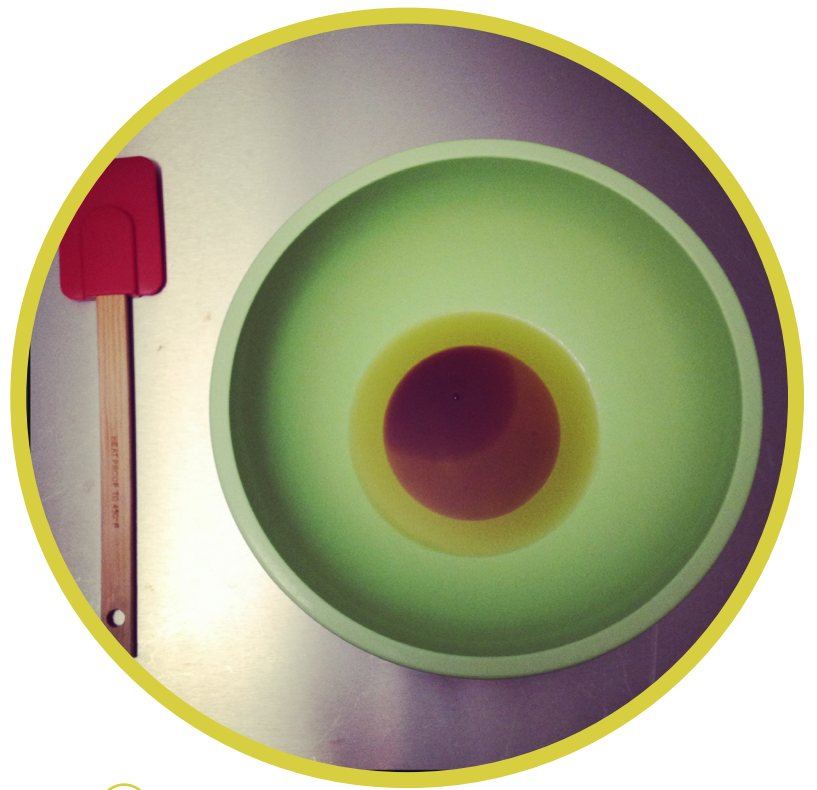


food favorites 2013



kevin, kaly, cameron & colin

Hi friend,

When I was trying to come up with a theme for this year's recipes, I saw this picture I took back in the spring and thought, yep, bananas, that just about sums it up.

We sold our house and moved to a different state. I started writing and launched a blog. Bananas I tell you.

We ate our fair share of fast food and frozen waffles and burritos this year, but we managed to still whip up some favorites along the way. We hope this inspires you to make something yummy.

Love,

Kaly, Kevin, Cameron & Colin
Christmas 2013



*you can link to your
favorites from
right here*

favorites

drinks

kevin's cocktail of the year
moscow mule

snacks, soups & salads

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sweet potato black bean salad
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chicken with olives & lemon
creamy tomato barley
colin's sloppy joe's
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dessert

cameron's apple crisp
banana ice cream

drinks



kevin's cocktail of the year

This year Kevin fell in love with The Boulevardier. Yeah. It's a moutful. We're both Campari fans because we're both old Italian men from the 60's at heart. I like this bev on the rocks vs. straight up but that's just my personal preference.

1 1/2 oz bourbon
1 oz Campari
1 oz sweet vermouth

Stir with ice in a mixing glass and strain into a cocktail glass.

*a good sense of
humor got us through
our move -
cocktails helped*

moscow mule

As fans of the dark & stormy, it was only a matter of time before the moscow mule came on the scene. I first had this drink at 1 Tippling Place visiting Kevin in Philadelphia while we were enduring three months of a very long commute. It quickly became a favorite.

limes
vodka
ginger beer (my favorite is fever tree - no corn syrup)

Squeeze some lime juice in a high ball glass, add ice and 2 1/2 fingers of your favorite vodka. Pour ginger beer over the top. Add another squeeze of lime.

snacks



honey ginger almonds

These made it into holiday packages for the family this year. A little sweet and a little spice from my favorite, ginger, of course. Originally from barefeetinthekitchen.com

2 cups raw almonds
1 tsp ground ginger
1 tbs coconut oil

1/4 cup brown sugar
1 1/2 tbs honey

1 tsp salt
1 tbs water

Toast nuts at 325, single layer on a baking sheet for about 15 minutes. Combine sugar, salt and ginger and set aside. Heat honey, oil, and water in a saucepan until boiling, Reduce heat to low. Add almonds and toss until coated. Keep stirring for about 5 minutes. Sprinkle in sugar mixture. Keep stirring. Spread on parchment to cool.

brazilian cheese puffs

A neighbor in our new hood introduced us to these little gems. Gluten free, they make a great sub for rolls. Recipe from Epicurious.com

2 cups tapioca flour
1/2 cup butter
1 1/2 cups grated parmesan cheese

1 cup milk
1 tsp salt
2 eggs

*nuts & cheese -
all you need*

Preheat oven to 400. Bring milk, salt and butter to a boil stirring constantly. Remove from heat. Slowly add tapioca flour stirring until thoroughly mixed. Add the cheese and eggs. Mix until smooth. Fill each mini muffin cup all the way up. Bake until golden about 20 minutes. Enjoy while warm.

soup

*watching juola chug this
was a highlight
of my year*



juola's soup

I renamed this soup after my friend (it's pronounced yo-la) because when she recently visited she literally drank the broth. Sure she was prego but it really is that good and might be the easiest thing you'll ever make. Originally Southwestern Chicken Soup via Real Simple.

1 12 oz jar salsa verde	3 cups cooked chicken
1 15 oz can cannellini beans	3 cups chicken broth
1 tsp ground cumin	

Put all the ingredients in a pot and bring to a boil. Lower heat and simmer for ten minutes. Top with tortilla chips, sour cream, green onions or enjoy plain.

sausage & kale stew

When the weather gets crisp, I want to eat soup for every meal. This stew works great with a big dollop of mashed taters in the middle. Adapted from Real Simple.

1 pound italian sausage links, casings removed (I use chicken sausage)	
1 large onion, chopped	2 cloves garlic, chopped
1 28 oz can diced tomatoes	2 tbs tomato paste
7 cups of kale	1 tbs olive oil

Cook onion and garlic in olive oil over medium heat until translucent. Add sausage breaking up into smaller pieces as it browns. When sausage is cooked, stir in tomato paste and let cook for one minute. Add tomatoes, 1 cup of water and kale. Season with salt and pepper. Bring to a boil and then simmer for 20 minutes or so.

salad

the sullivan-cahill
family can eat



sweet potato black bean salad

This summer at the Sullivan-Cahill family beach house when it was our night to cook, I made a version of this salad. I was hoping to have leftovers but it was wiped out. Can't find the original recipe I used, but this one from WithStyleAndGraceBlog.com is pretty close.

3 large sweet potatoes, peeled and cubed
2 cloves minced garlic
1/2 tsp ground cumin
1 cup cilantro, chopped

olive oil
3 tbs fresh lime juice
1 14 oz can black beans, rinsed

Toss sweet potatoes in olive oil and season with salt and pepper. Roast at 400 for 30 minutes or until golden. Mix together 2 tbs olive oil, salt, garlic, lime juice, cumin and cilantro. Toss sweet potatoes and black beans with dressing. Works warm or cold.

chopped winter salad

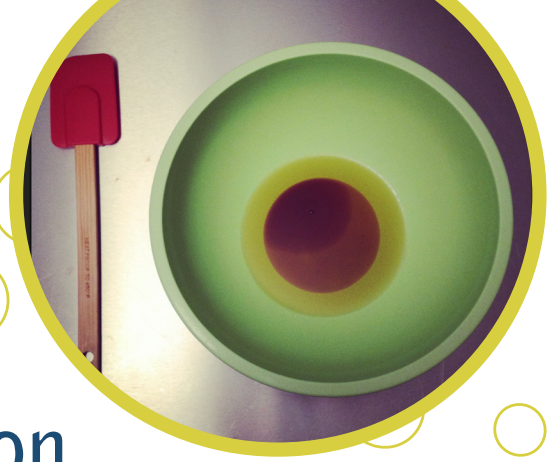
This is the weirdist ingredients list, but really tasty. The first time I made it I used arugula instead of radicchio, also very good. Via [Real Simple](http://RealSimple.com).

1 small butternut squash peeled and cubed
1/4 cup red wine vinegar
1 small head radicchio, torn
4 oz feta crumbled
1/4 cup kalamata olives, pitted

olive oil
2 tbs chopped dill
1 15 oz can chickpeas
1 tart apple, chopped

Toss squash in olive oil and season with salt and pepper. Roast at 450 for 25 minutes or until tender. Let cool slightly. In a large bowl whisk together vinegar, dill and 2 tbs of oil and salt and pepper. Add remaining ingredients and toss to combine.

main



chicken with olives & lemon

This is the perfect Sunday recipe. Easy, comforting and delicious.

Adapted from Gwyneth Paltrow's *It's All Good*.

*our boys love olives
- who knew?*

1-2 pounds of chicken (any parts work)

olive oil

3 cups chicken stock

jar of large green olives, pitted

2 lemons

3 shallots, sliced

8 cloves of garlic, peeled

thyme, a few pinches of dried

Salt and pepper chicken. Heat olive oil in large pot or dutch oven over high heat. Cook chicken on each side 4-5 minutes until browned. Remove from pot. Add shallots and cook until soft. Add a splash of stock to loosen brown bits in pan. Add remaining stock, chicken, garlic, olives and thyme. Pour juice from lemons over the pot. Bring to a boil. Turn heat as low as it will go, cover and cook for an hour. Uncover pot, raise heat to let sauce reduce to a good gravy texture. Serve with cooked grain - rice, quinoa.

creamy tomato barley

Not risotto, not pasta, not soup but a savory combo of all three. Can sub spinach with any green. Sometimes I add sausage. Adapted from a recipe via Real Simple.

olive oil

salt & pepper

1 28 oz can diced tomatoes

8 cups fresh baby spinach

1/2 cup grated parmesan

1 onion, chopped

2 cups quick cooking barley

1 cup dry white wine

2 oz brie, rind removed and cut into small pieces

Heat oil over medium heat. Add onion, salt and pepper and cook until tender. Add barley, drained tomatoes, wine, 2 1/2 cups water and bring to a boil. Reduce heat and simmer until barley is tender, 15-20 minutes. Add in greens and cheeses reserving some parm for sprinkling. Cook another 5-7 minutes. Dish into bowls. Sprinkle with remaining cheese.



main

*we celebrated our
10 year wedding
anniversary in philly*

colin's sloppy joe's

After watching the first season of Master Chef Junior, Colin wanted to learn how to cook. He requested Sloppy Joe's. We're working up to Beef Wellington. This is our recipe. Well, actually it's Martha Stewart's. But whatever.

olive oil	2 cups shredded carrots
1 onion minced	1 garlic clove, minced
3 tbs tomato paste	1 lb ground turkey
1 28 oz can crushed tomatoes	2 tbs brown sugar
1 tbs cider vinegar	1 tsp Worcestershire
buns or rice	

Heat some olive oil over medium, cook onions, carrots and garlic for about five minutes. Season with s&p. Add tomato paste and cook for 1 minute. Add turkey cook until browned. Add remaining ingredients and cook until slightly thick, 12-14 minutes. Serve on toasted buns or over rice.

brown rice bowl

This is less of a recipe and more of an idea that I picked up from the always controversial Gwyneth Paltrow. For greens, I love the Power Greens mix at Trader Joe's but anything will do. This is a breakfast and lunch staple for me.

1 cup cooked brown rice	olive oil
3 cups fresh greens	2 eggs
sriracha sauce	more topping options - avocado, sweet potatoes

Heat a little olive oil in a pan, add greens and cook until wilted. Add rice and cook until heated through. Put mixture into a bowl. Fry two eggs in olive oil. Slide on top of rice. Coat with sriracha. If I have leftover cooked sweet potatoes or some avocado I'll throw that in the mix as well.

dessert

loved watching the kids
get more into cooking
this year



cameron's apple crisp

Cam made this as part of a school project and then shared the recipe with his class. Again, it's Martha Stewart but doesn't she get enough credit?

3/4 cup all purpose flour

1/2 tsp salt

1 stick of butter, cold, cut into cubes

3 pounds apples, peeled and cubed

1/2 tsp ground cinammon

1/4 cup brown sugar

1/2 cup plus 2 tbs sugar

1 cup old fashioned rolled oats

2 tbs fresh lemon juice

Mix together flour, brown sugar, salt and 2 tbs sugar. Cut butter into flour until mixture is texture of coarse meal. Add oats, squeeze until moist clumps form. Transfer to freezer to chill. Toss apples with lemon juice cinammon and 1/2 cup sugar. Transfer to 2 qt baking dish and sprinkle with chilled oat mixture. Bake at 375 for about an hour or until golden and bubbling.

banana ice cream

Over the summer I was absolutely bonkers about this recipe as I was trying to stay dairy free. I made it a little too often and actually busted my mini prep food processor so be careful. Also from GP and *It's All Good*.

4 ripe bananas, peeled and sliced

2 tsp plus 2 tbs maple syrup

1/2 cup unsweetened almond milk

1/4 cup roasted almonds, chopped

salt

1 tsp vanilla extract

Freeze bananas in a single layer on a tray lined with parchment paper. Combine almonds, 2 tsp of maple syrup and a pinch of salt. Put bananas, 2 tbs maple syrup, almond milk, and vanilla in food processor and pulse until it is the texture of soft sere ice cream. Spoon into bowls and sprinkle with almond mixture.