
RECIPES

CHUNKY GUACAMOLE

Our fresh guacamole is perfect for the Sunday game or served alongside quesadillas for a festive dinner.

Makes about 1 1/3 cups

- 1 small garlic clove, peeled
- 1/2 jalapeño, seeded, cut into 1-inch pieces
- 1 green onion, cut into 1-inch pieces
- 1 tablespoon fresh cilantro leaves, stems discarded
- 2 ripe avocados, halved, pitted
- 2 tablespoons fresh lime juice
- 3/4 teaspoon kosher salt

1. Put the garlic, jalapeño, green onion and cilantro in the work bowl. Pulse on Chop to roughly but evenly chop, about 8 to 10 pulses.

2. Scrape down the sides of the bowl. Scoop out the flesh of the avocados, in pieces, and put directly into the work bowl; add the lime juice and salt. Alternate pulsing between Chop and Grind and then run on Chop continuously to achieve desired consistency.

Nutritional information per serving (1/3 cup):

Calories 118 (74% from fat) • carb. 7g • pro. 1g • fat 10g
sat. fat 1g • chol. 0mg • sod. 434mg • calc. 13mg • fiber 5g

TAPENADE

This spread goes great with fresh, crusty bread. Spread on sandwiches or even bake a thin layer onto salmon or chicken.

Makes about 1 1/3 cups

- 1 garlic clove, peeled
- 3 tablespoons packed fresh parsley leaves
- 1 1/2 cups pitted black olives, such as Kalamata or Niçoise
- 1 1/2 cups pitted green olives
- 1/4 cup capers, drained and rinsed
- 1 1/2 teaspoons fresh lemon juice
- 1 1/2 teaspoons Dijon mustard
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons extra virgin olive oil

Put all ingredients in the work bowl. Pulse on Chop to evenly chop the ingredients, and then run on Chop continuously until desired consistency is achieved.

Nutritional information per serving (2 tablespoons):

Calories 51 (82% from fat) • carb. 2g • pro. 0g • fat 5g
sat. fat 1g • chol. 0mg • sod. 266mg • calc. 24mg • fiber 1g

HUMMUS

Serve this brightly flavored dip with warm pita for a satisfying snack.

Makes about 1 2/3 cups

- 1 garlic clove
- 1 can (15.5 ounces) chickpeas, rinsed and drained
- 1/3 cup tahini
- 1/3 cup plus 2 tablespoons cold water
- 2 tablespoons fresh lemon juice
- 1/2 to 3/4 teaspoon kosher salt (to taste)
- 1/4 teaspoon ground cumin
- Extra virgin olive oil, for finishing
- Pinch za'atar (optional), for finishing

1. Put the garlic in the work bowl. Run on Chop continuously to finely chop. Add remaining ingredients to the work bowl. Pulse on Chop to start processing ingredients. Continue pulsing to process until smooth and creamy.

2. Taste and adjust seasoning as desired. To serve, drizzle with olive oil and sprinkle with za'atar (if using).

Nutritional information per serving (2 tablespoons):

Calories 78 (40% from fat) • carb. 9g • pro. 3g • fat 4g
• sat. fat 0g • chol. 0mg • sod. 154mg • calc. 39mg
• fiber 3g

MAYONNAISE

Taste the difference in homemade mayonnaise.

Makes about $\frac{2}{3}$ cup

- 2 large egg yolks**
- 1 tablespoon water**
- 1 teaspoon fresh lemon juice**
- $\frac{1}{2}$ teaspoon kosher salt**
- $\frac{1}{2}$ teaspoon Dijon mustard**
- $\frac{2}{3}$ cup vegetable oil**

1. Put the egg yolks, water, lemon juice, salt, and mustard in the work bowl and press Chop to process until smooth, about 15 seconds. While running on Chop continuously, add the oil slowly through one of the drizzle holes on the cover until all oil is incorporated and the mayonnaise is emulsified and homogenous.

2. Taste and adjust seasoning accordingly.

Note: For fresh herb mayonnaise: Process $\frac{1}{3}$ cup firmly packed fresh herbs (e.g., parsley, dill, tarragon, basil, etc.), stems removed, with the yolks before adding the oil.

For a bolder-flavored mayonnaise, increase the salt by $\frac{1}{4}$ teaspoon, the Dijon by $\frac{1}{2}$ teaspoon and lemon juice to 1 tablespoon.

Nutritional information per serving
(1 tablespoon, using egg yolks):

Calories 127 (98% from fat) • carb. 0g • pro. 0g
• fat 14g • sat. fat 1g • chol. 34mg • sod. 111mg
• calc. 4mg • fiber 0g

APPLE CRISP

This is your no-frills autumn dessert that can be prepared and baked in under an hour. Any type of apple will do, but we like to use a mix of tart and sweet varieties.

Makes about 6 to 8 servings

Topping:

- 1 cup rolled oats (not quick cooking)**
- $\frac{1}{3}$ cup unbleached, all-purpose flour**
- $\frac{2}{3}$ cup packed light brown sugar**
- $\frac{1}{4}$ teaspoon kosher salt**
- $\frac{1}{4}$ teaspoon ground cinnamon**
- Pinch ground ginger**
- 6 tablespoons unsalted butter, cold and cubed**

Filling:

- 5 to 6 medium apples (about 2 pounds), peeled, cored and cut into 1-inch pieces**
- 1 tablespoon fresh lemon juice**
- $\frac{1}{3}$ cup granulated sugar**
- 1 teaspoon ground cinnamon**
- $\frac{1}{2}$ teaspoon pure vanilla extract**
- Pinch kosher salt**

1. Preheat oven with rack in the middle position to 375°F.
2. Put all of the topping ingredients, except for the butter, in the work bowl. Pulse on Chop to combine, about 4 to 6 pulses. Add the butter and pulse on Chop until butter is in small pieces, about 5 to 6 pulses. Reserve.
3. Put the apples in a 9x9-inch square baking pan. Sprinkle the lemon juice evenly over the apples and then add the remaining ingredients. Gently toss to evenly coat the apples.
4. Cover the apple mixture with the prepared topping. Transfer pan to the preheated oven and cook until filling is bubbling and the top is browned and crispy, about 40 to 45 minutes.
5. Allow to cool for 5 minutes prior to serving.

Nutritional information per serving (based on 8 servings):
Calories 375 (28% from fat) • carb. 66g • pro. 3g • fat 12g
sat. fat 7g • chol. 30mg • sod. 122mg • calc. 12mg • fiber 4g

APPLESAUCE

Homemade applesauce is a quick (and healthy!) comfort food for the entire family. Our version does not call for any sugar, but some varieties of apples may call for a teaspoon or two.

Makes about 1 $\frac{1}{3}$ cups

- 3 medium to large apples (about 1 pound), peeled or not peeled, cored and cut into 1-inch pieces (if you leave the peel on, the applesauce will have a beautiful, rosy hue)**
- $\frac{1}{2}$ teaspoon ground cinnamon**
- Pinch ground nutmeg**
- Pinch kosher salt**
- $\frac{1}{2}$ cup water**
- $\frac{1}{2}$ teaspoon fresh lemon juice**

1. Put all of the ingredients, except the lemon juice, into a medium saucepan. Cover and set over medium-high heat to bring to a boil. Once boiling, partially cover and reduce heat to maintain a simmer. Allow to cook until apples are very tender, about 20 to 25 minutes (keep an eye on the water, you may need to add a tablespoon or so during cooking – you do not want it to dry out).
2. Transfer apple mixture to the work bowl. Add the lemon juice and then alternate pulsing between Chop and Grind, until desired consistency is achieved.
3. Taste and adjust seasoning as desired. Serve warm or chilled.

Nutritional information per serving ($\frac{1}{3}$ cup):

Calories 60 (3% from fat) • carb. 16g • pro. .01g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 38mg • calc. 10mg
• fiber 3g