



# Made From Scratch Monthly

## Make a Meal with a Picky Eater

Do you have a picky eater at home? Getting them involved with your meal planning and prep is a good way to get them excited about helping in the kitchen and trying something new.

### Applesauce Oatmeal Pancakes

- 1/2 c. all-purpose flour
- 1/2 c. oats, quick-cooking or old-fashioned
- 1/2 c. fat-free milk
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/4 c. sugar
- 1/2 c. applesauce, unsweetened
- 2 large egg whites
- 1 tbs canola oil

#### Instructions:

1. Place all ingredients in a medium bowl and whisk until blended.
2. Spray your pan or griddle with a non-stick cooking spray. If you are using a griddle heat to 375°.
3. When hot, pour about 1/4 cup of pancake batter per pancake. Cook until bubbles appear and edges are puffed. Flip the pancake and cook until golden brown on both sides.
4. Enjoy!



**Tip:** Batter can be doubled cook as many as you'd like then freeze the rest. Use parchment paper to separate the cooked pancakes and place them in a freezer bag.

**Get Creative:** Add 1/2 cup of blueberries or raisins into your batter for extra flavor. Using different fruits, whip cream or chocolate chips to make faces or designs on your pancakes can also be a lot of fun.

### Quick Tortilla Pizza

- 8-inch flour tortillas
- 3/4 c. pizza sauce
- 1 c. shredded mozzarella cheese
- Toppings of your choice

#### Instructions:

1. Preheat oven to 450°.
2. Brush both sides of the tortilla lightly with olive oil. Top each tortilla with 3 tbs of sauce, 1/4 cup of mozzarella, and toppings.
3. Cook using one of the following methods:



**Pizza Stone or cast iron pan (crispiest):** Place as many pizzas as fit directly onto preheated stone, or place one pizza into preheated cast iron pan. Bake 4 to 5 minutes until crispy and cheese is melted.

**Oven rack:** Place pizza directly onto oven rack. Bake 5 to 6 minutes until crispy and the cheese is melted.

**Pizza Sauce Recipe (No Cook!)**

- 15 ounces crushed fire roasted tomatoes
- 1 tbs extra virgin olive oil
- 1 small clove garlic
- 1/2 tsp dried oregano
- Scant 1/2 tsp kosher salt

**Instructions:**

1. Cut garlic into desired sizes
2. Place all ingredients in a blender. Blend until fully combined. Store refrigerated for one week or freeze up to three months.



Looking for great-tasting, healthy dishes? WebMD's recipes make it easy to meet your nutritional needs. Each recipe includes step-by-step instructions, nutritional information, healthy ingredients, and helpful preparation tips to make delicious meals. Log into Dean Health Plan Living Healthy at [member.deancare.com](http://member.deancare.com) to find more recipes.

## Southwestern Stuffed Acorn Squash

- 3 acorn squash, 3/4 – 1 pound each
- 5 ounces bulk turkey sausage
- 1 small onion
- 1/2 medium red bell pepper, chopped
- 1 clove garlic, minced
- 1 tbs chili powder
- 1 tsp ground cumin
- 2 c. cherry tomatoes, chopped
- 1 15-ounce can black beans, rinsed
- 1/2 tsp salt
- Hot red pepper sauce, to taste
- 1 c. Swiss cheese, shredded

### Instructions:

1. Preheat oven to 375°. Lightly coat a large baking sheet with cooking spray.
2. Cut squash in half horizontally, scoop out and discard seeds. Place cut-side down on the baking sheet. Bake until tender, about 45 minutes.
3. Lightly coat a large skillet with cooking spray; heat over medium heat. Add sausage and cook, breaking up with a wooden spoon, until lightly browned 3 to 5 minutes. Add onion and bell pepper; cook, until softened, 3 to 5 minutes. Stir in garlic, chili powder, and cumin; cook for 30 seconds. Stir in tomatoes, beans, salt, and hot sauce, scraping up any browned bits. Cover, reduce heat, and simmer until the tomatoes are broken down, 10 to 12 minutes.
4. When the squash is tender, reduce oven temperature to 325°. Fill the squash halves with the turkey mixture. Top with cheese. Place on the baking sheet and bake until the filling is heated through and the cheese is melted for 8 to 10 minutes.



## Roasted Pumpkin-Apple Soup

- 4 pounds pie pumpkin, or butternut squash, peeled, seeded, and cut into 2-inch chunks (see Tip)
- 4 large sweet-tart apples such as Empire, Cameo, or Braeburn, unpeeled, cored, and cut into eighths
- 1/4 c. extra-virgin olive oil
- 1 1/4 tsp salt, divided
- 1/4 tsp ground pepper
- 1 tbs chopped fresh sage
- 6 c. reduced-sodium chicken or vegetable broth
- 1/3 c. chopped hazelnuts, toasted (see Tip)
- 2 tbs hazelnut oil

### Instructions:

1. Preheat oven to 450°
2. Toss pumpkin (or squash), apples, olive oil, 1 tsp salt, and pepper in a large bowl. Spread evenly on a large rimmed baking sheet. Roast, stirring once, for 30 minutes. Stir in sage and continue roasting until very tender and starting to brown, 15 to 20 minutes more.
3. Transfer 1/3 of the pumpkin (or squash) and apples to a blender along with 2 cups of broth. Puree until smooth. Transfer to a Dutch oven and repeat for two more batches. Season with the remaining 1/4 tsp salt and heat through over medium-low heat, stirring constantly to prevent splattering, for about six minutes. Serve topped with hazelnuts and a drizzle of hazelnut oil.



**Tip:** Make it easier to cut a pumpkin, acorn squash or other winter squash: pierce in several places with a fork; microwave on high for 45 to 60 seconds. Use a large sharp knife to cut in half. Remove the seeds and stringy fibers with spoon. To toast chopped nuts, small nuts and seeds, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.