



Hummingbird Cake

Serves 12. Prep time: 45 minutes active; 3 hours total.

Cake:

$\frac{3}{4}$ cup pecans
1 cup unbleached flour
1 cup whole wheat pastry flour
1 cup sugar
1 teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{4}$ teaspoon baking powder
 $\frac{1}{4}$ teaspoon nutmeg
2 large eggs, lightly beaten
 $\frac{3}{4}$ cup vegetable oil
 $\frac{1}{4}$ cup milk

1 teaspoon vanilla extract
2 cups chopped bananas
1 15-ounce can crushed pineapple, drained

Frosting:

$\frac{1}{2}$ pound Neufchatel cheese, softened
4 ounces unsalted butter, softened
2 teaspoons vanilla
3 cups powdered sugar
Additional pecans for garnish, optional

Preparation

Heat oven to 350 degrees F. Bake pecans on a sheet pan for 6 to 8 minutes, stirring halfway through. Let cool, then chop coarsely. Grease two 9-inch round cake pans then coat lightly with flour. Whisk together dry ingredients in a large bowl. In a separate bowl, whisk the eggs, then whisk in oil, milk and vanilla. Stir wet ingredients into dry until flour is completely moistened. Fold in bananas, pineapple and chopped pecans. Spread the batter in the prepared pans. Bake for 28 to 30 minutes. Cool in pans on a wire rack 10 minutes before removing from pans. Let cool completely.

Use electric mixer or stand mixer to beat Neufchatel cheese until smooth. Add the butter and beat until smooth. Add vanilla and powdered sugar and beat on low until incorporated, then high until fluffy. Spread bottom layer with $\frac{1}{3}$ of frosting, then top with second layer and frost top and sides of cake. Decorate with pecan halves.

Hummingbird Cake

Ingredient checklist

PRODUCE

- ☐ Bananas

BULK

- ☐ Pecans
- ☐ Unbleached flour
- ☐ Whole wheat pastry flour
- ☐ Sugar
- ☐ Baking soda
- ☐ Baking powder
- ☐ Powdered sugar
- ☐ Vegetable oil

GROCERY

- ☐ Canned crushed pineapple

REFRIGERATED/DAIRY

- ☐ Milk
- ☐ Eggs
- ☐ Neufchatel cheese
- ☐ Butter

SPICES/SEASONINGS

- ☐ Vanilla extract
- ☐ Salt
- ☐ Nutmeg

Serving suggestion

This Southern favorite has tons of flavor with cinnamon, pineapple, bananas and toasted pecans. A traditional hummingbird cake has three layers, but two is festive enough for most occasions. Keeps, covered, in the refrigerator for 4 days.

Nutritional information per serving

530 calories	58 g. carbohydrate
32 g. fat	2 g. fiber
70 mg. cholesterol	6 g. protein
230 mg. sodium	

The nutritional values and information provided are approximations.



Pumpkin Hand Pies

**Serves 8. Prep time: 45 minutes active;
1 hour, 40 minutes total.**

2 cups unbleached flour	¼ cup brown sugar
½ teaspoon salt	1 ½ teaspoons cinnamon, divided
½ cup unsalted butter, cold	⅛ teaspoon nutmeg
10 tablespoons ice water (approximate)	⅛ teaspoon cloves
4 ounces cream cheese, softened	1 large egg
½ cup canned pumpkin	3 tablespoons Turbinado sugar

Preparation

In a large bowl, combine flour and salt; mix well. Using the large holes of a grater, grate in cold butter, tossing to coat with flour. Keep tossing with a fork as you drizzle in ice water a tablespoon at a time. When flour is moistened, use your hands to gently mix the dough, pressing it into a ball (add another tablespoon or two of water if needed). Divide the ball into 8 equal portions, and form each into a disk. Chill for 30 minutes.

Place cream cheese in the bowl of a food processor and process until smooth. Add pumpkin, sugar, ½ teaspoon cinnamon, nutmeg and cloves and process until smooth. Scrape out into a small bowl and chill for 30 minutes.

Heat the oven to 400 degrees F. Line a sheet pan with parchment paper. Whisk egg with a tablespoon of water. In a small bowl, mix the Turbinado sugar with the remaining cinnamon. On a lightly floured counter, roll out each dough disk to an oval shape, about 6 by 4 inches. Place 2 tablespoons of filling in the center of each oval, and brush egg wash around the edges with a pastry brush. Fold dough over the filling and seal edges with a fork. Place each hand pie on the prepared pan; brush with the egg wash and sprinkle with cinnamon sugar mixture.

Bake for 25 minutes, until browned and crisp. Cool pies for at least 5 minutes before serving.

Pumpkin Hand Pies

Ingredient checklist

BULK

- ☐ Flour
- ☐ Brown sugar
- ☐ Turbinado sugar

GROCERY

- ☐ Canned pumpkin

REFRIGERATED/DAIRY

- ☐ Butter
- ☐ Cream cheese
- ☐ Egg

SPICES/SEASONINGS

- ☐ Salt
- ☐ Cinnamon
- ☐ Nutmeg
- ☐ Clove

Serving suggestion

How could you improve upon pumpkin pie? By making it into adorable single-serving hand pies of course! These delicious treats feature a buttery, flaky crust topped with crunchy cinnamon sugar. For a festive presentation, serve with a dollop of whipped cream on each one. They're great at room temperature, and keep, tightly covered, in the refrigerator for up to 4 days.

Nutritional information per serving

310 calories	35 g. carbohydrate
17 g. fat	1 g. fiber
70 mg. cholesterol	5 g. protein
240 mg. sodium	

The nutritional values and information provided are approximations.



Maple Glazed Carrots

Serves 4. Prep time: 40 minutes.

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| 1 pound carrots | ¼ cup chicken or vegetable broth |
| ¼ cup unsalted butter | ½ teaspoon salt |
| ¼ cup maple syrup | ¼ cup chopped parsley |

Preparation

Peel the carrots. If they are slender carrots (about as thick as your finger), leave them whole and cut off the greens about an inch from the carrot, then trim and clean the green part for a nice presentation. If using larger carrots, quarter them lengthwise to make half-inch wide pieces, then cut in half crosswise if desired.

Melt the butter in a large sauté pan over medium heat, and add the maple syrup, broth and salt. Swirl to mix. Add the carrots and increase the heat to high, rolling the carrots in the pan to coat with the liquids. When the sauce comes to a boil, cover the pan and reduce the heat to medium. Cook for 10 minutes, then test the carrots by piercing with a paring knife. When the carrots are tender, adjust the heat to keep at a boil, and shake the pan back and forth gently over the heat until the glaze is thick and coats the carrots.

Transfer the carrots and glaze to a serving platter and sprinkle with parsley. Serve immediately.

Maple Glazed Carrots

Ingredient checklist

PRODUCE

- ☐ Carrots
- ☐ Parsley

BULK

- ☐ Maple syrup

GROCERY

- ☐ Chicken or vegetable broth

REFRIGERATED/DAIRY

- ☐ Butter

SPICES/SEASONINGS

- ☐ Salt
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Serving suggestion

Bathed in maple syrup and butter, sweet carrots become a special treat. If you find bunched carrots with tops, pick the bunch with the thinnest carrots and leave a bit of the stem attached for a pretty presentation.

Nutritional information per serving

200 calories	24 g. carbohydrate
12 g. fat	3 g. fiber
30 mg. cholesterol	1 g. protein
260 mg. sodium	

The nutritional values and information provided are approximations.



RUSH HOUR RECIPES

Turkey Banh Mi with Quick-Pickled Cranberries

Serves 4. Prep time: 40 minutes.

Quick-Pickled Cranberries:

- 1/4 cup sugar
- 1/4 cup rice vinegar
- 1/4 teaspoon salt
- 1/2 cup chopped cranberries
- 1 cup shredded carrot

Sandwich:

- 1 or 2 baguettes, cut into 4 6-inch lengths
- 4 tablespoons mayonnaise
- 1 teaspoon vegetable oil
- 1 small onion, chopped

- 4 cloves garlic, chopped
- 1 tablespoon chopped fresh ginger
- 2 cups shredded turkey
- 2 tablespoons fish sauce, more if needed
- 1 teaspoon five-spice powder
- 1 tablespoon sugar
- 12 slices cucumber
- 1 small jalapeño, sliced
- 1/4 cup fresh cilantro, torn
- Sriracha sauce (optional)

Preparation

In a medium bowl, combine the sugar, rice vinegar and salt, then stir to combine. Add the cranberries and carrots and toss to coat. Let stand at room temperature while you make the rest of the sandwich.

Preheat the broiler. Slice the baguette pieces almost all the way through lengthwise and open each like a book. Spread a tablespoon of mayo on the cut sides of each piece. Place on a sheet pan and reserve.

In a large sauté pan over medium heat, drizzle the oil and add the onion. Stir for 5 minutes, until softened. Add the garlic and ginger and stir for a minute, then add the turkey and sprinkle with fish sauce, five-spice powder and sugar. Stir until the turkey is heated through. Remove from heat and keep warm.

Place the prepared baguette slices under the broiler and broil until the mayonnaise is bubbly. Fill each baguette with the turkey mixture, then top it with cucumber slices, cranberry mixture, jalapeño and cilantro. If desired, drizzle with Sriracha sauce. Serve immediately.

Turkey Banh Mi with Quick-Pickled Cranberries

Ingredient checklist

PRODUCE

- ☐ Cranberries
- ☐ Carrot
- ☐ Onion
- ☐ Garlic
- ☐ Ginger
- ☐ Cucumber
- ☐ Jalapeño
- ☐ Cilantro

BULK

- ☐ Sugar
- ☐ Vegetable oil

GROCERY

- ☐ Rice vinegar
- ☐ Baguettes
- ☐ Mayonnaise
- ☐ Fish sauce
- ☐ Sriracha

MEAT/SEAFOOD

- ☐ Turkey

SPICES/SEASONINGS

- ☐ Salt
- ☐ Five-spice powder

Serving suggestion

Banh mi is a Vietnamese sandwich that melds French bread with the fresh, herbal flavors of Vietnam. This combination of savory turkey with tangy, fresh quick-pickled cranberries and carrot and a smear of creamy mayo makes for an exciting way to use up leftover turkey.

Nutritional information per serving

530 calories	82 g. carbohydrate
9 g. fat	5 g. fiber
50 mg. cholesterol	29 g. protein
2560 mg. sodium	

The nutritional values and information provided are approximations.