

October 2021

FOOD FOR THOUGHT—

Feeling of Fall! Fall brings about a whole different level of nostalgia for me! Fond memories of walking around Jordan-Hare Stadium going to class at Auburn University knowing football season was in the works (I know, Alabama fans, please insert your experience here) in the morning with the fresh clean air of a new season just makes me melt! The first sign of that cooler air makes me revel in the memories of those days every year and I treasure those times!

Cooler air, kids back in school, tailgate get-togethers & pot lucks reminds me of some of the best times in my life. This change of season was given to us to evaluate changes in our lives too.

So, I offer you some changes in your “Tailgating party” and “pot luck” menu items with these easy recipes that can keep you enjoying some delicious “party” foods in a cleaner way! Two of my favorite “Tailgate” foods that can be easily enjoyed together for a full meal!

This Month’s Recipes:

TRUSSVILLE CAVIAR

(Serves 6-8)

Ingredients

- (2) 15 oz. cans black beans, rinsed and drained
- 10 oz. frozen organic corn



- 2 red bell peppers, diced
- 2 cloves garlic, minced
- ¼ cup red onion, chopped
- 2 teaspoons salt
- 1/4 teaspoon cayenne pepper
- 2 tablespoons organic sugar
- 9 tablespoons extra virgin olive oil
- 1 teaspoon lime zest (be sure to zest limes before juicing them)
- 6 tablespoons fresh lime juice
- 1/2 cup chopped fresh cilantro, plus more for garnish
- 2 Hass avocados, chopped
- Organic corn chips, organic pita chips or fresh veggies

Instructions:

Combine all ingredients except for avocados in a large bowl and mix well. Cover and chill for a few hours or overnight. Right before serving, add avocados and mix gently, being careful not to mash avocados. Garnish with a more chopped cilantro if desired. Serve at room temperature with chips/veggies of choice.

From “Once Upon A Chef”

BUFFALO CAULIFLOWER WINGS

(Serves 4)

Ingredients

- ¾ cup all-purpose organic flour
- 1 teaspoon paprika
- 2 teaspoons garlic powder
- 1 teaspoon salt
- ½ teaspoon pepper
- ¾ cup organic milk or milk alternative



- 1 head cauliflower
- ¼ cup buffalo sauce or hot sauce(cleanest you can find)
- 2 tablespoons avocado oil
- 1 tablespoon honey or maple syrup

Instructions:

Preheat the oven to 425 degrees. Line a baking sheet with parchment paper. In a large bowl, add the flour, paprika, garlic powder, salt, pepper, and milk, and stir until well-combined.

Break the head of cauliflower into florets, about 1½-inches wide. Add the cauliflower florets to the batter, making sure each piece is evenly coated. Arrange the coated cauliflower on the baking sheet. Bake for 20 minutes, flipping halfway.

Meanwhile, in a small bowl, combine the buffalo sauce, coconut oil, and honey and stir until evenly combined. Brush the buffalo sauce mixture on the cauliflower and bake for another 20 minutes.

From "Once Upon A Chef"

Jennifer Cole Conn, NFC, CMINHP, CFMC, CCNE &
QUALITARIAN Food Integrated Training,
Inc. fitonyourfork@gmail.com