

### Skill level

Easy - good for all cooks

Intermediate - practice some new techniques

### Time required

Quick - 30 minutes or less

Moderate - 1 hour or less

### Extra ingredients

Few - primarily MoGro Weekly Share items

Several - 3-5 additional items you might have on hand

**Skill level:** Intermediate

**Time required:** Moderate

**Extra ingredients:** Several



ROASTED BEET  
SALAD WITH  
ORANGE  
VINAIGRETTE

## Ingredients

2 tablespoons fresh navel orange juice (juice of ½ one orange)  
1 ½ tablespoons white balsamic vinegar  
2 tablespoons honey or maple syrup  
1 ½ teaspoons dijon mustard  
6 tablespoons extra virgin olive oil  
Salt & pepper to taste

5 ounces baby spinach or salad green of your choice  
2 medium golden beet  
2 oranges  
2 green onions, thinly sliced  
½ cup crumbled feta cheese (optional)  
½ cup toasted walnuts (optional)

## Directions

- 1) Preheat oven to 375 F. Remove the tops from beets, peel, and chop into bite-size pieces. Place on rimmed baking sheet, drizzle lightly with oil, season with salt & pepper. Roast until tender (30-45 minutes).
- 2) While beet is cooking, place orange juice, vinegar, maple syrup, dijon, and lemon juice in a bowl, whisk until combined. Whisk in olive oil, salt & pepper to taste.
- 3) Slice tops and bottoms off 2 oranges, and working from the top to bottom, cut off the peels and as much of the white pith as possible. Once peeled, turn sideways and slice the oranges gently, then cut into quarters.
- 4) Place spinach (or other salad green) in a large bowl. Add the roasted golden beets, oranges, green onions, and cheese, tossing with enough vinaigrette to coat. Toss the crumbled feta and walnuts, serve & enjoy!

## Ingredients

4 McIntosh apples  
½ teaspoon cinnamon  
2 cups water  
1 cup rolled oats  
½ teaspoon salt  
¼ cup heavy cream  
¼ cup brown sugar  
½ cup hazelnuts (or walnuts, pecans, almonds, etc.)

4 tablespoons unsalted butter  
½ cup hazelnuts (or walnuts, pecans, almonds, etc.)  
4 tablespoons maple syrup or honey

## Directions

- 1) Preheat oven to 400 F. Spray a baking dish with nonstick spray, or coat lightly with oil.
- 2) Remove the stem and core from each apple to create a small hole in the center large enough to be able to stuff the oatmeal inside.
- 3) Chop up the apple that you remove from the center. Sprinkle the apples insides with cinnamon.
- 4) Bring water to a boil. Add oats, apple pieces, and salt and reduce heat to a simmer. Cook, stirring often until the oats are thick and creamy, about 10-15 minutes. Stir in cream & brown sugar.
- 5) While the oats are cooking, heat the nuts in a skillet over medium-low heat, shaking or stirring constantly. Cook until they are toasted and fragrant, about 6-8 minutes. Remove, let cool and then coarsely chop.
- 6) Drizzle the inside of each apple with maple brown butter (recipe below), reserving some for topping. Fill each apple with the oatmeal and top with toasted nuts. Bake for 35-40 minutes, until the apples are soft.
- 7) Serve immediately with remaining apple brown butter.
- 8) **Maple brown butter:** Heat butter over medium heat in a saucepan, whisking constantly. Cook until it bubbles and the brown bits appear on the bottom of the pot, about 4-5 minutes. Quickly stir in the maple syrup and remove it from the heat. Whisk for another 30 seconds.



Oatmeal Stuffed  
Baked Apples

**Skill level:** Easy

**Time required:** Moderate

**Extra ingredients:** Several