

# Corn and Poblano Dip

## Ingredients

- 6 ears of corn, husked
- 4 poblano chili peppers
- 3 scallions, thinly sliced
- 1 garlic clove, finely grated
- 8 oz. crème fraîche/Greek natural yogurt
- 8 oz. sour cream
- 1 tablespoon fresh lime juice
- 1/4 cup sharp cheddar
- 1/4 cup mozzarella cheese
- 3 tablespoons hot sauce, plus more for serving
- Kosher salt and freshly ground black pepper
- Pork rinds or corn chips

## Directions

1. Prepare a grill for medium-high heat.
2. Grill corn, turning occasionally, until well charred, 10–12 minutes. Cut kernels from cobs and place in a large bowl.
3. Grill peppers, turning occasionally, until skins are blackened, 12–15 minutes.
4. Transfer peppers to a small bowl, cover with plastic wrap, and let steam 15 minutes.
5. Preheat oven to 450°.
6. Remove skin, stems, and seeds from peppers; chop flesh into 1/4" pieces. In a sauté pan, cook the onions and garlic until translucent (3 min), add the lime juice, sour cream and crème fraîche (natural Greek yogurt), then add both cheeses (cheddar and mozzarella).
7. Serve with pork rinds or corn chips.

# Andouille Sausage, Cran-apple Cornbread Stuffing

## Ingredients

- 1/4 cup canola oil
- 1/2 cup bacon, thinly sliced
- 1 pound andouille sausage, diced
- 1 cup yellow onion, minced
- 1 cup green onion, minced
- 1/2 cup celery, minced
- 1/2 cup green bell pepper, minced
- 3 tablespoons garlic, minced
- 1 tablespoon jalapeño, minced
- 1 cup green apple, small diced
- 1/2 cup dried cranberries
- 6 1/2 cups corn bread, crumbled
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon cayenne
- 5 cups chicken broth
- 6 tablespoons melted butter

## Directions

1. Preheat the oven to 425 degrees F.
2. In a large skillet, add canola oil and bacon. Cook over medium high heat for 3-5 minutes until bacon renders fat. Add sausage. Stir.
3. Add onions, peppers, garlic and jalapeño. Cook just until onions become translucent, about 5 minutes.
4. Add diced apple and cranberries. Set aside.
5. In a large bowl, add cornbread crumbles and mix. Season with salt, pepper and cayenne. Moisten with stock and butter. Place in a baking pan.
6. Bake for 45 minutes or until edges and top begin to brown.

# Grandma's Mac and Cheese

## Ingredients

- 3 tablespoons of plain dry breadcrumbs
- 1 teaspoon extra-virgin olive oil
- 1/4 teaspoon paprika
- 1 3/4 cup whole milk, divided
- 3 tablespoons all-purpose flour
- 2 cups grated extra-sharp Cheddar cheese (6 oz)
- 1 cup fontina cheese
- 1/8 teaspoon ground nutmeg
- 1/2 teaspoon salt, or to taste
- Freshly ground pepper to taste
- 8 oz. elbow macaroni or penne

## Directions

1. Preheat the oven to 425 degrees F.
2. In a large skillet, add canola oil and bacon. Cook over medium high heat for 3-5 minutes until bacon renders fat. Add sausage. Stir.
3. Add onions, peppers, garlic and jalapeño. Cook just until onions become translucent, about 5 minutes.
4. Add diced apple and cranberries. Set aside.
5. In a large bowl, add cornbread crumbles and mix. Season with salt, pepper and cayenne. Moisten with stock and butter. Place in a baking pan.
6. Bake for 45 minutes or until edges and top begin to brown.

# Nutriolicious Muffins

## Ingredients

- 1 1/2 cups flour (mix 50/50 whole wheat and white or use whole wheat pastry flour, for fiber)
- 3/4 cup sugar
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1/3 cup unsweetened applesauce (takes place of oil)
- 1 egg
- 1 cup fresh blueberries
- 1/3 cup milk or non-dairy alternative

## Directions

1. Preheat the oven to 425 degrees F.
2. In a large skillet, add canola oil and bacon. Cook over medium high heat for 3-5 minutes until bacon renders fat. Add sausage. Stir.
3. Add onions, peppers, garlic and jalapeño. Cook just until onions become translucent, about 5 minutes.
4. Add diced apple and cranberries. Set aside.
5. In a large bowl, add cornbread crumbles and mix. Season with salt, pepper and cayenne. Moisten with stock and butter. Place in a baking pan.
6. Bake for 45 minutes or until edges and top begin to brown.

# Cuban Flan

## Ingredients

- 1 whole egg
- 5 egg yolks
- 1 (12 oz.) can evaporated milk
- Pinch of salt
- 1 can (14 oz.) sweetened condensed milk
- 1 teaspoon pure vanilla extract

## Directions

1. Make your favorite caramel recipe in a saucepan, then pour into the bottom of a casserole dish. As you prepare the custard, the caramel will cool.
2. In a separate bowl, using a whisk, beat the 1 whole egg and 5 egg yolks together.
3. Add the evaporated milk and sweetened condensed milk to the eggs and mix together.
4. Add the vanilla extract and the pinch of salt.
5. Pour the custard mixture into the casserole dish over the hardened caramel. Place your flan on a baking pan and fill with hot water to about halfway up the sides.
6. Bake in a pre-heated 350-degree oven for 45 minutes. Turn off the oven and let set for another 15 minutes. Remove from the oven and the water bath and let cool. Run a butter knife around the outside edge of the flan. Place a plate large enough to handle the liquid caramel over the flan and invert. Chill the flan for at least an hour before serving. *Serves 8*

*This cuban flan recipe appears courtesy of Chef Calvo, and was originally published in her third cookbook, #MaximumFlavorSocial: Food, Family & Followers.*