

# 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.

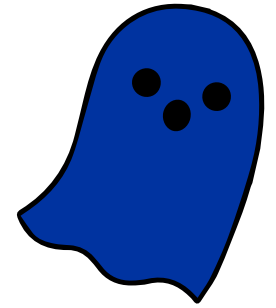
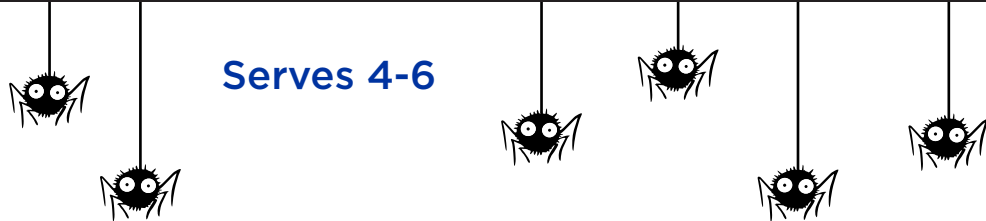
Heat oil in a large skillet over medium heat. Add onion and garlic and cook, stirring occasionally, until softened and beginning to brown, about 3 minutes. Add beef, (or other protein) salt and pepper; cook, crumbling with a wooden spoon, just until it loses its pink color, about 5 minutes more. Remove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

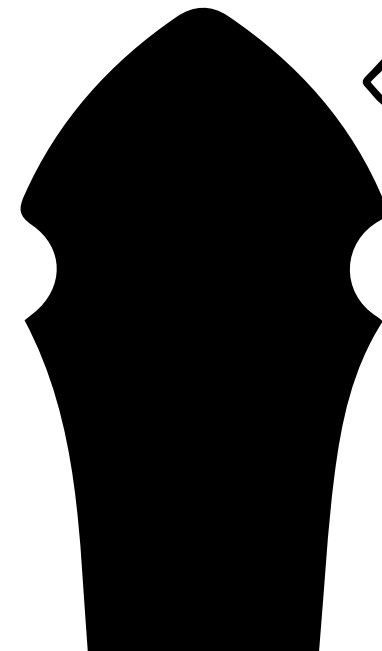
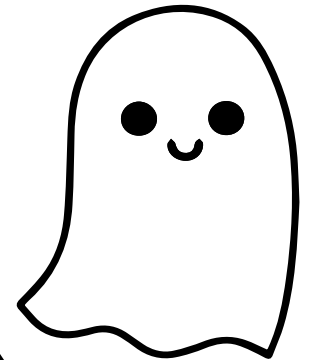


## INGREDIENTS:

- 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!