

## **In the Kitchen – January Yum – by Marcy Lytle**

We made some of these in the past few weeks and loved every dish. January is all about comfort, and each one of these comforted and sang goodness to our bellies! Try one, or try all!

### **Chorizo Corn Dip**

We made this for our Thanksgiving table and it was a hit! We continued to eat it the next few days, even serving it over fries. It's so good and tasty.

- 1 pound fresh chorizo or spicy bulk pork sausage
- 2 cans (15-1/4 ounces each) whole kernel corn, drained
- 1/2 cup finely chopped sweet red pepper
- 1 cup finely chopped seeded jalapeno pepper (about 4 peppers)
- 6 green onions, chopped
- 1 cup mayonnaise
- 1/2 cup grated Parmesan cheese
- 1-1/2 teaspoons chili powder
- 1 garlic clove, minced
- 3 cups shredded Monterey Jack cheese
- Tortilla chips

### **Directions**

1. Preheat the oven to 350°. In a large skillet, cook chorizo over medium heat until cooked through, 6-8 minutes, breaking into crumbles; drain.
2. In a large bowl, combine cooked chorizo and the next 9 ingredients. Transfer to an ungreased 10-in. cast-iron skillet or 13x9-in. baking dish.
3. Bake until heated through, 30-35 minutes. Serve warm, with tortilla chips.

### **Falafel Bowl**

This was just an impromptu bowl night, using some frozen falafel balls we had in the freezer. You need to get some!

- Brown rice (quick cook)

- Falafel balls
- Almonds (or any nuts)
- Cucumbers
- Shredded carrots
- Olives
- Avocado
- Dressing of your choice

Cook the rice, and heat the falafel. Add butter and salt and pepper to the cooked rice and place as the base into your bowls. Arrange the falafel, and all the other ingredients in the bowl. Serve with a nice light dressing to drizzle over top (Tzatziki or Tahini)

### **Winter Salad**

We headed to the market one weekend and then used what we bought, along with a few veggies and things from the fridge, to make a winter salad that was delish:

- Greens (we had romaine and arugula)
- Cilantro
- Broccoli
- Carrots
- Red onion
- Celery tops
- Bacon (fried and crumbled)
- Cheddar cheese grated
- Bbq chickpeas (found at World Market)
- Honey mustard dressing

Just place the greens in a bowl and top with all the ingredients and enjoy with the dressing!

### **Fried Green Tomatoes**

We saw these at the market and bought some. They turned out SO GOOD!

- Green tomatoes
- ½ c corn meal
- ½ c flour
- Egg and milk
- Canola oil
- Salt and pepper
- Ranch dressing

Slice the green tomatoes while you're heating your canola oil in a frying pan (about an inch deep). Place corn meal and flour mixed together in a bowl. Crack one egg and add a bit of milk in another bowl and whisk together. Dip each tomato slice in the milk mixture then into the dry mix, back into the egg and back into the dry, then place on a plate. When the oil is hot, place

the tomatoes into the pan – not crowded – and fry. They fry quickly. Flip so both sides are golden.

Drain on paper towels and salt and pepper them. Serve with Ranch or other dip or salsa of your choice.

### **Chili and Rice Wraps**

This is a recipe from my vault – easy and so tasty – great for the family on a cold night in...

- 1 can chili
- 1 c Minute or quick cooking rice
- Shredded cheese
- Chopped tomatoes
- Sliced green onions
- 6 inch flour tortillas

Bring 1 can of chili and ½ cup water to a boil. Stir in 1 cup quick cooking rice, and cover. Cook on low heat for 5 minutes. Spoon mixture onto the tortillas, and then add all the toppings. Fold ends and roll up or serve like tacos.

### **Granola Made Easy**

I found this recipe and tried it. We loved it!

- 1/2 cup almond butter
- 1/2 cup maple syrup
- 1 cup pecans
- 1 cup walnuts
- 1 cup oats

Preheat oven to 350 and line a baking sheet with parchment paper.

Mix almond butter and syrup in a big bowl. Add in the oats, pecan and walnut – mix all together.

Transfer to baking sheet and bake 20-25 minutes, flipping halfway through.

Once done, turn off oven and let granola cool there another 20 minutes.

Break into pieces and add dried cranberries if you wish (I did!) and store in airtight container for 2-3 weeks.