

Cajun Shrimp Guacamole Bites

Ingredients

- 1 sweet potatoes, sliced in ¼" slices
- 2 tablespoons olive oil
- salt to season
- Chipotle Shrimp:
 - 1lb. large raw shrimp, peel and deveined
 - ½ teaspoon paprika
 - ½ teaspoon ground cumin
 - ½ teaspoon sea salt
 - 1 teaspoon chipotle chili sauce
 - 1 tablespoon olive oil
- Guacamole:
 - 4 small avocados
 - ½ cup cilantro
 - juice of 1 lime (about 2-3 tablespoons)
 - 1½ tablespoons olive oil
 - ½ teaspoon red pepper flakes
 - salt to taste



Instructions

Preheat oven to 425.

Cover baking sheet. using a brush, spread 1 tablespoon of olive oil over the entire pan so it is coated. Place the sweet potato slices on the prepared baking sheet.

Pour remaining tablespoon of olive oil into a small dish, using a brush, brush the tops of the sweet potato slices with olive oil. Lightly season with salt. Bake in oven for 10 minutes.

Remove the baking sheet from the oven and gently flip the sweet potatoes slices over using a pair of tongs. Place back in oven and bake an additional 5-7 minutes. Remove and let sit.

To prepare the Guacamole: Add avocado, cilantro, lime juice, olive oil, red pepper flakes, and salt. Mash together with a fork. Set aside.

To prepare the Chipotle Shrimp: In a small bowl, add shrimp, paprika, ground cumin, sea salt, and chipotle chili sauce. Toss the shrimp to coat in the seasoning blend.

Heat a large skillet to medium high heat. Add olive oil to the pan and then place the shrimp. Cook shrimp for 2-3 minutes both sides.

Assemble the bites. Top each sweet potato slice with a dollop of guacamole, one shrimp, and garnish with fresh cilantro. Serve

Chicken Divan Casserole

Serves 4

Ingredients

- 1 large broccoli
600g Chicken breast or any cooked deboned chicken
- 4 tablespoons (1/2 stick) unsalted butter
1/4 cup all-purpose flour
1 cup low-sodium chicken broth
1 cup whole milk
2 cups shredded (sharp cheddar) cheese, divided
- 1 cup sour cream
2 tablespoons sherry
1/2 teaspoon kosher salt
Freshly ground black pepper
- 1 1/2 teaspoons curry
- 1 tablespoon lemon juice
1/4 cup panko breadcrumbs
Coarsely chopped fresh parsley, for serving (optional)
Cooked white or brown rice, for serving

Instructions

Arrange a rack in the middle of the oven and heat to 200°C.
Cook chicken gently. Slice against grain.

Bring a large saucepan of water to a boil, add the broccoli, and cook until al dente, about 3 minutes. Drain well and set aside.

Melt the butter in a medium saucepan over medium heat. Add the flour and cook, stirring constantly, for 1 minute. Add the broth and milk, whisk until the flour is dissolved and the mixture is smooth, and bring to a simmer. Simmer, whisking frequently, until thickened to the consistency of gravy, about 2 minutes.

Remove from the heat and whisk in 1 cup of the cheese until completely melted. Stir in the sherry, sour cream and salt. Taste and season with more salt and pepper as needed — it should be highly seasoned because the broccoli and chicken are unseasoned; set aside.

Combine the broccoli and chicken in a 9x13-inch baking dish. Evenly pour the cheese sauce over it. Sprinkle with the remaining 1 cup cheese and panko. Bake until bubbling around the edges, about 30 minutes. Increase the heat to broil and broil until browned in spots, 3 to 5 minutes more. Let cool 5 minutes, sprinkle with parsley if desired, and serve with rice.

Roasted Butternut Squash with Cranberries

40 mins

This sweet and savory side dish is perfect for the holidays and loaded with Fall flavor!

Ingredients

- 1 large butternut squash, peeled + chopped
- a hearty drizzle of olive oil (1-2 TBSP)
- salt, pepper, to taste
- 1-2 cups fresh or dried cranberries (add a little, or a lot!)
- 2-3 TBSP honey or maple syrup(or extra, to taste)
- 2 cooking apples, cored and cut into cubes
- ground cinnamon and nutmeg, to taste
- fresh or dried parsley, to garnish, optional

Instructions

Precook cubed squash in a pot until barely tender. Add apples cranberries and olive oil and toss together.

Pre-heat oven to 220°F.

Lightly drizzle or spritz a baking sheet with olive oil. Spread squash mixture evenly

Sprinkle with a light layer of salt, pepper, based on taste preference. Cook 15 minutes.

Garnish with parsley for a burst of color and dig in while it's hot!

Notes

Feel free to use fresh or dried cranberries for this dish! Dried will be sweeter, while fresh with have a delightful punch of tartness to pair with the buttery squash and sweet honey. Let your tastebuds be your guide and have fun with it!

Vermont Maple Bread Pudding with Chocolate Walnut

Adapted from Union Bar and Grille, Boston, MA

Serve as dessert with a scoop of vanilla ice cream, or on its own as a wonderful brunch dish.

Makes 6 to 8 servings

Ingredients

- 1 cup walnuts, toasted, chopped
- 8 large eggs
- 1 liter whipping cream
- 150gram sugar
- 1 cup maple syrup, plus more for drizzling
- 1 tablespoon vanilla extract
- 1 loaf brioche or egg bread, bite-size pieces
- 150gram dark chocolate chopped very small
- Vanilla ice cream

Preparation

Whisk eggs, cream, sugar, 1 cup maple syrup, and vanilla in large bowl to blend. Add brioche; stir to coat. Let stand at room temperature 1 hour, stirring occasionally.

Preheat oven to 190°C. Butter 13x9x2-inch baking dish. Transfer bread mixture to prepared dish. Sprinkle with Walnuts and chocolate. Bake until puffed and golden and toothpick inserted into center comes out clean, about 40 minutes. Cool slightly. Cut into 6 to 8 pieces. Place 1 piece pudding on each plate. Place scoop of ice cream atop pudding, drizzle with maple syrup, and serve.

Flaky Buttermilk Biscuits

Total Time 35 mins

Serves 6 biscuits

There are few things better than delicious and hot Flaky Buttermilk Biscuits in the morning. Cover them in gravy or serve with butter and preserves. YUM!

Ingredients

6 tablespoons unsalted butter, cold

2 cups all-purpose flour

1 tablespoon baking powder

1 teaspoon salt

1 tablespoon sugar

1 cup buttermilk

Instructions

Ensure your butter is extra cold. Stick it in the freezer if that helps. Then grate it like you would cheese.

In a medium sized bowl, combine flour, baking powder, salt, and sugar. Add in butter and mix well to ensure each piece of butter is coated with the flour mixture.

Make a well in the middle and add the buttermilk. Use your hands to mix just enough to make all of the ingredients.

Dump dough onto a lightly floured surface and gently flatten out to a rectangle that is about 9 inches long and 5 inches wide. Fold the long sides over in thirds so that you now have a rectangle that is 3 inches long and 5 inches wide. Repeat process two more times. This is how you get the layers. Flatten the final rectangle so that its about an inch thick.

Use a biscuit cutter to press straight down (don't twist otherwise your biscuits won't rise). You should get a total of about 6 biscuits. To get the last couple, you'll have to gently squeeze the scraps together into a shape that's just bigger than the biscuit cutter.

Bake in a preheated 425 degree F oven for about 15 minutes. Enjoy!