

From the Kitchen of:

H O U L I H A N ' S

R E S T A U R A N T + B A R

Golden Beet and Arugula Salad with Lemon Thyme Vinaigrette

Salad Ingredients:

- 6 cups fresh baby arugula
- 1 lb. medium red beets
- 2 oz. goat cheese
- 1 pt. raspberries or other seasonal berry
- 1 medium red onion cut in half and then into very thin slivers
- 4 Tbsp. green pumpkin seeds
- 2-3 cloves garlic crushed and minced
- ½ cup extra virgin olive oil
- 3 Tbsp. fresh lemon juice
- 1 small to medium shallot
- 1 tsp. fresh lemon thyme
- 1 tsp. dijon mustard
- sugar as needed
- sea salt
- freshly ground black pepper

Directions:

Preheat oven to 375 degrees. Wash beets place in a medium pot with lid. Toss the beets with ¼ cup of the olive oil, crushed garlic, a couple of pinches of sugar and sea salt, and a few turns of the pepper mill. Place covered beets in the oven for about 45 minutes to one hour, check for tenderness with a sharp pairing knife, it should be firm but easy to enter the knife to about the middle. Remove from oven uncover and cool, reserve oil and garlic. Use a clean hand towel and rub the skin off of the beets, dice them into ½ inch cubes, and toss in the oil and garlic mixture remove and drain. Place in a clean container and chill until service.

Gentle wash the baby arugula, spin dry, chill in the refrigerator until service.

In a heavy sauté pan add 1-2 Tbsp. of the oil over medium heat, and get it hot, you will see the oil shimmer and it will smell fragrant. Place the pumpkin seeds into the oil and toss to coat. **Do not leave unattended at any time.** Continue to toss over the heat every 2-3 seconds; the seeds should start to crackle, pop, and get slightly brown; season with sea salt and then drain on paper towels until cool.

(Over)



Directions:

Combine all ingredients in medium bowl and blend well. Place in airtight container.

Yield: About 2 cups spice blend. Store in cool, dry place for up to 4 months.

Nutrition Information per serving (1/6 of recipe):

Calories 170, Total Fat 7g, Saturated Fat 1.5g, Cholesterol 0mg, Sodium 440mg, Total Carbohydrate 25g, Dietary Fiber 5g, Sugars 9g, Protein 3g, Vitamin A 70%DV*, Vitamin C 230%DV*, Calcium 4%DV*, Iron 6%DV*

*%DV= %Daily Values are calculated based on a 2000 calorie diet

From the Kitchen of:



The Hershey Company

Roasted Vegetables with Hot Chocolate Mexican Spice Blend

Ingredients:

- 2 Tbsp. Hot Chocolate Mexican Spice Blend (recipe follows)
- 1 yellow pepper, cored and seeded
- 1 red pepper, cored and seeded
- 1 large red onion
- 1 mango, firm but not hard, peeled
- 1 yellow squash
- 1 zucchini
- 15 grape tomatoes
- 1 large Portobello mushroom, sliced lengthwise
- 3/4 cup prepared vinaigrette dressing

Directions:

Heat oven to 450 degrees. Prepare Hot Chocolate Mexican Spice Blend and set aside.

Cut yellow pepper, red pepper, onion, mango, yellow squash, and zucchini into 1-inch pieces. Place in large bowl. Add tomatoes and mushroom. Pour vinaigrette dressing and spice mix over vegetables and toss. Spread vegetables in shallow baking pan. Bake 20 to 30 minutes or until vegetables are fork tender.

Yield: 6 servings

Hot Chocolate Mexican Spice Blend Ingredients:

- 1/2 cup chili powder
- 1/4 cup paprika
- 1 Tbsp. ground cumin
- 1 tsp. garlic powder
- 1 tsp. red pepper flakes
- 2 tsp. salt
- 2 tsp. dried oregano leaves
- 1/2 cup HEATH BITS 'O BRICKLE Toffee Bits, crushed
- 1/2 cup HERSHEY'S Cocoa
- 1 Tbsp. ground coffee beans

(Over)



From the Kitchen of:



White Bean Chicken Chili

Ingredients:

- 1 ½ lb. diced cooked chicken
- 1 cup onion
- 6 cups white beans drained and rinsed (3 cans, 15.5 oz each)
- 28 oz. can diced tomatoes
- 3 ½ cups chicken broth
- 1 ½ cups tomato sauce
- ¼ cup olive oil
- 1 cup water
- 1 Tbsp. chili powder
- 1 Tbsp. cocoa (reg. baking)
- 1 ½ Italian seasoning
- 1 ½ tsp cumin
- 1 ½ tsp. salt
- ½ tsp. pepper
- ½ tsp garlic
- ¼ tsp. cinnamon
- 2 bay leaves

Directions:

Place all ingredients into soup pot. Cover and heat to 165 degrees or higher. After cooking **remove** the bay leaves and discard them.

Yield: (9) 2 cup servings

Nutrition Information per serving (2 cups):

Calories 390, Total Fat 10g, Saturated Fat 2g, Cholesterol 65mg, Sodium 1700mg, Total Carbohydrate 36g, Dietary Fiber 11g, Sugars 7g, Protein 36g, Vitamin A 15%DV*, Vitamin C 25%DV*, Calcium 15%DV*, Iron 20%DV*

*%DV= %Daily Values are calculated based on a 2000 calorie diet



From the Kitchen of:



Chocolate Zucchini Bread with Spiced Apple Butter

Bread Ingredients:

- 10 oz. granulated sugar
- 5 oz. canola oil
- 2 whole eggs, beaten
- $\frac{3}{4}$ tsp. vanilla
- 6 oz. zucchini grated and squeezed well
- 9 oz. all-purpose flour
- 1.3 oz. cocoa powder
- $\frac{3}{4}$ tsp. baking soda
- $\frac{3}{4}$ tsp. salt
- 1 tsp. cinnamon
- 2 oz. walnuts, chopped

Directions:

Cream together the sugar and oil. Slowly add the eggs and vanilla, mix and scrape. Add in the zucchini. Sift together the flour and cocoa powder then add baking soda, salt, and cinnamon just until incorporated. Fold chopped walnuts into batter. Bake at 325 degrees for approximately 50 minutes.

Yield: (2) 1 pound loaves/ approximately 16 slices

Nutrition information per serving (1 slice)

Calories 250, Total Fat 12g, Saturated Fat 1g, Cholesterol 25mg, Sodium 180mg, Total Carbohydrate 32g, Dietary Fiber 1g, Sugars 18g, Protein 4g, Vitamin A 2% DV*, Vitamin C 4% DV*, Calcium 2% DV*, Iron 8% DV*

*%DV= %Daily Values are calculated based on a 2000 calorie diet

(Over)



Spiced Apple Butter Ingredients:

- 4 lbs. apples (Macintosh) peeled, cored, and chopped
- 4 oz. apple cider
- 12 oz. apple juice concentrate
- 6 oz. dark brown sugar
- 8 oz. apple brandy
- 1 tsp. cinnamon
- 1 tsp. ginger
- ¼ tsp. clove

Directions:

In a large sauce pan, bring apple juice, apple cider, and apples to a boil. Reduce heat to low. Stirring occasionally, simmer uncovered about 1 hour, until apples are easily mashed.

Mix in brown sugar, apple brandy, cinnamon, ginger, and clove into the apple mixture. Bring to a boil, reduce heat, and simmer uncovered for approximately 2 hours, stirring occasionally. Transfer to sterile containers and allow it to cool before serving.

Use immediately or freeze if not canning.

Yield: approximately 48 – ½ oz servings

Nutrition Information per serving (1/2 oz serving):

Calories 60, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 0mg, Total Carbohydrate 13g, Dietary Fiber 1g, Sugars 11g, Protein 0g, Vitamin A 0%DV*, Vitamin C 4%DV*, Calcium 0%DV*, Iron 0%DV*

*%DV= %Daily Values are calculated based on a 2000 calorie diet