SWEET POTATO BISCUITS

Ingredients

3 cups self-rising flour (such as White Lily brand)

2 tablespoons granulated sugar

½ cup (1 stick) salted butter, cubed and chilled

1 ½ cups *cold* mashed cooked sweet potatoes

¾ cup cold whole buttermilk, plus more as needed

Instructions

0. In a large bowl, whisk together self-rising flour and sugar.
1. Use a pastry blender or two forks to cut in the cold butter until the mixture is crumbly and some pea-size pieces of butter remain.
2. In a small bowl, whisk together mashed sweet potatoes and buttermilk. Stir the potato mixture into the flour mixture just until the dry ingredients are moistened. If the dough is too dry, add a little bit more buttermilk. If the dough is too sticky to work with, add a bit more flour.
3. Turn out the dough onto a lightly floured surface. Gently knead 4-6 times.
4. Press dough to 1-inch thickness.
5. Using a round biscuit cutter dipped in flour, cut out biscuits and arrange on the baking sheet. Roll out the scraps once, and cut additional biscuits if necessary. Do not continue rolling and cutting or you may end up with tough biscuits.
6. Place the baking sheet in the freezer for 10-15 minutes so that the dough can chill while you preheat the oven.
7. Preheat oven to 450°F.
8. Bake biscuits until golden brown and cooked through, about 15-20 minutes. Brush warm biscuits with melted butter and enjoy!

SOUTHERN CORNBREAD DRESSING

Ingredients

Cornbread – See cornbread recipe

Dressing

- 8 tablespoons butter (1 stick)
- 2 medium onion, chopped
- 4 stalks celery, chopped
- 1 1/2 teaspoons dried sage
- 1 teaspoon poultry seasoning
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup milk
- 3 eggs, lightly beaten
- 2 to 2 1/2 cups chicken stock or broth
- 2 tablespoons butter

Instructions

0. Preheat oven to 400 degrees.
1. Heat butter over medium heat in a large pan. Add celery and onion and cook until soft.
2. Add sage, poultry seasoning, salt, and pepper to onion mixture.
3. Whisk together milk and eggs and add to bowl. Stir in 2 cups of chicken broth.
4. Stir in onion mixture. Mixture should be very moist. Add more broth if necessary.
5. Transfer to a greased baking dish. Cut butter into small slivers and scatter on top of dressing.
6. Bake at 350 degrees for 30 minutes, or until it turns light brown on top.

PUMPKIN PIE ICE CREAM

Ingredients

- 1 cup heavy whipping cream
- 1 1/2 cups half and half
- 1 1/2 cups whole milk
- 1/2 cups packed brown sugar
- 1/2 cups granulated sugar
- 1/4 tsp salt
- 1 cups pumpkin pie filling
- 1 tsp vanilla extract
- 6 graham crackers broken up. Can also use oatmeal cookies

Instructions

1. Mix together sugars and pumpkin pie filling, salt and vanilla.
2. Add in milk, whipping cream and half and half. Stir to incorporate.
3. Place in ice cream maker and process according to directions.
4. When ice cream is almost done, stir in broken cookies or crackers and process for a few more minutes to incorporate cookies throughout ice cream.

CRANBERRY SAUCE

INGREDIENTS

- 1 large naval orange, zested and juiced
- 1 large naval orange, peel cut off and diced
- 2 large Granny Smith apples, peeled and chopped into 1/4" pieces
- 6 cups fresh cranberries
- 1 cup sugar
- 1 teaspoon ground cinnamon

INSTRUCTIONS

1. In a medium saucepan over medium to medium-high heat, combine orange juice, zest, oranges, apples, cranberries, sugar, and cinnamon.. If you like a looser/thinner sauce, add more orange juice or up to 2 cups of water. Bring to a slow boil, then reduce heat to simmer. Gently stir occasionally, until cranberries "pop", apples soften, and sauce thickens, about 10 to 15 minutes.

2. Chill in the refrigerator before serving if desired.

HAYDEN TORRES' FAMOUS BRUSSELS SPROUTS

- 1 pound Brussels sprouts
- 1 onion, diced
- 3 TBS olive oil
- 2 tablespoons hot water
- 2 tablespoons maple syrup
- 1 teaspoon dried rosemary
- 1 tsp garlic powder
- salt and pepper (to taste)

Rinse, cut off the ends and remove any old, damaged or withered outer leaves.

Slice each sprout in half.

In a large skillet on medium heat, add olive oil. Cook onions until they begin to become translucent.

Add the Brussels sprouts, cut side down. Sautee until brown and caramelized, about 5 minutes or until pierced easily with a fork.

When browned, flip over and add hot water. Let simmer until the water has evaporated.

Add the maple syrup, rosemary and then the salt and pepper to taste.

Toss until thoroughly coated and the syrup caramelizes just a bit.

Pumpkin Snickerdoodles

Ingredients

For the Cookies:

3 cups all-purpose flour

2 teaspoons cream of tartar

1 teaspoon baking soda

1/2 teaspoon salt

1 1/2 teaspoons ground cinnamon

1/2 teaspoon ground ginger

1/2 teaspoon ground nutmeg

1/4 teaspoon allspice

1 cup unsalted butter at room temperature

3/4 cup granulated sugar

3/4 cup packed light brown sugar

1/2 cup pumpkin

1 large egg

2 teaspoons vanilla extract

For the Cinnamon Sugar Topping:

- 1/3 cup granulated sugar
- 1 tablespoon ground cinnamon

Instructions

1. In a large bowl, whisk together the flour, cream of tartar, baking soda, salt, cinnamon, ginger, nutmeg, and allspice. Set aside.
2. Using a stand mixer or hand mixer, cream together the butter and sugars until smooth, scraping down the sides of the bowl with a spatula as necessary. Add the pumpkin and mix until well combined. Add the egg and vanilla extract and beat until combined.
3. Add the dry ingredients and mix until just combined. Don't over mix.
4. Wrap the cookie dough in plastic wrap or put in a container. Chill the dough for at least 30 to 60 minutes. I prefer to chill the dough for 24 to 48 hours.
5. When ready to bake, preheat the oven to 350 degrees Line large baking sheets with Silpat baking mats or parchment paper.
6. In a small bowl, whisk together granulated sugar and cinnamon.
7. Shape the cookie dough into round balls, about 1 tablespoon per cookie. Roll the cookie dough balls in cinnamon sugar mixture until generously coated. Place on prepared baking sheets, about 2-inches apart.
8. Bake cookies for 10 to 12 minutes or until cookies are set around the edges but still soft in the center. Remove from the oven and immediately bang the baking sheet on the counter a few times. This will help remove some air pockets and create ripples around the edges. Let the cookies cool on the baking sheet for 5 minutes. Transfer snickerdoodles to a cooling rack and cool completely.

CHOCOLATE CHESS PIE

Ingredients

- 4 tablespoons cocoa powder
- 1 1/2 cups sugar
- 3 tablespoons corn starch
- 2 large eggs, beaten
- 4 tablespoons unsalted butter, melted
- 1 (5-ounce) can evaporated milk
- 1 teaspoon vanilla extract
- 1 (9-inch) unbaked pie crust* (homemade or store-bought is fine) (see note)
- whipped cream, if desired

Instructions

1. Preheat the oven to 350°F. In a large bowl, whisk together the cocoa powder, sugar, and corn starch. Add in the beaten eggs, melted butter, milk, and vanilla. Stir well to combine.
2. Pour the mixture into the unbaked pie shell being cautious not to over-fill. Bake for 45 to 55 minutes or until a crust has formed completely across the top of the pie and is mostly set. There will still be some jiggle to the pie. Allow to cool completely before slicing and serving. This will allow it to set even more. Serve with a dollop of whipped cream, if desired.

TURKEY TETRAZZINI

Ingredients

16 ounces linguine, cooked

3 cups chopped cooked turkey

½ cup butter softened

2 (10.5-ounce) cans cream of celery (or cream of chicken)

2 cups sour cream

1 teaspoon garlic salt (with parsley flakes)

½ teaspoon pepper

1 cup chicken broth

2 tablespoons grated Parmesan cheese

2 cups shredded Mozzarella cheese

¼ cup Italian bread crumbs (optional)

Instructions

1. Preheat oven to 350°F. Grease a 9-x-13-inch baking dish and set aside.
2. Cook linguine according to package directions. Drain and set aside.
3. Meanwhile, in a large bowl, combine chopped turkey, butter, soup, sour cream, salt, pepper, and chicken broth in a medium bowl. Stir in noodles until well combined.
4. Pour into prepared baking dish. Sprinkle both cheeses on top and bread crumbs (if desired) and bake for 36–42 minutes, until cheeses are melted and bubbling.

TURKEY SWEET POTATO MEATLOAF

Ingredients

- 2 medium baked sweet potatoes, mashed and skin removed
- 1/4 cup ketchup
- 2 pounds ground turkey
- 1 cup unsweetened apple sauce
- 1 large egg
- ¼ cup dried onion flakes
- 2 teaspoon marjoram
- 2 teaspoon kosher salt
- 1 tsp black pepper
- BBQ sauce

Instructions

1. Preheat the oven to 350F.
2. Remove flesh from sweet potato, discard skin and mash in a large bowl.
3. Add turkey, egg, dried onion, ¼ cup ketchup, marjoram, kosher salt, and mix with the ground turkey using a fork until mixed well. Top with BBQ sauce.
4. Shape into a loaf and place on a baking sheet. Spoon sauce on top.
5. Bake uncovered for 55 minutes, remove from oven and let it sit for 5 minutes before slicing.

VEGAN PUMPKIN PIE SMOOTHIE

Ingredients

1 cup oat milk

¼ cup pumpkin puree

1 banana, frozen

3 Tbs maple syrup

½ tsp cinnamon

¼ tsp nutmeg

1/8 tsp ground cloves

1/8 tsp ground ginger

Instructions

Add the 1 cup oat milk, ¼ cup pumpkin puree, 1 sliced frozen banana, 2 to 3 tablespoon maple syrup, ½ teaspoon cinnamon, ¼ teaspoon nutmeg, ⅛ teaspoon ground ginger, and ⅛ teaspoon ground cloves to a blender and blend on the smoothie setting or the highest setting your blender has until it's smooth, thick, and creamy.

SWEET POTATO CASSEROLE

Potatoes

6-8 sweet potatoes, diced

2 eggs

1/2 cup brown sugar

1/2 cup milk

4 Tbs butter

½ tsp vanilla extract

Topping

1 stick butter

1 cup brown sugar

2/3 cup flour

2 cups plain cornflakes or oats

½ cup chopped pecans (optional)

Instructions:

1.In a large pot of water, boil diced sweet potatoes until soft. Drain and mash in a large bowl.

2. Add butter to the potatoes, and mix until butter is completely melted. Mix in milk and brown sugar. Finally, add the egg and vanilla and mix until well-combined.

3. Place potatoes into a casserole dish sprayed with non-stick cooking spray.

4. Make the topping by melting the butter, then mixing it with the brown sugar, flour, cornflakes (or oats), and nuts, if using. Place on top of the potato mixture.

5. Bake at 400 degrees for 20-25 minutes.

Creamed Corn Casserole

- 1/2 cup unsalted butter
- 1/4 cup all purpose flour
- 1/4 cup granulated sugar
- 2 eggs, well beaten
- 1 cup whole milk
- 1 (15.25-oz.) can whole kernel sweet corn, drained
- 1 (14.75-oz.) can creamed-style sweet corn
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

Instructions

1. Preheat oven to 350 degrees.
2. In a sauce pan, heat the butter slowly over medium-low heat, swirling the pan until it's just melted. Set it aside while you measure out the rest of the ingredients.
3. Whisk the flour into the melted and cooled butter until well incorporated. Then whisk in the sugar, eggs and milk.
4. Stir the creamed corn into the butter mixture, along with the drained whole kernel corn. Season with salt and pepper.
5. Pour into a shallow 8x8" baking dish.
6. Bake uncovered at 350 degrees for approximately 1 hour and 15 minutes, until the center is set and the corn casserole is brown and caramelized on top. Let stand for 5 minutes, serve warm.

PUMPKIN CHOCOLATE CHIP MUFFINS

Ingredients

4 eggs

2 cups sugar

1 (15 ounces) can solid-pack pumpkin puree

1-1/2 cups canola oil

3 cups all-purpose flour

2 teaspoons baking soda

1 teaspoon baking powder

1 tablespoon pumpkin pie spice

1 teaspoon salt

2 cups mini semisweet chocolate chips

Instructions

1. Preheat oven to 400°. Place paper liners in a regular sized muffin pan.
2. In a large bowl, beat the eggs, sugar, pumpkin and oil until smooth. Combine the flour, baking soda, baking powder, pumpkin pie spice and salt; Add flour mixture slowly to pumpkin mixture and mix well. Fold in chocolate chips. Fill greased or paper-lined muffin cups three-fourths to almost all the way full.
3. Bake for 15-17 minutes or until a toothpick inserted near the center comes out clean. Do not overbake. It makes all the difference between a good and a great muffin. Cool in pan 10 minutes before removing to a wire rack. Makes 2 dozen muffins.

PUMPKIN PIE

1 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
¼ tsp nutmeg
1/8 tsp Chinese 5-spice powder
3 egg yolks
1 large egg
15 oz can pumpkin puree
1 can sweetened condensed milk
1 unbaked 9-inch (4-cup volume) deep-dish pie shell

INSTRUCTIONS

Step 1

Mix pumpkin puree, egg yolks, egg in as medium bowl until smooth. Gradually stir in condensed milk and spices. Whisk until thoroughly combined.

Step 2

Pour into pie shell.

Step 3

Bake in preheated 425° F oven for 15 minutes. Reduce temperature to 350° F; bake for 40 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate.

APPLE CRISP

Filling

- 8 medium peeled **apples**, cut into 1-inch chunks that are 1/4 – 1/2 inch thick
- 1/2 cup packed light or dark **brown sugar**
- 1/4 cup **all-purpose flour**
- 1 teaspoon **pure vanilla extract**
- 1 teaspoon **ground cinnamon**
- 1/2 teaspoon **ground nutmeg**
- 1/4 teaspoon **salt**

Topping

- 3/4 cup **all-purpose flour**
- 3/4 cup packed light or dark **brown sugar**
- 1 teaspoon **ground cinnamon**
- 1/2 cup **unsalted butter**, cold and cubed (use plant butter for vegan)
- 1 cup old-fashioned **whole rolled oats**

Instructions

1. Preheat oven to 350°F (177°C). Lightly grease a 9×13-inch baking pan. Any 3.5-4-quart baking dish works.

2. Mix all of the filling ingredients together in a large bowl, then spread into the baking pan.

3. **Make the topping:** Whisk the flour, brown sugar, and cinnamon together in a medium bowl. Cut in the butter using a pastry cutter or fork until the mixture becomes super crumbly. Stir in the oats. Sprinkle over filling.

4. Bake for 45 minutes or until the topping is golden brown and the fruit juices are bubbling around the edges. Remove from the oven, place on a wire rack, and allow to cool for at least 5 minutes before serving. Serve warm, room temperature, or cold; plain or with salted caramel and/or vanilla ice cream.

CORNBREAD

Ingredients

1 ¼ cups flour

¼ cup sugar

¾ cup cornmeal

2 tsp baking powder

1 cup milk

¼ cup vegetable oil

1 egg

Instructions

1. Preheat oven to 400 degrees.
2. In a medium bowl, mix together all the dry ingredients.
3. In a small bowl, mix together all the wet ingredients.
4. Combine the wet ingredients into the dry ingredients.
5. Fold in wet ingredients until just combined.
6. Put in the oven for 20 min until edges become golden brown.

SWEET POTATO PIE

Ingredients

1 lb sweet potatoes, skinned, mashed and cooked

½ cup butter, softened

½ cup brown sugar

½ cup white sugar

½ cup milk or sweetened condensed milk

2 eggs

2 Tbs lemon juice

½ tsp ground nutmeg

¼ tsp cloves

¼ tsp ground ginger

1 tsp vanilla extract

1 (9-inch) unbaked pie crust

Instructions

In a large bowl, add sweet potato and butter and mix well with an electric mixer. Stir in sugar, milk, eggs, spices, and vanilla. Beat on medium speed until mixture is smooth. Pour filling into an unbaked pie crust.

Bake at 350 degrees for 55 to 60 minutes, or until knife inserted in center comes out clean. Pie will puff up like a soufflé and then sink down as it cools.

APPLE DUMPLINGS

Ingredients

3-4 apples

2 cans of 10 count biscuits

3 ½ sticks of butter, divided

3 cups sugar, divided

1 tsp cinnamon

1 tsp nutmeg

3 cups water

Instructions

1. In a small bowl mix together 1 cup sugar, 1 tsp cinnamon, and 1 tsp nutmeg.
2. In a small saucepan, make a butter syrup by bringing to a boil, 3 cups of water, 2 cups sugar, and 1 stick of butter. Mix thoroughly and bring to boil. Remove from heat.
3. On a large piece of parchment paper, flour a rolling pin and flatten out the biscuit dough. Place a spoonful of the spiced sugar, a pat of butter, and a chunk of apple. Fold over and place upside down on a greased sheet pan.
4. When all are complete, sprinkle the remaining spiced sugar on the top of the dumplings. Pour over dumplings the butter syrup.
5. Cover in foil and bake at 350 degrees for 30 minutes.
6. Remove cover and bake an additional 20-30 minutes until browned.

Maple Roasted Butternut Squash & Apple Salad

Ingredients

- 1 small butternut squash peeled and chopped
- 3 Granny Smith apples core and chopped
- 1/2 tablespoon olive oil
- 1 tablespoon pure maple syrup
- 1 teaspoon Kosher salt
- 1/4 teaspoon freshly ground black pepper
- freshly ground black pepper
- About 10 cups mixed salad greens
- 1/4 cup dried cranberries
- 1/2 cup pepitas
- 3/4 cup feta cheese
- For the Maple Mustard Dressing:
- 4 cloves garlic
- 1 tablespoon Dijon mustard
- 1 tablespoon brown grainy mustard
- 2/3 cups pure maple syrup
- 1/3 cup apple cider vinegar
- 1 cup canola oil
- Salt and pepper to taste

Instructions

0. 1. Preheat the oven to 400 degrees F. Place the butternut squash and apple chunks on a large baking sheet. Add olive oil, maple syrup, salt and pepper and toss. Roast the squash and apples for 25-30 minutes, turning once, until tender. Remove from the oven and cool to room temperature.

2. While the squash and apples are roasting, make the maple mustard dressing, if using. Combine garlic, mustards, syrup, vinegar, salt and pepper in a blender or food processor. Blend until smooth. With the machine running, pour in oil in a slow steady stream to emulsify. You should have about 2 cups of dressing. You will not need it all for the salad. You can store the leftover dressing in the refrigerator for about two weeks.

3. Place the mixed greens in a large salad bowl and add the butternut squash, apples, dried cranberries, pepitas, and feta cheese. Drizzle dressing over the salad to moisten and toss well. Serve immediately.

BUTTERNUT MAC N CHEESE

- 1 medium to large butternut squash (1.5 pounds or larger), halved
- 1 teaspoon extra virgin olive oil
- 2 tablespoons unsalted butter
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 pound short-cut pasta (pipe regate, macaroni noodles, casarecce, cavatelli, fusilli)
- 5 cups water
- 1 teaspoon fine salt, to taste
- 4 ounces cream cheese, cubed
- 8 ounces shredded sharp cheddar cheese
- ½ cup (2 ounces) finely grated Parmesan cheese, plus more for serving

INSTRUCTIONS

1. *To roast the squash:* Preheat the oven to 425 degrees Fahrenheit. Line a large, rimmed baking sheet with parchment paper for easy clean-up. Scoop out the squash seeds with a spoon (we won't need them for this recipe). Rub the olive oil over the cut sides of butternut, then place them on the prepared pan, flat sides down.
2. Bake until the squash flesh is easily pierced through with a fork, about 40 to 60 minutes. Once it's cool enough to handle, peel off the skin and discard it. Use a potato masher to mash up the squash—don't worry about getting it perfectly smooth. You'll need about 2 cups mashed squash for this recipe (you'll likely have plenty extra, which you can freeze for future mac and cheese). Set aside, refrigerate and/or freeze the squash until ready to use.
3. *To prepare the mac and cheese:* Melt the butter in a large pot or Dutch oven over medium heat. Add the garlic and onion powder and cook for 2 to 4 minutes, stirring often, until the butter is fragrant and you see little brown flecks forming in the pan. Add the dry pasta and gently toss to coat it in butter.
4. Pour in the water and salt. Add 2 cups of the mashed butternut squash. Cover the pot and bring it to a boil over high heat. Once boiling, remove the lid and set the timer for 8 minutes.
5. Cook, stirring occasionally, until the timer goes off. Do not drain the water. Stir in the cream cheese. Cook until the cream cheese has melted and the pasta is al dente (careful when you taste, it's quite

hot), about 4 to 5 more minutes. Turn down the heat as necessary to avoid scorching but maintain a steady simmer.

6. Reduce the heat to low. Add the cheddar and Parmesan, and stir until the mixture is melted and creamy. Remove the pot from the heat.
7. Season with salt, to taste (I usually add ¼ teaspoon more). Serve the pasta in bowls with extra Parmesan grated on top, if desired. Leftovers keep well, covered and refrigerated, for up to 5 days.

SPICED APPLE CIDER

Ingredients

1 quart unsweetened apple juice or cider
3 (3-inch each) cinnamon sticks
2 whole cloves (or sub 1 tiny pinch ground cloves)
2 (3-inch) strips orange peel (organic recommended, orange part only — the white pith will add bitterness)

Instructions

1. Add all ingredients to a large saucepan or pot and bring to medium-high heat. Once simmering, cover, reduce heat to low, and cook for 15 minutes to allow the flavors to develop.
2. Serve hot with a cinnamon stick.