

-- Spencer's Weekly Recipes --

Sheet Pan Chicken with Sweet Potatoes Apples and Brussels Sprouts

4 boneless skinless chicken breasts, — trimmed of excess fat and lightly pounded to a relatively even thickness
3 tbsp. extra-virgin olive oil — divided
4 cloves garlic — minced
2 tbsp. chopped fresh rosemary — divided
1 tsp. ground cinnamon
1 tsp. kosher salt — divided
1/2 tsp. black pepper — divided
4 cups Brussels sprouts — trimmed and halved (quarter if very large), about 1 pound
1 large sweet potato — peeled and cut into 1/2-inch cubes
1 medium red onion — cut into 3/4-inch pieces
1 medium Granny smith apple — peeled, cored, and cut into rough 1-inch pieces (these should be larger than the other vegetables)



1. Preheat the oven to 425°F.
2. Place chicken in a large zip-top bag. Drizzle with 1 1/2 tbsp. olive oil, then add garlic, 1 tbsp. rosemary, cinnamon, 1/2 tsp. salt, and 1/4 tsp. black pepper. Zip bag tightly, shake and rub bag to coat chicken. Set aside while you chop vegetables and apples, or refrigerate for up to 1 day.
3. Once chopped, place Brussels sprouts, sweet potato, onion, and apple on a large, rimmed baking sheet. Drizzle with remaining 1 1/2 tbsp. olive oil, then sprinkle with remaining 1/2 tsp. kosher salt and 1/4 tsp. black pepper. Toss to evenly coat, then spread into an even layer.
4. Remove chicken from marinade and place on top of the apple and vegetables. Place in the oven and roast until chicken is cooked through and internal temperature reaches 160 -165°F, about 18 to 22 min., or until done. Once chicken is cooked through, remove to a plate to rest and cover with foil to keep warm. Toss apple and vegetables on pan, then return the pan to oven and continue baking until caramelized and tender, about 10-15 min. Sprinkle with remaining 1 tbsp. fresh rosemary. Serve warm with rested chicken. Serves 4.

<https://www.wellplated.com/sheet-pan-chicken-sweet-potatoes-apples-brussels-sprouts/>



Northern Spy's Kale Salad

1/2 cup cubed kabocha, butternut, or other winter squash, roasted
Extra-virgin olive oil
Salt and freshly ground pepper
1 bunch kale (preferably lacinato or dinosaur kale), ribs removed and finely sliced (about 2 1/2 cups)
1/4 cup almonds, cut roughly in half
1/4 cup crumbled or finely chopped Cabot clothbound cheddar (or any good, aged cheddar -- if you can't find aged cheddar, use parmesan)
Fresh lemon juice
Pecorino or other hard cheese, for shaving (optional)

It's dressed with just lemon and olive oil, making it a bit like the raw, healthy version -- but with roasted squash, almonds, and two kinds of cheese.

Two!

No real instructions provided, so just go with it and be creative. Serves 2
<https://food52.com/blog/2839-northern-spy-s-kale-salad>

Imagine this:

If you have \$86,400 in your account and someone stole \$10 from you, would you be upset and throw all of the remaining \$86,390 away in hopes of getting back at the person who took your \$10? Or move on and live? Right, move on and live. See, we have 86,400 seconds each day. Don't let someone's negative 10 seconds ruin the remaining 86,390. **Don't sweat the small stuff, life is bigger than that.**



Thai Red Curry with Vegetables

1 ¼ cups brown jasmine rice or long-grain brown rice, rinsed
1 tbsp. coconut oil or olive oil
1 small white onion, chopped (about 1 cup)
Pinch of salt, more to taste
1 tbsp. finely grated fresh ginger (about a 1")
2 cloves garlic, pressed or minced
1 red bell pepper, sliced into thin 2-inch strips
1 yellow, orange or green bell pepper, sliced into thin 2-inch strips
3 carrots, peeled & sliced on diagonal into ¼-inch thick rounds
2 tbsp. Thai red curry paste*
1 can (14 oz.) regular coconut milk
½ cup water
1 ½ cups packed thinly sliced kale (tough ribs removed), Tuscan/lacinato/dinosaur variety
1 ½ tsp. coconut sugar or turbinado (raw) sugar or brown sugar
1 tbsp. tamari or soy sauce
2 tsp. rice vinegar or fresh lime juice
Optional Garnishes/sides: chopped fresh basil or cilantro, red pepper flakes, Sriracha or chili garlic sauce



1. Rice: bring large pot of water to boil. Add rinsed rice and continue boiling for 30 min., reducing heat as necessary to prevent overflow. Remove from heat, drain rice and return to pot. Cover and let rest for 10 min. or until you're ready to serve. Before serving, season rice to taste with salt and fluff it with a fork.
2. Curry: warm large skillet with deep sides over medium heat. Once hot, add oil. Add onion and a sprinkle of salt and cook, stirring often, until onion has softened and translucent, about 5 min. Add ginger & garlic and cook about 30 seconds, while stirring continuously.
3. Add bell peppers and carrots. Cook until bell peppers are fork-tender, 3-5 more min., stirring occasionally. Add curry paste and cook, stirring often, for 2 min.
4. Add coconut milk, water, kale and sugar, and stir to combine. Bring to a simmer over medium heat. Reduce heat to maintain a gentle simmer and cook until softened to your liking, about 5-10 min., stirring occasionally.
5. Remove pot from heat and season with tamari and rice vinegar. Add salt (I added ¼ tsp.), to taste. If curry needs a more punch, add ½ tsp. more tamari, or for more acidity, add ½ tsp. more rice vinegar. Divide rice and curry into bowls and garnish with chopped cilantro and a sprinkle of optional red pepper flakes. For spicy curries, serve with Sriracha or chili garlic sauce on the side. <https://cookieandkate.com/thai-red-curry-recipe/>

Butterscotch Pudding with Toffee Crumbles

3 tbsp. salted butter
3/4 cup packed dark brown sugar
1 cup heavy cream
2 cups milk
1/3 cup cornstarch
1/4 tsp salt
2 large egg yolks
1 tbsp. Scotch or whiskey
2 tsp vanilla extract

For topping:

3/4 cup cold heavy cream
3 tbsp. granulated sugar
1/2 tsp vanilla extract

1 chocolate-covered toffee bar (such as Heath), crushed



1. Melt butter in a saucepan, then add brown sugar and stir until all brown sugar is wet-looking. Stop stirring, and let mixture bubble and caramelize until it becomes liquid (rather than like thick wet sand) and it smells nutty and caramelly. This should take about 5-7 min. Remove from heat and whisk in 1 cup of heavy cream. Set aside.
2. In a large saucepan off of heat, whisk together milk, cornstarch and salt. Place over medium-high heat and cook, stirring constantly, until mixture comes to a boil. Reduce heat to low and whisk in butterscotch.
3. In a glass measuring cup, beat yolks with a fork. In a very slow, steady stream, pour about 1 cup of hot pudding mixture into the yolks, whisking constantly. Whisk yolk mixture back into remaining pudding and stir over medium-low heat until it thickens and a few sputtering bubbles appear at the surface, about 5 min.
4. Transfer pudding to a large bowl (pressing it through a fine-meshed sieve if it looks curdled at all). Stir in scotch and 2 tsp vanilla. Cover with plastic wrap, pressing the wrap directly onto the surface of the pudding, and refrigerate until chilled, at least 3 hours or up to 24 hours in advance.
5. Just before serving, beat cream on high speed of an electric mixer until soft peaks form. Beat in sugar and vanilla extract.
6. Top individual servings of pudding with whipped cream, sprinkle with toffee crumbles and serve.

<https://foodess.com/butterscotch-pudding-with-toffee-crumbles/>

Slow Cooker Turkey Quinoa Chili with Sweet Potatoes and Black Beans



1 tablespoon extra-virgin olive oil
1 pound lean ground turkey
1 large yellow onion — chopped
1 teaspoon kosher salt
1 teaspoon garlic powder
1/2 teaspoon black pepper
1 tablespoon chili powder
2 teaspoons chipotle chili pepper
2 teaspoons cumin
3 small sweet potatoes — (or 2 large) peeled and diced (about 1 lb.)
1 cup uncooked quinoa
1 can crushed tomatoes — (28 oz.)
1 can black beans — (15 oz.) rinsed and drained
1 can beer — (12 oz.) An IPA; any dark or amber beer would be great too! or use addl. low-sodium chicken stock
2-3 cups low-sodium chicken stock
For serving: cilantro — avocado, shredded cheese, tortilla chips, and sour cream

Instructions

--Heat the olive oil in a large skillet or Dutch oven over medium high. Add turkey, onion, salt, garlic powder, and black pepper. Cook and stir, breaking up turkey as you go, until turkey is no longer pink, about 5 min. Stir in chili powder, chipotle chili powder, and cumin, then transfer to the bottom a large slow cooker.

--To the slow cooker, add chopped sweet potatoes, quinoa, beer, 2 cups chicken stock, crushed tomatoes, and black beans. Cover and cook on high for 3-4 hours or low for 5-6 hours, until the potatoes are tender. Stir in additional chicken stock if the chili is thicker than you would like (I added about 1/2 cup extra). Serve warm with desired toppings. Serves 6.

<https://www.wellplated.com/slow-cooker-turkey-quinoa-chili/>

miso-maple sweet potato tacos

for the sweet potatoes:

2 tablespoons miso paste
2 tablespoons maple syrup
2 tablespoons rice wine vinegar
2 medium sweet potatoes, unpeeled and chopped into small cubes
1 small red onion, chopped
Olive oil

taco fixing options:

Corn tortillas, 2 to 3 per person
Avocado, sliced
Sprouts
Cilantro
Chopped scallions
Toasted pepitas

cilantro-coconut sauce

1/2 cup light coconut milk
1/4 cup cilantro leaves
1/4 cup basil leaves
1 scallion, green and white parts, chopped
1/4 cup toasted pepitas (pumpkin seeds)
1 lime, zested and juiced
1 small garlic clove
Splash of Sriracha hot sauce (optional)
Pinch of sugar (optional)
Salt and freshly-ground black pepper, to taste



Heat oven to 400°F. Whisk the miso paste, maple syrup, and vinegar together in a small bowl. Spread sweet potatoes and onions in a single layer on a baking sheet (you might need 2 baking sheets). Drizzle with a little olive oil, and then liberally brush the glaze over the vegetables.

1. Bake for 20 to 30 minutes. The time will vary depending on the heat of your oven and the size of your sweet potato cubes. The onions will likely be done first so be sure to watch and take them out when they're nicely browned but not burnt. When the sweet potatoes are finished, remove from the oven, taste and add another brushing of glaze if you wish.
2. Make the cilantro sauce by pulsing all ingredients together in a food processor until just combined.
3. Serve on warm corn tortillas with cilantro-coconut sauce and whatever fixings you like.

<https://www.loveandlemons.com/miso-sweet-potato-tacos/>