

Across the Fence

Recipes for November 2020

Fresh Apple Squares

1½ cups all-purpose flour
1 cup old-fashioned oats
1 cup packed light brown sugar
1 tsp. grated lemon zest
¾ tsp. baking powder
½ tsp salt

½ tsp. cinnamon
¼ tsp. nutmeg
3 Tbsp. canola oil
¼ cup apple juice concentrate, thawed
3 medium tart apples, such as Granny Smith,
peeled and thinly sliced
¼ cup coarsely chopped walnuts

Preheat oven to 350°F. Coat a 9-inch-square baking pan with cooking spray. Combine flour, oats, brown sugar, lemon zest, baking powder, salt, cinnamon and nutmeg in a large bowl. Work in oil and apple juice concentrate with your fingers until coarse crumbs form. Firmly press 2 cups of the oat mixture into the prepared pan. Arrange apples over the crust in three rows. Mix walnuts into the remaining oat mixture. Sprinkle the walnut mixture evenly over the apples and pat firmly into an even layer. Bake until the top is golden brown and the apples are tender when pierced with a sharp knife, 35 to 40 minutes. Cool completely on a wire rack. Serve with whipped cream or ice cream.

Portuguese Kale Soup

1 Tbsp. olive oil
2 garlic cloves
2 medium sized onions, chopped
1 lb. sausage, sliced and slices halved
6 cups chicken broth

1 lb. fresh kale, washed, stems discarded
1 can bean with bacon soup *
2 large potatoes, peeled, cubed
Kosher or sea salt
Pepper

Shred kale into small pieces. In a large soup pot over medium high heat, add oil and cook garlic, onions, and sausage slices until onions are soft. Transfer mixture to slow cooker. Add chicken broth, bean soup, and cubed potatoes. In a soup pot on medium heat, add 1 cup water and ½ of the kale, cook until kale is dark green and reduced to half its size. Transfer to slow cooker and repeat the process with the remaining kale. Season to taste with salt, pepper and basil. Cook on LOW for 8 hours or HIGH for 4 hours or until potatoes are cooked through. Serve hot with crusty bread or add a pie for a complete meal. ***Note:** The can of bean and bacon soup can be substituted with 1 can white beans plus 2 cups chicken broth.

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