



Falling for you Recipes

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Enjoy these Fall inspired
recipes by @offthepepper



FALL ARROZ CON POLLO (FALL CHICKEN & RICE)

Prep Time: 15 min
Cook Time: 30 min



INGREDIENTS

- 2 chicken thighs, skinless & boneless
- 1 tsp. allspice
- 1 tsp. nutmeg
- 2 tsp. brown sugar
- ½ tsp. ginger
- Salt & Pepper
- 1 tsp. garlic
- 1 tsp. rice wine vinegar
- ¼ red onion, chopped
- 1 cup diced pumpkin
- ¼ cup green peas, frozen
- 2 cups uncooked jasmine rice
- ½ can diced tomato
- 3 Tbsp. butter
- 1 Tbsp. Vegetable oil
- 3 cups chicken stock

DIRECTIONS

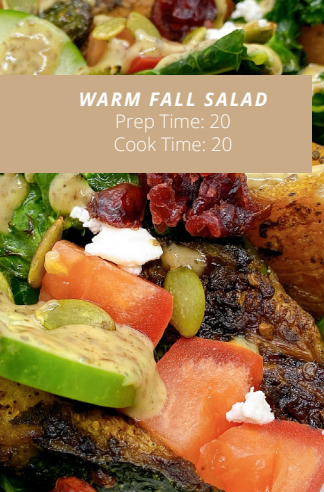
Season the chicken with allspice, nutmeg, brown sugar, ginger, salt and pepper. Set aside. In a medium pan, add vegetable oil and heat on medium-high until you see ripples and oil is very hot. Once heated, add chicken and sear until golden brown. You should hear a loud hiss as you place the chicken in the pan. Once chicken is seared, remove from pan and drain the excess oil. Set chicken aside.

Place the medium pan back on the stove over low heat. Add 2 Tbsp. of butter and allow butter to brown. Once butter is browning and emitting a nutty aroma, add pumpkin, garlic and onion to the pan. Saute for 5 minutes until the onion is translucent.

In a medium-large saucepan, add rice, chicken stock, chicken, pumpkin, tomato, green peas, and rice wine vinegar. Bring to a boil; once boiling, bring down to a simmer, cover, and allow to cook for 15 minutes.

After 15 minutes, the rice should be cooked and the flavor evenly distributed through the rice. Uncover and check to ensure rice is done. If not, cover once again and cook for 5 minutes at a time until fully cooked. Serve and enjoy!

Notes: Any vegetable can be used in this dish, as long as it can be cooked within the rice. To make this meal vegetarian, omit the chicken and chicken stock and substitute with 1 extra cup of vegetables and 1 cup of white beans in place of the chicken and vegetable broth in place of the chicken stock.



WARM FALL SALAD

Prep Time: 20

Cook Time: 20

INGREDIENTS

- 2 cups sauteed kale
 - 2 roasted butternut squash bells, cut into 1 inch cubes
 - 1 roasted zucchini, sliced thick
 - 1 tsp. garlic powder
 - 1 tsp. smoked paprika
 - ½ cucumber, sliced into half moons
 - ¼ cup diced tomato
 - 2 Tbsp. dried cranberries
 - 2 Tbsp. goat cheese
 - 1 Tbsp. hulled pumpkin seeds (pepitas), toasted
- Thai Basil Dressing**
- 1 Tbsp. dijon mustard
 - 2/3 cup vegetable oil
 - 5 leaves Thai basil, sliced
 - Salt and Pepper
 - 1/3 cup rice wine vinegar

DIRECTIONS

Thai Basil Dressing: Place dijon mustard, rice wine vinegar, thai basil leaves, and salt and pepper in a blender; blend on medium until incorporated. While still blending, slowly and continuously pour vegetable oil into the blender. As you pour the oil, the dressing will get thicker. If it gets too thick, add a small amount of water to thin it out until you reach your desired thickness.

Warm Fall Salad: Preheat the oven to 350 degrees. First, toast your pepitas. Season with olive oil and salt and pepper. Bake for 6-8 minutes or until pepitas become toasted. Set aside. Place butternut squash and zucchini on a pan and season with salt, pepper, smoked paprika, and garlic powder. Roast for 15 minutes or until the vegetables have a nice golden crust. In a pan, saute kale until wilted. Then place kale in your serving bowl. Add the squash, zucchini, cucumber, tomato, cranberries, and goat cheese on top of the kale, distributing evenly. Garnish with toasted pepitas and drizzle with Thai Basil dressing. Serve immediately.

Notes: For added protein, sear or bake your favorite piece of protein such as salmon, chicken, steak or shrimp.



SPICED APPLE WONTON

Prep Time: 15

Cook Time: 20

INGREDIENTS

- 10 wonton wrappers
 - 2 apples, diced
 - 1 Tbsp. butter
 - 2 Tbsp. brown sugar
 - 1 tsp. vanilla extract
 - ¼ cup water
 - 1 tsp. cinnamon
 - ½ tsp. nutmeg
 - 1 tsp. thyme
 - ¼ tsp. scotch bonnet, kept mostly whole
 - Vegetable oil, for frying
- Cinnamon Sugar**
- 1 cup granulated sugar
 - ½ cup cinnamon

DIRECTIONS

In a medium skillet over medium heat, add butter. Once slightly melted, add apples, thyme, and scotch bonnet; cook for 8 minutes until apples begin to tenderize.

Remove the scotch bonnet from the skillet so it doesn't overpower the mixture.

Add brown sugar, vanilla extract, cinnamon, nutmeg, and water to skillet. Continue to allow apples to cook until they begin to slightly bubble.

Remove mixture from heat so it can begin to cool and the wontons can be filled.

Lay out your wonton sheets. Fill them with ½ tsp. of apple filling once fully cooled and line the wontons with water. Pinch the sides to close fully and fry in skillet heated with vegetable oil until lightly crisp and golden brown.

Once they are fully cooked, coat each wonton with cinnamon sugar mixture. Enjoy!