

HALLOWEEN

It's the spookiest time of the year! Stay *safe*, *have fun* with your food, and *enjoy* these festive recipes to get you in the **halloween** spirit.



**BOISE STATE
UNIVERSITY**



SPOOKY TUNES

What's Halloween without some tunes? Bring the party to your kitchen with this Spotify curated ***Monster Jams playlist***.

WATCH YOUR BOOS

How much are you pouring? Check out this ***solo cup*** to learn how to pour a standard serving!

TABLE CHATS

Spark new conversation with family, friends or roommates with the question of the night: **Do you have vivid memories of a halloween costume from your childhood? What made this costume special to you?**



Simple Jack O'Lantern Stuffed Peppers

Serves 4

INGREDIENTS:

- 1 tablespoon oil
- 1 medium onion, chopped
- 1 large clove garlic, minced
- 1 pound ground beef, turkey, or 15 oz can of black beans
- 1 teaspoon salt
- ¼ teaspoon ground pepper
- 1½ cups cooked brown rice
- 1 (8 ounce) can no-salt-added tomato sauce, divided
- 2 tablespoons chopped fresh parsley
- 4 large orange bell peppers

INSTRUCTIONS:

Preheat oven to 350 degrees F.

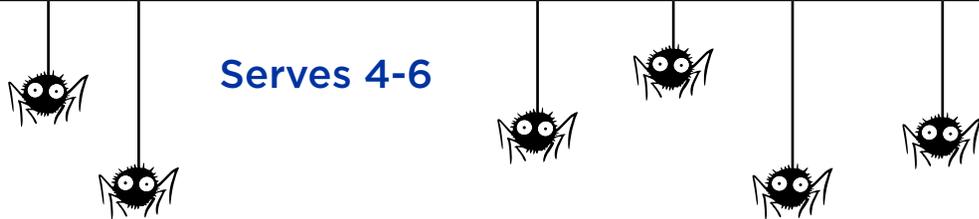
Heat oil in a large skillet over medium heat. Add onion and garlic and cook, stirring occasionally, until softened and beginning to brown, about 3 minutes. Add beef, (or other protein) salt and pepper; cook, crumbling with a wooden spoon, just until it loses its pink color, about 5 minutes more. Remove from heat and stir in rice, ¾ cup tomato sauce and parsley.

Meanwhile, cut out stem ends of bell peppers and set aside; scoop out seeds. With a sharp paring knife, cut out a jack-o'-lantern face on one side of each pepper. Place the peppers and tops, cut-side down, in a microwave-safe pie pan. Add ¼ cup water. Microwave on high until tender but firm, 4 to 6 minutes. Empty the water from the dish and turn the peppers cut-side up.

Stuff the peppers with the beef (or other protein) mixture. Spoon the remaining ¼ cup tomato sauce over the peppers. Bake until the mixture is heated through, 20 to 25 minutes. Place the steamed tops back on top of the peppers.

Spooktacular Sauteed Spinach

Serves 4-6

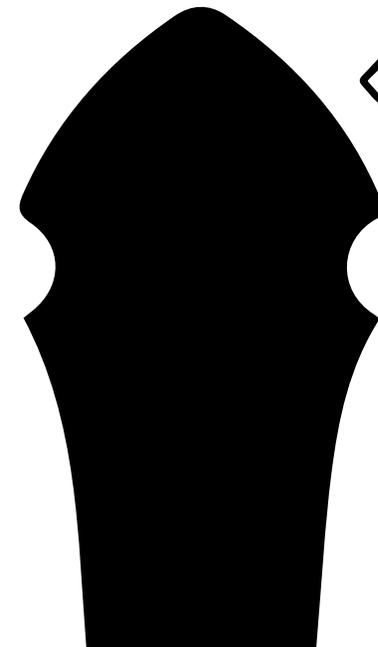


INGREDIENTS:

- 2 tablespoons olive oil
- 4 cloves garlic, thinly sliced
- 20 ounces fresh spinach
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- ¼ teaspoon crushed red pepper

INSTRUCTIONS:

Heat oil in a pot over medium heat. Add garlic and cook until beginning to brown, 1 to 2 minutes. Add spinach and toss to coat. Cover and cook until wilted, 3 to 5 minutes. Remove from the heat and add lemon juice, salt and crushed red pepper. Toss to coat and serve .





Caramel Apple Pretzel Dippers



Serves 2-4

INGREDIENTS:

- 1 medium apple, cut into 12 slices
- 4 tablespoons melted chocolate chips, or white chocolate chips
- 3 tablespoons crushed pretzels
- 1-3 caramel baking blocks, or pourable caramel

INSTRUCTIONS:

Dip apple slices halfway into melted chocolate chips. Sprinkle with crushed pretzels. Arrange on a waxed paper-lined tray. Let stand until firm or cover and chill up to 1 hour. Drizzle with caramel. *If you don't have caramel, try nut butter!