



Baked Zucchini Boats – Fall 2012



Ingredients:

- 8 - 6 to 8 inch long zucchinis (If you find larger ones at the market you will have to adjust the ingredients a bit to fill the boat.)
- 1 - 12 ounce package of Italian turkey sausage links
- 1 Jar pasta garden vegetable sauce
- Low-fat mozzarella cheese
- Italian spices

Pre-heat oven to 375°.

Wash zucchini. To make the boat, cut zucchinis in half lengthwise and use a spoon to hollow out the seeds and remove any unwanted pulp. Lightly sprinkle the inside of the boats with Italian spices.

Remove the casing from the turkey sausage link, and fill each zucchini boat with the turkey sausage. I use about 1/2 link per boat.

Lightly pour or brush the pasta sauce on top of the sausage and zucchini and top with mozzarella cheese.

Bake for 35 minutes or until the internal temperature of the sausage reaches 165°.

To add a bit more fun for the kids: create a flag out of tooth picks or wooden kabob skewers, make a sail out of foil, and write their name on the sail.

Smoking Hot Sweet Potatoes and Grilled Chicken Tenderloins – Fall 2012



Ingredients for potatoes:

- 2 average size sweet potatoes
- 1 regular baking potato
- 3 tablespoons olive oil
- 1/2 teaspoon red pepper flakes (optional)
- Kosher salt to taste

Ingredients for chicken:

- Chicken tenderloins -12 pieces
- 3 tablespoons olive oil
- 3 tablespoons low sodium soy sauce
- Dunking sauce (BBQ, honey mustard, etc)

Pre-heat oven to 400°

Cube potatoes into 1/2 inch cubes. In mixing bowl, coat potatoes with olive oil. Add red pepper flakes and kosher salt to taste.

Place mixture on a baking sheet and bake 35 minutes or until crispy brown. Turn halfway through the cooking process.

Make sure you keep an eye on them. Once you see them begin to turn golden brown, the browning will accelerate. You do not want the potatoes to burn.

While potatoes are baking:

Mix olive oil and soy sauce together and lightly brush chicken tenderloins with mixture. Grill over medium high heat for 6 to 8 minutes per side. Serve with a dunking sauce.

Serve with a seasonal green salad.

Kari's quick tip: Sweet potatoes are tricky to cut. Make sure you choose the flattest surface of the potato and put this side against the cutting board to help keep it steady. Anchor the tip of the knife into the cutting board and draw the knife down to cut it in half. Place the cut face down; cut into slices and then into cubes.

Spaghetti Pizza Bowl – Fall 2012



When selecting spaghetti squash make it a family affair. Have your children select their own. This will give them ownership and help encourage them to eat their vegetables. When shopping for spaghetti squash, choose the smallest in the bunch.

Optional:

Parents carve name into squash using a fork.

Ingredients:

- 4 small or 4 large halves of Spaghetti squash
- 1 Jar pasta sauce (adjust if you buy more than 4)
- 1 Bag of low-fat shredded mozzarella cheese
- 1 12 oz package of pre-cooked Italian chicken meat balls (or your family favorite)

Preheat oven to 350°

Cut squash in half lengthwise and use a large spoon to scrape out the seeds and pulp.

Pierce the skin and rind to allow steam to escape during the cooking process, especially if using a microwave. You can even make a decoration with the piercing.

Optional: Use the tip of a fork to carve the child's name into the skin of the squash.

Lay cut face down on an oven/microwave safe dish. Add 1/3 cup of water and microwave on high for 10 minutes, or bake for 45 minutes to an hour at 350°

Cool for 5 minutes. While the baked squash is cooking, heat up the pasta sauce and meat balls according to package instructions.

Loosen the meat of the baked squash with a fork and gently separate from the bowl using a spoon being careful not to puncture the skin. Leave the meat of the squash in the bowl. Layer in a scoop of hot pasta sauce and lightly stir. Place 3 to 4 heated meatballs on top and layer extra pasta sauce as desired. Sprinkle with mozzarella cheese.

Serve with a fresh green salad and bread.

Roasted Pumpkin Seeds – Fall 2012



Ingredients:

1 Medium pumpkin (approx. 1 1/2 cups of seeds from the center of a pumpkin.)

Olive oil

Salt

Optional spices and toppings

Pre-heat oven to 350°

Use a large spoon to scrape out pulp and seeds from inside the pumpkin.

Separate unwanted pumpkin pulp from the seeds. For best results rinse and clean the seeds under running water over a strainer.

Pat the seeds dry with a paper towel and place in a bowl.

Drizzle 2 tablespoons of olive oil over the pumpkin seeds and sprinkle with kosher salt to taste

Using a spatula, spread evenly over a baking sheet or pizza pan.

Consider separating the seeds into two batches and add your favorite spices. For the adults try garlic salt, cayenne pepper or lemon pepper, or for the kids sweeten it up with cinnamon and sugar.

Bake for 30 minutes and immediately remove from the pan to a serving dish.

Green Goblin or Lips Without a Face – Fall 2012



Ingredients:

- Ripe pears (for Green Goblin)
- Ripe red apple cored and cut into 8 slices (for Lips without a Face)
- Smooth peanut butter
- Miniature marshmallows (teeth or eyes)
- Whole almonds (wooden or rotten teeth)
- Almond slivers (broken teeth or warts)
- Pretzel sticks (eye extenders or teeth)
- Lemon*

Green Goblin

Wash pears. Choose the best side for your goblin face. Using a sharp knife, slice a thin layer off the wide end of the pear, just enough so it will have a flat surface to sit upright. Next, use a paring knife to notch out the mouth and chin. Start by making a cut parallel to the base approximately 1/4 to 1/3 from the base of the pear. Cut until you get to the core and stop. Finish notching out the chin and mouth by cutting out the wedge. For a big mouth it is best to make this cut at a 45° angle.

Your Green Goblin is now ready to decorate. Start by creating the eyes, nose and warts. Fill the mouth with peanut butter and replace the wedge to make the chin. Add the teeth. Be creative and have fun.

Lips Without a Face

Wash apple. Cut the apple in half. Place the flat surface on the cutting board and cut each half into eight slices. Trim the unwanted portion of the apple core. Spread creamy peanut butter on two apple slices. This will act as the “glue” for the teeth. Decorate your lips.

Kids can create their own special snack. Make ahead for fall parties and after school snacks. Be creative and have fun.

*If you are making these “fridge-ready” squeeze lemon juice in water and place the apple and pear slices into the lemon water mixture - this will prevent them browning.

All Recipes Created by Kari Underly, Range Inc.



Based in Chicago, Kari Underly is the founder of Range®, Inc., www.rangepartners.com. She speaks frequently on the topic of marketing and conducts training and education seminars for retailers, food service operators, trade associations, culinary students, as well as food and meat enthusiasts.

She has more than 20 years in the field as a marketer, educator, master butcher and author, Kari is committed to providing sound, research-based consult and creative, original solutions and services. Kari holds a Bachelor of Science in Business Administration from Indiana Wesleyan University.

She is a faculty member with the IGA Coca-Cola Institute's International Supermarket Management Class and a member of the International Association of Culinary Professionals. Kari is also the author of *The Art of Beef Cutting: A Meat Professionals Guide to Butchering and Merchandising* which was nominated for the 2012 James Beard Foundation Awards and the 2012 International Association of Culinary Professionals Annual Awards.