Recipe #1

Pumpkin Spiced Pinwheels

Makes 12 servings

Ingredients

- 4 pkgs cream cheese
- 2 cups sugar
- · 2 tsp ginger
- 1 1/2 cups flour
- 1 tsp vanilla extract
- 1 cup butter
- 1 tsp salt
- 4 tsp cinnamon
- 6 eggs
- 1 1/3 cup canned pumpkin
- · 2 tsp baking powder
- 1 cup pecans
- 2 cups icing sugar
- 2 tsp lemon juice

- 1. Preheat your oven to 350 degrees.
- In a large bowl, use an electric mixer and combine eggs, sugar, lemon juice and pumpkin puree. Beat until smooth.
- 3. In a small dry bowl, combine flour, salt, ginger, cinnamon and baking powder.
- Slowly add the dry ingredients into your large bowl of pumpkin mixture. Blend until fully incorporated.
- 5. Get two "small size" baking sheets. Grease them with spread butter and a flour dusting.
- Pour your batter, split in two even amounts onto the greased/floured baking sheets. Sprinkle the top CRUSHED pecans all over the batter.
- Bake in the oven for approximately 13 minutes. Until a toothpick comes out clean from the centre. Remove from oven and let cool for 5-10 minutes in the pan.

- Sprinkle icing sugar onto a CLEAN SURFACE and invert your cakes onto this powder area. Sprinkle icing sugar on the exposed cake. Loosely lay a piece of plastic wrap over each cake slab and slowly roll it. Put near the open window for 30-40 minutes until much cooler.
- In the meantime, wash your bowl so you can reuse it for the filling.
- 10. Using your electric mixer, combine all 4 packs of cream cheese, icing sugar, vanilla and butter. Beat until smooth.
- 11. Once your cakes are cooled, unroll, spread with cream cheese mixture and re-roll.
- 12. Store in the refrigerator for up to one week. Remove from fridge for about 10 minutes before serving. When serving, slice into pieces, like pinwheels! Sprinkle with more icing sugar when you go to serve it for a beautiful effect.

Recipe #2

Squash Sauce Pasta

Makes 12 servings

Ingredients

- · 8 Chorizo sausages
- 4 shallots
- 3 oz pkg spinach
- · 3 butternut squash
- 1 large bag bowtie pasta
- S&P

- 1 tbsp nutmeg
- 1 tbsp brown sugar
- 2 cups 35% cream
- 2 tsp sage
- 3 cloves garlic
- 1 cup parmesan cheese

- Cut both tops off your squash. Placing each piece on its flat side so it is stable, using a knife, peel the squash from top to bottom until all the skin is removed. Cut each of these peeled pieces in half. Then dice into 1/2 inch pieces. Place in a pot and fill with hot water.
- 2. Boil squash on the stove until soft. Remove from water and place in blender (or small bowl if using a hand blender).
- Boil a pot of water to cook your pasta in. Once cooked, strain, toss in oil and set aside.
- While squash is boiling, chop sausages and mince garlic and shallots. In a frying pan with a small amount of oil, fry shallots and garlic with cut sausage.

- 5. Once your squash is in the blender, add sage, nutmeg, brown sugar and 1/2 cup of cream. Blend until smooth. Add small amounts of cream and blend on and off until the consistency is slightly thicker than a pasta sauce.
- Back to your frying pan, once sausage is cooked, add spinach and sautee until all the spinach is wilted. At this point, add the squash sauce you blended and stir until completely combined.
- Add the rest of the cream and the parmesan cheese to the pan, stir and let simmer for a few minutes. Taste and re season if necessary.
- 8. Mix in pasta and serve!

Recipe #3

Latin Taco Dip

Makes 12 servings

Ingredients

- 1/2 Rotisserie Chicken
- 1 large jar salsa
- 1 bunch green onions
- 1 tbsp garlic powder
- 2 packs cream cheese
- 1 can black beans
- 1 can diced tomatoes
- 1 can of corn
- 1 container sour cream
- 1 medium onion
- 1 pack taco seasoning
- S&P

- 4 cups shredded Tex Mex cheese
- 2 tbsp chopped cilantro

- 1. Take your half chicken and pick it apart to make smaller, bone free pieces.
- 2. Dice your onion.
- In a large frying pan, heat the chicken pieces with the tiniest amount of oil and your onion you have cut. Add the taco seasoning and mix thoroughly.
- Add jar of salsa to frying pan of chicken and heat. Next add beans, corn and WELL DRAINED tomatoes. Heat on med-high heat until excess liquid has evaporated out of your pan.
- In the meantime, use a hand blender to cream together full container of sour cream, 2 packs of cream cheese, garlic powder and salt and pepper.

- In a baking dish, evenly spread out the cream mixture you just made. Pour your mixture from the frying pan on top of cream mixture and spread out as well.
- Sprinkle the shredded cheese over the entire surface of the baking dish, then put in the oven at 350 for approximately 15 minutes. Until all the cheese is melted and the edges have started to brown.
- Carefully remove from oven and let cool/set for another
 15 minutes.
- 9. Chop your entire bunch of green onions and sprinkle over the top along with your chopped cilantro. Serve with tortilla chips!

Recipe #4

Chicken Salad

Makes 12 servings

Ingredients

- 1/2 rotisserie chicken, picked apart and cooled
- 2 cups mayonnaise
- 6 eggs, hard boiled, then cooled
- 1 small can cranberry sauce
- 4 avocados
- · 1 yellow pepper
- 1 red onion
- 2 apples
- 1 stalk celery
- · 2 heads iceberg lettuce
- 1 cup craisins
- 2 tsp lemon juice
- 1 tbsp honey
- S&P

- 1. Pick apart your half of the chicken and chop into pieces, set aside to cool.
- Put your eggs in a pot with water and get on the stove.
 Bring to a boil. Once boiling, wait 7 minutes and drain.
 Submerge in cold water (refreshing from time to time) to cool the eggs.
- 3. Peel your avocadoes and apples, Cut avocado into bite size pieces. Cut apple into a small dice.
- 4. Wash your pepper and finely chop. Place all your vegetables into a large bowl.

- 5. Wash and chop 3 or 4 pieces of celery and add to bowl.
- 6. Peel your cooled eggs and chop into pieces. Add this to the same bowl.
- 7. In a different small bowl, mix mayo, half the can of cranberry sauce, honey, lemon juice and S & P.
- 8. Add cooled chicken pieces to vegetable bowl. Add dressing and craisins. Mix well.
- Thinly slice your iceberg lettuce. Use as a bed for your chicken salad.



Grocery List

	6 packages cream cheese	Dish cloths		1 package taco seasoning
	1 small bag craisins	1 LARGE bag bowtie pasta		2 bags shredded Tex Mex cheese
	1 dozen eggs	Ziploc bags	_	
	1 jar Hellmans	3 butternut squash		1 large jar salsa
	1 package icing sugar	1 L — 35% cream		1 can corn
	1 small can			1 can black beans
_	cranberry sauce	1 head fresh garlic		1 small bunch
	1 lb butter	1 -3oz pkg baby spinach		fresh cilantro
	1 yellow pepper	4 shallots		1 medium onion
	, , , ,	1 package shredded		4 avocadoes
	1 small bottle lemon juice	parmesan cheese		1 red onion
	2 apples	1 rotisserie chicken		1 stalk celery
	2 large cans pumpkin puree (NEED about 400g)	1 bunch green onions	_	
_		1 large can diced		
	2 heads iceberg lettuce	tomatoes		
	1 package chorizo sausage	1 container sour cream		