk; blend until smooth. Add instant pudding, and mix for an additional 2 minutes. The mixture should thicken considerably. Finally, add in container of thawed whipped topping and mix for an additional minute.
2. Slice strawberries and coat with 3 tablespoons of sugar. Cut angel food cake into cubes.
3. Pour 1/2 of the vanilla cream mix on bottom of a (trifle) bowl (preferably clear, tall, and round). Cover with all of the angel food cake. Layer the strawberries on top. Pour remaining vanilla cream over strawberries.
4. Refrigerate for 2 hours before serving.

