

## Twice-Roasted Sweet Potatoes with Hot Honey

3 medium sweet potatoes or garnet yams, scrubbed (about 3 pounds)  
1 Fresno or other red chilies, thinly sliced  
1/4 cup honey  
4 tbsp. unsalted butter  
Kosher salt  
2 tbsp. apple cider vinegar



Preheat oven to 350°. Poke holes all over sweet potatoes and wrap each in foil. Place on a foil-lined rimmed baking sheet and roast until potatoes are tender, 60–70 min. (if you have one, use a cake tester to poke right through foil). Unwrap and let sit until cool enough to handle. Increase oven temperature to 450°. Meanwhile, combine chili, honey, and butter in a small saucepan; season with salt. Bring to a simmer over low heat, stirring to combine. Remove from heat and stir in vinegar.

Smash sweet potatoes with your palm, then tear into bite-sized pieces (including skin), the more irregular, the better. Place in a large bowl and add half of hot honey (do not include chili as it will burn); season with salt. Arrange pieces, skin side down, in a single layer on an unlined rimmed baking sheet and roast until browned and crisp around the edges, 20–25 min. Drizzle with remaining hot honey with chili. <https://www.bonappetit.com/recipe/twice-roasted-sweet-potatoes-with-hot-honey>



## Southern Buttermilk Biscuits

- 1/2 cup cold butter, cubed
- 2 cups self-rising flour
- 3/4 cup buttermilk
- Melted butter

### Directions

- In a large bowl, cut butter into flour until mixture resembles coarse crumbs. Stir in buttermilk just until moistened. Turn onto a lightly floured surface; knead 3-4 times. Pat or lightly roll to 3/4-in. thickness. Cut with a floured 2-1/2-in. biscuit cutter.
- Place on a greased baking sheet. Bake at 425° until golden brown, 11-13 minutes. Brush tops with butter. Serve warm.



Biscuits and lots of butter!

**Editor's Note:** As a substitute for each cup of self-rising flour, place 1-1/2 tsp. baking powder and 1/2 tsp. salt in a measuring cup. Add all-purpose flour to measure 1 cup.

<https://www.tasteofhome.com/recipes/southern-buttermilk-biscuits/> Muffin-Tin

## Spaghetti with Bacon

8 ounces uncooked spaghetti  
1/2 pound bacon strips, chopped  
1 medium onion, chopped  
1 can (14-1/2 ounces) diced tomatoes, undrained  
1 can (8 ounces) tomato sauce



### Directions

1. Preheat oven to 350°. Cook spaghetti according to package directions for al dente.
2. In a large skillet, cook bacon and onion over medium heat until bacon is crisp, stirring occasionally; drain. Stir in tomatoes and tomato sauce; bring to a boil.
3. Drain spaghetti; transfer to a greased 11x7-in. baking dish. Spread sauce over top. Bake, covered, 40-45 minutes or until bubbly.

<https://www.tasteofhome.com/recipes/spaghetti-with-bacon/>

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## Chicken Chili with Sweet Potatoes

2 tbsp. extra-virgin olive oil  
1 large onion, chopped  
3 cloves garlic, minced  
2 cups cubed sweet potato ( ½-inch)  
1 medium green bell pepper, chopped  
2 tbsp. chili powder  
2 tsp. ground cumin  
1 tsp. dried oregano  
1 15-ounce can low-sodium cannellini beans, rinsed  
2 cups low-sodium chicken broth or homemade chicken stock  
1 cup frozen corn  
2 cups cubed cooked chicken  
¾ tsp. salt  
¼ tsp. ground pepper  
Sour cream, avocado and/or cilantro for garnish



### Directions

1. Heat oil in a large pot over medium-high heat. Add onion, garlic, sweet potato and bell pepper; cook, stirring occasionally, until the vegetables are slightly softened, 5 to 6 min. Stir in chili powder, cumin and oregano and cook, stirring, until fragrant, 1 min.
2. Add beans and broth (or stock) and bring to a boil. Reduce heat, partially cover and simmer gently for 15 min.
3. Increase heat to med-high and stir in corn; cook 1 min. Add chicken and cook until heated through, 1 to 2 min. more. Remove from heat. Stir in salt and pepper. Serve topped with sour cream, avocado and/or cilantro, if desired.

<http://www.eatingwell.com/recipe/255168/chicken-chili-with-sweet-potatoes/>

## Quiches with Smoked Cheddar & Potato



2 tbsp. extra-virgin olive oil  
1½ cups finely diced red-skinned potatoes  
1 cup diced red onion  
¾ tsp. salt, divided  
8 large eggs  
1 cup shredded smoked Cheddar cheese  
½ cup low-fat milk  
½ tsp. ground black pepper  
1½ cups chopped fresh spinach

### Directions

1. Preheat oven to 325°F. Coat a 12-cup muffin tin with cooking spray.
2. Heat oil in a large skillet over medium heat. Add potatoes, onion and ¼ tsp. salt and cook, stirring, until the potatoes are just cooked through, about 5 minutes. Remove from heat and let cool 5 minutes.
3. Whisk eggs, cheese, milk, pepper and remaining ½ tsp. salt in a large bowl. Stir in spinach and potato mixture. Divide quiche mixture among prepared muffin cups.
4. Bake until firm to the touch, about 25 min. Let stand 5 min. before removing from the tin.

- To make ahead: Individually wrap in plastic and refrigerate for up to 3 days or freeze for up to 1 month. To reheat, remove plastic, wrap in a paper towel and microwave on High for 30 to 60 seconds.

- Equipment: Muffin tin with 12 (½-cup) cups

<http://www.eatingwell.com/recipe/256433/muffin-tin-quiches-with-smoked-cheddar-potato/>

## Veggistrone

2 tbsp. extra-virgin olive oil  
2 cups chopped onions (2 medium)  
2 cups chopped celery (4 medium stalks)  
1 cup chopped green bell pepper (1 med)  
4 cloves garlic, minced  
3 cups chopped cabbage  
3 cups chopped cauliflower (about ½ med)  
2 cups chopped carrots (4 medium)  
2 cups green beans, cut into 1-inch pieces, or frozen, thawed  
8 cups low-sodium vegetable broth or chicken broth  
2 cups water  
1 (15 oz.) can tomato sauce  
1 (14 oz.) can diced tomatoes  
1 (15 oz.) can kidney or pinto beans, rinsed  
1 bay leaf  
4 cups chopped fresh spinach or 1 (10 oz.) pkg. frozen chopped spinach, thawed  
½ cup thinly sliced fresh basil  
10 tbsp. freshly grated Parmesan cheese



### Directions:

1. Heat oil in a large soup pot or Dutch oven (8-quart or larger) over medium heat. Add onions, celery, bell pepper and garlic; cook, stirring frequently, until softened, 13 to 15 min. Add cabbage, cauliflower, carrots and green beans; cook, stirring occasionally, until slightly softened, about 10 min more.
2. Add broth, water, tomato sauce, tomatoes, beans and bay leaf; cover and bring to a boil. Reduce heat and simmer, partially covered, until vegetables are tender, 20 to 25 min. Stir in spinach and simmer 10 min. more.
3. Discard bay leaf. Stir in basil. Top each portion with 1 tbsp. cheese.

**To make ahead:** Prepare through Step 2 and refrigerate for up to 5 days or freeze for up to 6 months; finish Step 3 just before serving.

<http://www.eatingwell.com/recipe/250625/veggistrone/>