

Food Advocate



Monthly Newsletter
November 2023: Holiday Recipes

HCAA Food Advocacy
Courtney Insley

Welcome!

Hi, I'm glad you are here! For those who are new- I have created this resource to share yummy, yet healthy and simple recipes, as well as a way to keep in touch! Each month a different category of food will be introduced, whether that is plant-based meals or gluten free meals; there is a recipe for everyone! If you are looking to showcase your favorite recipe and or share any recommendations, feel free to email me at cinsley@harfordcaa.org. Previous newsletters can be found at harfordcaa.org under Programs> Food Advocacy Program> Food Advocacy Newsletter.

Holiday Recipes

The holiday season is right around the corner and that calls for comfort food. The following recipes are perfect for having guests over or when you are craving a home cooked meal. Below you will find recipes that are sweet, savory, plant-based, and much more to satisfy any craving you may have during this season.

A close-up photograph of a white plate filled with golden-brown, moist stuffing cubes. The stuffing is garnished with finely chopped green herbs. A silver fork is placed on the plate, with a small portion of stuffing resting on its tines.

Classic Stuffing

Yield: 8 servings | Total Time: 90 mins



Ingredients

- 1 12 ounce loaf whole wheat French bread, cut into small cubes
- 3 slices center cut bacon, minced
- 1 tablespoon butter
- 1 large onion, minced
- 10 fresh sage leaves, minced
- 2/3 cup parsley, chopped
- dash of salt and pepper
- 1 teaspoon poultry seasoning
- 1 large egg, beaten
- 2 cups chicken broth
- 1/2 cup water
- cooking spray



Directions

1. Preheat the oven to 250 degrees Fahrenheit. Bake cubes of bread on baking sheet for 30 minutes, flipping halfway.
2. In a large pan, cook bacon over medium heat for 2 minutes. Lower heat and add butter; when melted add onion, celery, parsley, sage, poultry seasoning, salt and pepper. Cook for 5-10 minutes and then let cool.
3. In a medium bowl, combine chicken broth and egg.
4. In a large bowl, add ingredients from step 1 and 2. Next, add chicken broth and egg mixture from step 3. Combine well. If the stuffing is too dry, add a little more broth or water.
5. Spray a casserole dish with cooking spray and add stuffing mixture.
6. Increase oven to 350 degrees Fahrenheit and bake uncovered for 40-45 minutes.



Spiced Sweet Potato Dip

Yield: 4 servings | Total Time: 30 mins



Ingredients

- 750 grams (1.65 lbs) sweet potato, peeled and roughly chopped
- 2 tablespoons raisins or sultanas
- 2 garlic cloves, crushed
- 1/2 teaspoon harissa paste or chili sauce
- 1 teaspoon each ground cumin, ground ginger, and ground cinnamon
- 1/2 teaspoon caster sugar
- 1-2 tablespoons red wine vinegar
- 1/2 teaspoon salt
- 1/4 cup (60 ml) olive oil, plus extra to drizzle
- 2 large rounds Lebanese flatbread (or any flatbread)
- 1 teaspoon mild paprika or sumac
- Chopped coriander leaves, to garnish



Directions

1. Cook the sweet potato and raisins in a saucepan of simmering salted water for 15-20 minutes until soft.
2. Drain and smash/crush with a fork. Add garlic, harissa paste/chili sauce, cumin, ginger, cinnamon, sugar, vinegar, and salt; mix well. Gradually stir in the olive oil, then set aside to cool.
3. Preheat oven to 400 degrees Fahrenheit. Cut flatbread into small triangles and bake on baking sheet for 5-7 minutes or until crisp and golden.
4. Drizzle the sweet potato with a little extra olive oil, sprinkle with paprika/sumac, and scatter with coriander leaves.
5. Serve dip with your flatbread chips.



White Bean Soup

Yield: 4 servings | Total Time: 30 mins



Ingredients

- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 3 15 ounce cans cannellini beans
- 2 cups vegetable or chicken broth
- 1/2 teaspoon dried rosemary
- 1/4 teaspoon dried thyme
- pinch crushed red pepper
- pinch black pepper



Directions

1. Pour one can of cannellini beans (with its liquid) into a blender and puree until smooth. Drain the other two cans of beans. Set aside.
2. Add the minced garlic to a soup pot with the olive oil. Sauté the garlic over medium heat for 1 minute, or until the garlic is fragrant.
3. Add the pureed beans, the other two cans of drained beans, broth, rosemary, thyme, crushed red pepper, and black pepper. Stir to combine.
4. Place a lid on the pot, turn the heat up to medium-high, and bring the soup to a boil. Once boiling, turn the heat down, remove the lid, and allow mixture to simmer for 15 minutes, stirring occasionally.
5. Smash the beans slightly to thicken the soup. Add salt if needed and serve with bread for dipping.



Chickpea Curry

Yield: 6 servings | Total Time: 40 mins



Ingredients

- 2 tablespoons vegetable oil or coconut oil
- 1 medium onion, sliced
- 3 cloves garlic, minced
- 1/4 teaspoon crushed red pepper flakes
- 1-2 tablespoons curry powder
- 1 teaspoon cumin
- 1 15 ounce can crushed tomatoes
- 1 13.5 ounce can coconut milk
- 2 15 ounce cans chickpeas, drained and rinsed
- pinch salt and pepper
- chopped fresh cilantro and lime wedges for garnish
- naan bread and rice for serving



Directions

1. In a large pot or pan, heat oil over medium-low heat. Add the sliced onion, garlic, and crushed red pepper to the pot/pan. Cook for about 15 minutes, stirring occasionally, until the onion is softened. Add a tablespoon of water at a time if the onion gets dry.
2. Increase the heat to medium and add the curry powder and cumin. Stir until toasted for about 1 minute. Add the crushed tomatoes and gently scrape the bottom of the pan with a wooden or rubber spoon to release any ingredients stuck to the bottom.
3. Pour in the coconut milk and add the chickpeas to the pot. Stir and reduce to low heat. Let the mixture simmer for about 10 minutes until the sauce has thickened and the chickpeas are slightly softened, stirring occasionally.
4. Season with salt and pepper and garnish with chopped cilantro. Serve with lime, rice, and naan.



Broccoli Slaw

Yield: 4 servings | Total Time: 30 mins



Ingredients

- 3 cups broccoli slaw mix
- 2 cups small broccoli florets
- 1 cup carrots, sliced
- 1 cup red cabbage, sliced
- 1/4 cup red onion, thinly sliced
- 1/2 cup toasted sliced almonds
- 1/3 cup dried cranberries, reserve some for garnish
- coleslaw dressing



Directions

1. In a large bowl, combine the broccoli slaw, florets, carrots, cabbage, onion, almonds, and cranberries.
2. Drizzle with about 3/4 of the dressing and toss to evenly coat. Add more dressing if desired. Garnish with almonds and cranberries.