

**LifeSource**  
natural foods

*Winter Holiday*



**2020**





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# Make Ahead Penne Bake

By Miranda Vaughn | Makes 6-8 Servings

## INGREDIENTS

- 1 (16 oz) pkg penne rigate, or preferred pasta shape
- 1 (12 oz) container ricotta
- 1 (10 oz) pkg frozen spinach, defrosted, water squeezed out
- 1 egg
- 2 (25 oz) jars pasta sauce
- 2 (6 oz) pkg shredded Italian cheese blend
- Salt and pepper, to taste
- 13 x 9 x 2-inch baking pan

## DIRECTIONS

1. Cook pasta for half the time listed on the package directions. Drain.
2. In a large bowl, mix together ricotta, spinach, egg, half the cheese, and salt and pepper. Fold in pasta and sauce. Sprinkle remaining cheese on top.
3. Cover with foil, label with contents and date made. Freeze up to 3 months.
4. To prepare, remove the casserole from the freezer 15 minutes before baking. Preheat the oven to 375°F. Bake for about 45 minutes. Remove foil and bake another 15 minutes, or until internal temp reaches 165°F.





# Make Ahead Enchilada Casserole

By Miranda Vaughn | Makes 6-8 Servings

## INGREDIENTS

- 2 (12 oz) cans enchilada sauce
- 1 tsp cayenne
- 1 tsp garlic powder
- 2 Tbsp paprika
- Salt and pepper, to taste
- 3 yellow onions, chopped
- 2 pasilla peppers, diced
- 1 lb protein of choice, chopped
- 6 tomatoes, chopped
- 2 (12 oz) cans black olives, sliced
- 1 green onion, chopped
- 18 corn tortillas
- 4 (6 oz) pkg shredded Mexican Cheese Blend
- 13 x 9 x 2-inch baking pan

## DIRECTIONS

1. Heat enchilada sauce in a medium saucepan over medium low heat. Stir in cayenne, garlic powder, and paprika. Heat to a low simmer.
2. Heat olive oil over medium high in a large skillet. Add onions and peppers to sweat, season with salt and pepper. Cook until onion becomes translucent, about 5 minutes. Add protein, cooking until done. Remove from heat.
3. Prep staging area to include baking pan, enchilada sauce, protein and veggie mixture, tortillas, cheese, and green onions.
4. Spread a heaping scoop of enchilada sauce evenly over the bottom of the baking pan. Next, layer 6 corn tortillas, then another layer of enchilada sauce. Add half of the protein veggie mixture. Sprinkle on a handful of cheese, tomatoes, and olives.
5. Repeat step 4.
6. For the top layer, add remaining tortillas, sauce, cheese, tomatoes, olives and green onions.
7. Cover with foil, label with contents and date made. Freeze up to 3 months.
8. To prepare, remove the casserole from the freezer 45 minutes before baking. Preheat the oven to 350°F. Bake about 45 minutes, or until internal temp reaches 165°F. Serve with a dollop of sour cream or a fried egg on top.





# Brie Stuffed Mushrooms

Makes 15 Servings

## INGREDIENTS

- 15 large crimini mushrooms, stems removed
- ¼ cup olive oil, divided
- 1 small wedge of brie cheese
- ¼ cup panko bread crumbs
- ¼ cup shredded parmesan cheese
- 1 clove garlic, minced
- 2 sprigs fresh thyme, minced
- 1 sprig sage leaves, minced
- 1 small sprig rosemary leaves, minced
- ¼ tsp black pepper
- ¼ tsp kosher salt
- 1 lemon, cut into wedges

## DIRECTIONS

1. Preheat the oven to 350°F. Line a baking sheet with parchment or a silicone mat.
2. Toss mushroom caps in 2 Tbsp olive oil. Place on the prepared baking sheet cavity side up.
3. Slice the rind off the cheese. Cut into 15 even pieces. Place one small cube of cheese in each mushroom cap.
4. In a small bowl, mix together bread crumbs, parmesan, garlic, fresh herbs, salt, and pepper. Stir in remaining olive oil until all ingredients are evenly moistened. Place about a tablespoon of the mixture on top of each mushroom.
5. Bake 25 minutes in the preheated oven, or until mushrooms are tender and bread crumbs are browned. Serve hot with a squeeze of lemon.





# Red Lentil Butternut Squash Fritters

Lyric Johns | Makes 10 Fritters

## INGREDIENTS

- 2 cups butternut squash, grated
- 1 cup red lentils, rinsed
- ½ cup all purpose flour
- ¾ cup yellow onion, diced
- ¾ tsp garlic powder
- ¾ tsp. smoked paprika
- ¼ tsp cayenne pepper
- 1 tsp salt
- 4 tbs cooking oil

## DIRECTIONS

1. To start, peel the butternut squash with a vegetable peeler. Cut in half and scrape out seeds. Cut into chunks and grate with a box grater, or use a grater blade on a food processor to speed this process up significantly.
2. Bring red lentils to a boil in 2 cups of water. Reduce heat and simmer for 5-7 minutes, or until very soft.
3. In a large bowl, combine your lentils, flour, garlic powder, paprika, cayenne, and salt, mix well and then add your squash and onion. Stir until everything is well-mixed.
4. Heat your cooking oil in a pan at medium heat. Scoop up batter in a ½ cup measuring cup. Form your batter into patties and pan fry on both sides until they are golden brown and crispy, about 3-5 minutes each side. Add more oil as needed. Let cool on a paper-towel lined plate, and enjoy!





## *Spicy Maple Parsnips*

*Makes 2-3 Servings*

### **INGREDIENTS**

- 1 lb parsnips
- 2 Tbsp maple syrup
- 1 Tbsp olive oil
- ½ tsp cinnamon
- ¼ tsp kosher salt
- ⅛ tsp cayenne (optional)

### **DIRECTIONS**

1. Preheat the oven to 425°F. Line a baking sheet with parchment or a silicone mat.
2. Peel and cut parsnips into rounds or fries. If using very large parsnips, discard the inner core, which can be tough.
3. Toss parsnips with maple syrup, oil, cinnamon, salt, and cayenne. Spread in an even layer on the prepared baking sheet.
4. Roast 20 minutes or until tender, stirring halfway through.





## Apple-Pear Cranberry Sauce

By Hannah Marjerrison | Makes 4-6 Servings

### INGREDIENTS

- 1 lb fresh or frozen cranberries
- 2 apples, chopped
- 1 pear, chopped
- 1 cup golden raisins
- 1 cup orange juice
- 2 Tbsp grated orange peel
- 1 tsp cinnamon
- ¼ tsp nutmeg

### DIRECTIONS

1. In a saucepan, combine all ingredients and bring to a boil. Reduce heat and simmer 45 minutes, stirring regularly. Serve warm, or refrigerate 4 hours to serve chilled.





## *Balsamic Glazed Brussels Sprouts Stalks*

*Makes 2-3 Servings*

### **INGREDIENTS**

- 1 stalk Brussels sprouts (1lb)
- 2 Tbsp olive oil
- Kosher salt and pepper, to taste
- 2 Tbsp aged balsamic vinegar
- 1 Tbsp honey
- $\frac{1}{8}$  tsp black pepper
- $\frac{1}{8}$  tsp garlic granules

### **DIRECTIONS**

1. Preheat the oven to 375°F. Line a baking sheet with parchment or a silicone mat.
2. Brush Brussels sprout stalk with olive oil, sprinkle evenly with salt and pepper. Place on the prepared baking sheet and bake for 30 minutes.
3. While sprouts are baking, heat vinegar, honey, pepper, and garlic granules in a small saucepan, stirring until smooth and warmed through.
4. Brush sprouts with balsamic glaze and bake an additional 5 minutes.
5. Serve on the stalk, or cut sprouts off with a sharp knife. Drizzle with any remaining glaze.





# Vegan Mac & Cheese

By Lyric Johns | Makes 6-8 Servings

## INGREDIENTS

- 2 cup raw cashews
- 1 wheel Miyoko's Smoked (or plain) Mozzarella, shredded
- 1 cup almond milk
- 1 tbsp nutritional yeast
- ½ tsp sea salt
- ½ tsp garlic powder
- 1 (16 oz) pkg pasta (we used Montebello Conchiglie), cook as directed on the package
- 1 cup broccoli florets, chopped
- 1 cup cauliflower florets, chopped

## DIRECTIONS

1. Soak cashews in water for at least 1 hour. If you forget to soak, boil in 2 cups of water for 12 minutes. Drain.
2. Preheat the oven to 425°F. Grease a 13x9-inch baking dish with vegan butter.
3. Place the cashews, mozzarella, almond milk, yeast, salt, and garlic powder into a food processor. Blend until smooth and creamy.
4. Mix cashew sauce with cooked pasta and vegetables. Transfer to the prepared baking dish. Bake in the preheated oven 15-20 minutes, until browned. Remove from the oven and allow to cool 5 minutes before serving.





## Stuffed Potatoes

Makes 4 Servings

### INGREDIENTS

- 2 medium russet potatoes (1 lb)
- 3 slices uncured bacon, cut into ½-inch pieces
- 1 small onion, chopped
- 1 ½ cups cheese, shredded (we used Cadia sharp cheddar)
- 1 cup sour cream (we used Nancy's cultured sour cream)
- ¾ tsp black pepper, or to taste

### DIRECTIONS

1. Preheat the oven to 400°F. Line a baking sheet with parchment or a silicone mat.
2. Bake potatoes directly on the oven rack for 30 minutes. Pierce with a fork, and bake for an additional 30 minutes, or until potatoes are soft. Allow to cool until easy to handle.
3. While potatoes are baking, cook bacon in a skillet over medium heat until crisp. Remove to drain on a paper or clean kitchen towel.
4. Drain all but 1 or 2 tsp bacon grease from the skillet. Cook onion until transparent and beginning to soften, about 5 minutes. Add garlic and cook an additional minute.
5. Reduce the oven heat to 350°F. Line a baking sheet with parchment or a silicone mat.
6. Slice potatoes in half lengthwise, and scoop out the flesh into a medium bowl. Place jackets on the prepared baking sheet.
7. To the potatoes, add bacon, onion and garlic mixture, cheese, sour cream, and black pepper. Mix until well combined.
8. Scoop equal amounts of the potato mixture back into potato jackets. Bake 30 minutes, or until browned and heated through.





# Apple Cinnamon Rolls

Makes 8 Servings

## INGREDIENTS

### Dough

- 2  $\frac{3}{4}$  cups unbleached wheat flour
- $\frac{1}{4}$  cup evaporated cane sugar
- 1 pkt or 2  $\frac{1}{4}$  tsp active dry yeast
- 1 tsp kosher salt
- $\frac{3}{4}$  cup whole milk or half and half

- $\frac{1}{4}$  cup butter
- 1 egg, beaten

### Filling

- 2 apples, peeled and  $\frac{1}{4}$ -inch dice (we use Granny Smith and Gold Rush) About 2 cups
- $\frac{1}{2}$  cup golden raisins
- $\frac{1}{4}$  cup evaporated

cane sugar

- 1 Tbsp cinnamon
- 3 Tbsp butter, room temperature

### Brown Butter Frosting

- 6 Tbsp salted butter
- 1 cup powdered cane sugar
- 4 oz ( $\frac{1}{2}$  pkg) cream cheese
- 1 tsp vanilla extract

## DIRECTIONS

1. Dough: Whisk together unbleached wheat flour,  $\frac{1}{4}$  cup cane sugar, yeast, and salt.
2. In a small saucepan, heat milk and butter until butter is melted, and mixture is warm to the touch—about 112°F.
3. Stir buttermilk mixture into flour mixture until combined. Stir in beaten egg. A soft dough will form.
4. Turn dough out onto a floured surface and knead for 3 minutes. Return to bowl and cover loosely. Allow to rest 10 minutes.
5. Generously grease a 8x8-inch baking dish with butter.
6. After the dough has rested, turn it out onto a lightly floured surface and roll into a roughly 10-inch by 14 inch rectangle. Spread with room temperature butter. Whisk together cane sugar and cinnamon. Sprinkle half evenly over butter. Sprinkle on apples and raisins, and remaining sugar mixture. Roll up as tightly as possible (It's a challenge as the filling tends to wander.) With a sharp knife, slice into around 10 rolls.
7. Place rolls in a prepared dish, and cover tightly with plastic wrap. Allow to rise in a warm draft free place until doubled, about one hour to 90 minutes. (Ours rose for 90 minutes).
8. Preheat the oven to 375°F. Remove plastic wrap and bake for 25 minutes, or until rolls are golden brown and filling is bubbly.
9. Frosting: In a medium saucepan, heat butter over medium heat. Stir constantly, allowing butter to foam, then brown. 5-8 minutes. Remove from heat when butter has a nutty, amazingly delicious scent and little brown bits. Allow to cool to room temperature.
10. With a hand mixer, mix together browned butter, cream cheese, powdered sugar, and vanilla. Spread over cooled sweet rolls





# Gluten Free Pecan Pie

By Chris Bair | Makes 8-10 Servings

## INGREDIENTS

### Pie crust

- 1  $\frac{1}{3}$  cups flour (We used Pamela's All Purpose GF Flour blend)
- $\frac{1}{2}$  tsp sea salt
- $\frac{1}{2}$  cup cold butter, cut into cubes (We used Organic Valley Unsalted Cultured Butter)
- 3 tbsp ice water
- $\frac{1}{2}$  tsp apple cider vinegar

### Pie filling

- $\frac{2}{3}$  cup coconut sugar
- $\frac{2}{3}$  cup maple syrup
- 3 tbsp butter, melted
- 3 large eggs, room temperature
- $\frac{1}{4}$  -  $\frac{1}{2}$  tsp sea salt, to taste
- 2 tsp vanilla extract
- 2 cups raw pecans

## DIRECTIONS

1. Preheat oven to 400°F
2. Crust: In a large mixing bowl, place 1 cup of the flour,  $\frac{1}{2}$  tsp salt, and mix.
3. Place the chilled butter into the bowl with the flour. Use a fork or a pastry knife to work the mixture until the butter is evenly dispersed throughout the flour in pea size pieces. (Do not over-work, but if you do, chill the crust before you place it in the oven).
4. Pour in the ice water and apple cider vinegar. Stir to form a ball.
5. Use the remaining  $\frac{1}{3}$  cup of flour to dust the rolling pin and rolling surface. Use a minimum number of strokes to roll the dough out evenly to  $\frac{1}{4}$ -inch thick.. Place the dough in the pie dish.
6. Filling: Mix together coconut sugar, maple syrup, melted butter, eggs, vanilla, and sea salt in a large bowl. Add pecans and stir. Pour into the prepared pie crust.
7. Bake pie in the preheated oven for twenty minutes. Reduce heat to 350°F for 25-30 minutes.
8. After this, let your pie cool to room temperature, and it is ready to enjoy with some coffee!



# Eggnog Dutch Baby

*Makes 2-4 Servings*



## INGREDIENTS

- 2 large eggs
- ½ cup eggnog
- 2 Tbsp milk (only if eggnog is thick)
- ½ cup unbleached wheat flour
- ¼ tsp sea salt
- 2 Tbsp butter

## DIRECTIONS

1. Beat eggs in a medium bowl until light. Whisk in eggnog and milk (if using). Whisk in flour and salt until smooth, do not overbeat. Allow batter to rest at room temperature for 30 minutes.
2. Preheat the oven to 400°F. Heat seasoned cast iron skillet in the oven for at least 10 minutes.
3. Remove skillet from the oven. Add butter, swirling to coat bottom and sides. Add batter, tilting skillet so bottom is evenly coated.
4. Bake for 15-20 minutes, or until puffy and golden. Serve hot with maple syrup, powdered sugar, and a sprinkle of cinnamon.





# Homemade Eggnog

Makes 4 Servings

## INGREDIENTS

- 3 egg yolks
- ¼ cup granulated cane sugar
- 1 cup heavy whipping cream
- 1 cup milk
- ½ tsp nutmeg
- ¼ tsp cinnamon
- ½ tsp vanilla extract

## DIRECTIONS

1. Beat together egg yolks and cane sugar until fluffy and light yellow.
2. In a medium saucepan, whisk together whipping cream, milk, nutmeg, and cinnamon over medium heat. Continuing to stir, heat until simmering gently.
3. Turn off the heat. Slowly spoon hot cream mixture into the egg yolk mixture a little at a time, whisking constantly.
4. Once most of the milk mixture is mixed with the egg, pour everything back into the saucepan. Return to medium heat, cooking and stirring until eggnog is thick enough to coat the back of a spoon. Remove from heat and stir in the vanilla. Refrigerate until chilled.
5. After chilling, if the eggnog is too thick just add a little milk until the desired consistency is achieved.

**Boozy Eggnog:** Add 1.5 oz whiskey, rum, or brandy to 4 oz eggnog.





# Cranberry Orange Mulled Wine

Makes 6 Servings

## INGREDIENTS

- 1 (750ml) bottle red wine (we used Handcraft Dark Red Blend)
- 2 oranges, juiced and zested
- 1 cup cranberries (fresh or frozen)
- ¼ cup maple syrup, or to taste
- 2 cinnamon sticks
- 1 Tbsp mulling spices (we used Frontier from the bulk department)
- 1 tsp vanilla extract

## DIRECTIONS

1. Add all ingredients to a large heavy bottomed pot. Heat over medium high heat until just simmering. Reduce heat to low, and cover. Continue simmering at least 30 minutes, or up to several hours.
2. Strain before serving in heat proof mugs.





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