

Sweet Potato and Date Bars (2018)

Everyone needs a little nutty sweetness in life! This delicious dessert brings the flavor of fall and a dose of vandal pride straight to your table. A perfect conclusion to any Thanksgiving feast.

From the Kitchen of Natasha Calkins and Alisha Currier

Servings: 9

Serving size: 1 bar

Vegetarian

INGREDIENTS

Crust

- ½ cup pitted Medjool dates
- 1½ cup pecans
- 2 tablespoons butter, melted

Filling

- 2 cups sweet potatoes, peeled, mashed (about 1 large potato, measure after mashing)
- 1 tablespoons light brown sugar
- 2 tablespoons butter, melted
- 2 tablespoons heavy cream
- 1 egg
- ½-teaspoon vanilla
- 1¼-teaspoon pumpkin pie spice
- 2 tablespoons flour

Whipped Topping

- 8 ounces heavy cream
- 1 tablespoons white chocolate

Garnish, optional

- Pumpkin pie spice
- Chopped pecans
- White chocolate

DIRECTIONS

Crust

1. Preheat oven to 350 oF.
2. Soak dates in hot water for 15 minutes to soften, then drain.
3. Blend pecans, butter and dates in a food processor until pecan are in small chunks.
4. Add this mixture to a greased 8"x 8" pan. Bake for 10 minutes.

Filling

1. Boil sweet potato, 1" cubes, for 20 minutes, or until a fork can easily be inserted, then drain.
2. Add sweet potatoes to a blender with vanilla, brown sugar, butter, cream, and egg. Blend until smooth.
3. Add flour and pumpkin spice to the sweet potato mixture and blend for a few more seconds. Pour mixture into the 8" x 8" pan.
4. Bake for 20 minutes, or until middle is set. Allow to cool completely.
5. Place in the refrigerator overnight, or for a minimum of 3 hours.

Whipped Topping

1. Add heavy cream to a medium sized bowl or stand mixer and whisk until the mixture begins to thicken. Add melted white chocolate and pumpkin pie spice (optional) to the heavy cream and continue to whisk until stiff peaks form.
2. Remove the date bars from the refrigerator and cut into 9 servings. Top each bar with the whipped cream. Add an additional sprinkle of sprinkle of pumpkin pie spice and/or chopped pecans as optional garnish and serve.

Nutrition Data (per serving):

Calories 347
Carbohydrates 26g
Protein 4g
Sodium 48mg
Fiber 1g
Total fat 27g
Saturated fat 10g
Trans fat 0g
Total sugar 18g
Calcium 62mg

Vandal Gold and Black Chai Tea Jicama Pie (2017)3

Our inspiration for this dish started with jicama and wanting to make a pie. We thought of every possible combination we could use with Jicama while trying to tie in Thanksgiving; this was a challenge. As we were stewing over this, Sam's sister was drinking Chai Tea and it dawned on us that we might try Chai Tea and jicama. It turns out this combination is quite irresistible!

From the Kitchen of Samantha Buratto and Tara Jenkins

- Servings: 8
- Serving Size: 1 slice
- Vegetarian

Ingredients

Crust

- 2 ¼ cups all-purpose flour (divided)
- ½ teaspoon salt
- ¾ cup or 1 ½ sticks unsalted butter
- 6-8 tablespoon ice water

Filling

- 14-ounce package of pre-sliced jicama sticks (4 cups) chopped into ½ inch cubes
- ¾ cup light brown sugar, packed
- ¼ cup pure maple syrup
- 1 tablespoon lemon juice
- 2 packets Numi Rooibos Chai Tea
- 3-5 tablespoons all-purpose flour

Directions

1. Preheat the oven to 400°F.
2. Fill a medium sized pot half full of water and bring to a boil. Add jicama and boil, uncovered, 7-10 minutes or until soft but not soggy. Remove from heat, strain, and dry with paper towels. Set aside.
3. While the jicama is boiling, add 2 cups all-purpose flour and salt to a medium mixing bowl, whisk together until evenly distributed.
4. Cut the sticks of butter into ½ inch cubes. Using either a pastry cutter or a food processor, cut in the butter a few cubes at a time until only small chunks are left. One

tablespoon at a time, add water until a ball of dough is formed; it will take 6-8 tablespoons.

5. Divide the ball of dough into two separate and even balls. Sprinkle a cutting board or flat countertop surface with flour. Roll out each ball into roughly 13" circles. Cover each with plastic wrap, roll them up and place into fridge.
6. For the filling: Cut the jicama into ½ inch cubes and place in a medium mixing bowl. Add the brown sugar, maple syrup, and lemon juice.
7. Empty two packets of the Numi Rooibos Chai Tea in a mortar and pestle (or in a small bowl) and crush it up until smooth (small pieces are okay). Sprinkle over the mixture from previous step.
8. Mix filling components (Jicama, brown sugar, maple syrup, lemon juice, Chai Tea) together and add 1 tablespoon of flour at a time until slightly thickened (it will take 3-5 tablespoons).
9. Take crust from the fridge and roll out one of the layers on to the pie pan. Evenly fill the pan with the filling.
10. Lay out the second piecrust and slice into even strips, about 1 inch width. Layer the top with half the strips all facing one direction and layer the rest the opposite way, like a checkerboard.
11. Take a fork and press the edges around the whole pie. Trim away the remaining dough over the edges.
12. Cover the pie with aluminum foil and bake covered for 20 minutes.
13. Remove aluminum foil after 20 minutes and place back in the oven and bake for another 35-40 minutes (until crust is flaky and lightly browned)
14. Let cool for 15-20 minutes. Serve and enjoy!

Nutrition Data (per serving)

- Total Calories: 409 kcal
- Carbohydrates: 60g
- Saturated fat: 11g
- Trans fat: 0g
- Sodium: 158mg

Vandal Spirited Lava Cookies (2017)

Not your momma's chocolate cookies! These brave and bold Idaho gold holiday goodies will surprise you with their thoughtful combination of Vandal spirited ingredients. With a soft yet crisp outer layer and an ooey-goey melted center, you will impress all of your guests if you let them in on the secret ingredient: mashed potatoes. Giving a nod to Idaho's famous potatoes while embodying the Vandal colors, we chose to incorporate dark chocolate for Vandal Black and gold potatoes for Idaho Gold. This unparalleled flavor combination will unite all the things you love about the holidays into one, small, delectable cookie.

From the Kitchen of Morgan Pearson and Dana Kujala

- Servings: 25-35 (depending on cookie size)
- Serving Size: 1 cookie

Ingredients

- 2/3 cup mashed potatoes (chilled)*
- 2 tablespoons brewed coffee
- 1 stick unsalted butter or margarine
- 2 teaspoons vanilla extract
- 2 large eggs
- 2 large egg whites
- 2 ½ cups all-purpose flour
- 1 cup light brown sugar
- 1 ¼ cup dark brown sugar
- 2/3 cup dark chocolate Hershey cocoa powder
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 teaspoons coffee grounds
- 1 large bag dark chocolate Hershey kisses
- 1 ½ cups powdered sugar

**If you do not already have mashed potatoes made, see ingredients and directions below.*

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Using a medium sized bowl, combine mashed potatoes, brewed coffee, butter or margarine, vanilla, eggs and egg whites all together either manually or with a hand mixer. This batter will appear slightly chunky.
3. In a separate large bowl, combine flour, light brown sugar, dark brown sugar, dark chocolate cocoa powder, baking soda, baking powder, salt and coffee grounds. Stir by hand until well combined.
4. Slowly pour wet ingredients into the bowl of dry ingredients, mixing as you go. Batter will appear very dry. Keep mixing by hand by folding the batter with a rubber spatula. This may take a few minutes, and the batter will appear dark colored and sticky when finished.
5. Scoop out batter by hand using a one or two tablespoon sized scoop, depending on how large you wish your cookies to be.
6. Grab one piece of Hershey's dark chocolate, wrap one scoop of batter evenly around the kiss, and roll into a ball, covering completely.
7. Roll cookie dough ball in powdered sugar, covering exterior entirely in powder.
8. Place cookies on a greased baking sheet and bake for 7-8 minutes. Be aware that since these are lava cookies, the centers will be melted, giving them the appearance of being undercooked. Do not bake for longer than instructed.
9. Let cookies cool for a minimum of five minutes before consuming.
10. Cookies can be reheated if needed to melt the centers again by placing in microwave for 15-20 seconds, depending on microwave strength.

Nutrition Data (per cookie)

- Calories: 168 calories
- Fat: 5.2 grams
- Saturated fat: 3.1 grams
- Trans fat: 0.13 grams
- Sodium: 131 milligrams
- Carbohydrates: 30.6 grams
- Protein: 2.4 grams

***Quick and Easy Mashed Potato Recipe**

Ingredients

- ½ pound Yukon gold potatoes
- 2 tablespoon 2% milk
- 1 tablespoon unsalted butter

Directions

1. With skin on, pierce whole potato several times with a fork. Leaving skin on prevents potato from drying out while in the microwave.
2. Wrap potato in a damp paper towel and place in microwave. Cook for five minutes, turning once halfway through. If potato is not soft to the touch when finished, heat for two more minutes.
3. Let potato sit until cool, then gently remove skin with a knife.
4. In a food processor, combine potato with milk and unsalted butter. Mix until smooth.
5. Store mashed potatoes in refrigerator until needed.

We Vandalized Your Grandma's Yams! A Yam Inspired Chocolate Soufflé (2017)

A fluffy, chocolatey soufflé infused with yams and drizzled in a rich, golden-caramel yam sauce. This delectable dessert honors the traditional Thanksgiving tuber while bringing something new to your holiday feast. We chose to incorporate golden yams, which originated in South America, and chocolate, first cultivated in Mesoamerica, into this puffy French egg dish to reflect our global student body. Plus, the golden sauce atop this dark chocolate soufflé is an undeniable display of our Vandal colors and school spirit!

From the Kitchen of Libby Reynolds and Kody Duclos

- Servings: 8 soufflés
- Serving Size: 1 soufflé + 1-2 tablespoons sauce
- Gluten-free, Vegetarian

Ingredients

Soufflé

- • 1 dozen egg whites
- • 6 egg yolks
- • 1 medium yam, cooked and peeled
- • 2 cups dark chocolate chips
- • Sugar, divided (4 tablespoons + 2 teaspoons)
- • 1 teaspoon salt
- • 1 cup canned coconut milk

Sauce

- • 2 tablespoons butter
- • 1/2 cup sugar
- • 1 medium yam, cooked and peeled
- • 1 cup canned coconut milk

Directions

For the soufflés:

1. 1. Preheat oven to 400° Fahrenheit. Remove eggs from the refrigerator – they will beat better at room temperature...
2. 2. Coat eight 8-ounce ramekins with cooking spray (bottom and sides).
3. 3. Microwave 2 yams (one for soufflé and one for sauce) on high for 6 minutes, checking and turning halfway through. Set aside to cool.
4. 4. Prepare chocolate chips by melting them in a glass bowl in the microwave, mixing until smooth.
5. 5. Separate 12 eggs. Place all whites into a large bowl for beating. Reserve 6 of the yolks in a separate bowl.
6. 6. Combine the egg yolks with 4 tablespoons of sugar and 1 teaspoon of salt.
7. 7. Cut one yam in half, scoop out the flesh from both halves into a blender or food processor. Add 1 cup of coconut milk (the fat tends to separate in the can – run can under warm water before opening, then whisk milk to re-combine). Blend yam and coconut milk into a smooth, even-textured puree.
8. 8. Temper egg yolks by slowly incorporating the yam puree. Finally, add the melted chocolate and combine until smooth.

9. 9. Beat egg whites with 2 teaspoons of sugar until stiff peaks form.
10. 10. Add half of the egg whites to the chocolate mixture; stir well.
11. 11. Gently fold in the remainder of the egg whites with a spatula – do not overmix.
12. 12. Fill ramekins to the top with batter. Using a butter knife, level the tops and “cut” around the sides of each ramekin to promote rising.
13. 13. Bake for 20 minutes, placing four at a time on the middle rack. Insert a toothpick to check for doneness – it should not have liquid on it.

For the sauce:

1. 1. Using the same blender as before, make more yam puree with 1 medium yam and 1 cup coconut milk. Set aside.
2. 2. Melt 2 tablespoons of butter in a medium saucepan on low to medium heat. Continue cooking until it just starts to turn brown and toasty.
3. 3. Add half a cup of sugar, continue to cook on low, stirring frequently. Take care not to overcook or burn!
4. 4. Once the mixture has caramelized (brown color, smooth, gooey texture) remove from heat. Slowly incorporate the yam puree, stirring vigorously.

Drizzle sauce over soufflés. Serve in ramekins within 10-15 minutes of baking.

Nutrition Data (per serving)

- Calories: 545
- Sodium: 2631 mg
- Total Carbohydrate: 71 g
- Protein: 13 g
- Sugars: 57 g
- Fat: 25 g

Pumpkin Pie Pops (2016)

By Gabby Boobar and Rachael Tatko

Our Pumpkin Pie Pops are a fun play on the classic Thanksgiving pumpkin pie as we incorporate the pulse crop, garbanzo beans, which is grown locally on the Palouse! We used the combination of pumpkin, classic pumpkin spices, almond flour, and pureed garbanzo beans to create a texture that mimics a pumpkin pie filling. Our pie pops will be sure to entice you, not only with the silver and gold Vandal colors it wears, but also with the rich, white-chocolate coating that adds a crunchy shell to the soft, creamy center.

- Yield: 36
- Portion: 1 pie pop

Ingredients

- 36 paper lollipop sticks

Pie

- 1 (15 oz) can pumpkin puree
- 2 c almond flour
- 1 (16 oz) can garbanzo beans
- 2 eggs
- 1 c sugar
- 1 ½ tsp vanilla
- 1 Tbsp allspice
- 2 tsp baking powder
- 1 tsp salt

Frosting

- ¼ block (2 oz) cream cheese
- 1 ½ c powdered sugar
- 1 tsp vanilla
- ¼ stick (2 Tbsp) unsalted butter
- 2 Tbsp milk 1%

Glaze

- 2 (12 oz) bags white chocolate chips
- Silver sprinkles or candies (for decorating)
- Wilton gold color mist (for decorating)

Directions

- Preheat oven to 375°F
- Drain and rinse garbanzo beans then puree in a food processor or mash with a fork
- Thoroughly combine pumpkin puree, pureed garbanzo beans, eggs, and vanilla in a large bowl until smooth
- Combine almond flour, sugar, baking powder, allspice, and salt in a large bowl and mix
- Slowly combine wet and dry ingredients until thoroughly mixed
- Prepare a baking pan with cooking spray then pour in the pumpkin mixture and smooth it out evenly
- Bake at 375°F for 35 to 40 minutes or until an inserted toothpick comes out clean
- While the batter is baking, prepare the frosting by whisking all ingredients in a medium bowl until smooth, with no lumps present
- When the pumpkin cake is done baking, remove from oven and allow it to cool (about 15-20 minutes)
- Once the cake is cooled, crumble it with a fork and combine with the frosting until evenly incorporated
- Line a baking sheet with parchment paper then roll the mixture into 36, 1 ½ inch balls
- Place the baking sheet with the cake balls in the freezer for 45 minutes or until hard
- Heat the white chocolate chips in the microwave until completely melted
- Insert paper lollipop sticks into each ball
- Dip each pie pop in the white chocolate and cover the ball completely
- Place on parchment paper top down and let cool
- Decorate with sprinkles or candies and enjoy!

Nutritional Analysis

Portions: 36

Food Groups — Amount Per Portion

Grains — ½ ounce(s)

Whole Grains — 0 ounce(s)

Refined Grains — ½ ounce(s)

Vegetables — 0 cup(s)

Dark Green — 0 cup(s)

Red & Orange — 0 cup(s)

Beans & Peas — 0 cup(s)

Starchy — 0 cup(s)
Other — 0 cup(s)
Fruits — 0 cup(s)
Fruit Juice — 0 cup(s)
Whole Fruit — 0 cup(s)
Dairy — 0 cup(s)
Milk & Yogurt — 0 cup(s)
Cheese — 0 cup(s)
Protein Foods — 0 ounce(s)
Seafood — 0 ounce(s)
Meat, Poultry & Eggs — 0 ounce(s)
Nuts, Seeds & Soy — 0 ounce(s)
Oils — 0 teaspoon
Limits — Amount Per Portion
Total Calories — 210 Calories
Added Sugars — 76 Calories
Saturated Fat — 41 Calories
Alcohol — 1 Calories

Nutrients — Amount Per Portion

Protein — 3 g
Carbohydrate — 33 g
Dietary Fiber — 1 g
Total Sugars — 23 g
Added Sugars — 19 g
Total Fat — 8 g
Saturated Fat — 5 g
Monounsaturated Fat — 2 g
Polyunsaturated Fat — 0 g
Linoleic Acid — 0 g
 α -Linolenic Acid — 0.0 g
Omega 3 - EPA — 0 mg
Omega 3 - DHA — 1 mg
Cholesterol — 17 mg

Minerals — Amount Per Portion

Calcium — 81 mg
Potassium — 119 mg
Sodium — 184 mg
Copper — 60 μ g
Iron — 1 mg
Magnesium — 12 mg
Phosphorus — 77 mg
Selenium — 3 μ g
Zinc — 0 mg

Vitamins — Amount Per Portion

Vitamin A — 109 µg RAE

Vitamin B6 — 0.1 mg

Vitamin B12 — 0.1 µg

Vitamin C — 1 mg

Vitamin D — 0 µg

Vitamin E — 0 mg AT

Vitamin K — 4 µg

Folate — 12 µg DFE

Thiamin — 0.0 mg

Riboflavin — 0.1 mg

Niacin — 0 mg

Choline — 19 mg

www.SuperTracker.usda.gov

Total Calories: 210

Food Groups — Limits

Grains — ½ oz. — Added Sugars — 76 Calories

Saturated Fat — 41 Calories

Alcohol — 1 Calories

Sodium — 184 mg

(USDA, 2016)

References

USDA. (2016). My Recipe. Supertracker. Retrieved October 10, 2016 from

<https://www.supertracker.usda.gov/myrecipe.aspx>

Tribe from the North Pulse Pecan Pie Bars (2016)

By Rachel Krick and Miranda Anspach

Thanksgiving inspired, with a northwestern twist!!

- Yield: 10 -12
- Portion: 1 bar

Ingredients

Crust

- 1.5 sticks of unsalted butter
- 1/2 cup packed brown sugar
- 2 & 1/2 cups all-purpose flour
- 1 tablespoon cinnamon
- 1/2 teaspoon salt

Topping

- 1 stick unsalted butter
- 1 cup packed light brown sugar
- 1/3 cup honey
- 2 tablespoons heavy cream
- 1.5 cups halved pecans
- 1 cup chickpeas (canned)
- 1/4 cup dry lentils
- 1 tablespoon cinnamon
- 1 tablespoon olive oil

Directions

1. Lentil Prep: Rinse lentils thoroughly. Bring 2 cups of water to a boil on the stove and then pour in 1/4 cup of dry lentils. Reduce heat and allow lentils to simmer until they are softened. Preheat oven to 400 degrees. Once soft, drain the lentils, pour them over a paper towel to dry, and continue on to the next step! You will have approximately 1/2 cup of cooked, roasted lentils.
2. Chickpea Prep: Thoroughly rinse canned chickpeas under cool water for 1 minute, transfer them onto a baking sheet and pat them with a paper towel until they appear dry. Combine lentils with chickpeas on the sheet and place them into the oven for 10 minutes. After 10 minutes, remove the sheet from the oven, disperse olive oil over the lentils and chickpeas and then sprinkle cinnamon uniformly over the pulses. Return the sheet into the oven for another 10-15 minutes or until crispy. Remove from the oven prior to the next step.
3. Crust: Reduce oven heat to 350 degrees and line a 9x13 inch pan with tin foil with enough for a 2-inch overhang on all sides. In a medium bowl, mix 1 1/2 sticks of butter and 1/2 cup brown sugar with a mixer or by hand until uniform. Add in 2 & 1/2 cups flour, 1/2 teaspoon of salt and 1 tablespoon cinnamon and mix until crumbly. Press the crust evenly into the baking pan and then bake for 20 minutes until golden brown.

4. Topping: Combine 1 stick of butter, 1 cup packed light brown sugar, 1/3 cup honey, and 2 tbsp. heavy cream in a sauce pan over medium heat. Stir the mixture for 1 to 2 minutes until smooth and then add in 1.5 cups pecan halves, 1 cup cinnamon roasted chickpeas, and ½ cup roasted lentils (you will have some of each leftover). Immediately pour mixture onto the crust and return the pan into the oven for another 20 minutes.
5. Serving: Allow to cool (the bars will be molten hot!). Lift the foil from the pan and set the bars on a cutting board. Separate from the foil, and then slice them into preferred sizes for bars. They are best served warm. ENJOY!!