

Your Favorite Holiday and Winter Recipes

Preparation Time: 10-15 minutes

Serves: a large community of Laguna Farm Members
(over 500)

Ingredients

Your family favorite recipes for the winter holidays and the winter season (root vegetables).

If you like, please include your name so we may publish it with your recipe(s) that are also available at our website:
www.lagunafarm.com in the Recipes category.

Instructions

Please send your recipe(s) to info@lagunafarm.com
You are welcome to send them as attachments or text in the email...whichever is easiest.

Important: Please include Laguna Farm Recipe in the subject line so we can differentiate your recipe from spam.
Happy Holiday

Leftover Efficient Recipes

EASY Recipe to Use All your Leftovers at Once!

One fantastic idea for everything: Cut leftover turkey into chunks and mix it with leftover gravy and veggies. Pour it into a pie plate, top it off with leftover mashed potatoes or stuffing, and heat it up for a new style of Shepherd's Pie.

Morning-After Cranberry Sauce Muffins

Everyone loves an excuse to eat muffins, and the cleverest among us know it's all about the tops. So on Black Friday morning, when you're full but the extra cranberry sauce is staring you in the face, consider that excuse enough. They're leftover-efficient, so basically you're doing something good for the environment. Pat yourself on the back and bake these oat cranberry guys, which come from chef **Michael Harr** of Butterfield 9 in Washington, D.C. Harr realizes that the gang won't quite be ready for Thanksgiving sandwiches this early and that these are just what the tummy ordered.

Morning-After Cranberry Sauce Muffins

- makes about 12 muffins -

Ingredients

1 cup flour
1/2 cup whole-grain wheat flour
1 cup oats
1/3 cup brown sugar
1 tablespoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 1/2 cups of leftover cranberry sauce
1/2 cup skim milk
1/3 cup vegetable oil
1 egg

Procedure

1. Heat oven to 400°F. Line muffin tin with paper baking cups.

2. In a large bowl, combine regular flour, whole-grain flour, oats, brown sugar, baking powder, cinnamon, baking soda and salt; mix well. In medium bowl, combine milk, oil, cranberry sauce and egg; blend well. Fold into dry ingredients all at once; stir until dry ingredients are moistened.
3. Fill muffin cups about three-quarters full.
4. Bake 20 to 22 minutes or until golden brown. Break off that seductive muffin top, then inhale the rest!

Sweet Potato Salad with Chili-Lime Dressing

Leftover sweet potatoes cut into 1/4-inch dice
1/4 cup extra-virgin olive oil, divided
1 medium red bell pepper, diced small
4 scallions, white and green parts, sliced
1/4 cup minced cilantro leaves
3 tablespoons freshly squeezed lime juice, plus grated zest of 1 lime
1 teaspoon chili powder
1/2 teaspoon ground cumin
Salt and pepper

In small bowl, whisk together the 3 tablespoons olive oil, lime juice and zest, chili powder, cumin, a couple of generous pinches of salt, and some freshly ground black pepper. Pour the dressing over the salad; toss gently. Serve warm, at room temperature or even chilled. This salad improves with a little rest time so it can be a leftover leftover!

Greek Salad Pitas with Feta Spread and Turkey

•3 tbsp non-fat plain yogurt •1 tsp fresh lemon juice
•2 tsp dried oregano 1 tsp finely grated lemon zest
•1/4 tsp freshly ground black pepper •4 whole-wheat pita breads
•Laguna Farm salad mix •1 cucumber, sliced into half moons
•1/4 cup fresh mint leaves •3/4 lb. thinly sliced roasted turkey breast

In a medium bowl, combine the feta cheese and yogurt with a fork, mashing any large chunks of cheese. Stir in the lemon juice, oregano, lemon zest and pepper. The spread will keep for up to five days in an airtight container in the refrigerator.

To make a sandwich, cut a pita in half to form two pockets. Line each pocket with Laguna Farm salad mix. Spread two heaping tablespoons of feta spread into the pocket. Then fill each pocket with about six cucumber slices, four or five mint leaves and two or three slices of turkey.

Servings: 4, two pockets

Nutrition information Per serving: 360 calories; 9 grams of fat; 5 grams of saturated fat; 32 grams of protein; 40 grams of carbohydrate; 6 grams of fiber; 80 milligrams of cholesterol; 700 milligrams of sodium.

Source: So Easy: Luscious, Healthy Recipes for Every Meal of the Week by Ellie Krieger

Creamy Carrot and Sweet Potato Soup

•3 tbsp butter, divided •1 cup chopped onion
•1/4 tsp ground cinnamon •1/4 tsp ground nutmeg
•4 3/4 cups cubed peeled sweet potatoes (1 1/2 pounds)
•3 1/2 cups water •3 cups fat-free, less-sodium chicken broth
•3 cups chopped carrots (about 1 pound)
•1/4 cup half-and-half •1/2 tsp salt
•1/4 tsp freshly ground black pepper
•1/4 cup reduced-fat sour cream
•2 tbsp chopped fresh flat-leaf parsley

Melt 1 tablespoon of butter in a large Dutch oven over medium heat. Add onion to pan; cook 4 minutes or until tender, stirring occasionally. Stir in cinnamon and nutmeg. Cook 1 minute, stirring constantly.

Move onion mixture to side of pan; add remaining 2 tablespoons of butter to open space in pan. Increase heat to medium-high; cook 1 minute or until but begins to brown. Add sweet potatoes, water, broth and carrots; bring to a boil. Cover, reduce heat, and simmer 35 minutes or until vegetables are tender.

Place half of soup mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.

Pour into a large bowl. Repeat procedure with remaining soup mixture. Stir in half-and-half, salt, and pepper. Ladle about 1 cup soup into each of 8 bowls; top each serving with about 2 teaspoons sour cream and 3/4 teaspoon parsley.
Servings: 8, about one cup each
Nutrition information
Per serving: 173 calories; 6.7 grams of fat; 4.1 grams of saturated fat; 3.6 grams of protein; 25.7 grams of carbohydrate; 5 grams of fiber; 18 milligrams of cholesterol; 415 milligrams of sodium.
Source: Cooking Light, November 2009 (MyRecipes.com)

Cream of Turkey and Wild Rice Soup

•1 tbsp extra-virgin olive oil
•2 cups sliced mushrooms (about 4 oz.)
•3/4 cup chopped celery
•3/4 cup chopped carrots
•1/4 cup chopped shallots
•1/4 cup all-purpose flour
•1/4 tsp salt
•1/4 tsp freshly ground pepper
•4 cups reduced-sodium chicken broth
•1 cup quick-cooking or instant wild rice (see note)
•3 cups shredded cooked turkey or chicken (12 oz.)
•1/2 cup reduced-fat sour cream
•2 tbsp. chopped fresh parsley

Heat oil in a large saucepan over medium heat. Add mushrooms, celery, carrots and shallots and cook, stirring, until softened, about 5 minutes. Add flour, salt and pepper and cook, stirring, for 2 minutes more.

Add broth and bring to a boil, scraping up any browned bits. Add rice and reduce heat to a simmer. Cover and cook until the rice is tender, 5 to 7 minutes. Stir in turkey (or chicken), sour cream and parsley and cook until heated through, about 2 minutes more.

Ingredient note: Quick-cooking or instant wild rice has been parboiled to reduce the cooking time. Conventional wild rice takes 40 to 50 minutes to cook. If you can't find the quick-cooking variety, just add cooked conventional wild rice along with the turkey at the end of Step 2.

Servings: 4, about 1 1/4 cups each

Nutrition information

Per serving: 354 calories; 9 grams of fat; 3 grams of saturated fat; 36 grams protein; 27 grams of carbohydrate; 3 grams of fiber; 87 milligrams of cholesterol; 378 milligrams of sodium.
Source: EatingWell magazine; eatingwell.com