

Asparagus Stuffed JalapenJOES

Asparagus and chive cream cheese stuffed jalapenos combine cream with crunch. These delightfully delicious appetizers will delight the Thanksgiving crowd!

From the Kitchen of Paula Aubrey and Jacob Hohenshelt

Servings: 8

Serving Size: 1 stuffed jalapeno

Vegetarian

INGREDIENTS

- 2 teaspoons avocado or vegetable oil
- ½ cup asparagus, diced
- Pepper to taste
- ½ cup chive and onion cream cheese
- 5 medium jalapenos, cut in half lengthwise, remove seeds
- 1 sheet Puff Pastry
- Butter, melted

Other Materials:

1 sheet Parchment paper
Baking sheet

DIRECTIONS

1. Preheat oven to 400o F. Heat skillet over medium heat.
2. Add oil to skillet and heat.
3. Sauté asparagus in heated skillet until tender, about 6 minutes or until tender. If desired, add pepper to taste.
4. In medium bowl, mix sautéed asparagus and cream cheese.
5. Cut jalapenos in half from end to end. Remove seeds. Place on baking sheet lined with parchment.
6. Slice puff pastry into ½ inch strips.
7. Stuff the halved jalapenos with the cream cheese and asparagus mixture, about 1 tablespoon of mixture per halved jalapeno.
8. Wrap jalapenos with a thin strip of puff pastry in a spiral fashion. Overlap at ends and use water to connect as needed.
9. Place jalapenos on cookie sheet and brush with melted butter.
10. Roast for 15-20 minutes, or until the peppers are tender and the cheese mixture is brown at edges and bubbly.
11. Cool, serve and enjoy!

Nutrition Data (per serving):

Serving size: 1 stuffed jalapeno

Number of servings: 8

Calories: 139

Carbohydrates: 7g

Dietary Fiber: 1g

Sugars: 1g

Fat: 11g

Saturated Fat: 4g

Trans Fat: 0g

Sodium: 108mg

Blue (Fun)due (2018)

Blue cheese and Brussels sprouts. This dish might turn a love-hate relationship into true love. The cheese sauce blends the bold flavor of blue cheese with the milder gouda and gruyere cheeses. The roasted Brussels sprouts pair with tart cranberries to achieve a festive and unique combination that is sure to delight your guests. We hope you enjoy this dish and have as much fun eating it as we had in making it!

From the Kitchen of: Kayla Patarini and Kayla Lutz

Serving Size: 10 Brussels sprouts (with about ¼ C. cheese sauce)

Serves: 8-10

Vegetarian, Gluten Free

INGREDIENTS

Brussels Sprouts

- 2 pounds fresh Brussel sprouts, chopped
- ¾ cup fresh cranberries (OR frozen, thawed)
- 2 tablespoons olive oil
- salt and pepper, to taste

Cheese Sauce

- 1 cup dry white wine
- 1 ½ cups Gouda cheese, grated

- 1 ½ cups Gruyere cheese, grated
- ¼ cup plus 3 tablespoons blue cheese, small crumbles
- 3 tablespoons corn starch

Other

Double boiler

Directions:

1. Preheat oven to 400 F.
2. Cut off brown ends of washed Brussels sprouts and pull off any yellow outer leaves.
3. Halve or quarter Brussels sprouts. Mix them in a bowl with the cranberries, olive oil, coating evenly.
4. Pour them on a baking sheet pan and roast for 30-45 minutes, shake the pan from time to time to brown evenly.
5. While Brussels sprouts are roasting, prepare the cheese sauce in a double boiler (or fondue pot).
6. Fill the bottom portion of the double boiler pan with water, about ¼ of the pan, and heat over medium-low heat until warm.
7. When the water is heated, pour the wine into the upper portion of the double boiler and heat over medium-low until simmering slightly.
8. Toss the prepared cheeses in the cornstarch powder until coated.
9. Turn the heat down to low and stir cheeses into wine, a handful at a time, stirring constantly until all the cheeses are melted and the sauce is smooth, about 15-20 minutes.
10. Keep the sauce warm over low heat until the Brussels sprouts and cranberries are ready to be served. Stir occasionally to maintain texture.
11. Dip roasted Brussels sprouts and cranberries into the cheese sauce or drizzle sauce over Brussels and enjoy!

Nutrition Data (per serving):

Calories (kcal) 325.3
Fat (g) 20.0
Saturated Fat (g) 10.5
Trans Fat (g) 0.0
Cholesterol (mg) 58.2
Sodium (mg) 410.6
Carbohydrate (g) 15.2
Fiber (g) 5.2
Sugar (g) 3.9
Protein (g) 18.3

Go Vandals! Pumpkin Bites (2016)

By Cady Hunt and Jenna Dyckman

The leaves are changing colors, the chill of fall is in the air, and Thanksgiving is just around the corner. All of the planning for Thanksgiving is focused on “What shall we serve for dinner?,” but Thanksgiving is not complete without an afternoon filled with a rousing family football game. Our Vandal Pumpkin Bites are an easy to make snack that you can bring along with you to help your family stay fueled while playing their hearts out in your family’s black and gold “Vandal Bowl!”

- Yield: 30
- Portion: One bite, about 1 tbsp

Ingredients

- **G:** Ground cinnamon — 1 tsp
- **O:** Oats, rolled — 1 ½ cup
- **V:** Vanilla — 1 tsp
- **A:** Almond butter — 1 cup
- **N:** Nutmeg — ¼ tsp
- **D:** Dark Chocolate chips — ¾ cup
- **A:** All natural Pumpkin Puree — 1 cup
- **L:** Lentils, green — ½ cup
- **S:** Syrup, maple — ½ cup

Optional

- Add 2 tsp pumpkin spice, for added pumpkin taste
- Add ¼ cup chia seeds or flax seeds

Directions

Preheat oven to 400 degrees. Line baking sheet with parchment paper. Rinse lentils and pour into a small saucepan. Add 2 cups water to the saucepan. Bring mixture to a boil and then lower to medium heat and let the lentils simmer. After the lentils have simmered for 15 minutes, drain the lentils. Pour lentils onto the baking sheet and spread them evenly on the baking sheet. Bake for 15 minutes. Halfway through, stir the lentils. Once baking is complete, let the lentils cool. Transfer the parchment paper of lentils onto a cooling rack to help them cool faster.

In a large bowl add, oats, cinnamon, nutmeg, cooled lentils, and dark chocolate chips. Mix together. Then add almond butter, vanilla, pumpkin puree, and maple syrup. Stir together well. Once mixed, remove about a tablespoon amount of the mixture and roll into a ball. Refrigerate them for one hour. Keep the bites stored in the fridge or freezer in a covered container.

Vandal Diversity Dip (2016)

By Sophia Dunlap and Rachel Hernandez

The University of Idaho is a melting pot for culture and diversity; that's why we chose to create a dip that's versatile in its flavor and execution. This dip can be paired with sweet or savory holiday favorites. No two pairings will be alike, just like no two U of I students are alike.

As the nation's top producer of chickpeas, we chose this famous Idaho pulse due to its versatility. This recipe is easy to prepare, inexpensive, and has the potential for even more versatility through the use of spices and unique combinations. Just like our university promotes and celebrates diversity of their students and faculty, we celebrate the diversity of our dip with any holiday meal. We hope you enjoy this dip alongside your holiday favorites, and most importantly, your loved ones.

- Yield: 7 servings
- Serving Size: 2 tbsp.

Ingredients

- 1 can chickpeas, drained, rinsed, and dried
- $\frac{3}{4}$ c sweetened condensed milk
- 1 T brown sugar, packed
- 1 tsp ground cinnamon
- $\frac{1}{2}$ tsp ground nutmeg
- $\frac{1}{2}$ tsp ground allspice
- $\frac{1}{2}$ tsp sea salt
- $\frac{1}{2}$ c cranberry sauce

Directions

1. In a small saucepan, heat brown sugar and sweetened condensed milk on low for 5 minutes
 2. In a food processor or blender, puree chickpeas and milk mixture until smooth – about 1 minute
 3. Add in cinnamon, nutmeg, allspice, and salt until combined
 4. Place dip in decorative bowl and top with cranberry sauce and mint leaf
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Vandal Veggie Bite (2015)

By Kally Fish and Nathaly Suarez

The Vandal Veggie Bite is a low fat version of a savory appetizer, perfect for any occasion. This recipe is fast and easy, utilizing everyday ingredients. The simplicity of this recipe is possible for anyone. It provides a great starter for the holidays because it is attractive, delicious, and sure to be a crowd pleaser for any occasion.

- Yield: 12 servings
- Portion: Bite size
- Oven: 350°F
- Bake: 10-12 minutes

Ingredients

- 4 large, firm tomatoes
- 1 can of asparagus spears
- ½ cup shredded mozzarella
- ½ cup shredded cheddar
- ¼ cup low-fat mayonnaise
- ¼ cup 1/3 less-fat cream cheese
- 1 teaspoon onions

Directions

Preheat oven to 350°F. Coat a 9x9 baking pan with nonstick spray. Mix mozzarella, cheddar, cream cheese and mayonnaise in medium-sized bowl. Finely chop onions and add to cheese mixture. Slice each tomato into 3 thick, even slices. Drain canned asparagus and cut spears in half. Line tomato slices along baking pan. Add two pieces of asparagus to each tomato, and then top it off with a tablespoon of the cheese mixture. Bake for 10-12 minutes, or until cheese is melted. Serve warm.

Nutrition Facts

Calories 65; Total Fat 4g; Cholesterol 10.25mg; Sodium 136mg; Carbohydrates 1.5%; Dietary Fiber 1g; Protein 4g; Vitamin A 7%; Vitamin C 12%; Calcium 10%