

Healthy Living Challenges - October Meeting

Officer: Greyson Braden

As a reminder, this year, we are looking at two aspects: eating healthy and moving our bodies.

Both the recipes and the physical challenges below are optional, but we would love to see as many people as possible participate. When you complete either activity, please take a picture of yourself with the item and email it to Ms. April. The names of those members that participate will be entered into a drawing that will be conducted at the next club meeting. If you do both activities, your name will be entered twice. I ask that you send your photos no later than one week before the meeting so that I have enough time to look them over and write your names out for the drawing. Each month will be based on a theme. The members who add special things to the design of the baked item that matches the monthly theme will be entered into a special end-of-the-year raffle.

October Meeting Challenges - Photos due Monday, November 10th

Theme: **Thanksgiving**

Physical Challenge: **Go bird watching at a nearby park.**

Recipes: **Cornucopias**

Recipe Option 1 - Beginning Baker



[Beginner Cornucopia](#) (Crescent Roll Cornucopias)

Author: Melissa Haines

Equipment

- foil

Materials

- 1 8 oz. Crescent Roll Sheet A Roll of Seamless Dough (if you can't find this, just grab some original refrigerated crescent dough)
- Foil

- Vegetables such as carrot sticks, celery sticks, cherry tomatoes, broccoli florets, cauliflower florets, colored peppers, etc.
- Cheese bricks such as cheddar, Colby-jack, etc.
- 1 16 oz. Sour Cream
- 1 oz. Ranch Dry Mix Packet

Instructions

1. Unroll the dough, and along the long side of the rectangle, slice it into about 1/2 inch long strips
2. *If you are using regular crescent dough, you should prep it now. Unroll, and seal the seams so it becomes 1 big sheet of dough, before slicing it into strips
3. Shape foil into a cone shape cornucopia (about 4 inches long, about 1/2 inch wide at the point, and 2 inches wide at the top)
4. Here's how you can do that: Cut a square of foil, and start by pushing your fingers into the center of the square, fold the foil up and around your hand.
5. Continue to shape it until you get your desired size. This will be your foil mold. Make one for each person
6. Starting at the bottom of your foil cone shape, start wrapping a strip of crescent dough around the foil overlapping each time by a little bit, and pressing to seal where needed
7. Pull the tip up a little for a curved shape
8. Bake according to the package directions, or until the dough is turning nice and golden in color - about 10 minutes
9. Let cool

Pulling foil out of baked cornucopia

1. Now...here's a trick I learned to get the foil out - squeeze the foil together so it's a little smaller at the top, and while holding onto the crescent roll, gently twist the foil back and forth until it loosens from the sides and pulls it out
2. You can store the crescent rolls in an air-tight container for a couple of days before filling them

Filling the Cornucopia

1. Prep cheese by cutting it into thin strips
2. when you are ready, you can use miniature cookie cutters - (fall shapes), to cut cheese, peppers, and anything else you think might work
3. You can also cut vegetables into strips for dipping so you have a mixture
4. Dry any vegetables that are a little moist on a paper towel so they don't make your bread cornucopia soggy
5. Fill your cornucopia with prepared vegetables
6. Mix the sour cream and ranch packet in a small bowl

7. Serve the cornucopias your ranch dressing or your favorite vegetable dip

Recipe Option 2 - Culinary Creator (Advanced)



Cornucopia Salad

Ingredients

Cornucopia Shell:

- 2 cans Pillsbury Breadsticks (or 1–2 sheets of puff pastry, thawed)
- 1 large roll of aluminum foil
- Nonstick spray
- 1 egg + 1 tablespoon water (for egg wash)

Salad:

- 5 oz Earthbound Farm Organic Spinach and Kale Mix
- 1 delicata squash, sliced into moons and roasted
- ½ cup pomegranate seeds
- 1 large red pear, thinly sliced

Lemon Turmeric Dressing:

- ¼ cup olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon lemon zest
- 1 teaspoon honey or maple syrup
- ½ teaspoon ground turmeric
- ¼ teaspoon Dijon mustard
- ¼ teaspoon salt
- Freshly ground black pepper, to taste

Directions

1. Preheat your oven to 350°F.
2. Tear off a large piece of aluminum foil, fold it in half for sturdiness, and shape it into a cone about 12–15 inches long, with an open end about 5 inches wide.
3. Fill the cone with crumpled foil balls to help it hold its shape, then bend the tip up slightly for the classic cornucopia curve.
4. Spray the entire foil cone with nonstick spray.
5. If using puff pastry, slice it into ½-inch wide strips. Starting at the narrow tip of the cone, wrap dough strips around the cone, slightly overlapping each one. Continue until the entire cone is covered.

6. Braid two dough strips together and wrap them around the open end for a decorative finish.
7. Beat the egg with water and brush it over the dough for a golden finish.
8. Place the wrapped cone on a baking sheet and bake for 30–45 minutes, checking often. Cover loosely with foil if the dough starts to brown too quickly.
9. Once golden brown, remove the cone from the oven and let it cool slightly. Carefully remove the foil mold from the inside and let the cornucopia shell cool completely.
10. In a small bowl, whisk together the olive oil, lemon juice, lemon zest, honey (or maple syrup), turmeric, Dijon mustard, salt, and black pepper until smooth.
11. Adjust seasoning to taste, adding more lemon juice for brightness or honey for sweetness if needed.
12. Add the spinach and kale mix to a bowl with the roasted delicata squash moons, pomegranate seeds, and pear slices on top. Toss and drizzle with Lemon Turmeric Dressing over the salad and toss. Add to the cornucopia for presentation right before serving. Enjoy!