

Halloween Meal 9/26

Pumpkin Smoothies
YIELDS:4 - 6 servings
TOTAL TIME: 5 mins

Ingredients

- 1 can (15 oz. size) pumpkin pie filling
- 3 c. milk (more if needed)
- 1/2 c. vanilla yogurt (up to 1 cup)
- A few dashes of ground cinnamon
- 1-2 frozen bananas

Directions

1. Well ahead of time, place pumpkin pie filling into a freezer-safe container. Freeze for a few hours or until frozen solid.
2. To make the smoothie, add milk, and yogurt to a blender. Drop in the frozen pumpkin pie filling and blend until the frozen filling is completely pulverized. Add more milk or yogurt as needed to get it the consistency you'd like.
3. Pour into individual glasses and sprinkle the tops with graham cracker crumbs. Serve immediately!

To make a lower-calorie smoothie: use unsweetened/unflavored pumpkin puree, nonfat plain yogurt, and the sweetener of your choice.



DEVILED EGGS



Ready In: **31mins**

Ingredients:**6**

Serves:**8-12**

INGREDIENTS

- 12 black olives
- 6 hard-boiled eggs, halved
- 3 tablespoons mayonnaise
- $\frac{1}{2}$ teaspoon ground mustard
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper

DIRECTIONS

1. Cut eggs in half lengthwise. Slip out yolks and mash.
2. Stir in mayonnaise, mustard, salt, and pepper.
3. Place yolk mixture back in eggs.
4. Cut whole olive in half.
5. Put one half of olive for the spider's body.
6. Thinly slice the other half for the spiders' legs. Put four legs on each side

Easy Frankenstein Breakfast Flatbread

Yield: 1

Serving Size: 1



Ingredients

- 1 naan flatbread
- 2 tbsp. Yucatan guacamole
- 1 strip turkey bacon, cooked
- 1 egg white, fried
- 2-3 black olives
- 1-2 grape tomatoes, halved

Instructions

1. Sprinkle the naan flatbread with water and place in the toaster. Bake for 2-3 minutes at 400 degrees, or until crispy. Remove and plate.
2. Spread guacamole onto the flatbread. Then, begin forming the face.
3. Cut a zigzag pattern onto one side of the bacon strip to form the hairline. If necessary, trim the bacon strip to fit the top of the flatbread.
4. Once the hair is in place, cut the egg white into two circles for the eyes. Then, place a black olive slice in the middle of each circle for the pupils.
5. Use the halved tomatoes to form a mouth. Then, if desired, cut pieces of black olives to form the neck bolts and stitches.
6. Serve immediately.

Witches Brooms
Total Time: 15 minutes
Servings: 4
Calories: 250 kcal



Ingredients

- 8 ounces cheddar or Swiss cheese
- 2 medium carrots
- 2 cup chopped celery

Instructions

1. Cut cheese into long rectangles, about 1 1/2 inches long and 1/2-3/4 inch thick. Cut one edge of cheese into strips, without cutting completely through. On the other side cut a small opening that will allow room for the carrot or celery stick to resemble the stick of the broom. Serve with any remaining veggies.

Halloween Squid Ink Spaghetti Worms with Bolognese

PREP TIME 10 MINS

COOK TIME 45 MINS

TOTAL TIME 55 MINS

SERVINGS 8 SMALL SERVINGS

INGREDIENTS

- 1 lb black bean spaghetti
- ¼ cup cooking oil

Bolognese:

- 1 large onion peeled, diced
- 5 cloves garlic peeled, minced
- 1 lb ground beef
- ½ cup low-sodium beef or chicken broth
- 28 oz can crushed tomatoes
- 2 Tbsp tomato paste
- ¼ cup grated Parmesan cheese

Aromatics:

- 2 bay leaves

Seasonings:

- 1 tsp sugar or more to taste
- Salt to taste
- Freshly ground black pepper to taste

INSTRUCTIONS

Cook the pasta:

- Bring a large pot of water to a boil. Add a small pinch of salt. Cook the pasta as directed on the package
- Since we will be serving this in cups and top with the bolognese sauce on top, I suggest rinsing the pasta with cold water after cooking so it won't clump together later
- If you prefer to toss your pasta in the sauce, do not rinse the pasta. Reserve about 1/2 cup of the liquid from cooking pasta

Prepare the Bolognese:

- Preheat a large skillet over medium heat. Add onion and garlic and saute for about 10 minutes until the onions are soft and translucent
- Add ground beef and use a spatula to break the meat into small pieces and cook until the meat is brown, about 5 minutes. Add seasonings and stir to mix. Add beef broth, bay leaves, all the tomatoes and their juice, tomato paste, and sugar. Bring to a simmer and cook until the sauce is slightly thickened and reduced, about 20 minutes. Have a taste. Add more salt and pepper to your taste or some sugar if necessary

Serving:

- Option 1: Portion the cooked spaghetti into small cups and just before serving, spoon the sauce over the top and sprinkle with some grated cheese.
- Option 2: Add pasta to the bolognese sauce and add the reserved pasta water while cooking over medium heat. Toss until the liquid is absorbed and then divide into cups and/or plates or just transfer to a large serving bowl and everyone can help themselves