

Joe Vandal Helmet Horn (2018)

Sound the Vandal horn and call everyone to the table! This dish combines the traditional flavors of a loaded baked potato, the unexpected tang of gorgonzola and is served in a Vandal inspired sweet potato "horn." Inspired by U of I mascot, Joe Vandal's horned helmet; he stands by these potatoes!

From the Kitchen of Evan Brock and Darcy Rhodes

Servings: 8

Serving Size: 1 horn (half of a sweet potato)

Gluten Free

INGREDIENTS

- 4 medium sweet potatoes
- 8 strips hickory smoked bacon, diced
- 1 cup sour cream
- 1 cup Colby Jack cheese, shredded
- ½ cup green onions, chopped
- ¼ cup gorgonzola cheese
- Salt and pepper, to taste

DIRECTIONS

1. Preheat the oven to 400° F. Adjust oven rack to the top position.
2. Pierce each sweet potato 2-3 times with a fork.
3. Place the sweet potatoes on a rimmed baking sheet lined with foil. Bake until tender, about 40-45 minutes.
4. While the potatoes are baking, cook bacon in a 12-inch skillet over medium heat until fully cooked and crispy. Remove bacon from the pan and drain on paper towels.
5. In a medium bowl, combine sour cream, both cheeses, green onions, and diced bacon. Optional: salt and pepper to taste.
6. When the sweet potatoes are cool enough to handle, slice in half, widthwise. Hollow them out with a spoon, leaving about ½ inch of the sweet potato flesh intact. *Optional: Add sweet potato meat to filling. Mix well.
7. Spoon filling evenly into the hollowed out potato. Repeat with the remaining potatoes. Serve warm.

Nutrition Data (per serving):

Calories: 250

Fat: 19 g

Saturated Fat: 8 g

Cholesterol: 29mg

Sodium: 175 mg
Carbohydrate: 14g
Protein: 4 g

Vandal Cauliflower (2018)

Indulge your taste buds this holiday season with an unexpected twist on traditional Thanksgiving flavors. Crunchy walnuts, freshly squeezed lime juice, and an aromatic array of spices transform cauliflower florets into a tantalizing Thanksgiving side dish. Plump golden raisins and a tart cranberry drizzle made with local red wine adds delightfully sweet and tangy elements.

From the Kitchen of Meredith LaFrance and Nallely Vega

Servings:

Vandal Cauliflower 9 servings
Cranberry Drizzle 16 servings

Serving Size:

Vandal Cauliflower, 1/2 cup
Cranberry Drizzle, 2 tablespoons Vegan
Gluten-Free, Contains Nuts

Prep Time 15 Minutes

Cook Time 40 Minutes

INGREDIENTS

Vandal Cauliflower:

- 1 medium head of cauliflower
- 2 tablespoons olive oil
- 1 teaspoon onion, granulated (OR, use an equal amount of onion powder)
- 1 teaspoon garlic, granulated (OR, use an equal amount of garlic powder)
- ½ teaspoon sage
- ½ teaspoon paprika
- ½ teaspoon thyme

- ¼ teaspoon ground fennel
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt
- 2 tablespoons fresh lime juice (1 lime)
- ½ cup walnut pieces
- ¼ cup golden raisins

Cranberry Drizzle:

- 2 cups cranberries, fresh or frozen
- ¾ cup local red wine (we used Ste Chapelle, soft red)
- ½ cup frozen orange juice, thawed
- ½ cup water

DIRECTIONS

1. Preheat oven to 425 F.
2. Cut cauliflower into bite-sized florets and add to a large mixing bowl.
3. Coat florets evenly in oil.
4. In a separate bowl, combine onion, garlic, sage, paprika, thyme, ground fennel, ground black pepper, and salt. Mix spices together with a large spoon.
5. Add spice mixture to cauliflower and stir well. Ensure spices are uniformly distributed.
6. Add lime juice to bowl of florets.
7. Lightly spray a 9 x 13-inch baking pan with oil. Add seasoned florets to pan and spread evenly. Bake uncovered for 20 minutes.
8. Remove pan from oven and toss florets. Return pan to oven and bake uncovered for another 10 minutes.
9. Remove pan from oven and add walnuts and golden raisins. Bake uncovered for another 10 minutes.
10. Remove from oven.

DIRECTIONS (Cranberry Drizzle):

1. Add cranberries, orange juice, red wine, and water to a medium-sized sauce pan.
2. Bring mixture to a simmer over medium heat.

3. Reduce heat to medium-low and continue to cook for 10 minutes, or until cranberries have burst, stirring frequently and mashing cranberries as they soften. Watch mixture carefully, as it could boil over.
4. Remove from heat and allow to cool for 5-10 minutes.
5. Pour sauce into a food processor or blender and blend until smooth (approximately 10-15 seconds).
6. Drizzle 2 tablespoons on Vandal Cauliflower. Serve hot.

Nutrition Data (per ½ cup serving):

Vandal Cauliflower
92.6 Calories
6.8 g Fat
0.8 g Saturated Fat
0.0 g Trans Fat
0.0 g Cholesterol
76.9 mg Sodium
7.8 g Carbohydrate
1.8 g Fiber
3.8 g Sugar
2.3 g Protein

Cranberry Drizzle
18.2 Calories
0.0 g Fat
0.0 g Saturated Fat
0.0 g Trans Fat
0.0 g Cholesterol
1.2 mg Sodium
2.7 g Carbohydrate
0.6 g Fiber
1.2 g Sugar
0.1 g Protein

Vandal Gold (Green) Bean Casserole (2018)

Our recipe dresses up green bean casserole, a Thanksgiving standard. Inspired by jalapeño poppers and vandal spirit, this dish brings cream cheese, bacon, jalapeño, golden green beans and a whole lot of pizzazz to the holiday table.

From the Kitchen of Alex Peterson and Nicole Burch

Servings: 6

Serving size: 3/4 cup

INGREDIENTS

- 1 pound bacon
- 2 cups fresh yellow green beans, trimmed, sliced
- 1 jalapeno, finely diced and seeded
- 2 8-ounce packages cream cheese, softened
- 1 8-ounce package cheddar cheese
- 1 8-ounce package mozzarella
- 1 1/3 cups French's French Fried Onions
- 1/3 cup milk, optional

DIRECTIONS

1. Preheat oven to 350 F.
2. While oven preheats, cook bacon in large skillet according to package directions. When done, place bacon on plate lined with a paper towel to remove excess oil. When cooled, cut into 1/4 inch pieces. Set aside. Reserve bacon grease, leaving in skillet for step 5.
3. Wash and trim green beans, cut in halves. Boil for 5-7 minutes and drain. Set aside.
4. While beans are cooking, seed and finely dice jalapeno.
5. Transfer diced jalapeno to pan, cooking in remaining bacon grease for 2-3 minutes. Remove from grease with slotted spoon and transfer sautéed jalapeno to a large bowl.
6. Combine sautéed jalapeno, cooked green beans, cream cheese, mozzarella cheese, cheddar cheese, and half of the cooked bacon in large bowl; can use up to 1/3 cup milk to increase creaminess. Pour into 10x6x2 pan, spread evenly.
7. Cover top layer with French's French Fried Onions and remaining half of chopped bacon. Bake for 20 minutes, or until fried onion rings are golden brown.
8. Cool. Serve. Enjoy!

Nutrition Data (per 3/4 cup serving):

Total Calories: 614

Carbohydrates: 18 g

Protein: 19 g

Saturated Fat: 24 g

Trans Fat: <1 g

Sodium: 896 mg

Vandal Gold Polenta Crusted Yams (2018)

A fun twist on a traditional yam side dish in 5 simple ingredients!

From the Kitchen of Haley Smith

Servings: 8 Serving

Size: 1/2 cup

Vegetarian, gluten free

INGREDIENTS

- 2 yams, sliced (if preferred, peeled and sliced)
- 1/4 cup dark brown sugar
- 1 cup pecans, chopped
- 3/4 cup polenta, uncooked
- 1/4 cup olive oil
- Salt to taste

DIRECTIONS

1. Preheat oven 400 F.
2. Soak sliced yams for at least five minutes while preparing the crust.
3. Polenta Crust: combine brown sugar, polenta, and chopped pecans in a bowl.
4. Grease a baking sheet with 2 tablespoons of olive oil.
5. To coat the potatoes in the crust, remove a slice of yam from the water, shaking off excess, place it in the bowl of crust mixture and coat both sides. Place coated yam on greased baking sheet. Repeat until all slices are on baking sheet.
6. Drizzle 2 tablespoons olive oil over potatoes on pan.
7. Bake at 400 F for 25-30 minutes or until golden brown.

Nutrition Data (per 1/2 cup serving):

Calories: 301 kcal

Carbohydrates: 37 g

Saturated Fat: 2 g

Trans Fat: 0

Sodium: 68 mg

Rendezvous Salad (2017)

This salad combines exotic Asian flavors with a little bit of American sweetness. It includes Asian dressing and seaweed with strawberries, blueberries and white chocolate chips that gives it a nice color and sweet taste. Vandal pride is all about Vandal unity. Bringing two different nations or cultures together to work as one and in this case, bring out a nice flavor. This Rendezvous Salad would be a nice side dish on your Thanksgiving table or great for your “tailgate” party at the Thanksgiving bowl.

From the Kitchen of Raneé Jenkins and Kanako Fujita

- Servings: 6
- Serving Size: 1 cup
- Gluten-Free, Vegetarian

Ingredients

- 14 ounces bag of shredded cabbage with carrots or 1/2 medium cabbage head, shredded and 1 medium carrot shredded-divided
- 1/2 medium cucumber, shredded
- 1 sheet of seaweed, torn in bite size pieces
- 1/3 cup of thin sliced almonds
- 1/3 cup of white chocolate chips (can substitute with dairy free chocolate chips)
- 3 tablespoons of sesame oil
- 3 tablespoons of soy sauce (Tamari)
- 1 1/2 tablespoon of vinegar
- 3 tablespoons of ground sesame seeds
- 3 large strawberries
- 1/2 cup of blueberries

Directions

1. In a medium sized bowl, put cabbage, carrots, cucumber, seaweed, almonds, white chocolate chips and toss together. If using a cabbage head, make sure you cut it in half and only use and shred 1 half of the cabbage.
2. In a smaller bowl, mix the sesame seed oil, tamari soy sauce, vinegar and ground sesame seed.
3. Pour the dressing on the inside of the bowl and coat the salad to taste.
4. Garnish with thin slices of carrots, blueberries and strawberries.

Garnish

1. Thin slices of carrots
2. ½ strawberry, diced
3. 1 Tablespoon of blueberries

Nutrition Data (per serving)

- Calories: 264 kcal, Protein: 5.8 g, Carbohydrate: 21.5 g, Dietary Fiber: 5.7 g, Total sugar: 13.2 g.
- Added sugar: 7.3 g, Fat: 19.7 g, Saturated fat: 4.4 g, Calcium: 83 mg, Iron: 1.8 mg, Sodium: 466 mg

Vandal Gold Sweet Potato Mousse Paired with Cocoa-Chili Rubbed Pork Tenderloin (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
-

Vandal Sweet Potatoes (2017 Winner)

This dish features a group of unlikely friends: sweet potatoes, apples, pecans, and balsamic vinegar. The tender crunch of chopped pecans complements the smooth texture of the potatoes while the rich tang of balsamic vinegar enhances and balances their sweetness. Proudly sporting vandal colors, this unexpected twist on a classic dish is sure to become a new favorite!

From the Kitchen of Katie Akin and Satoko Haji

- Yield: 8 servings
- Serving Size: 1/2 cup
- Gluten-Free. Contains nuts.
- Prep Time: 20 minutes
- Bake Time: 25 minutes
- Gluten free, Vegetarian

Ingredients

Mashed Potatoes

- • 3 small honey crisp apples, 3" diameter, peeled and chopped
- • 3 medium sweet potatoes (or 3 ½ cups, cooked and pureed)
- • 1 teaspoon ground cinnamon
- • 1 tablespoon cornstarch
- • 3 tablespoons dark brown sugar, packed
- • 3 tablespoons butter
- • ½ cup chopped pecans

Balsamic Brown Sugar Sauce

- • ½ cup balsamic vinegar
- • ¼ cup dark brown sugar, packed
- • 1/8 teaspoon nutmeg
- • 1/8 teaspoon ground cloves
- • 2 teaspoons cornstarch, dissolved in ¼ cup water
- 8 fresh mint leaves for garnish, optional

- Additional pecans for garnish, optional

Directions

1. Pre-heat oven to 350F.
2. Peel and chop apples into 1/4 inch cubes and place in a small (6x6") baking dish.
3. Peel sweet potatoes and slice into 1/4 inch rounds.
4. Bake apples and sweet potatoes at 350 degrees for 25 minutes until potatoes are softened and the apples have released their juices and are soft, but still firm.

While baking sweet potatoes and apples, make Balsamic Brown Sugar Sauce:

5. In a small pan, simmer balsamic vinegar on low heat for about 15 minutes to evaporate some of the strongest flavors. (DO NOT smell the pan directly!)
6. Add brown sugar and spices to the vinegar, then drizzle in the dissolved cornstarch while stirring continually.
7. Remove pan from heat and stir occasionally until thickened. Set aside.
8. In a bowl, cream baked sweet potatoes, cinnamon, cornstarch, brown sugar, and butter with an electric hand mixer. Stir in pecans and chopped apples (include any apple juice released into pan during the baking process).
9. Serve the mashed sweet potato with Balsamic Brown Sugar Sauce. If desired, decorate with mint leaves and more chopped pecans.

Nutrition Data (per ½ cup serving)

Mashed Sweet Potatoes

- Calories: 186, Protein: 2 g,
- Carbohydrates: 24 g (dietary fiber 4 g, total sugars 10 g, added sugars 3 g),
- Fat: 9 g (saturated 3 g, monounsaturated 4 g, polyunsaturated 2 g), Cholesterol: 11 mg, Sodium: 22 mg

Sauce:

- Calories: 27, Protein 0 g, Carbohydrates: 6 g (dietary fiber 0 g, total sugars 5 g, added sugars 3 g), Fat: 0 g, Sodium: 4 mg
-

Joe Vandal's No Soak Lentil Casserole (2016)

By Patrick Anderson and Nathan Cook

A new twist on an old recipe, the lentil casserole is similar to the traditional green bean casserole, yet uniquely original. This casserole is filled with lentils, a famous pulse crop in the Palouse, and Yukon gold potatoes, representing both Idaho's famous, southern crops and the gold color of the Vandals.

Lentils are great to cook with not only for their health benefits, such as from their fiber, protein, and mineral content, but also because they carry a somewhat mild flavor that can be paired with many others, and unlike most legumes, they don't require any soaking before you cook them! Lentils combined with cream of mushroom soup, a hint of ranch seasoning, along with real bacon create a delicious salty, tangy flavor that is sure to keep your taste buds intrigued. Just as important though, the textures of this dish are abundant. The flour makes the cream even thicker, while the lentils, potatoes and bacon work together to make each bite unique. Finally, the crispy fried onions will add a nice salty crunch to really top off the experience.

- Yield: 12 portions

Ingredients

- 6 slices Classic Cut Bacon
- 1 ½ cup Lentils
- 1.25 lbs Yukon Gold Potatoes (approximately 2 medium sized potatoes)
- 2 cups Broccoli
- 1 ½ cup Milk
- 1 cup Flour
- 2 10 ½ oz. Cans Cream of Mushroom Soup
- ¾ cup Sharp Cheddar Cheese
- 1 Package Hidden Valley Ranch Seasoning
- ¼ Tsp Black Pepper
- ¼ Tsp Salt
- 1 6 oz. Container of Crispy Fried Onions
- 1/3 cup Green Onions

Directions

1. Cook the lentils and bacon according to directions on their packages. Cook the bacon until it is crispy, and the lentils until they are soft.
 2. Preheat the oven to 350°F
 3. While the bacon and lentils are cooking, cube the potatoes into approximately 1/2 inch sized cubes and chop broccoli into approximately thumb-sized pieces. Set to the side.
 4. In a large bowl, mix together the milk, flour, cream of mushroom soup, ½ cup sharp cheddar cheese, ranch seasoning, black pepper, and salt, then add the potatoes and broccoli.
 5. Once the bacon has finished cooking, crumble the bacon into the large bowl.
 6. Once the lentils have finished cooking drain the excess water out of the lentils, and add them to the large bowl.
 7. Once all of the ingredient are combined in the large bowl, pour the mixture into a 9x13 inch casserole dish. Place the dish into the oven and bake it at 350°F for 45 minutes.
 8. After baking, check to ensure the potatoes are cooked through, then add a layer (approximately 3 cups) of crispy fried onions, ¼ cup of sharp cheddar cheese, and 1/3 cup green onions over the top of the dish and cook for an additional 3-5 minutes, or until the onions have turned slightly golden brown and the cheese has melted.
 9. Let the casserole sit for 10 minutes, and enjoy!
-

The Palouse Sweet Potato Bake (2016)

By Maddi Ray and Michelle Little

The rolling hills of the Palouse are famous not only for the Idaho Vandals, but also for the delicious pulse crops they produce. Made using sweet potatoes, chickpeas, and a pumpkin pie spice blend of our own creation, this tasty yet healthful dish is the perfect addition to any Thanksgiving meal and is filled with delicious, rich, fall flavor. The chickpeas give the dish a delightfully creamy and smooth texture while also providing additional fiber and flavor. The simplicity of this recipe will delight the chef and the flavor will delight the guests this holiday season.

- Yield: 16
- Portion: 2" squares

Ingredients

Base:

- 3 medium- large sweet potatoes
- 1 can of chickpeas, rinsed
- 2 eggs
- 2 tsp vanilla
- ¼ cup butter, softened
- ¼ cup brown sugar
- ¼ tsp nutmeg
- ¼ tsp ground cloves
- ¼ tsp ground ginger
- 1 tsp cinnamon
- ½ cup unsweetened vanilla almond milk

Topping:

- 1 ½ cup pecans, chopped
- ¼ cup butter, melted
- ½ cup brown sugar

Directions

1. Preheat oven to 425°F.
2. Carefully poke 6 holes in each sweet potato with knife.
3. Place on cookie sheet and bake 1 hour.
4. Remove potatoes from oven, let cool, and peel off skin. Don't turn off oven.
5. Place peeled potatoes in food processor.
6. Add remaining base ingredients and process until smooth.
7. Transfer from food processor to 8x8 pan.
8. Spread 1 ½ cups pecans on cookie sheet and toast for 5-6 minutes (@ 425°F) until aromatic.
9. Remove pecans from oven and combine in medium bowl with remaining topping ingredients.
10. Evenly cover base with completed topping mixture.

11. Cover pan with tinfoil and bake at 425°F for 25 minutes.
 12. After 25 minutes, remove tinfoil and baked uncovered for an additional 15 minutes.
 13. Let cool 5 minutes before serving.
-

The Vandal Dome (2016)

By Melanie Leija and Christina Belarde

Welcome, Ladies and Gentlemen! Welcome to the Vandal Dome, the home of the Mighty Vandals. This dish represents our Mascot Joe Vandal because it is equipped for the diet of a strong and mighty athlete. It has high protein content thanks to the Palouse's powerful lentils. In addition, this lentil loaf contains vegetables because Joe is a role model for all Vandals and consumes a well-balanced diet approved by the University of Idaho dietetics students. This dish, with a dollop of cranberry sauce, is perfect for the holiday season. It reminds Joe of holidays at his home and proves to be a delicious dish any Vandal would be excited to enjoy at Thanksgiving.

Ingredients

- ½ tsp. dried basil
- ¼ tsp. garlic powder
- ½ tsp. ground black pepper
- 1 tsp. dried parsley
- 1 tbs. olive oil
- ½ packet dry vegetable soup mix
- 1/3 cup dried bread crumbs
- 6 slices of wheat bread, torn
- 2 eggs
- 1 cup chicken broth
- 2 tbs. tomato paste
- ½ cup chopped walnuts
- ¼ cup Cranberry Sauce

- ½ cup dried cranberries
- 2 cups lentils

Directions

1. Boil lentils until soft.
 2. Preheat Oven to 350 degrees Fahrenheit.
 3. Grease glass bread pan.
 4. Mix together basil, garlic powder, pepper, parsley, olive oil, soup mix, bread, eggs, broth, tomato paste, dried cranberries, lentils and walnuts.
 5. Bake loaf mixture for 40 minutes.
 6. Take loaf out at 30 minutes and add breadcrumbs.
 7. Place loaf back into oven for 10 minutes.
 8. Let loaf cool, and cut into 6 servings.
 9. Drizzle with Cranberry Sauce (optional)
-

Vandal Gold Lentil Curry (2016)

By Jacki Raivo and Jessica Brickly

This dish embodies the essence of the Thanksgiving season with both traditional Thanksgiving flavors and a cozy melding of East meets West. Versatile in its nature, this Curry can be topped over mashed potatoes, rice or even stuffing. This dish is brimming with Vandal Pride as we celebrate the ever growing melting pot of culture here in Moscow. Prepared as is, or with Thanksgiving leftovers, this dish will keep the comfort going after the holiday and will have your family asking for a new post-Thanksgiving tradition for next year.

- Prep Time 10-15 minutes
- 1.5 Cups

Ingredients

- 3 cups Turkey (white or dark meat)
- 3 cups Red Lentils

- 4½ cups Low Sodium Chicken Stock (or turkey stock)
- 2 cans Coconut Milk (lite can be substituted, if desired)
- 1 Tbsp. Virgin Coconut Oil
- 1 cup Dried Cranberries
- ½ cup Diced Onion
- 1 Tbsp. Minced Garlic

Spice Blend

- ½ tsp. Salt (to taste)

Spice Blend

- 1 ½ tsp. Chili Flakes (more or less for spiciness preference)
- ½ tsp. Chili Powder
- ½ tsp. Black Pepper
- 2 tsp. Cumin
- 1 tsp. Pumpkin Pie Spice

Directions

On medium high heat, add coconut oil, onion, garlic and chili flakes to a large deep saucepan. Sautee until onions are softened. Add the rest of your spice blend (chili powder, black pepper, cumin and pumpkin pie spice) to temper. Sautee until onions are caramelized and aromatics have been released from the spices. Add in your chicken (or turkey) stock. Let simmer until stock is reduced by half volume then add 2 cans of full fat coconut milk (you can swap for lite for less saturated fat) lentils, cranberries and turkey. Simmer until lentils are fully cooked or roughly 45 minutes. Lastly, add salt to taste. Remove from heat and let sit for 5-10 minutes to allow thickening.