

-- Spencer's Weekly Recipes --

Lemon Cream Cheese



Bars

cooking spray

2 (8 oz.) pkg. refrigerated crescent roll dough (such as Pillsbury® Recipe Creations®), divided

2 lemons, zested and juiced, divided

2 (8 oz.) pkg. cream cheese, softened

½ cup white sugar

2 tablespoons butter, melted

3 tablespoons white sugar

Directions

1. Preheat the oven to 350°F. Line bottom of a 9x13-inch baking dish with foil and coat with cooking spray.
2. Unroll 1 crescent roll dough; press into the bottom of the prepared baking dish, stretching to the edges.
3. Mix together lemon juice and ¾ of the lemon zest in a large bowl. Beat cream cheese and ½ cup sugar into juice-zest mixture with an electric mixer until smooth and creamy; spread over dough in the baking dish.
4. Unroll remaining dough and place over cream cheese mixture, stretching to the edges. Brush melted butter on top. Mix together 3 tbsp. sugar and remaining lemon zest in a small bowl; sprinkle over melted butter.
5. Bake in preheated oven until top is golden brown, about 30 min. Allow to cool for about 20 min.
6. Lift dessert from baking dish using foil; transfer to a cutting board. Cut into squares, leaving on foil. Return dessert to the baking dish and refrigerate until chilled, at least 1 hour.

[Lemon Cream Cheese Bars Recipe \(allrecipes.com\)](http://allrecipes.com)

Broccoli Salad with Bacon, Cheddar & Almonds

6 slices thick-cut bacon, cut into ½-in pieces

⅓ cup chopped red onion

1 cup mayonnaise, best quality

2 tablespoons cider vinegar

3 tablespoons honey or sugar

¼ teaspoon salt

¼ teaspoon ground black pepper

9 cups broccoli florets, cut into small, bite-sized pieces (you'll need about 2 pounds of broccoli crowns)

1 cup lightly packed shredded sharp cheddar cheese, best quality

½ cup sliced almonds



INSTRUCTIONS

1. Set a medium nonstick skillet over medium-high heat. Add the bacon and cook, stirring frequently, until crisp, about 8 minutes. Using a slotted spoon, transfer the bacon to a paper towel-lined plate to drain. Set aside.
2. Place the onions in a small bowl of ice water for ten minutes. Drain, then blot the onions dry with a paper towel. Set aside.
3. In a large mixing bowl (big enough to hold all of the salad ingredients), whisk together the mayonnaise, cider vinegar, honey (or sugar), salt, and pepper.
4. Add the broccoli, Cheddar, and red onions to the dressing; toss to coat evenly. Cover and refrigerate the salad until ready to serve. (The salad can be made up to this point up to 3 hours ahead of time.)
5. Before serving, set aside some of the bacon and almonds to use as a garnish for the salad. Add the remaining bacon and almonds to the salad and toss to combine. Taste and adjust seasoning with salt and pepper, if necessary. Transfer the salad to a bowl or serving platter and garnish with the reserved bacon and almonds. Serve cold or room temperature. Leftover salad can be stored in an airtight container in the refrigerator for up to 3 days. Serves 6-8.

[Broccoli Salad with Bacon, Cheddar & Almonds - Once Upon a Chef](http://www.onceuponachef.com)

Fall Soup



2 Garlic ; minced

1 tsp. Dried Oregano

Italian parsley for garnish

4 c Canned whole tomatoes

2 c Water

1 tbsp. Plus 1 tsp olive oil

1 pkg. Dried cheese tortellini

1 c Chopped carrot

1 Bay leaf

2 c Chicken broth

1/2 c Onions ; chopped

1 tsp. Dried basil

1/2 c Chopped fennel (optional)

2 c Escarole or spinach;

Heat olive oil in large stockpot; sauté onion, carrot, fennel and garlic. Cook until vegetables are limp; stir in herbs, and cook 1 minute. Stir in chopped tomatoes, 2 c. water and chicken broth and cook for 15 min. Add pasta, and cook until tortellini is tender, adding additional water, if necessary. Add escarole or spinach, and cook for 6 min.

Garnish with Italian parsley.

<https://www.bigoven.com/recipe/fall-soup/83466>



Creamy Italian Sausage and



Tortellini Soup

- 1 lb. hot or mild Italian Sausage
- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 2-3 large carrots, peeled and diced
- 2 teaspoons minced garlic
- 3 tablespoons unsalted butter
- 1/4 cup all-purpose flour
- 5 cups chicken broth or stock
- 1 package (16 oz.) cheese tortellini
- 1 1/2 teaspoons Italian seasoning
- 4 oz. fresh spinach, stems removed and coarsely chopped
- 1 pint (2 cups) half and half or heavy cream
- Salt and pepper, to taste
- Freshly grated Parmesan cheese, to preference
- Optional: crusty baguette

Instructions

1. In large pot over med-high heat, cook & crumble sausage until browned. Transfer sausage to a paper-towel lined plate and dab with another paper towel to get rid of the grease. Set aside.
2. Keeping the pot at med-high heat, add the olive oil along with the diced onion, and diced carrots. Sauté, stirring occasionally, for 5-7 min. or until vegetables are soft. Add garlic and sauté for 1 more min., stirring occasionally. Add in butter and allow to melt.
3. Once butter is melted, whisk in flour and cook, stirring constantly, for 1 min. Slowly add the chicken broth or stock, whisking to combine. Continue cooking, stirring occasionally, until mixture reaches a simmer. Reduce heat to med-low and allow to simmer and thicken for about 5-8 min.
4. Add the cooked sausage, Italian seasoning, tortellini**, salt & pepper (to taste, I add about 1 teaspoon salt and 1/2 teaspoon pepper), spinach, and half & half or heavy cream to the pot. Stir and then simmer or medium heat for about 5 minutes or until the spinach is wilted and the tortellini is cooked through.
5. Serve immediately with freshly grated parmesan and crusty baguette, if desired.

Recipe Notes - If you plan on having leftovers, cook the tortellini separately and add it to individual bowls. Otherwise it will absorb all the liquid (and become "soggy")

<https://www.chelseasmessyapron.com/creamy-italian-sausage-tortellini-soup/>

No Bake Caramel Apple Lush

- 1 1/2 cups crushed graham crackers
- 6 tablespoons butter melted
- 1 8 ounce package cream cheese softened
- 1 cup powdered sugar
- 2 tablespoons milk
- 1 container Cool Whip
- 3.4 ounce package butterscotch instant pudding
- 1 1/2 cups cold milk
- 21 ounce apple pie filling
- Caramel for topping



Instructions

1. Combine graham cracker crumbs and melted butter.
2. Press the graham cracker mixture into the bottom of a 9 x 13 inch baking dish (I use a metal measuring cup to help press the crust down).
3. Place the pan in the refrigerator or freezer to set up.
4. Mix the cream cheese with a mixer until light and fluffy then add in 2 tbsp. of milk, and sugar, and mix well.
5. Spread this cream cheese layer over the crust.
6. In a bowl, combine butterscotch instant pudding with 1 1/2 cups cold milk and whisk for 2 min.
7. Combine the pudding with the apple pie filling.
8. Spread the pudding/apple mixture over the cream cheese layer.
9. Top with the Cool-Whip.
10. Sprinkle with extra graham cracker crumbs and lots of caramel sauce.
11. Place in the refrigerator for 4 hours before serving.

<https://lifewiththecrustcutoff.com/no-bake-caramel-apple-lush>



Simple Fall Slaw

SLAW

- 1/2 cup broccoli (finely chopped)
- 1 medium beet (cut in matchsticks)
- 1 1/2 cup carrots (cut in matchsticks)
- 1/2 cup radish (cut in matchsticks)
- 1 large sweet apple (cut in matchsticks)
- 1/3 red onion (thinly sliced)
- 1/3 cup roasted unsalted sunflower seeds (raw and/or salted also works)

DRESSING

- 2 1/2 Tbsp. Tahini
- 1 Tbsp. apple cider vinegar
- 1 large lemon (juiced)
- 1 - 2 Tbsp. maple syrup (or other sweetener of choice)
- 1 pinch each sea salt + black pepper
- 1 Tbsp. extra virgin olive or avocado oil
- Water (to thin)

INSTRUCTIONS

1. Prepare all veggies and add to a bowl. A mandolin, a sharp knife and some patience, or a food processor with a grating attachment will work brilliantly.
2. Whisk dressing ingredients in a small mixing bowl and taste and adjust seasonings as needed.
3. Add dressing to veggies, along with sunflower seeds, and toss to coat. Chill for at least 1 hour before serving, preferably 2-3 hours or up to overnight.
4. Store in the fridge covered for a few days, though best within the first 24-48 hours.

<https://minimalistbaker.com/simple-fall-slaw/>