



# It's Starting to Taste a Lot Like Fall!



## Creamy Dijon Rosemary Chicken

Perfect over rice or mashed potatoes!  
 2 boneless, skinless chicken breasts, cut  
 in half lengthwise  
 Flour, for dredging  
 1 tablespoon olive oil  
 1 tablespoon butter  
 3 sprigs fresh rosemary  
 1/2 cup white wine  
 3 cloves garlic, minced  
 3 tablespoons Dijon mustard  
 1 cup heavy/whipping cream  
 Salt & pepper, to taste



### Instructions

1. Heat the olive oil and butter on medium-high heat in a large skillet.
2. Cut the chicken breasts in half lengthwise so you're left with four thinner cutlets. Dredge each piece in flour.
3. Fry the chicken for 5 min. per side and then remove it from the pan and set it aside.
4. Remove the rosemary needles from the stems and add the needles to the pan. Let the rosemary cook for about a min.
5. Add the wine, garlic, and mustard. Stir until you have a smooth sauce, and then add the cream and chicken back in the pan. Cook for 10 min. on medium-low heat until the chicken is cooked through and sauce has thickened. Season with salt and pepper as desired.  
<https://www.saltandlavender.com/creamy-dijon-rosemary-chicken/>

## Apple Pie Pancake Muffins



### For the Apple Filling:

- 1 cup Chopped Apples
- 2 tbsp. Brown Sugar
- 1 tbsp. Fresh Lemon Juice
- 1/2 tsp. Cinnamon
- 1/2 tsp. Ground Ginger
- 1/4 tsp. Nutmeg
- pinch of Salt

### For the Batter:

- 1 cup All-Purpose Flour
- 1 tsp. Baking Powder
- 1/2 cup Milk
- 1 Egg
- 2 tbsp. Butter, Melted
- 1/2 tsp. Pure Vanilla Extract

### For the Glaze (optional):

- 1/2 cup Powdered Sugar
- 1-2 tbsp. Milk

### Directions

--Preheat the oven to 375°F. Spray 16 cups in a mini muffin pan with nonstick cooking spray.

--Toss together the apples, brown sugar, lemon juice, cinnamon, ginger, nutmeg, and salt.

--In a large bowl, whisk together the flour and baking powder.

--Measure milk into a liquid measuring cup. Add the egg, melted butter, and vanilla. Lightly beat with a fork. Stir wet ingredients into the dry ingredients. Fold in apple filling.

--Spoon batter into prepared muffin cups 1 heaping tablespoon at a time. Bake for 12 minutes.

--Let muffins cool slightly before removing them from pan.

--To make the optional glaze, whisk together the powdered sugar and 1 tbsp. of milk until smooth. Add more milk to reach your desired consistency, up to another tbsp.

--Drizzle glaze over the pancake muffins, sprinkle with powdered sugar, or serve with syrup.

[https://www.sugardishme.com/apple-pie-pancake-muffins/#\\_a5y\\_p=4408577](https://www.sugardishme.com/apple-pie-pancake-muffins/#_a5y_p=4408577)

## Chicken Broccoli & Sweet Potato Sheet Pan Dinner

3 cups sweet potatoes peeled and diced into 3/4-inch cubes

4 Tbsp. olive oil, divided

1 1/2 lbs. boneless skinless chicken breasts, diced into pieces (about 1 1/4-inches, keep them close to the same size so they all cook even)

4 cups small broccoli florets

1/2 a medium red onion, diced into chunks

3 cloves garlic, minced

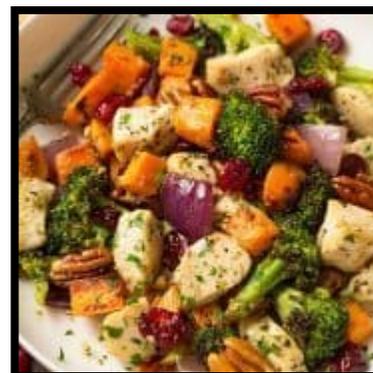
3/4 tsp. of each dried thyme, sage, parsley and rosemary

1/8 tsp nutmeg

Salt and freshly ground black pepper

1/2 cup pecans, whole or roughly chopped

1/3 cup dried cranberries



1. Preheat oven to 400°. Place sweet potatoes in a mound on a rimmed 18 by 13-inch baking sheet, pour 1 Tbsp. oil over top and toss to evenly coat. Spread into an even layer and roast in preheated oven for 15 min. (meanwhile chop and prep remaining ingredients).
2. Remove sweet potatoes from oven, add chicken pieces, broccoli florets, and red onion around sweet potatoes (just placing everything randomly). Sprinkle with garlic and drizzle everything with remaining 3 Tbsp. olive oil (focusing mostly on the broccoli so it doesn't dry) and toss with a spatula to evenly coat. Sprinkle evenly with thyme, sage, parsley, rosemary and nutmeg and about 1 tsp salt and 1/2 tsp pepper. Toss again to evenly coat with seasonings and spread out evenly (try not to overlap chicken pieces). Return to oven and roast about 16 - 20 min. longer, tossing once halfway through, until chicken registers 165 degrees in center. Toss in pecans and cranberries. Serve immediately! 4 servings.

<https://www.cookingclassy.com/chicken-broccoli-sweet-potato-sheet-pan-dinner/>

## CHICKEN POT PIE SOUP



- 4 tbsp. butter or olive oil
- 1 medium onion, diced
- 2 medium carrots, peeled and diced
- 2 celery stalks, diced
- 4 cloves garlic, peeled and minced
- 4 oz. button or baby bella mushrooms, diced
- 1/3 cup all-purpose or white whole wheat flour
- 3 cups chicken stock
- 2 cups milk
- 3 cups shredded cooked chicken
- 1 pound Yukon gold potatoes, diced
- 1 cup frozen corn
- 1 cup frozen peas
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon freshly-cracked black pepper

### DIRECTIONS:

1. Heat butter in a large stockpot over medium-high heat until melted (or heat the olive oil until it is shimmering). Add onion, carrots, and celery. Sauté for 6-7 min., stirring frequently, until onion is soft and translucent. Add garlic and mushrooms, and sauté for 2-3 min., stirring frequently, until garlic is fragrant.
2. Stir in flour until it is completely combined, and sauté for an additional 1 min., stirring occasionally. Gradually add in the chicken stock and milk, stirring frequently. Stir in the chicken, potatoes, corn, peas, Italian seasoning, salt and pepper until combined.
3. Bring the mixture to a simmer (be careful not to bring it to a boil!), stirring occasionally so that the bottom of the soup does not stick to the pan. Then reduce heat to medium-low, and continue simmering for 10-15 min. until the potatoes are soft and cooked through.
4. Taste soup and season with additional salt and pepper, if needed.
5. Serve immediately, with crackers on top or on the side, if desired.

<https://www.gimmesomeoven.com/chicken-pot-pie-soup-recipe/>

## Pumpkin Alfredo

- 1 lb. fettuccine (reserve 1 cup pasta water)
- 6 tbsp. butter
- 2 cloves garlic, minced
- 1 can pumpkin puree (not pie filling)
- 1/8 tsp. nutmeg
- 2/3 cup half & half
- 1/2 cup freshly grated Parmesan cheese
- 1 tbsp. fresh chopped parsley



1. Bring a stockpot of water to a boil over high heat. Add a tsp of salt to boiling water, then add fettuccine. Cook until al dente (check pkg. instructions).
2. Meanwhile, melt butter over med-low heat. Stir in garlic and cook about a min, careful not to burn. Stir in half & half, parmesan, pumpkin, and nutmeg. Stir until sauce is heated through and cheese is melted. Stir in pasta water, about 1/4 cup at a time, until desired consistency.
3. Add pasta and cook over med-high heat until sauce is smooth and pasta is well coated; about 1-2 min.
4. Divide into bowls and garnish with fresh chopped parsley and fresh grated Parmesan cheese. Yields 4 servings.

<https://www.yellowblissroad.com/pumpkin-alfredo/>

Happy Halloween & Happy Fall,

~Tricia

Spencer's Fresh Markets

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## Applesauce Cake with Caramel Glaze

- 2 cups all-purpose flour
  - 1 1/2 tsp. baking soda
  - 1 tsp. kosher salt
  - 1/4 tsp finely ground black pepper
  - 2 tsp cinnamon
  - 1 tsp ground ginger
  - 1/4 tsp ground allspice
  - 2 large eggs
  - 1 cup sugar
  - 1/2 cup light brown sugar
  - 1 1/2 cups unsweetened applesauce (preferably homemade)
  - 2/3 cup vegetable oil
  - 1 tsp vanilla
- For Caramel Glaze
- 4 tbsp. butter, cut into chunks
  - 1/2 cup packed light brown sugar
  - 1/3 heavy cream
  - 1/4 tsp. kosher salt
  - 3/4 to 1 cup sifter confectioners' sugar
1. Heat oven to 350° and butter and flour bundt pan. Sift together flour, baking soda, salt, pepper and spices and set aside. In large mixing bowl, beat the eggs with both sugars until light. Mix in applesauce, oil, and vanilla until smooth.
  1. Using a spatula, fold in the dry ingredients, being careful not to over-mix. Pour batter into pan and bake for 45 min, until a cake tester inserted in the center of the cake comes out clean. Cool the cake for 10 minutes in the pan on a rack before turning it out and cooling completely on the rack—make sure cake is completely cool before you make the glaze.
  2. Put a piece of foil or paper under rack to catch drips. Put butter in a medium saucepan with the brown sugar, cream and salt and set over medium heat. Bring to a full rolling boil, stirring constantly. Boil for 1 minute exactly and then pull off the heat.
  3. Leave pan to cool for a couple of minutes and then gradually whisk in powdered sugar until you have a thick, but pourable consistency (you may not need all the sugar). If mixture seems too thick, just add a splash of cream. Immediately pour the glaze over the cake, moving slowly and evenly to cover as much surface area as possible. Let the glaze set before serving the cake.
- [https://food52.com/recipes/8646-applesauce-cake-with-caramel-glaze?utm\\_source=cj&affil=cj&utm\\_medium=affiliate&utm\\_campaign=Food52+Shop&company=Skimlinks&website=3640645](https://food52.com/recipes/8646-applesauce-cake-with-caramel-glaze?utm_source=cj&affil=cj&utm_medium=affiliate&utm_campaign=Food52+Shop&company=Skimlinks&website=3640645)