

# Cooking Class Menu:

White Bean Chili

Macaroni and Cheese with White Wine

Candied Acorn Squash

Fruit Crisp





# White Bean Chili

Prep: 30 minutes    Soak: Overnight    Cook: 2 hours and 20 minutes

- 1 pound dried Great Northern beans or 4 cans of Great Northern beans
- 2 medium onions, chopped
- 1 tablespoon olive oil
- 3 (4.5 ounce) cans chopped green chilies, undrained
- 4 cloves garlic, minced
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- 6 cups chicken broth
- 5 cups chopped cooked chicken breast
- 3 cups (12 ounces) shredded Monterey Jack Cheese with jalapeño peppers
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup chopped fresh cilantro (optional)

- Sort and rinse beans; place in a large Dutch oven. Cover with water 2 inches above beans; let soak overnight. Drain; set aside beans. If using canned beans, drain and rinse beans.
- Sauté onion in hot oil in Dutch oven over medium-high heat until tender. Add green chilies and next 3 ingredients; cook 2 minutes stirring constantly. Add beans and chicken broth. Bring to a boil; cover, reduce heat, and simmer 2 hours or until beans are tender, stirring occasionally.
- Add chicken, 1 cup cheese, salt, and pepper. Bring to a boil; reduce heat, and simmer, uncovered, 10 minutes, stirring often. Stir in cilantro, if desired
- To serve, ladle chili into individual soup bowls. Top each serving with remaining 2 cups cheese.

Yield: 13 cups

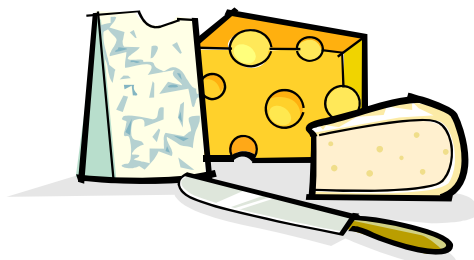
Per 1-cup serving: Calories 359, Fat 12.3 g, Cholesterol 71 mg, Sodium 984 mg

# Macaroni and Cheese with White Wine

½ to ¾ pound (8-12 oz) uncooked elbow macaroni  
3 to 4 tablespoons finely chopped onion  
3 tablespoons butter  
3 to 4 tablespoons flour  
½ teaspoon salt  
¼ teaspoon pepper  
1 cup milk  
½ cup dry white wine  
¾ to 1 cup (3-4 ounces) shredded sharp Cheddar cheese  
¾ to 1 cup (3-4 ounces) shredded Monterey jack cheese  
¼ cup bread crumbs

- Cook the macaroni using package directions. Rinse under cold running water; drain.
- Sauté the onion in the butter in a 2-qt saucepan over low heat until soft. Add the flour, salt and pepper, stirring constantly.
- Stir in the milk and white wine gradually. Cook over medium-low heat until thickened, stirring constantly.
- Add the Cheddar and Monterey jack cheese. Cook until cheese melts, stirring constantly.
- Add desired amount of macaroni and mix well. Spoon into a buttered 2-qt baking dish. Cover the top with bread crumbs. Bake at 350 degrees for 30 to 35 minutes.

Yield: 6 servings





# Candied Acorn Squash

Prep: 10 minutes    Bake: 65 minutes    Oven: 350 °

1 medium acorn squash (about 1 ¼ pounds)  
¼ cup maple syrup or 3 tablespoons brown sugar  
2 tablespoons butter or margarine, melted  
½ teaspoon finely shredded orange peel (optional)  
1/8 teaspoon ground cinnamon or ground nutmeg

- Cut squash in half lengthwise; remove and discard seeds. Arrange the squash halves, cut side down, in a 2-qt baking dish. Bake at 350 degrees for 45 minutes. Turn the squash halves cut side up.
- In a small bowl stir together maple syrup, butter, orange peel (if desired), and cinnamon. Spoon syrup mixture into centers of squash halves. Bake for 20 to 25 minutes more or until squash is tender.

Yield: 2 servings



# Fruit Crisp

Prep: 30 minutes    Bake: 30 minutes    Oven: 375°

5 cups sliced, peeled cooking apples, pears, peaches, or apricots, or frozen unsweetened peach slices

2 to 4 tablespoons granulated sugar

½ cup regular rolled oats

½ cup packed brown sugar

¼ cup all-purpose flour

¼ teaspoon ground nutmeg, ginger, or cinnamon

¼ cup butter or margarine

¼ cup chopped nuts or coconut

Vanilla ice cream (optional)

- For fruit filling, thaw fruit if frozen. Do not drain. Place fruit in a 2-qt square baking dish. Stir in the granulated sugar.
- For topping, in a medium bowl combine the oats, brown sugar, flour and nutmeg. Cut in butter until mixture resembles coarse crumbs. Stir in the nuts. Sprinkle topping over fruit.
- Bake at 375 degrees for 30 to 35 minutes (40 minutes for thawed fruit) or until fruit is tender and topping is golden. If desired, serve warm with ice cream.

Microwave directions:

- Prepare fruit filling as in recipe above. Microwave fruit, covered with vented plastic wrap, on high power for 4 to 6 minutes, or until fruit is tender, stirring twice. Prepare topping as in step 2 above. Sprinkle over filling. Cook, uncovered, on high for 2 to 4 minutes or until topping is heated through, giving the dish a half-turn once.

Yields: 6 servings

**Blueberry Crisp:** Prepare filling as above, except use 5 cups fresh or frozen blueberries for the fruit. Use 4 tablespoons granulated sugar and add 3 tablespoons all-purpose flour.

**Cherry Crisp:** Prepare filling as above, except use 5 cups fresh or frozen unsweetened pitted cherries for the fruit. Use ½ cup granulated sugar and add 3 tablespoons all-purpose flour.

**Rhubarb Crisp:** Prepare filling as above, except use 5 cups fresh or frozen unsweetened sliced rhubarb for the fruit. Use ¾ cup granulated sugar and add 3 tablespoons all-purpose flour.