

SHOPPING LIST

FALL COOKING DEMO 2022

Blueberry Smoothie
Quinoa & Greens Frittata
Cabbage, Potato & Sausage Skillet
Strawberry Chocolate Bites

PRODUCE

3 apples
1 lemon
1 bunch kale
2 onions
garlic
1 head cabbage
1 russet potato
1 bunch scallions
1 bunch parsley

MEAT

2 lbs turkey kielbasa

DAIRY/COOLER

1/2 cup sharp cheddar
eggs

FREEZER

frozen blueberries
frozen cauliflower rice

FROM YOUR PANTRY/GROCERY

salt & pepper
extra virgin olive oil
almond butter
chia seeds
almond milk
dates
quinoa
red pepper flakes
smoked paprika
chicken stock
apple cider vinegar
freeze-dried strawberries
dark chocolate chips
shredded wheat cereal

NOTES

*For vegetarian, skip the turkey kielbasa and try tofu or vegetarian sausage instead.

BLUEBERRY SMOOTHIE

PREP TIME

5 mins

COOK TIME

0 mins!

SERVINGS

1

INGREDIENTS

½ cup frozen blueberries
½ cup frozen cauliflower
1 apple, cored & chopped
1 tablespoon almond butter
1 Tbsp chia seeds
¾ cup unsweetened almond milk
1 date, pitted & roughly chopped
Juice of ½ lemon

INSTRUCTIONS

1. Combine all ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy!

QUINOA & GREENS FRITTATA

PREP TIME

15 mins

COOK TIME

45 mins

SERVINGS

6 - 8

INGREDIENTS

1/2 cup quinoa, cooked using package instructions
2 Tbsp extra virgin olive oil
1 bunch kale*, stems removed and chopped into ribbons
1 sweet onion, sliced thin

2 cloves garlic, minced
1/2 cup sharp white cheddar, shredded
4 eggs
red pepper flakes, to taste
salt & pepper, to taste

INSTRUCTIONS

1. Preheat the oven to 350°F and lightly coat a 9-inch pie dish with cooking spray.
2. In a large saute pan, heat the olive oil. When hot, add the sliced onions and cook until softened and lightly golden, stirring often.
3. Remove onions to a bowl and add kale to the hot pan. Cook over medium heat until kale is bright green, about 3 minutes. Allow kale to cool and squeeze out any extra liquid.
4. Add cooked kale, quinoa, garlic, and cheddar to the bowl of onions. Toss to combine.
5. In a small bowl, whisk the eggs with the red pepper flakes, salt, and pepper until combined. Pour over the vegetable mixture and gently mix until everything is coated with eggs.
6. Pour into the prepared pie dish and bake for about 40 minutes until the top is golden. Serve hot, cold, or room temperature. Enjoy!

NOTES

*Feel free to swap out fresh spinach, swiss chard, arugula, cabbage... any of your favorite greens!!

CABBAGE, POTATO & SAUSAGE SKILLET

PREP TIME

10 mins

COOK TIME

30 mins

SERVINGS

8

INGREDIENTS

2 lbs turkey kielbasa
1 Tbsp extra virgin olive oil
1 large onion, sliced
4 garlic cloves, minced
2 tsp smoked paprika
salt & pepper to taste

1 large head cabbage, cored and chopped
1 large russet potato, large diced
2 apples, cored and large diced
1 cup chicken stock
1 tsp apple cider vinegar
1 cup scallions, chopped
1/2 cup parsley, chopped

INSTRUCTIONS

1. In a large skillet, heat 1 Tbsp of olive oil.
2. Add kielbasa to the skillet and saute until browned, about 4 minutes per side.
3. To the skillet, add onions, garlic, smoked paprika, salt and pepper and saute until onions are translucent and starting to brown, about 6 minutes.
4. To the skillet, add cabbage, potatoes and apples. Toss to combine.
5. Slowly pour in the chicken stock, using a wooden spoon to stir up any bits from the bottom of the skillet.
7. Bring to a low simmer and cover. Stir every 5 minutes until the cabbage is wilted, about 12 minutes.
8. Stir in apple cider vinegar and scallions.
9. Scoop into bowls, top with parsley, and dig in!

STRAWBERRY CHOCOLATE BITES

PREP TIME

10 mins

COOK TIME

15 mins

SERVINGS

8

INGREDIENTS

1/2 cup freeze-dried strawberries

12 oz. dark chocolate chips

3 shredded wheat cereal biscuits (large size... or the equivalent in small size!)

INSTRUCTIONS

1. Line a baking sheet with wax or parchment paper. Using your hands, crush the shredded wheat cereal to small bits into a bowl.
2. Place freeze-dried strawberries into a large zip-top bag and crush using a mallet or rolling pin until there are mostly small bits with a few larger ones remaining.
3. Pour the chocolate chips into a large microwave-safe bowl and microwave for 30 seconds at a time, stirring after each time, until melted. Add the crushed cereal bits to the melted chocolate and fold to cover all of the cereal completely with chocolate.
4. Using two large spoons, scoop 16 tablespoon-sized stacks of the mixture onto the wax or parchment paper lined baking sheet. Sprinkle a generous amount of freeze-dried strawberries over each stack.
5. Place baking sheet into the refrigerator for 15 minutes, or until set. Serve and store at room temperature. Enjoy!