

FREE
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Brookshire's

celebratecooking



apples and squash
and pumpkins **oh my**
spook-tacular Halloween treats

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Brooke Pittsford
Brookshire's Food Editor/Assistant Manager, Norman, Oklahoma

Dear friends,
October is a month of transition, with the return to crisp, clear days and the crimson and golds of fall's dramatic foliage. To mark the seasonal turn, we've made some great changes of our own at Celebrate Cooking, and we think you'll enjoy our new features and layout! To make our recipes even easier to use, we've come up with a handy legend that gives you the recipe line-down in an easy-to-read format. Our recipes now contain symbols that refer to specific cooking and dietary requirements. Whether you're in a hurry or following a special diet, just look for our new quick-prep time and the following symbols in our recipe key: GF (Gluten-Free), DF (Dairy-Free), LF (Low-Fat).

For food sensitivities, the GF symbol indicates gluten-free recipes that bake great while DF options are specially designed for diabetics to be low in carbohydrates and added sugars. For those watching their waistlines or heart health, it's easy to find a low-fat option that guarantees only 5 grams or less of fat per serving! And, when you're in a rush to get dinner on the table, our new timer symbols indicate meals that can be prepared and cooked in under thirty minutes. Thanks to these changes at Celebrate Cooking, cooking and recipe-finding has never been easier!

I hope you're enjoying the changes Autumn brings because I love it and enjoy the cooler temperatures and beautiful fall colors as you soak up the best rays of sun outdoors and leaf through the great new features at Celebrate Cooking.

Brooke,
908.534.2421
Askbrook@brookshires.com

brooke's best bets

Q: What are your favorite foods you always have on hand?
A: Black beans, potatoes, bell peppers, cilantro and oranges. Top choice is my favorite food, so mostly ingredients that encompass that cuisine.



colorful plate

When I cook, I love creating colorful plates that not only look great, but provide different nutrients, as well. It's fun to think about all the different fruit and vegetable families by color, trying to figure out which foods will both taste and look good together in my dishes. Avocados and green beans are my favorite greens. Carrots and cantaloupe make wonderful oranges and for rich purples, give me eggplant and ripe plums.

ask Brooke { email questions for Brooke to askbrook@brookshires.com }

Tool of the Month: Apple Corer

When I think of autumn, I think of warm apple pie. That's why I love my easy-to-use apple corer. I keep it handy to save time and energy so my family can enjoy fall's delicious apple bounty throughout the season.



be the ghostess with the mostess

There may be ghouls and goblins running wild on Halloween night, but you'll be the Ghostess with the Mostess when you make our tangy-tastic recipes that will have trick or treaters screaming for more! But beware! With terrifyingly tasty recipes like these, your guests might never leave.



baby bundt pumpkins

Prep Time: 10 minutes
Cook Time: 40 minutes
Serves: 12

- 2 1/2 cups flour
- 1 tsp baking powder
- 2 tsp baking soda
- 1 tsp salt
- 1 1/2 tsp cinnamon
- 1 tsp nutmeg
- 1 tsp vanilla
- 2 cups sugar
- 1 cup pecans, chopped
- 1 (16 oz) can pumpkin
- 3/4 cup canola oil
- 3 eggs
- 1/2 cup powdered sugar
- 2 Tbs milk
- 12 cinnamon sticks
- Five drops of orange food coloring

Preheat oven to 350° F. In a large bowl, mix together flour, baking powder, baking soda, spices, salt, sugar and pecans. In another bowl, combine pumpkin, oil and eggs. Combine pumpkin mixture with flour mixture. Pour batter into nine bundt pans. Bake for 45 minutes. Check cakes are cooked evenly from pan. Remove the bottom layer of each cake to make a smooth surface. Stack two cakes bottom to bottom to form a pumpkin.

In a small bowl, combine powdered sugar, milk and orange food coloring. Pour icing over top of bundt cake. Place a cinnamon stick inside each bundt cake to make the stem.

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spooky owl cupcakes

Prep Time: 45 minutes
Cook Time: 15 minutes
Serves: 12

- 1 box German chocolate cake mix
- 1/4 cup water
- 1 Tbs canola oil
- 3 eggs
- 1 tsp vanilla extract
- 1 (16 oz) can milk chocolate frosting
- 1/2 (16 oz) can dark chocolate frosting
- 12 jumbo marshmallows
- 1 (4.25 oz) tube black gel icing
- 1/2 cup almond slivers
- Orange and black food dye



Preheat oven to 350° F. Line muffin pan with cupcake liners and spray with cooking spray. In a large bowl, combine cake mix, water, canola oil, eggs and vanilla extract, mix well. Pour cake batter into a large muffin pan until 2/3 full. Bake for 15 minutes or until toothpick is inserted and comes out clean. Let cupcakes cool. Place chocolate frosting in a zip-top bag and cut a hole at the center of the bag. Pipe icing onto the cupcakes to make feathers. Cut marshmallows horizontally in half. Place two marshmallow halves onto each cupcake. With black gel icing place two dots onto the marshmallow and place 2 slivers of black licorice onto dots to make the pupil of the eyes. Take orange food dye and cut off at a diagonally about



1/2 inch piece off and then slice vertically (this should make a triangle for the back). Place back onto cupcake below the marshmallow eyes. Use black gel icing to make feathers on the owl. To make ears place almond slivers in a triangle shape above each marshmallow.

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frankenstein sandwich

Prep Time: 15 minutes
Serves: 1

- 2 slices whole grain bread
- 2 Tbs peanut butter
- 1 Tbs strawberry jam
- Almond slivers
- Marsh
- Mocha marshmallow

Spread peanut butter over a piece of bread, then spread jelly and top with other piece of bread. Cut a slice across the bread to the bottom to make a smooth and place almond slivers over slice to make teeth. Place marsh and almond slivers on bread to make ears. Take 1 marshmallow and cut in vertical. Place one half of marshmallows on each side of the bread to make Frankenstein's knobs.

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ghost pears

Prep Time: 10 minutes
Cook Time: 10 minutes
Serves: 8

- 8 Bartlett Pears
- 1/2 cup pecans, chopped
- 1/2 cup white sugar



Core each pear into medium white bowl and refrigerate for 1 hour. Place 2 chocolate chips on the pear to make eyes.

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i love my mummy!

yummy mummy pizza

Prep Time: 10 minutes
Cook Time: 8 minutes
Serves: 8

- 1 whole sandwich bun
- 1/2 cup pizza sauce
- 1 mozzarella cheese sticks
- 1/4 cup green bell pepper, sliced
- 12 black olives



Preheat oven to 350° F. Divide sandwich bun. Spread pizza sauce onto each slice of bun. Sprinkle mozzarella cheese sticks onto slices and scatter slices of olives to pizza like the accoutrements of the pizza. Place two olives on pizza to make eyes. Place one whole piece of bell pepper into each slice. Place pizza in the oven for 8 minutes.

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cozy up to autumn

Welcome autumn into your kitchen with a menu that celebrates the hearty flavors of fall. Whether roasted with butter and garlic, or in a delicious casserole packed with melted cheddar, your family will enjoy a meal with fun for a bowl of nature's favorite gourd.



mashed acorn squash with ginger

Prep Time: 20 minutes Cook Time: 18 minutes
Serves: 2
2 lbs butternut squash, peeled and cut into 1 1/2 inch cubes
1 1/2 Tbs unsalted butter
1/2 tsp ground ginger
Salt and ground white pepper, to taste

In large soup kettle with steamer basket, fill kettle with enough water to come to bottom of basket. Bring water to boil, add squash to steamer. Cover, and cook over medium high heat until squash is very tender when pierced with a thin-bladed knife, 14 - 16 minutes. Transfer squash to shallow bowl, add butter, ginger and salt and ground white pepper, to taste, mash with fork to a coarse puree. Adjust seasoning with salt, pepper and serve.

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chili baked squash

Prep Time: 20 minutes Cook Time: 1 hour 15 minutes
Serves: 6
2 medium acorn squash
1 Tbs olive oil
1/2 cup bell pepper, chopped
2 cloves garlic
1/2 cup onion, chopped
1/2 cup 2% cheddar cheese, shredded
1 (15 oz) can turkey chili
2 slices turkey bacon, cooked, crumbled
2 Tbs green onions
1 cup full-fat sour cream
Salt and pepper, to taste

Preheat oven to 350° F. Poke squash with a fork and place in the microwave for 5 minutes or until tender enough to cut. Halve squashes lengthwise and remove seeds. In a large baking dish, pour water into dish until 1/4 full and place squash cut side down; bake for 30 minutes. While squash is cooking and almost done, sauté bell pepper, garlic and onion in olive oil until vegetables are tender. Once squash is tender remove from oven and scoop out inside. In a large bowl, combine squash, vegetables and cheese. Pour water out of baking dish, place squash right side up in dish and return to oven for 10 minutes, or until cheese is melted. While squash is in the oven, heat chili as instructed on can. Take squash out of the oven and top with chili, bacon, green onions and sour cream. Salt and pepper, to taste.

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Brookshire's
food pharmacy

share meals. share life.

THESE SAVINGS GOOD
WEDNESDAY, OCTOBER 6 THRU
TUESDAY, NOVEMBER 2, 2010



Look for this tag in our stores to find the great items advertised in this issue of Celebrate Cooking.

Brookshire's welcomes you to our very own pumpkin patch

Children will fall in love with our big, carve-worthy jack-o-lantern pumpkins while you can choose one or two of our harvest-fresh selections to bake a delicious pumpkin pie. In either case, before or after all the excitement of Halloween trick-or-treating, you and your family can enjoy roasting the seeds for a nutritious and tasty snack.

This fall, pick your perfect pumpkin at Brookshire's, and carve out a little time to make a colorful autumn memory your family will remember forever.



For questions or comments call toll free 1-888-WE-RESPOND (1-888-937-3776). List of advertised specials available online at brookshires.com. All photographs, design, printing and preparation services are subject to availability. Supply, price, and other details are subject to change without notice.