

Butternut Squash Soup

Yields 8 servings

Serving size: about 2 cups

Ingredients:

2 large butternut squash, peeled, de-seeded, and cubed

1 onion, medium dice

1 head of garlic

1/4 C fresh sage

1/4 C fresh thyme

1/4 C fresh rosemary

1/4 C fresh oregano

1 t nutmeg

1 T fresh ginger, grated

1 quart chicken or fish stock

1/2 C olive oil, for coating

1 lemon, juiced and zested

1/2 C crème fraîche, plain greek yogurt, or sour cream

1 T salt

2 t pepper



Directions:

1. Preheat the oven to 400°F.
2. In a large bowl, toss squash, herbs, salt, pepper and onion with olive oil.

3. Using two foil-lined pans, equally distribute the squash mixture so that they roast evenly.
4. To roast the head of garlic, remove the top (skin and all) with a knife so that the cloves are exposed. Generously coat with olive oil and wrap tightly with foil. Place in one of the squash-mixture pans, as the oil may leak out in the oven.
5. Roast for 45 minutes or until everything is golden brown and tender.
6. Remove from the oven and let cool for about 10 minutes.
7. Remove foil and skin from head of garlic when cool to the touch.
8. In the meantime, in a small saucepan, heat up the stock to a simmer.
9. Using a blender or immersion blender stick, blend squash mixture, stock, and remaining ingredients until smooth. (For a smoother soup, pass through a chinois)
10. Garnish with toasted pumpkin seeds, more crème fraîche, and serve with toasted bread and butter.

Game Day Buffalo Chicken Dip

Yields 6 Servings

Ingredients:

4 cups shredded rotisserie chicken

2 T butter, unsalted

3 cloves garlic, crushed

1 1/4 T dried rosemary

1.0 T Teff flour

3/4 C *Frank's Red Hot Original* (or any hot sauce substitute)

3/4 C red enchilada sauce

3 C Mexican cheese blend (Monterey Jack, Cheddar, Queso Quesadilla and Asadero cheeses)

1/2 block cream cheese

1.0 cup plain Skyr or Greek yogurt



Chef's Note:

When shredding chicken, do not include the skin, this will cause chewy bits in final product

Directions:

- 1) Preheat the oven to 375°F.
- 2) Make the roux: In a small sauce pan, melt the butter. Add garlic until fragrant and slightly turning golden. Grab a wooden spoon. Add rosemary and teff flour. Stir until a roux has formed (you may need more flour).

- 3) Add the sauces: Add the enchilada sauce and hot sauce, let simmer on low for 5-10 minutes (or until the sauce has thickened in consistency). Remove from the heat.
- 4) Add the Skyr and cheeses: Stir in the the cream cheese, **half** of the Mexican cheese blend, and Skyr. The color should lighten and the consistency should be smooth and homogenous.
- 5) Mix in the shredded chicken.
- 6) Place mixture into a 9x9 casserole dish, top with cheese, and bake covered in foil for 25 minutes. Remove cover and bake until cheese is golden-brown and the dip is bubbling.
- 7) Serve with tortilla chips and fresh-cut celery.

Quick Gluten-Free, Dairy-Free Pizza

Yields 8 Slices

- 1 packet active dry yeast
- 1 1/2 tbsp Italian seasoning
- 3/4 cup tapioca flour
- 1/2 cup white rice flour
- 1/3 cup chickpea flour
- 1/3 cup sorghum flour
- 1 teaspoon xanthan gum
- 1 teaspoon kosher salt
- 1/2 cup unsweetened soy milk
- 1/4 cup water
- 2 teaspoons sugar
- 2 large egg whites
- 3 tablespoons plus 1 teaspoon extra virgin olive oil



Toppings: Fresh basil, as desired, Dairy-free Mozzarella cheese (*Kite Hill Mozzarella works great*), Red Pizza sauce of choice, Red pepper flakes for garnish

Chef's Note:

- Make sure ingredients are room temperature.
- Some dairy-free cheeses will not brown in the oven, as their protein content is lower than true mozzarella cheese.
- Basil can be baked into the pizza or added afterwards

Directions:

1. Preheat oven to 400°F.
2. In a stand-mixer: Whisk Italian seasoning, tapioca flour, white rice flour, chickpea flour, sorghum flour, xanthan gum and salt in a medium-sized bowl.
3. Mix the wet ingredients: Mix milk and water in a separate bowl. Stir in yeast and sugar. Add milk/yeast mixture, egg whites, and two tablespoons oil to dry ingredients and mix. A stand mixer and paddle attachment works best for this.
4. Split and let rise: Separate dough in half. Line two sheet pans with parchment and generously grease with olive oil—you may want to also grease your hands for this step. Spread out the dough as thin or thick as desired and let rest covered with a clean towels for 20 minutes.
5. Bake the dough: Uncover, and place dough in the oven until three-quarters-of-the-way baked through. (The dough should be “flippable” at this point)
6. Add Toppings: Remove from the oven. Flip dough over and top with sauce, cheese, and fresh basil. Bake until cheese is golden brown and bubbling.
7. Serve immediately. Can be garnished with red pepper flakes, garlic salt, oregano, etc.