

SBL Cooking Demo: Holiday Foods

November 14, 2016

Apple-Cinnamon Pork Loin

Serves 6

Ingredients

1 boneless pork loin roast (2 to 3 pounds)
1/2 teaspoon salt
1/4 teaspoon pepper
1 tablespoon canola oil
3 medium apples, peeled and sliced, divided
1/4 cup honey
1 small red onion, halved and sliced
1 tablespoon ground cinnamon
Minced fresh parsley, optional

Directions

1. Sprinkle roast with salt and pepper. In a large skillet, brown roast in oil on all sides; cool slightly. With a paring knife, cut about sixteen 3-in.-deep slits in sides of roast; insert one apple slice into each slit.
2. Place half of the remaining apples in a 4-qt. slow cooker. Place roast over apples. Drizzle with honey; top with onion and remaining apples. Sprinkle with cinnamon.
3. Cover and cook on low for 6-8 hours or until meat is tender. Remove pork and apple mixture; keep warm.
4. Transfer cooking juices to a small saucepan. Bring to a boil; cook until liquid is reduced by half. Serve with pork and apple mixture. Sprinkle with parsley if desired.



Apple- Sausage Cornbread Stuffing

Ingredients

Cooking Spray
8.5 ounces Corn Muffin Mix
2 Large Eggs
1/3 cup water
1 pound Sweet Italian Turkey Sausage, casings removed
3 tablespoons Olive Oil
3 medium onions, chopped
3 carrots, chopped
2 stalks celery, chopped
5 cloves garlic, minced
3 tablespoons chopped fresh sage
3 apples, peeled, cored and cut into 3/4-inch cubes
1 1/2 cups chicken broth
1/2 tsp salt
1/2 tsp Black Pepper



Directions

1. Preheat oven to 400°F. Coat an 8-inch square-baking dish with cooking spray.
2. Combine the corn muffin mix, eggs and water in a bowl. Pour into the prepared baking dish and bake according to package directions for cornbread. Remove from the oven and cool 15 minutes. When cooled, cut the cornbread into 3/4-inch cubes. Transfer to a large bowl.
3. Heat a large nonstick skillet over medium-high heat. Add the sausage and cook, breaking into smaller pieces with a wooden spoon, until browned, 7-8 minutes. Transfer to the bowl with the cornbread.
4. Return the skillet to the stove and heat the olive oil. Stir in the onions, carrots, celery, garlic and sage. Stirring occasionally, cook until lightly golden and tender, 15-16 minutes. Transfer to the bowl with the cornbread. Add the apples, broth, salt and pepper; mix well. Transfer to an 8-inch square-baking dish that has been lightly coated with cooking spray. Cover the dish with foil.
5. Bake the stuffing, covered for 30 minutes. Uncover and bake until the top is browned and crisp, about 15-20 minutes longer.

Pear-Pecan Cheese Ball

Serves 24

Ingredients

8 ounces reduced-fat cream cheese, softened
2/3 cup plain, low-fat Greek yogurt
1 1/4 cups shredded extra-sharp Cheddar cheese
1 medium firm ripe pear, finely chopped
1 scallion, white and green separated, finely chopped
2 tsp garlic powder
1 tsp Worcestershire sauce
1/2 teaspoon salt
1/2 teaspoon ground pepper
1/3 cup finely chopped toasted pecans

Directions

1. Stir cream cheese, yogurt, Cheddar, pear, scallion white, garlic powder, Worcestershire sauce, salt and pepper together in a medium bowl.
2. Coat a large piece of plastic wrap with cooking spray. Scoop the cheese mixture onto it. Using the plastic wrap to help you, form the cheese mixture into a ball, and then completely wrap in plastic. Refrigerate for at least 1 hour and up to 2 days.
3. Just before serving, combine pecans and the reserved scallion greens in a shallow dish. Roll the cheese ball in the mixture, pressing to adhere.

****Make Ahead Tip:** Prepare through Step 2 and refrigerate for up to 2 days



Lighter Southern Deviled Eggs

Ingredients

12 large eggs
1/4 cup plain nonfat Greek-style yogurt
1/4 cup chopped dill pickles
2 tablespoons mayonnaise
2 teaspoons Dijon mustard
1/4 to 1/2 teaspoon cayenne pepper
1/4 to 1/2 teaspoon paprika spice blend
1 tablespoon smoked paprika brine from pickled okra
3 tablespoons sliced pickled okra, for garnish

Directions

1. Place the eggs in a single layer in a saucepan with enough cold water to cover; bring to a boil over high heat. Immediately remove from the heat. Cover and let stand 15 minutes. Drain, and then run under cold running water.
2. Peel the eggs and halve lengthwise. Remove the yolks and add to a bowl. Add the yogurt, pickles, mayonnaise, mustard, cayenne, paprika spice blend and brine, and mix thoroughly.
3. Spoon the mixture into the egg white halves. Place the eggs on a plate, garnish with the pickled okra, cover loosely with plastic wrap and chill until ready to serve.



Cranberry Relish

2 ½ cups

Ingredients

½ thick-skinned orange, seeded and chopped (do not peel)
1 ½ cup fresh cranberries
1 medium apple, unpeeled and chopped
1 8-oz can unsweetened pineapple tidbits, drained

Directions

1. Position knife blade in food processor bowl, add orange. Process for 3 minutes or until orange peel is finely chopped.
2. Add remaining ingredients and pulse 4 time, scraping sides between each pulse. Cover and chill.

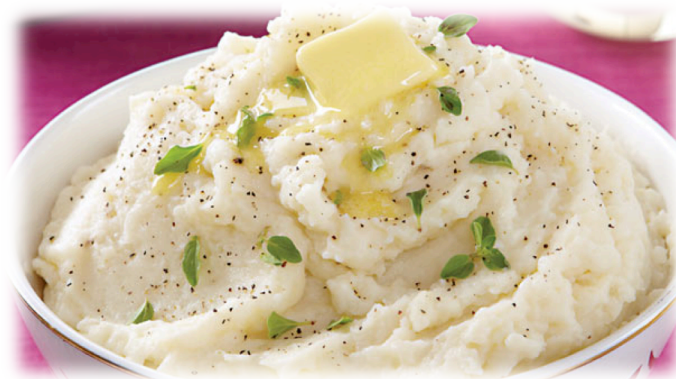


Cauliflower Mashed Potatoes

Serves 4

Ingredients

1 medium head of cauliflower, chopped
4 tbsp. butter
3 tbsp. water
2 tsp garlic, minced
½ tsp salt
½ tsp onion powder
¼ tsp pepper



Directions

1. In microwave safe bowl, heat cauliflower and stock for 8-10 minutes or until tender.
2. Place cauliflower, garlic and yogurt in food processor.
3. Add seasonings to taste and pulse until contents are mostly smooth and scrape the sides as needed.
4. Serve immediately

Green Bean Salad Vinaigrette

Serves 12

Ingredients

- 1 quart water for fresh green beans or ¼ cup for frozen.
- 1 pound fresh or frozen green beans
- 1 ½ tbsp. raspberry vinegar or red or white wine vinegar
- ¾ to 1 tsp yellow mustard
- ½ tsp finely snipped fresh thyme or 1 ½ tsp dried, crumbled
- ½ tsp honey
- ½ medium garlic clove, minced
- ¼ cup canola or corn oil
- ¼ tsp salt
- 1/8 tsp pepper, or to taste
- 1 medium red bell pepper, cut lengthwise into thin strips
- ½ to 1 small red onion, cut lengthwise into thin strips
- ¼ tsp grated lemon zest

Directions

1. In large sauce pan, bring water to a boil over high heat. Add beans and boil for 5 minutes
2. Meanwhile, fill a large bowl with cold water. When the beans are ready, drain them in a colander, then plunge them into the cold water to stop the cooking process and cool quickly. Once the beans are cold, drain well and pat dry with paper towels.
3. While the beans are cooling, in a separate large bowl, whisk together the vinegar, mustard, thyme, parsley, honey, and garlic. Slowly whisk the oil, continuing to whisk until thoroughly combined. Whisk in the salt and pepper.
4. Add the green beans, bell pepper, and onion to the vinegar mixture. Toss to coat. Cover and refrigerate for at least 30 minutes. Just before serving, sprinkle with the lemon zest.



Onion Roasted Sweet Potatoes

Ingredients

- 2 (1 oz.) packaged dry onion soup mix
- 2 pounds sweet potatoes, peeled and diced
- 1/3 cup vegetable oil

Directions

1. Preheat oven to 450 degrees F
2. In a large bowl, toss the dry onion soup mix, sweet potatoes and vegetable oil until the sweet potatoes are well coated.
3. Arrange the mixture on a large baking sheet. Bake in the oven 40 to 50 minutes or until the sweet potatoes are tender.



Additional Holiday Recipes

Salt-free Seasoning Blend

Ingredients

¼ cup plus 2 tbsp. onion powder
1 tbsp. garlic powder
3 tbsp. poultry seasoning
3 tbsp. paprika
1 tsp chili powder
2 tbsp. dry mustard
2 tsp oregano
2 tsp pepper

Directions

Mix ingredients together, store in airtight container. Pour mixture into shaker and use on meat, poultry, and vegetables.

Cherry Relish

(Alternative to cranberry relish)

Ingredients

1 can (20-oz) light cherry pie filling
8 packets equal
2 packages sugar-free cherry or raspberry Jell-O
1 can (20-oz) unsweetened crushed pineapple with juice
½ cup chopped nuts
1 can (12-oz) diet coke

Directions

1. Heat pie filling in a large pan until boiling.
2. Add in remaining 5 ingredients and stir until combined and Jell-O mix has dissolved.
3. Remove from heat.
4. Pour into decorative glass dish and cover and chill overnight.

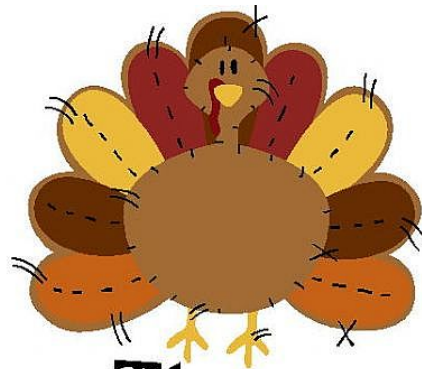
Cauliflower Mashed Potato

Ingredients

1 cup cauliflower, roughly chopped
1 cup vegetable stock
2 tbsp. plain, nonfat Greek Yogurt
Salt and Pepper (Artisan salts, like truffle salt, work very well in this recipe.)
**Optional: chopped roasted garlic, wasabi paste, fresh or dried spices (parsley, sage, rosemary, thyme)

Directions

1. Cook the cauliflower with the vegetable stock in a saucepan over medium heat until tender.
2. Transfer the cauliflower into a food processor or blender, reserving cooking liquid.
3. Add the Greek yogurt and ¼ cup of reserved stock and blend until smooth, scraping down sides and adding more stock as necessary.
4. Add option ingredients, if desired.
5. Season with salt and pepper to taste.
6. Reheat if needed. This can be done in the microwave or by returning the cauliflower to the saucepan and stirring over medium-low heat until it reaches your desired temperature



Happy Thanksgiving