

# **Black and Gold Fusion Quiche (2017)**

This quiche is a blend of common Thanksgiving table leftover ingredients united in a practical way to repurpose Thanksgiving food. We developed this recipe to illustrate the spirit of the Vandal community. Although we may be very different, together we create something better.

From the Kitchen of Claire Manley and Alex Tobosa

- Servings: 8
- Serving size: 1 slice

## **Ingredients**

- 2 medium sweet potatoes
- 1/3 sweet onion, diced
- 1 tablespoon olive oil
- 1/2 cup roasted turkey breast, cut into preferred size
- 1/2 cup of cooked bacon, diced
- 1/2 cup black beans, drained and rinsed
- 5 eggs
- 1 cup 2% milk
- 1 teaspoon salt
- 1 teaspoon pepper
- 9" frozen, deep dish, Pillsbury pie crust
- 1 cup grated cheddar cheese

## **Roasting Directions**

1. Preheat oven to 400 degrees F.
2. Dice sweet potatoes and sweet onion into 1/2 in cubes.
3. Toss vegetables with 1 tablespoon olive oil until evenly coated.
4. Place vegetables in rimmed baking pan in a single layer.
5. Roast vegetables for 30 minutes, stir, return to oven and continue roasting for an additional 15 minutes.

## **Quiche Directions**

1. Preheat oven to 350 degrees F.
2. Fill deep dish pan with roasted vegetables, turkey, bacon, and black beans.
3. In a separate bowl, whisk together 5 eggs, cup of milk and salt and pepper.
4. Pour contents of bowl into pie pan until nearly filled.
5. Cover surface of quiche with grated cheese.
6. Place pie pan on a metal rimmed baking sheet to catch any excess drippings during baking process.
7. Bake quiche for 50 min, cut into center to check for doneness. Edges should be set and center firm.

**Nutrition Data (per serving)**

- Calories 363, Protein 16 g, Carbohydrate 30 g, Saturated Fat 7 g, Sodium 660 mg
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## **Vacation Muffins (2014)**

### **Ingredients**

#### **Muffins**

- 12 muffin cups
- 3 cups blackberries
- 2 lemons
- 2 1/2 cups all-purpose flour
- 2 1/2 tsp. baking powder
- 1 tsp. salt
- 1 1/8 cups sugar
- 2 large eggs
- 1/2 cup coconut oil
- 1 cup buttermilk
- 1 1/2 tsp. vanilla extract

#### **Streusel Topping**

- 3 Tbsp. sugar
- 3 Tbsp. packed brown sugar
- 1/2 cup all-purpose flour
- 5 Tbsp. melted coconut oil

## **Directions**

### **Muffins**

1. Preheat oven to 425°F and adjust oven rack to the upper-middle position.
2. Place muffin cups in muffin tin and set aside.
3. Measure out 3 cups of blackberries. Cut larger berries in half using a chef's knife.
4. Zest two lemons into a small bowl. Set aside 1 tablespoon of lemon zest for a garnish.
5. Squeeze the juice from one lemon into another bowl and set aside.
6. In a large bowl, whisk together flour, baking powder, and salt.
7. In a medium bowl, whisk sugar and eggs together until homogenous and thick. Slowly add melted coconut oil and whisk until combined. Whisk in buttermilk, vanilla extract, lemon zest, and lemon juice.
8. Fold egg mixture and blackberries into flour mixture using a rubber spatula. The batter will appear lumpy with a few dry spots. Take caution not to overmix.
9. Using an ice cream scoop, portion batter into muffin cups. The batter should fill the cups and mound slightly.
10. Apply streusel topping to each muffin.
11. Place full muffin tin in oven and bake until muffins are golden brown or until a toothpick can be inserted and removed with only a few crumbs attached (17-19 minutes)
12. Allow muffins to cool in tin for 5 minutes before transferring muffins to a wire rack for an additional 5 minutes of cooling.
13. Garnish with remaining lemon zest and serve.

### **Streusel Topping**

1. In a small bowl, combine sugar, brown sugar, and flour.
  2. Add melted coconut oil and toss with fork until mixture is evenly moistened. Mixture will form pea-sized pieces throughout.
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# Vandal Sunrise Quiche (2012)

By Katie Dunn and Steffanie Sandoval

Our “Vandal Sunrise Quiche” is a perfect way to utilize your leftovers without experiencing Thanksgiving déjà vu. Excess mashed potatoes are transformed into a soft and tender crust. Traditional turkey is paired with side vegetables and cheese that is then covered with a rich and creamy egg mixture. It is baked golden-brown to a light and fluffy texture. By using your Thanksgiving leftovers and common household staples in this way, you will avoid a trip to the store and another year of reheating last night’s dinner. This simple, golden breakfast dish will brighten your morning and chase away your leftover blues.

- Yield: one 13x9 casserole dish
- Portion: 10- 12 servings
- Oven: Pre-heat to 375F
- Bake: 50 – 60 minutes

## Ingredients

- 12 large eggs
- 1 cup of half and half\*
- 3 Tbsp. flour
- 1 tsp. baking powder
- 1 1/2 tsp. of sodium free seasoning of choice
- 1 tsp. salt
- 2 cups of leftover mashed potatoes
- 2 cup of leftover turkey\*\*
- 2 cups of leftover asparagus\*\*\*
- 2 cups of grape tomatoes, sliced in half\*\*\*\*
- 2 cups of shredded cheese

## Directions

1. Evenly spread leftover mashed potatoes into lightly greased baking dish. Bake in oven until lightly golden around the edges or approximately 25 minutes.

2. Cut turkey and asparagus into bite sized pieces. Evenly distribute turkey, asparagus, tomatoes, and cheese over the potato crust.
3. Mix together eggs, half and half, flour, baking powder, seasoning mix, and salt until well combined. Pour into the baking dish.
4. Bake until the center is set or reaches internal temperature of 160F, approximately 25-30 minutes.

\* Half and half can be substituted for either milk or cream.

\*\* Turkey can be omitted or substituted for ham or etc.

\*\*\* Vegetables can be substituted with any other vegetable; leftover, fresh, or frozen.

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## Vandal Victory Pumpkin Pancakes (2012)

By Ashlee Eskelsen and Jeni Dillon

Our “Vandal Victory Pumpkin Pancakes” are a delicious surprise to wake up to the day after Thanksgiving. When all the guests are at the house, impress them with this tasty twist on a breakfast and keep the festivities alive. The pumpkin in the pancakes, enhanced with cinnamon and nutmeg, add depth to the flavor profile and richness to the texture. Cranberries, from whole cranberry sauce, add a hint of deep red and a sweet poignant taste. This complements the simple cranberry syrup that can be used as an addition to this gourmet meal. Whether you are shopping at after-Thanksgiving sales or going out for a game of football, our “Vandal Victory Pumpkin Pancakes” will ensure that your breakfast is a success!

- Yield: 6 pancakes (serves 2)
- Griddle: 350°F
- Cook: 3-5 minutes

### Ingredients

- 1 cup pancake mix of your choice
- ½ cup water
- ½ tsp cinnamon
- ¼ tsp nutmeg
- ¼ rolled oats

- $\frac{3}{4}$  cup cranberry sauce
- $\frac{1}{4}$  cup canned pumpkin
- $\frac{3}{4}$  cup quick cranberry sauce
- $\frac{1}{4}$  cup maple syrup

### **Directions**

1. Mix pancake mix, water, nutmeg, cinnamon, rolled oats, and canned pumpkin together in a bowl until a lumpy consistency is obtained.
2. Reheat cranberry sauce with about 1 tablespoon water. Drain berries and rinse, reserving sauce in a separate bowl. Mix cranberry sauce with maple syrup and a pinch of cinnamon.
3. For each pancake, ladle  $\frac{1}{4}$  cup batter onto a hot griddle; sprinkle with 1 tablespoon berries. Flip pancake when it releases easily from pan; continue cooking until golden brown.
4. Serve with butter, if desired, and reserved syrup.