September/October 2021 | FREE

HealthCents

sweet potato *Perfection*

Sweet Potato Nachos p. 5

Plus:

SHEET-PAN FAVORITES

HELLO, GOURD-GEOUS!

+ MORE!

REDNER'S

A Message from Meredith

Time for a Change

Although everyone loves summertime, there is something special about fall! Some get excited about "all things pumpkin," others love tailgating weekends and some just love change. Fall brings change; change in weather, change in schedules and of course, change in what we eat.

EASY MEALS AND FAST FOOD

Longer work hours, school sports and an overall faster pace of living requires fast food. And no, I don't mean the kind you pick up through the drive-thru; I mean quick and easy meals that you make in your own kitchen. Focus on meals that can be made in 30 minutes or less and require minimal ingredients. Tacos, casseroles and pressure cooker recipes along with frozen vegetables and side dishes are great to have on hand. Oh, and don't forget the Redner's rotisserie chicken on your next trip!

NEED FOR COMFORT

Cooler weather calls for warmer food. Meatloaf, soups, chili and roasts are some family favorites but they do require some planning. Plan these meals on days where you have extra time! And of course, don't forget your slow cooker. There is nothing better than "set it and forget it," when it comes to dinnertime.

'TIS THE SEASON

Produce and spices are what make the change of season so fun. Embrace the foods that are at their peak this time of year. Squash, pumpkin, apples, pears, cranberries, cinnamon and nutmeg will really help immerse you in the fall feeling.

FRESH IS BEST

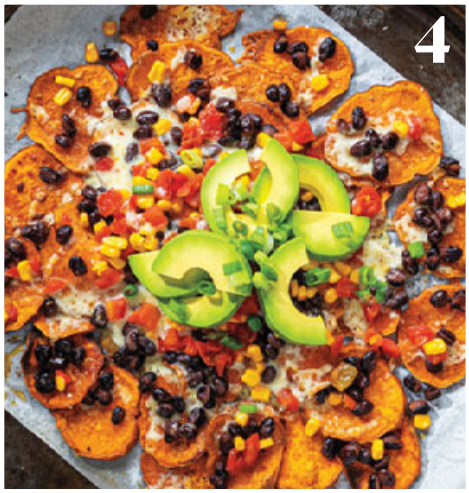
Nothing is better for the soul than fresh air. So don't let shorter days and cooler weather prevent you from enjoying the great outdoors. Layer up and aim to get at least 30 minutes of physical activity outside.

Remember it is never too early or too late to eat healthy!

Meredith McGrath RD, LDN Corporate Dietitian

REDNER'S | HealthCents

2021 September-October *Contents*



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sweet potato *Perfection*

Sweet potatoes are a favorite fall vegetable filled with fiber, vitamins and minerals. Discover different delicious ways to enjoy them throughout the season on page 5, starting with our Sweet Potato Nachos recipe that puts a tasty twist on traditional nachos! The sweet potatoes get super crispy in the oven before adding cheese, beans, avocado and more of your favorite nacho toppers!

Chef Tip
A mandolin can be used to easily slice the potatoes.

Sweet Potato Nachos

Prep: 20 minutes
Bake: 35 minutes • Serves: 6

- Nonstick cooking spray
- 3 medium sweet potatoes, sliced ¼-inch-thick crosswise (about 2 pounds)
- 2 tablespoons olive oil
- ½ teaspoon ground cumin
- ¼ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 1 cup shredded reduced fat Cheddar and/or pepper Jack cheese
- 1 can (10 ounces) diced tomatoes & green chilies, drained
- 1 cup fresh or frozen corn kernels, thawed if necessary
- ¾ cup drained and rinsed no salt added black beans
- 3 green onions, thinly sliced
- 1 avocado, peeled, pitted and thinly sliced
- Coarsely chopped fresh cilantro for garnish (optional)

1. Preheat oven to 450°F; line rimmed baking pan with aluminum foil and spray with cooking spray.

2. In large bowl, toss potatoes, oil, cumin, salt and pepper; spread on prepared pan. Bake potatoes 30 minutes or until crisp, stirring potatoes once. Top potatoes with cheese, tomatoes, corn and beans; bake 5 minutes or until cheese melts. Makes about 8 cups.

3. Serve nachos topped with onions and avocado garnished with cilantro, if desired.

Approximate nutritional values per serving (1¼ cups): 272 Calories, 14g Fat (4g Saturated), 14mg Cholesterol, 431mg Sodium, 29g Carbohydrates, 6g Fiber, 9g Protein

Easy Ways to Enjoy Sweet Potatoes

Prized for their health benefits and sweet flavor, sweet potatoes are a fall harvest favorite. This vibrant root veggie is a rich source of potassium, fiber and vitamins A and C and contains high levels of beta-carotene. With several different varieties and varying colors of flesh and skin to choose from, there are many creative ways to add sweet potatoes to recipes this fall.

Selection & Storage Tips

Choose firm sweet potatoes that have smooth textures, unblemished skin and feel heavy for their size. If you plan to cook them whole, buy similar-sized potatoes to keep the cooking time uniform. Store sweet potatoes in a cool, dark, well-ventilated area for up to three to four weeks.

Preparation Tips

Before cooking, rinse and scrub sweet potatoes under cold water to remove any dirt or impurities from the skin. Savory or sweet, baked, roasted, steamed or grilled, enjoy versatile sweet potatoes during any meal.

Sides & Snacks

Whether you prefer them slightly lumpy or a creamy consistency, mashed sweet potatoes are an easy side for any meal. Sweet potato wedges (leaving the skin on provides twice as much fiber) are another crowd-pleaser. Cut wedges to desired thickness, sprinkle with salt and roast at 400°F for about 20 minutes. A creamy sweet potato-based hummus also makes a tasty snack or appetizer. Blend sweet potatoes with chickpeas, tahini (ground sesame seed paste), olive oil and cumin. Then pair with veggies, whole wheat pita bread or pretzels to dip.

Breakfast

Start your day with a sweet potato frittata, healthy sweet potato hash or a burrito filled with roasted sweet potato cubes, eggs and avocado. Or, create pancakes with a nutritious punch using a simple batter of puréed sweet potatoes, eggs and a pinch of cinnamon.

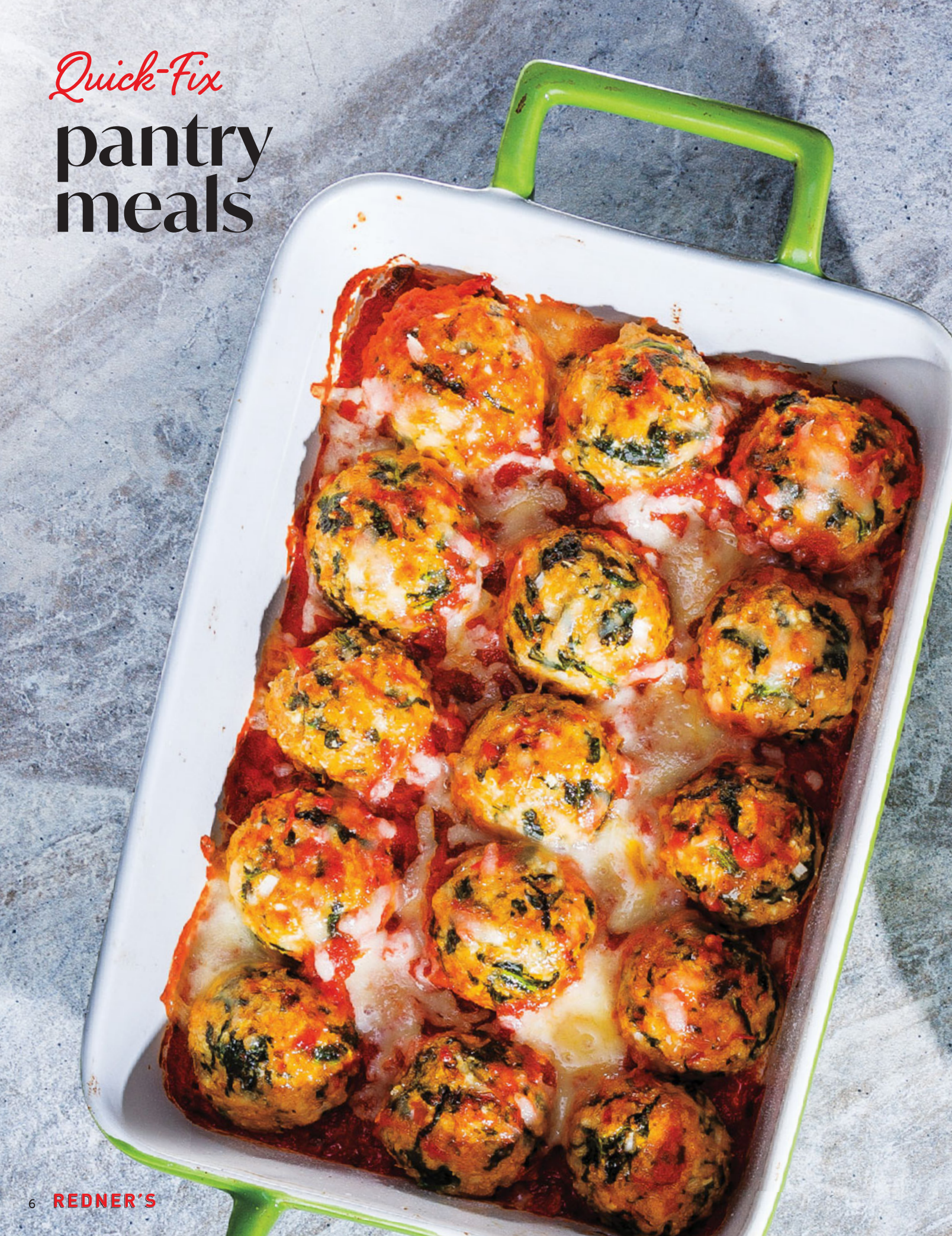
Lunch & Dinner

Diced sweet potatoes are an excellent addition to seasonal comforts like chili, soup or stew. They also make a flavorful nacho base (see our recipe above!) or pizza topping. Or, for a twist on pasta night, spiralize sweet potatoes into noodles. Thinly sliced sweet potatoes can also stand in for noodles in lasagna.

Dessert

Sweet potatoes can also enhance dessert. Explore the many irresistible possibilities by baking sweet potato pie, cookies, pudding, trifles, or sweet potato bread. For a simple treat, bake sweet potato halves until tender, then garnish with your favorite dessert toppings like chocolate chips, nut butter, pecans, maple syrup or coconut whipped cream.

Quick-Fix pantry meals



Last-minute dinners just got less stressful! Simple pantry ingredients make it a breeze to create quick and easy meal solutions. Check out some of our favorite essentials for creating fast family meals, then put some of them to use! Frozen spinach and jarred pasta sauce boost the nutrition and ease of our Chicken Parmesan Meatballs recipe that's ready for the table in just 40 minutes.

Chicken Parmesan Meatballs

Prep: 15 minutes
Bake: 25 minutes • Serves: 4

- Nonstick cooking spray
- ¼ cup quick cooking oats
- 1 large egg
- 1 pound ground chicken
- 1 package (10 ounces) chopped frozen spinach, thawed and squeezed dry
- 2 garlic cloves, minced
- ½ small onion, minced
- 1 cup no salt added pasta sauce
- ¾ cup shredded Italian cheese blend
- ½ teaspoon Italian seasoning
- ¼ teaspoon salt

1. Preheat oven to 400°F. Line rimmed baking pan with aluminum foil; spray with cooking spray.

2. In food processor, process oats 10 seconds or until finely chopped. In large bowl, lightly beat egg; gently mix in chicken, spinach, garlic, onion, ¼ cup pasta sauce, ¼ cup cheese, Italian seasoning, salt and oats until just combined (do not overmix). Form chicken mixture into 1½-inch meatballs; place 1 inch apart on prepared pan. Bake 20 minutes or until internal temperature reaches 165°F. Makes about 24 meatballs.

3. Spoon remaining ¾ cup pasta sauce over meatballs; sprinkle with remaining ½ cup cheese. Bake 5 minutes or until cheese melts.

Approximate nutritional values per serving (6 meatballs): 341 Calories, 19g Fat (7g Saturated), 159mg Cholesterol, 664mg Sodium, 15g Carbohydrates, 3g Fiber, 32g Protein

5 Pantry Essentials for Fast Family Meals

Home-cooked meals don't have to be made entirely from scratch to be nutritious and delicious. The supermarket abounds with timesaving and healthful staples like these to help you prepare meals with fewer steps and less cleanup. When selecting convenience products, choose those containing no or minimal amounts of added salt or sugar whenever possible. Check out this round-up of kitchen essentials that you can rely on to create fresh, fast and flavorful meals at home.

1. Jarred Pasta Sauce

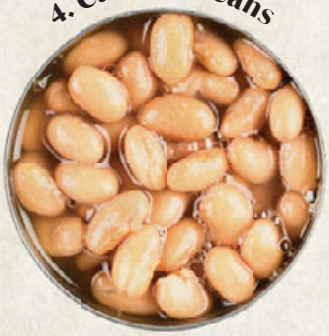
From spaghetti, lasagna and pizza to meatballs and chicken Parmesan, jarred pasta sauce can elevate various dishes in minutes. Keep a few flavors on hand for whenever the mood for Italian night strikes.

2. Fresh-Cut Produce & Packaged Greens

When you're short on time, skip washing, slicing, dicing or cutting fresh produce and greens by opting for fresh-cut varieties and packaged salad mixes, spinach or kale. The possibilities are endless! Frozen fruits and veggies offer a similar convenience factor, too.

3. Rotisserie Chicken

Rotisserie chicken is a timesaving option that's sure to become a fast family favorite. With no cooking required, you can easily enjoy rotisserie chicken on its own, with a side of rice and veggies, atop a salad, or in soup, chicken salad, tacos or dip. Make a mouthwatering homemade meal using this ingredient shortcut with our recipe-ready rotisserie chicken.



4. Canned Beans

Beans and legumes boost the nutrient content and heartiness of any dish. Packed with fiber and plant-based protein, beans are an excellent substitute for meat in vegetarian meals, and pair nicely with lean meat, chicken and fish. Take advantage of their versatility to make practically any dish more nutritious, economical and ready in no time.

5. Grains

Naturally gluten-free, brown rice and quinoa are budget-friendly and convenient staples that are great for any mealtime. Rich in fiber and plant-based protein, they cook in a flash. Serve grains as a stand-alone side, combine with black beans, toss with chicken and veggies in stir-fries, or add to soups, salads or lettuce wraps.

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Sheet-Pan favorites

Make hectic weeknights easier and tastier with timesaving, family-friendly sheet-pan dinners. This low-maintenance method requires only one cooking vessel for an entire meal. From chicken and veggies to steak and potatoes to pork and apples, countless mouthwatering combinations produce extraordinary sheet-pan meals with minimal fuss and cleanup.

Broiled Pesto Steak with Broccoli and Potatoes

Honey-Soy Glazed Chicken & Vegetables

Honey and soy make a delicious duo for coating chicken and veggies in a sweet and tangy glaze.

A steak entrée has never been so easy! Pesto adds bright color and elevated flavor that takes this dish up a notch.
Smoked Paprika & Brown Sugar-Rubbed Pork with Butternut Squash and Apples
The perfect pork pairings? Nutrient-rich apples and butternut squash in this satisfying recipe that's bursting with seasonal flavors.

Honey-Soy Glazed Chicken & Vegetables

Prep: 30 minutes
Roast: 25 minutes • Serves: 4

- Nonstick cooking spray
- 1 garlic clove, minced
- ¼ cup honey
- 3 tablespoons less-sodium soy sauce
- 1 tablespoon plus 1 teaspoon sesame oil
- 1 teaspoon minced fresh ginger
- ¼ teaspoon crushed red pepper flakes
- 1 teaspoon cornstarch
- 2 medium bell peppers, cut into 1-inch pieces
- 1 medium red onion, halved and thinly sliced
- 2 cups broccoli florets
- ½ teaspoon garlic powder
- 1¼ pounds boneless, skinless chicken breasts, cut into 1-inch pieces
- 2 cups snow peas
- 2 teaspoons sesame seeds for garnish (optional)

1. Preheat oven to 425°F; position oven rack to upper position. Spray rimmed baking pan with cooking spray.

2. In small saucepan, whisk garlic, honey, soy sauce, 2 teaspoons sesame oil, ginger and crushed red pepper; heat to a boil over medium-high heat. Reduce heat to medium. In small bowl, whisk cornstarch and 1 tablespoon cold water; stir into soy sauce mixture and simmer 2 minutes or until thickened. Let cool. Makes about ⅓ cup.

3. Place bell peppers, onion and broccoli in single layer on prepared pan; add garlic powder and remaining 2 teaspoons sesame oil. In large bowl, toss chicken and ½ the soy sauce mixture; stir into vegetables. Roast chicken and vegetables 15 minutes on upper rack; stir snow peas into vegetables and roast 10 minutes or until internal temperature of chicken reaches 165°F and vegetables are tender-crisp. Makes about 6 cups.

4. Stir remaining soy sauce mixture into chicken mixture; serve garnished with sesame seeds, if desired.

Approximate nutritional values per serving (1½ cups): 360 Calories, 9g Fat (1.5g Saturated), 105mg Cholesterol, 510mg Sodium, 32g Carbohydrates, 4g Fiber, 36g Protein

Broiled Pesto Steak with Broccoli and Potatoes

Prep: 15 minutes
Broil: 15 minutes • Serves: 4

- Nonstick cooking spray
- 1 flank steak, trimmed (about 1¼ pounds)
- ¾ teaspoon salt
- ½ teaspoon ground black pepper
- 1½ pounds petite red or medley potatoes, halved
- 4 cups broccoli florets
- 1 tablespoon olive oil
- ½ teaspoon garlic powder
- 4 teaspoons refrigerated basil pesto

1. Preheat broiler to high; place oven rack 6 inches from broiler. Spray rimmed baking pan with cooking spray.

2. Sprinkle both sides of steak with ½ teaspoon salt and ¼ teaspoon pepper. In large bowl, toss potatoes and broccoli with oil, garlic powder and remaining ¼ teaspoon each salt and pepper. Place steak in center of prepared pan; arrange vegetables around steak. Broil steak and vegetables 15 minutes or until internal temperature of steak reaches 135°F for medium-rare and vegetables are browned and tender, stirring vegetables after 5 minutes. Transfer steak to cutting board and top with pesto; tent with aluminum foil and let stand 5 minutes. (Internal temperature will rise to 145°F upon standing.) Makes about 4 cups vegetables.

3. Thinly slice steak across the grain; serve with potatoes and broccoli.

Approximate nutritional values per serving (3½ ounces steak, 1 teaspoon pesto, 1 cup vegetables): 420 Calories, 16g Fat (5g Saturated), 90mg Cholesterol, 600mg Sodium, 33g Carbohydrates, 5g Fiber, 36g Protein

Smoked Paprika & Brown Sugar-Rubbed Pork with Butternut Squash and Apples

Prep: 20 minutes
Roast: 25 minutes • Serves: 4

- Nonstick cooking spray
- 1½ tablespoons light brown sugar
- 1 tablespoon smoked paprika
- ½ teaspoon dried thyme leaves
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon ground cayenne pepper
- 3 cups cubed butternut squash (about 1 pound)
- 2 medium Honeycrisp apples, halved, cored and sliced
- 1 small red onion, halved and thinly sliced
- 1 tablespoon olive oil
- 1 pork tenderloin, trimmed (about 1¼ pounds)

1. Preheat oven to 425°F; position oven rack to upper position. Spray rimmed baking pan with cooking spray.

2. In small bowl, stir sugar, paprika, thyme, garlic powder, ¼ teaspoon salt and cayenne. In large bowl, toss squash, apples, onion, 2 teaspoons oil and remaining ¼ teaspoon salt. Place pork in center of prepared pan; rub with remaining 1 teaspoon oil and sprinkle all sides with sugar mixture. Arrange squash mixture around pork and roast on upper rack 25 minutes or until internal temperature of pork reaches 145°F, tossing squash mixture once. Let pork stand 5 minutes.

3. Slice pork; serve with squash mixture.

Approximate nutritional values per serving (4 ounces pork, ¾ cup squash mixture): 310 Calories, 9g Fat (2g Saturated), 90mg Cholesterol, 370mg Sodium, 29g Carbohydrates, 5g Fiber, 31g Protein

product Spotlight

Drink Up – Before, During and After

With cool fall temps ahead, there is still time to enjoy plenty of outdoor activity. As always during any activity, hydration is key. Don't rely on thirst alone to tell you how much you need to drink. To keep those muscles working and avoid fatigue it's extremely important to drink plenty of liquids before, during and after the activity. Find a drink that you love to make sure you consume the recommended amount with ease. Low-calorie BODYARMOR LYTE is packed with antioxidants, B vitamins and potassium but doesn't contain artificial sweeteners or sugar! So cheers to a great workout and drink up!

Baked. Not Fried.

RITZ Toasted Chips are a great addition to your football game-day spread! Serve them with this savory dip at your next tailgate party.

TAILGATING DIP
Mix 1 chopped green onion, 1 cup of shredded cheese, 1 cup of mayonnaise and ½ a cup of bacon bits. Chill for a few hours before serving.

Hello, Gourd-geous!

Packed with vitamin A and antioxidants, pumpkin is a wholesome ingredient that's in high demand this time of year. From sweet to savory, we've got you covered with tasty ways to enjoy pumpkin. Try it with chicken sausage and rigatoni in an easy pasta dish or in a high-fiber, creamy chia pudding that's perfect for breakfast, snack or dessert.

Pumpkin-Sausage Rigatoni

Prep: 10 minutes
Cook: 25 minutes • Serves: 4

- 3 cups dry rigatoni noodles
- 1 teaspoon olive oil
- 2 mild chicken sausage links (about 6 ounces), casings removed
- 1 small onion, finely chopped
- 3 garlic cloves, minced
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 2 cups chicken stock
- 1 can (15 ounces) 100% pure pumpkin
- 1 tablespoon chopped fresh sage
- ⅛ teaspoon ground black pepper
- 2 cups loosely packed torn baby spinach
- 2 tablespoons grated Parmesan cheese plus additional for serving (optional)

1. Prepare noodles as label directs.

2. In large skillet, heat oil over medium-high heat. Add sausage; cook 5 minutes or until browned and cooked through, breaking up sausage with side of spoon. Add onion; cook 2 minutes or until fragrant, stirring occasionally. Add garlic, cinnamon and nutmeg; cook 2 minutes, stirring occasionally. Stir in stock; heat to a boil. Reduce heat to medium-low. Stir in pumpkin, sage and pepper; cook 15 minutes, stirring occasionally.

3. Stir in spinach and cheese; cook 1 minute or until spinach is wilted, stirring occasionally. Stir in noodles; serve sprinkled with cheese, if desired. Makes about 6 cups.

Approximate nutritional values per serving (1½ cups): 380 Calories, 9g Fat (2g Saturated), 50mg Cholesterol, 530mg Sodium, 56g Carbohydrates, 4g Fiber, 16g Protein

Pumpkin Pie Chia Pudding

Prep: 10 minutes plus chilling • Serves: 4

- 2 cups oat milk or low-fat milk
- 1 cup canned 100% pure pumpkin
- ¼ cup maple syrup
- ½ cup chia seeds
- 2 teaspoons pumpkin pie spice
- ¼ cup plain low-fat Greek yogurt
- 4 teaspoons chopped pecans

1. In medium bowl, whisk oat milk, pumpkin and syrup; whisk in chia seeds and pumpkin pie spice until well incorporated. Divide milk mixture in 4 (8-ounce) ramekins or dessert bowls; cover with plastic wrap and refrigerate 3 hours or until thickened. Makes about 3½ cups.

2. Top pudding with yogurt and pecans before serving.

Approximate nutritional values per serving: 259 Calories, 10g Fat (1g Saturated), 2mg Cholesterol, 74mg Sodium, 38g Carbohydrates, 10g Fiber, 8g Protein

It's Pumpkin Season!

Steeped in history and legend, pumpkins are a member of the gourd family, which also includes all varieties of melon, watermelon and squash. The name pumpkin comes from the Greek word "pepon," which means "large melon." Whether you're using them as décor or incorporating them into recipes, here are some fascinating facts about these multifaceted fall staples.

Although native to North America, pumpkins are grown all over the world. They come in several varieties, ranging in size from incredibly small to gargantuan. The largest pumpkin ever recorded weighed in at an astounding 2,624 pounds! Most of the pumpkins grown in the U.S. are processed into canned pumpkin and pumpkin pie mix.

Planting pumpkins from late May through early July yields a late September to early October harvest. Purchase firm pumpkins with tough, thick, wrinkle-free skin and no browning or decaying soft spots. Once purchased, be sure to keep pumpkins away from direct sunlight. If left outside, protect from frost by covering with a towel or blanket. If using as indoor décor, never place pumpkins on carpet or wood as they can soften and leak. You can store most varieties for up to three months.

Pumpkins – like carrots, winter squash and other orange-colored fruits and vegetables – get their color from beta-carotene, a red-orange pigment well known and researched for its powerful antioxidant properties. Scientists believe beta-carotene can help protect cells from early aging and damage, reducing the risk of cancer and heart disease. Pumpkins provide fiber, vitamin C and minerals, as well as great flavor and versatility for fall and winter menus. Delicious in soups, smoothies, casseroles, pudding or pies, the flesh is fat-free and low in calories, and the edible seeds contain protein, zinc, iron and healthy fats.

STAR RANCH ANGUS™

Make back to school a breeze with *Star Ranch Angus*® Beef

Back to school really means back to reality — back to earlier bedtimes and even earlier mornings. After a busy day, the last thing you want to worry about is dinner. Here are some tips to keep you ahead of the chaos this season.

TIP #1: MEAL PREP

Plan meals and purchase ingredients ahead of time. Luckily, *Star Ranch Angus* beef is versatile enough to use in a variety of recipes!

TIP #2: GET THE KIDS INVOLVED

Letting the kids help choose and customize recipes will ensure every tummy is satisfied. Take it a step further and cook the meal together!

TIP #3: STAY INSPIRED

Meals can get boring if you're cycling through the same routine recipes. Keep things fresh by browsing the StarRanchAngus.com website for tons of great ideas to get you started — like these Game Time Steak Sliders!

BEEF SUPPLIES 10 ESSENTIAL NUTRIENTS INCLUDING B-VITAMINS, ZINC AND IRON.[1]

GAME TIME Steak Sliders

MAKES: 12 – 16 SANDWICHES | PREP TIME: 10 MINUTES | COOK TIME: 17 TO 21 MINUTES

INGREDIENTS:

- 2 *Star Ranch Angus* top sirloin steaks, cut 1-inch thick
- ½ cup prepared basil pesto
- Salt and pepper
- 12 – 16 small crusty oval-shaped rolls, split
- Baby spinach or arugula leaves
- 12 – 16 slices fontina or provolone cheese

GARLIC MAYO:

- 1 cup mayonnaise
- 1 tablespoon minced garlic

INSTRUCTIONS:

1. Generously spread pesto onto both sides of steaks; place on grill over medium, ash-covered coals. Grill, uncovered, 17 to 21 minutes until steaks are medium-rare to medium doneness, turning several times.
2. Meanwhile, combine garlic mayo ingredients in a small bowl. Cover and refrigerate until serving.
3. Carve steak crosswise into thin slices. Season with salt and pepper.
4. Spread garlic mayo on bottom portion of rolls; cover with single layer of spinach. Top with steak slices and cheese. Close sandwich with top half of roll.

Scan for recipes, useful tips and more!

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[1]https://www.beefitswhatsfordinner.com/nutrition

Nicely done, beef.
The search is over.
You're what's for dinner.

Mongolian Beef Sloppy Joes

30 Minutes | 4 Servings

INGREDIENTS

1 pound Ground Beef (93% lean or leaner)
1 medium onion, chopped
1 to 2 serrano chiles, seeded, chopped
3 tablespoons hoisin sauce
2 tablespoons oyster sauce
1 tablespoon soy sauce
1 tablespoon honey
4 hamburger buns

COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, onion and chiles; cook 8 to 10 minutes, breaking beef up into ¾-inch crumbles. Pour off drippings, as necessary.
   Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.
2. Stir in hoisin sauce, oyster sauce, soy sauce and honey; bring to boil. Reduce heat; simmer 5 minutes, stirring often.
3. Divide beef mixture evenly on bottom half of each bun; close sandwiches.

Cheeseburger Mac

30 Minutes | 4 Servings

INGREDIENTS

1 pound Ground Beef (93% lean or leaner)
1¾ cups water
1 cup dry elbow macaroni
6 ounces processed cheese spread, cut into cubes
8 to 10 dill pickle slices (optional)

COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into ¾-inch crumbles and stirring occasionally.
   Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.
2. Stir in water and macaroni; bring to a boil. Reduce heat; cover and simmer 9 to 11 minutes or until macaroni is tender.
3. Stir in cheese cubes. Cook 1 to 2 minutes or until heated through, stirring occasionally.
4. Season with salt and pepper, as desired. Serve beef mixture topped with pickle slices, if desired.

For more family friendly beef recipes visit NortheastBeef.org

NORTHEAST BEEF PROMOTION INITIATIVE
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sweet and *in Season*

Add some sweetness to the season with these recipes that capture the signature flavors of fall. Pick up sweet potatoes from our produce department to create a tasty take on the classic sweet potato casserole with a brown sugar and pecan topping. Our creamy Pumpkin Truffles coated in dark chocolate are sure to be a new favorite autumn treat the whole family will love.

Brown Sugar-Pecan Sweet Potato Casserole

Prep: 25 minutes
Bake: 25 minutes • Serves: 8

- Nonstick cooking spray
- 3 large sweet potatoes
- ½ cup packed brown sugar
- ½ cup unsalted butter (1 stick), 6 tablespoons cubed and chilled, 2 tablespoons softened
- 1 teaspoon vanilla extract
- ¾ teaspoon salt
- ⅓ cup all-purpose flour
- ½ teaspoon ground cinnamon
- ½ cup chopped pecans

1. Preheat oven to 375°F; spray 8½ x 11-inch baking dish with cooking spray. Pierce sweet potatoes all over with fork and place in large microwave-safe bowl; cover with plastic wrap, leaving 1 edge slightly open to vent, and heat in microwave oven 15 minutes or until very tender, turning potatoes every 5 minutes. Cool potatoes 5 minutes; scoop potato flesh into large bowl and discard skins. Stir in ¼ cup sugar, 2 tablespoons softened butter, vanilla extract and ½ teaspoon salt; spread in prepared dish. Makes about 4¼ cups.

2. In food processor, pulse flour, cinnamon, and remaining ¼ cup sugar and ¼ teaspoon salt; add remaining 6 tablespoons cubed butter and pulse until pea-sized crumbs form. Add pecans; pulse several times or until combined. Sprinkle pecan mixture over sweet potato mixture; bake 25 minutes or until top is golden brown. Makes about 5½ cups.

Approximate nutritional values per serving (⅔ cup): 321 Calories, 17g Fat (8g Saturated), 31mg Cholesterol, 263mg Sodium, 41g Carbohydrates, 5g Fiber, 4g Protein

Chef Tips

For a smoother purée, use a mixer in step 1 to beat sweet potato flesh and seasonings on medium-low speed until smooth.

Topping can be prepared, covered and refrigerated up to 2 days in advance.

Pumpkin Truffles

Prep: 20 minutes plus freezing & chilling
Cook: 2 minutes • Serves: 6

- ½ cup plus 2 tablespoons dark chocolate chips
- ⅓ cup no sugar or salt added creamy almond butter
- ¼ cup canned 100% pure pumpkin purée
- 1½ tablespoons coconut oil, melted
- 2 teaspoons maple syrup
- ¼ teaspoon pumpkin pie spice
- Sliced almonds for garnish (optional)

1. Line rimmed baking pan with parchment paper. In food processor, purée 2 tablespoons chocolate chips, almond butter, pumpkin, 1 tablespoon oil, syrup and pumpkin pie spice until smooth, scraping down bowl occasionally. Makes about ¾ cup.

2. Using 2 small spoons, drop 1 tablespoon pumpkin mixture 2 inches apart onto prepared pan; freeze 30 minutes. With hands, roll pumpkin mounds into 12 balls; freeze 15 minutes.

3. In small saucepan, cook and stir remaining ½ cup chocolate chips over low heat 2 minutes or until most chips are melted; remove from heat and stir until all chips are melted. Stir in remaining ½ tablespoon oil.

4. With fork, dip balls into chocolate to completely cover, allowing excess chocolate to drip off; place on same pan and immediately place 1 almond on top, if desired. Reheat melted chocolate as necessary if it begins to harden. Refrigerate truffles 10 minutes or until chocolate hardens. Makes 12 truffles.

Approximate nutritional values per serving (2 truffles): 217 Calories, 18g Fat (8g Saturated), 0mg Cholesterol, 1mg Sodium, 16g Carbohydrates, 5g Fiber, 5g Protein

SHOW 'EM YOUR GAME PLATE

Spicy Game Day Cheeseboard

Servings 8-10

Ingredients

- Wisconsin habanero cheddar cheese
- Wisconsin jalapeno havarti cheese
- Wisconsin spicy blue cheese
- Wisconsin smoked gouda cheese
- Landjaegers or meat snack sticks of choice
- Sliced summer sausage
- Pickled jalapeno pepper slices
- Wisconsin cheese curds
- Toothpicks
- Stone-ground mustard
- Pretzels
- Bread and butter pickles
- Smoked almonds
- Spicy pub snack mix
- Pickle relish

Instructions

Arrange the cheddar, havarti, blue cheese, gouda and landjaegers on a serving board.

Arrange summer sausage on a serving plate. Thread jalapeno peppers, cheese curds and summer sausage on toothpicks; place on top. Serve with mustard, pretzels, pickles, almonds, snack mix and pickle relish.

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