Lazy Daisy Oatmeal Cake  
Serves 8-10

Cake:
- 1 cup uncooked old fashioned rolled oats (not instant)
- 3/4 cup boiling water
- 1/2 cup milk
- 1/2 teaspoon salt
- 6 tablespoons unsalted butter, softened
- 1 teaspoon vanilla extract
- 2 eggs
- 1 1/4 cups all purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg

1. Preheat oven to 350 degrees. Combine oats, boiling water, milk and salt in a bowl. Allow it to rest for 20 minutes. Meanwhile, adjust one oven rack to middle position and another rack to broiler position. Lightly oil a 9" square pan.

2. Place butter in the bowl of a mixer. Whip until fluffy. Add sugar and continue beating until light. Add eggs and vanilla and mix well. In a separate bowl, combine flour, baking soda, cinnamon and nutmeg. Whisk to combine.

3. Add oat mixture to the butter and sugar. Stir well to combine. Fold in the dry ingredients. Pour batter into prepared cake pan and bake at 350 for 40-45 minutes, until a toothpick inserted in the center of the cake comes out clean.

4. While cake is baking mix together the topping ingredients. When cake is done baking, spread the topping on the hot cake, return to the oven, turn up to broil and cook until top is golden and bubbly. It will only take a minute or two. Watch carefully as it can burn easily. Serve warm or at room temperature.

Topping:
- 1/4 cup butter (4 tablespoons) softened
- 1/2 cup brown sugar
- 3 tablespoons cream or milk
- 3/4 cup unsweetened flaked coconut
- 1/2 cup chopped pecans or sliced almonds

Per Serving
675 calories
37g fat
70g carb
8g protein
Fall Fennel & Pear Salad
Serves 4-6

- 3 tablespoons apple cider vinegar
- 1/2 teaspoon crushed coriander seed (or anise seed)
- sprinkle of salt and freshly ground pepper
- 1/3 cup olive oil
- 1 thinly sliced fennel bulb
- 2 thinly sliced pears
- Italian Parsley leaves
- pecorino cheese
- mixed salad greens

1. Whisk the vinegar with the crushed coriander (or anise) seed, a dash of salt and a grinding of black pepper. Whisk in the olive oil.

2. Add the thinly sliced fennel bulb, and pears. Sprinkle in some torn parsley leaves. Season with extra salt & pepper and toss. Top with shaved pecorino and serve over mixed salad greens

Per Serving
175  calories
14g  fat
13g  carb
2g  protein
Roasted Acorn Squash With Peas
Serves 4

- 2 acorn squash
- 1 tablespoon melted butter
- salt, freshly ground pepper, and nutmeg
- 2 cups frozen peas, rinsed

1. Preheat oven to 350 degrees.

2. Cut the acorn squash in half, vertically. Scrape out the seeds and pith. Slice a small piece from the skin side of the squash so it will rest flat on the baking pan.

3. Put some parchment on a baking sheet and bake, cut side down for 30 minutes or until tender when pierced with a knife. Turn the squash right side up and brush with some melted butter. Sprinkle the flesh with a little salt, pepper and nutmeg. Add 1/2 cup rinsed, frozen peas to each squash, return to the oven and cook for another 10 minutes until the peas are hot and the edge of the squash is a golden brown.

Per Serving
260 calories
4g fat
56g carb
7.5g protein
**Spinach Lasagna**  
Serves 8-12

- 2 Tablespoons olive oil
- 1 medium onion, finely diced
- 8 oz chopped cremini or white button mushrooms
- 12 oz. fresh spinach leaves, rinsed
- 2 cups ricotta cheese (15 oz. container)
- 2 large eggs, beaten
- 1/4 teaspoon freshly ground black pepper
- dash or two of ground nutmeg
- 3 cups (or 1 - 24 oz. jar) marinara sauce
- 12 no-boil lasagna noodles
- 1 cup grated parmesan cheese
- 2 cups shredded mozzarella cheese

1. Preheat oven to 350 degrees. Lightly oil a 13” x 9” baking dish.

2. Heat olive oil in a large skillet with lid, over medium heat. Add the chopped onions and mushrooms and cook, stirring occasionally until the onions become translucent, 5-10 minutes. Add the garlic, spinach leaves and 1/4 teaspoon of salt. Cook, stirring as needed until the spinach is bright green and wilted. The spinach will be piled high in the pan, but it will reduce quickly as it wilts.

3. Combine ricotta cheese, eggs, 1/2 teaspoon of salt, pepper and nutmeg in a medium bowl. Stir until well blended.

**To Assemble:**

1. Spread 1 cup of marinara sauce over the bottom of the baking dish. Arrange 3 noodles lengthwise, side by side to cover the bottom. Spread half of the ricotta cheese mixture over the noodles. Sprinkle with a third of the parmesan cheese and a third of the mozzarella cheese. Add half of the spinach mixture and dollop about a 1/2 cup of marinara sauce over the spinach.

2. Add a second layer of noodles then repeat with remaining cheese and spinach and another 1/2 cup of sauce. Finish with a third layer of noodles and top with remaining sauce, parmesan and mozzarella cheese.

3. Cover the pan loosely with aluminum foil and bake for 30 minutes, uncover and bake for an additional 10-15 minutes until sauce and cheese are bubbly. Remove from oven and place on top of the stove to rest. Allow the lasagna to cool for about ten minutes before slicing.

**Per Serving**

- 520 calories
- 25g fat
- 42g carb
- 33g protein