



Agora Café presents

Fall Recipes Booklet

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SUPER SIMPLE AND EASY RECIPES TO WELCOME THE COZY FALL SEASON!

QUICK RECIPES THAT NEED ONLY 8 INGREDIENTS OR LESS!



Lentil & Marinara Pasta

BY COOKIE AND KATE

INGREDIENTS:

- ½ cup dry lentils (or 1 ½ cups cooked lentils)
- 1 bay leaf
- 1 large garlic clove (peeled but left whole)
- ¼ teaspoon salt
- 2 cups vegetable broth or water
- 2 cups marinara sauce
- 8 ounces whole-grain pasta



ORIGINAL RECIPE WEBSITE:
<https://cookieandkate.com/hearty-spaghetti-with-lentils-marinara/>

COOKING INSTRUCTIONS:

1. To cook the lentils, first pick through the lentils for debris (I once bit into a tiny rock) and then rinse them in a fine-mesh colander. In a small saucepan, combine the lentils, bay leaf, garlic, salt and broth.
2. Bring the mixture to a simmer over medium-high heat, then reduce heat to maintain a gentle simmer. Simmer until the lentils are cooked through and tender, which will take somewhere between 20 to 35 minutes, depending on the age and variety of the lentils. Drain the lentils, discard the bay leaf and garlic, and set the pot aside, uncovered.
3. Meanwhile, bring a large pot of salted water to boil. Cook the pasta until al dente, according to the package directions. Drain, then return the pasta to the pot and set it aside.
4. Stir the marinara into the lentils and warm them together over medium heat. Divide pasta into bowls, top with warm marinara and lentils, and garnish with Parmesan and/or chopped fresh basil, if you'd like. Serve warm. Leftovers will keep well, covered and refrigerated, for up to 4 days.



ORIGINAL RECIPE WEBSITE:
[HTTPS://MINIMALISTBAKER.COM/CREAMY-FALL-SOUP-IN-ACORN-SQUASH-BOWLS/](https://minimalistbaker.com/creamy-fall-soup-in-acorn-squash-bowls/)

Squash Soup

BY MINIMALIST BAKER

INGREDIENTS:

- 1 1/2 TBSP COCONUT OIL
- 1/2 MEDIUM DICED ONION
- 3 CLOVES GARLIC (MINCED)
- 4 CUPS CUBED SWEET POTATO, CARROTS, OR BUTTERNUT SQUASH
- 1 QUART VEGETABLE BROTH
- 1 TSP FRESH OR DRIED SAGE, FRESH OR DRIED THYME, OR 2 BAY LEAVES
- 1 CUP RED LENTILS (OPTIONAL // FOR PROTEIN / FIBER)
- SEA SALT AND BLACK PEPPER (TO TASTE)
- 1-2 TBSP MAPLE SYRUP OR COCONUT SUGAR (OPTIONAL)

COOKING INSTRUCTIONS:

1. HEAT A LARGE POT OVER MEDIUM HEAT. ONCE HOT, ADD OIL, ONION, AND GARLIC. SAUTÉ FOR 4 MINUTES OR UNTIL ONION IS SOFTENED, THEN ADD SWEET POTATO, SQUASH AND/OR CARROTS.
2. SEASON WITH A PINCH OF SALT AND BLACK PEPPER AND STIR. SAUTÉ FOR 4-5 MINUTES UNTIL VEGETABLES APPEAR SLIGHTLY SOFTENED.
3. ADD VEGETABLE BROTH AND HERB OF CHOICE AND BRING MIXTURE TO A LOW BOIL OVER MEDIUM-HIGH HEAT. IF ADDING LENTILS, ADD AT THIS TIME.
4. REDUCE HEAT TO LOW AND SIMMER UNCOVERED FOR 20-30 MINUTES, OR UNTIL LENTILS AND VEGETABLES ARE TENDER. THEN TRANSFER TO THE BLENDER AND BLEND UNTIL CREAMY AND SMOOTH. RETURN TO POT.
5. TASTE AND ADJUST SEASONINGS AS NEEDED, ADDING SALT AND PEPPER FOR FLAVOR BALANCE, HERBS FOR EARTHINESS, OR A LITTLE MAPLE SYRUP OR COCONUT SUGAR FOR SWEETNESS.
6. POUR SOUP INTO BOWLS, GARNISH WITH TOPPINGS OF CHOICE (E.G. SAUTÉED KALE, RED ONION, CORNBREAD ETC.)

PREPARED BY AGORA CAFE EXECS:

MICHELLE CHENG (HR MANAGER)
 ALISON LIN (PREP SHIFT MANAGER)
 EIMEN LAM (FOOD SAFETY MANAGER)



Raspberry Halloween Pies

BY VEGGIE DESSERTS

INGREDIENTS:

- 30 OZ PUFF PASTRY (READY ROLLED)
- 6 TBSP RASPBERRY JAM
- 3 TBSP MILK (OR VEGAN MILK) FOR BRUSHING

BAKING INSTRUCTIONS:

1. PREHEAT THE OVEN TO 375F/190C. LINE A BAKING SHEET WITH BAKING PARCHMENT PAPER (OR USE THE PARCHMENT FROM THE PASTRY PACKET)
2. UNROLL THE PASTRY (OR ROLL IT OUT) AND CUT ONE SHEET INTO 6 EQUAL-SIZED SQUARES, THEN CUT EACH SQUARE IN HALF TO MAKE 12 RECTANGLES. CUT THE OTHER SHEET OF PASTRY INTO THIN STRIPS.
3. SPOON THE RASPBERRY JAM OR SAUCE ONTO THE RECTANGLES, AVOIDING THE OUTER EDGE. ADD DOUGH STRIPS DECORATIVELY TO LOOK LIKE MUMMIES, AND GENTLY PRESS THE EDGES TO SEAL.
4. BRUSH WITH THE MILK AND BAKE FOR 20 MINUTES, OR UNTIL GOLDEN. SERVE WARM OR COLD AND DECORATE WITH EDIBLE EYES.



Pumpkin Cinnamon Rolls

BY CHEF SAVVY

INGREDIENTS:

- 1 can Pillsbury Crescent Rolls
- ¼ cup pumpkin puree
- ½ tsp pumpkin spice
- 4 tbsp light brown sugar

Cream cheese icing (optional): 2 tbsp unsalted butter, 4 tbsp cream cheese, 2 cups powdered sugar, Milk as needed

BAKING INSTRUCTIONS:

1. Preheat oven to 350 F. Grease a pie or cake pan with cooking spray. Roll out crescent dough and flatten into a rectangle with a rolling pin, making sure there aren't any holes.
2. Spread pumpkin puree onto the crescent dough. Sprinkle with brown sugar and pumpkin spice.
3. Starting at one end, roll the dough up tightly into the shape of a log, and situate seam side down.
4. Cut into 8 cinnamon rolls. Place in the prepared pan and bake for 20 minutes or until golden brown.
5. Let cool. Serve with cream cheese icing, if desired.

Cream cheese icing: Cream together butter and cream cheese with a hand mixer until smooth. Add icing sugar 1 cup at a time. If frosting becomes too thick, add a splash of milk.

ORIGINAL RECIPE WEBSITE:
<https://chefsavvy.com/easy-pumpkin-cinnamon-rolls/>

Frankenstein Smoothie

BY HEALTHY LITTLE FOODIES

INGREDIENTS:

- 2 BANANAS, IN PIECES
- ½ CUP MANGO CHUNKS, FROZEN
- 1 HANDFUL SPINACH
- ¼ CUP BLUEBERRIES (PLUS EXTRA FOR TOPPING)
- ¼ CUP WATER

DIRECTIONS:

1. BLEND ALL INGREDIENTS IN A HIGH-SPEED BLENDER UNTIL SMOOTH.
2. POUR INTO A GLASS/JAR AND TOP WITH BLUEBERRIES.



ORIGINAL RECIPE WEBSITE:
<https://www.healthylittlefoodies.com/frankenstein-smoothie-bowl-healthy-halloween-breakfast/>

FUN FACT!

Fall season = squash season! These quintessential fall produce come in many shapes and sizes but one that you might be most familiar with is the Butternut Squash. Did you know that one cup of cooked butternut squash provides more than 450% of the RDI for Vitamin A? The carotenoids which give the squash its distinct bright colour are also essential nutrients for your body! Vitamin A is important for regulating cell growth, immune function, bone health, and eye health. Not only that, but butternut squash is also packed full of Vitamin C, magnesium, potassium, and manganese. So make sure to pick some up next time you're at the grocery store! They're deliciously sweet when roasted with just a little bit of olive oil and salt.

ORIGINAL RECIPE WEBSITE:
<https://veggiedesserts.com/easy-raspberry-halloween-mummy-pies/>