Roasted Fall Vegetables
Serves 4 to 6

- 1 pound carrots, peeled and coarsely chopped
- 1 pound Brussels sprouts, washed, trimmed, and cut in half lengthwise
- 1 red onion, peeled and sliced in ½-inch wedges
- 2 tablespoons olive oil
- 1 tablespoon chopped fresh rosemary
- 1 teaspoon chopped fresh thyme
- Salt and freshly ground pepper

1. Preheat oven to 400°F.
2. Prepare vegetables and place in a large mixing bowl. Pour the olive oil over the vegetables. Add the chopped rosemary and thyme. Toss with your hands or a spoon until vegetables are lightly coated with oil.
3. Spread the vegetables on a baking sheet covered in parchment. Sprinkle with salt and pepper to taste.
4. Roast for 15 minutes. Stir vegetables, then roast for another 10 to 15 minutes until slightly browned and tender.
Easy Black Bean Chicken Chili

Serves 8

- 2 tablespoons olive oil
- 1 large yellow onion, chopped
- 6 cloves garlic, peeled and chopped
- 1 tablespoon ground cumin
- 2 teaspoons dried oregano, crumbled
- 1 teaspoon salt
- 2 tablespoons flour
- 2 quarts chicken stock
- 1-2 (7-ounce) cans roasted, chopped Anaheim green chilies
- 4 (15-ounce) cans black beans, drained and rinsed
- 4 cups diced, roasted chicken

Garnish:
- 2 cups shredded pepper jack cheese
- Sour cream
- ½ cup chopped cilantro


2. Sprinkle flour over the mixture. Cook for two minutes, stirring occasionally to keep garlic from burning. Remove pot from heat.


4. Ladle soup into individual bowls. Garnish with shredded cheese, sour cream, and chopped cilantro.
Corn Salad with Feta and Herbs
Serves 6

- 1 tablespoon white wine vinegar
- 2 tablespoons olive oil
- Pinch of salt
- 3 ears fresh corn, or one 10-ounce package frozen corn, thawed and drained
- ½ shallot, minced
- ¼ cup chopped kalamata olives
- ½ cup radishes, sliced
- 1 tablespoon chopped tarragon
- 1 tablespoon chopped Italian parsley
- 6 ounces feta cheese
- Freshly ground pepper
- Chilled lettuce

1. For the dressing: Whisk together vinegar, olive oil, and salt.
2. With a sharp knife, cut the corn kernels from the cob into a bowl. If using frozen corn, put the thawed and drained kernels into a bowl.
3. Add the shallot, olives, radishes, tarragon, and Italian parsley. Pour the dressing over the vegetables. Stir until lightly mixed.
4. Crumble the feta cheese over the mixture and stir in gently. Do not overmix. Sprinkle with freshly ground pepper.
5. Serve on chilled lettuce.
Apple Crisp
Serves 6-8

Filling:
• 6 cups peeled, sliced apples*
• ½ cup granulated sugar
• ½ teaspoon grated lemon peel
• 2 tablespoons butter
• ½ teaspoon cinnamon

Topping:
• ¾ cup unbleached flour
• ¾ cup uncooked oatmeal
• ½ cup brown sugar
• ¼ teaspoon salt
• ¼ teaspoon cinnamon
• ¼ teaspoon ground cardamom or nutmeg
• 6 tablespoons cold butter, diced in small cubes
• ¼ cup chopped walnuts or pecans
• Heavy cream (optional)

1. Preheat oven to 350° F.
2. For the filling: Melt 2 tablespoons butter in a large pot. Stir in the sliced apples, lemon peel, sugar, and cinnamon. Cook for five minutes until apples are tender. Pour mixture into a lightly buttered loaf pan.
3. For the topping: In a mixing bowl, stir together the flour, oatmeal, brown sugar, salt, cinnamon, and cardamom or nutmeg. Add 6 tablespoons cold butter to the mix. With your hands, rub the butter into the flour mixture until blended. Stir in the nuts.
4. Cover the filling with the topping. Bake uncovered at 350° F for 45 minutes, until crispy and light golden on top with juices bubbling slightly around the edges.
5. Serve with heavy cream, if desired.

*This is a basic recipe. You may use any frozen or fresh fruits you like—peaches, plums, blackberries, blueberries, strawberries, rhubarb, or a mixture. All taste delicious.