

# Vandal Turkey Pumpkin Enchiladas (2018)

*Simple and satisfying, enchiladas are the perfect solution for Thanksgiving leftovers! Move over turkey sandwich; there's a new day after favorite.*

From the Kitchen of Taylor Dunne and Sadie Reed

**Servings:** 6 enchiladas

**Serving Size:** 1 enchilada

## INGREDIENTS

### Filling

- 3 cups shredded turkey, cooked
- 1 cup canned tomatoes, diced
- ¼ white onion, minced
- 1 clove garlic, minced
- 4 cups spinach
- ½ cup cotija cheese
- Salt and pepper, to taste

### Sauce

- One can (15 oz.) pumpkin puree
- 1 jalapeno, minced, seeds removed
- 3 cloves garlic, minced
- 1 cup chicken stock
- 1/3 cup sour cream
- 1 teaspoon smoked paprika
- ½ teaspoon cumin
- ½ lime, juiced
- 1 teaspoon oregano
- 1 ½ tablespoons siracha
- Salt and pepper, to taste

### Other

- 6 large tortillas (gluten free tortillas can be substituted)
- ½ cup Mexican style blend cheese, shredded (to top, optional)
- ¼ cup cilantro, chopped (to top, optional)
- ½ lime (to top, optional)

### **DIRECTIONS**

1. Preheat oven to 350oF.
2. In a medium size pan, sauté onion and garlic over medium heat for 5-7 minutes, until golden brown.
3. Turn off the heat and add the rest of the filling ingredients to the pan. Mix until well combined. Set aside and let cool.
4. For the sauce, sauté the minced jalapeño and garlic in a small pan over medium heat. Sauté for about 5-7 minutes, or until the garlic is golden brown.
5. Add the sautéed jalapeño, garlic and the remaining sauce ingredients to a blender or food processor. Blend until smooth.
6. Fill each tortilla with ½ cup of the filling and roll.
7. Arrange the rolled enchiladas in a 9"x13" baking pan. Evenly cover with the pumpkin sauce and shredded Mexican blend cheese. Bake for 30-35 minutes uncovered.
8. Let cool for ten minutes prior to serving. Top with chopped cilantro and lime wedge, if desired.

### **Nutrition Data (per serving):**

Serving size: 1 enchilada  
Calories: 287  
Carbohydrates: 34.5g  
Dietary Fiber: 4.9g  
Sugars: 6.5g  
Fat: 9.4g  
Saturated Fat: 4.6g  
Trans Fat: 0g  
Sodium: 929mg

## **Cocoa-Chili Rubbed Pork Tenderloin Paired with Vandal Gold Sweet Potato Mousse (2017)**

Looking to sweeten up your holiday weekend with a unique twist on a classic dish? Stop by Vandal Meats to purchase a delicious Pork Tenderloin that can be broiled with a

cocoa-chili rub and served with Vanilla Cream Sweet Potato Mousse. It is sure to add a little Vandal flavor to your family's holiday.

From the Kitchen of Andrew Coyle and Colin Whitaker

- Servings: 8
- Serving Sizes: 8 oz. Pork Tenderloin
- ½ cup Sweet Potato Mousse

### **Ingredients**

#### **Vanilla Cream Sweet Potato Mousse**

- 4 large sweet potatoes
- 2 tablespoons olive oil
- 1 ¼ cup vanilla coffee creamer

#### **Cocoa-Chili Rubbed Pork Tenderloin**

- 4 pounds pork tenderloin
- 1 ½ tablespoons cocoa powder
- 2 tablespoons chili powder
- 1 teaspoon salt

### **Directions**

1. Preheat the oven to 400° F.
2. Peel the skin from the sweet potatoes. Once peeled, cover the sweet potatoes in olive oil.
3. Place the sweet potatoes on a baking sheet. Bake for 45 minutes – 1 hour until golden brown and tender.
4. Combine the cooked potatoes with the vanilla coffee creamer in a food processor or blender and puree until they have reached a smooth consistency.
5. Serve hot or cold.
6. Turn the oven to the broil setting.
7. In a small bowl, mix the cocoa powder, chili powder and salt.
8. Place the rub over the entire surface of the pork tenderloin.
9. Place the pork in a shallow pan and broil in the oven for 10 minutes.
10. Turn over and broil for another 10 minutes.

11. Serve hot with the sweet potato mousse.

**Nutrition Data (per serving)**

- Sweet Potato Mousse: 436 Calories, 55g Carbs, 25g Fat, 2g Pro, 72mg Sodium
- Pork Tenderloin: 295 Calories, 11g Carbs, 9g Fat, 43g Pro, 1,209mg Sodium

## **Baked Salmon Steaks with Roasted Acorn Squash and Wild Rice Stuffing (2013)**

By Anthony Nevin and David Pond

Our Black and Gold inspired recipe consists of a health conscious traditional Thanksgiving meal. With a baked salmon seasoned with rosemary, dill, garlic, lemon, spices and baked to a savory perfection; accompanied by a roasted acorn squash stuffed with wild rice, cranberries butter and dark brown sugar which can stand alone as vegetarian entrée at your family's next Thanksgiving. Show off your Vandal pride this Thanksgiving through the black and gold of the roasted squash and wild rice with a mix of silver from salmon.

### **Roasted Acorn Squash with Wild Rice Stuffing**

- Yield: 6 servings
- Total Time: 1 hr 20 min

**Ingredients**

- 3 medium acorn squash (about 1 1/2 pounds each)
- 3 tablespoons unsalted butter, melted
- 1 tablespoon packed dark brown sugar
- 1/2 medium yellow onion, finely chopped
- 1 tablespoon minced fresh thyme leaves
- 2 cups cooked wild rice mix
- 2/3 cup pecans, toasted and finely chopped
- 1/4 cup dried cranberries, finely chopped
- 1 teaspoon kosher salt, plus more as needed

- 1/2 teaspoon freshly ground black pepper, or to taste

### **Directions**

1. Heat the oven to 350°F.
2. Cut squash in half length wise and remove seeds from center bake in center of oven for 30 min; or until just fork tender.
3. Remove squash from oven brush 1 tablespoon of the melted butter over the tops and insides of the squash halves, sprinkle with the brown sugar, and season with salt and pepper bake another 20-30 minutes.
4. While squash is roasting add 1 tablespoon of the melted butter in a large frying pan over medium heat until butter foams; add the onion, and celery, season with salt and pepper, and stir to coat. Cook, stirring occasionally, until just softened, about 6 minutes. Stir in the thyme and cook until just fragrant, about 1 minute.
5. Remove from the heat and stir in the rice, pecans, cranberries, and measured salt and pepper.
6. Divide the rice filling among the roasted squash halves (about 1/2 cup for each) and drizzle the remaining tablespoon of butter over top. Continue roasting until the squash is completely fork tender, the edges have started to brown, and the filling is heated through, about 20 to 25 minutes

### **Baked Salmon Steaks**

- Yield: 6 servings
- Total Time: 30 min

### **Ingredients**

- 2-3 oz portion salmon fillet
- 1/2 teaspoon dried dill
- 1/2 teaspoon rosemary
- 1/2 teaspoon garlic powder
- 1 teaspoon lemon pepper
- 2 tablespoons lemon juice

### **Directions**

1. Place Salmon on nonstick baking pan.
2. Sprinkle dried dill, rosemary, garlic powder and lemon pepper evenly over salmon steaks. Finish with lemon juice.

3. Bake in oven at 350 degrees F for 20 min or until fat has risen from salmon.