

HUGHTO FARMS COOKBOOK

QUAVE & CARES | URBAN RECIPE | ATLANTA COMMUNITY FEEDBANK

TO MY FRIENDS IN THE A

**WHAT I CARE MOST ABOUT IS BRINGING THE
COMMUNITY TOGETHER TO PROVIDE JOY AND PEACE.**

**THERE IS NO BETTER WAY TO DO IT THAN TO CONNECT
WITH LOVED ONES OVER A HOME-COOKED MEAL.**

**THIS SEASON, AS MY GIFT TO YOU, I AM SHARING MY
FAMILY RECIPES TO INSPIRE YOU TO MAKE NUTRITIOUS
MEALS TOGETHER TO ENJOY WITH LAUGHTER AND LOVE.**

**WISHING YOU AND YOUR FAMILY A BEAUTIFUL
THANKSGIVING.**

QUAVO & THE QUAVO CARES FAMILY

CHEFFED-UP BOX STUFFING AKA DRESSING

SERVES 8 people
RECIPE BY Virginia Willis

INGREDIENTS

1/4 cup butter
room temperature
1 onion, chopped
2 stalks celery
chopped
2 boxes stuffing mix
2 cups of chicken or
vegetable stock
low/no salt added
2 eggs
Salt and ground pepper

DIRECTIONS

- 1 Heat the oven to 350°F. Using some of the butter, grease an ovenproof gratin or casserole dish.
- 2 Melt remaining butter in a large skillet over medium heat. Add the celery and onion and cook until soft, 5 to 7 minutes.
- 3 Transfer the cooked vegetables to the bowl with the stuffing.
- 4 Pour the stock mixture over the bread and add eggs and spices. The mixture should be fairly soupy.
- 5 Season with salt and pepper. If you want to taste and adjust for seasoning, simply zap a teaspoon or so of the mixture in a bowl in the micro-wave to cook the eggs and season as needed.
- 6 Transfer the mixture to the prepared baking dish. Bake until heated through, puffed, and golden brown, about 45 minutes. Let cool slightly before serving.

BRINED & ROASTED TURKEY OR CHICKEN WITH GRAVY

SERVES 8 people
RECIPE BY Virginia Willis

INGREDIENTS – BIRD

1 turkey
1 cup kosher salt
1/2 cup sugar
1 1/2 gallons cool water
1- 7 lb roasting hen, neck, and giblets reserved
2 large onions, roughly chopped, skins reserved
1 teaspoon paprika

INGREDIENTS – GRAVY

1 quart low sodium chicken broth simmering
3 tablespoons unsalted butter
4 tablespoons all purpose flour
Coarse salt and freshly ground black pepper

PREP THE EVENING BEFORE YOU PLAN TO COOK:

Mix salt and sugar in water in a large clean bucket or stockpot until completely dissolved. Set the bird in the brine, making sure it is submerged. Cover and refrigerate overnight, up to 8 hours.

Tip! If the bird floats, place a heavy bowl on top to push it down.

DIRECTIONS ON THE DAY YOU PLAN TO COOK:

- 1 Pull the bird out of the brine at least 30 minutes before cooking to allow it to come to room temperature
- 2 Line a rimmed baking sheet with aluminum foil. Scatter the onions across the bottom of the pan.
- 3 Place the bird atop the onions. Season the top of the hen with paprika.
- 4 20 minutes before roasting, adjust oven rack to middle position and heat oven to 425°. Line a rimmed baking sheet or roasting pan with aluminum foil.
- 5 Combine onion skins, reserved neck bone, and broth. Bring to a boil and reduce the heat to simmer.
- 6 Transfer the baking sheet to the oven and roast, rotating occasionally, until an instant-read thermometer inserted into the deepest part of the breast registers 150°F, and the thighs registers 165°F, about 1 1/2 hours.
- 7 While hen roasts, start the gravy. Strain the broth, discarding the bones and onion skins. Melt butter over medium-high heat in a saucepan. Add flour and cook, stirring constantly until flour is golden brown, about 3 minutes. Whisking constantly, add the strained broth in a thin, steady stream until it is all incorporated. Bring to a boil, reduce to a simmer, and cook until reduced to about 1 quart, about 20 minutes longer. Season to taste with salt and pepper, cover, and keep gravy warm.

- 8 When hen is cooked, remove from the oven and allow to rest at room temperature for 20 minutes before carving. Transfer it to a cutting board set over a 2nd rimmed baking sheet to catch the juices; cover the bird with foil.
- 9 Remove onions from the baking sheet with a slotted spoon. Carefully pour any collected juices from out of the roasting pan through a fine-mesh strainer into a liquid measuring cup. Skim off excess fat and discard. Add cooking juices and reserved roasted onions to gravy. Taste and adjust for seasoning with salt and pepper.
- 10 To carve the hen, separate the leg quarters from the main part of the carcass. Locate the joint between the drumstick and the thigh; it's white cartilage. Slice through this joint. (If you are on bone and having difficulty, your knife is in the wrong spot.)
- 11 Serve the drumsticks whole and cut the dark meat from the thighs. Remove the wings and cut at the joints into 4 pieces. Slice into the breast on one side of the breastbone with a sharp knife. Continue slicing, following the contour of the breastbone with the knife to remove as much meat as possible. As you continue to work, the breast meat should begin to pull away from the bone and you will have one large breast. Repeat with the other side. Place the breast on the cutting board and slice the breast meat on the bias into slices no thicker than ½-inch thick.
- 12 Transfer the sliced meat, meat, and wings to the warm serving platter. Serve immediately with gravy on the side.

INDIVIDUAL BAKED APPLE CRISPS

MAKES

**4 1/2 apple
servings**

RECIPE BY

ACFB

INGREDIENTS

1/4 cup + 2 tablespoons
old fashioned or
quick cooking oats
2 tablespoons brown
sugar
1 tablespoon flour
1/2 teaspoon ground
cinnamon
1 large egg, beaten
2 medium apples, any
variety
2 tablespoons chopped
pecans, almonds
or walnuts (optional)

DIRECTIONS

- 1 Preheat the oven to 350 degrees.
- 2 In a small bowl, add oats, brown sugar, flour, cinnamon, and nuts. Stir together.
- 3 Add beaten egg to the dry ingredients. Stir to combine.
- 4 Cut apples in half through the top core. Use a small spoon or knife to scoop out the core to make a shallow cup.
- 5 Place apples in a baking dish and evenly spoon the oat filling into them.
Cover with foil and bake for 25 minutes.
- 6 Remove foil and bake for 25 more minutes.

BAJA BEANS DIP OR FILLING

SERVES

12 servings
(1/3 cup + tortilla)

RECIPE BY

ACFB

INGREDIENTS

2 cans (15 oz) low-sodium tomatoes, drained, diced
1 can (15 oz) no-fat, low-sodium refried beans
1 can (15 oz) low-sodium corn, drained and rinsed

2 tablespoons chili powder
1 teaspoon ground cumin
1 1/2 cup low-fat cheddar cheese, shredded
1/2 bunch cilantro chopped (optional)

DIRECTIONS

- 1 Preheat oven to 350 degrees.
- 2 In an oven-safe skillet, combine 1 can of tomatoes, refried beans, 1 cup of corn, chili powder, and cumin.
- 3 Cook over medium heat, stirring occasionally until hot.
- 4 If using an oven-safe skillet, skip to Step 5. If not, Spoon heated mixture into an 8x8 baking dish.
- 5 Top with the remaining corn and tomatoes and sprinkle with cheese.
- 6 Bake for 5-10 minutes, or until the cheese is melted.
- 7 Garnish with fresh cilantro (optional).

APPLE GLAZED SWEET POTATOS

INGREDIENTS

2 1/2 cup unsweetened
100% apple juice
1/2 teaspoon ground
cinnamon
1/4 teaspoon salt
2 pounds sweet potatoes
(about 4 small potatoes)
peeled and thinly sliced

DIRECTIONS

- 1 Combine apple juice, cinnamon, and salt in a large skillet. Add sweet potatoes and bring to a boil over high heat.
- 2 Reduce heat slightly and simmer potatoes, stirring occasionally for 20 to 25 minutes, or until potatoes are tender and juice has been reduced to a glaze. Serve while hot.

CRANBERRY SAUCE

INGREDIENTS

12oz dried cranberries
1 1/2 tablepoon sugar
1 1/2 cup orange juice
1 cinnamon stick or pinch
of ground cinnamon
(optional)

DIRECTIONS

- 1 Add all ingredients to a medium size pot and bring to a boil over medium heat.
- 2 Turn heat to low, cover and simmer until the berries are plump again, 10-15 minutes. Remove the lid, and simmer for a few minutes.
- 3 Cook for 5-7 minutes longer and give them a heavy handed mix with a whisk to break them up into smaller pieces.

CINNAMON RICE PUDDING

SERVES
6 people

RECIPE BY
ACFB

INGREDIENTS

1/4 cup dry rice
4 cup box milk
1 teaspoon cinnamon
1 teaspoon vanilla
1/2 cup raisins, dried
cranberries, chopped
apples or canned pears
2 tablespoons sugar
1/4 teaspoon nutmeg
(optional)

DIRECTIONS

- 1 Cook rice according to package directions.
- 2 Continue once the rice is cooked.
- 3 Pour milk and rice into a sauce pan. Bring to a boil. Stir occasionally.
- 4 Once boiling, lower heat to simmer and add the fruit (dried cranberries, dried cherries, raisins, or chopped apples) and cinnamon. Mix well.
- 5 Simmer for about 30 minutes, until milk has been absorbed and pudding is thick like oatmeal, but not solid.
- 6 Mix in sugar and vanilla. If using canned pears, add now and heat through for 2-3 minutes.
- 7 Remove from heat and serve warm.

PRESENTED BY
QUAVO CARES
URBAN RECIPE

RECIPES COURTESY OF
ATLANTA COMMUNITY FOOD BANK