

good food

FREE - TAKE ONE • JANUARY 2025

Eat your way to healthy!



OUTPOST CO-OP
GROCERY STORE

Good Morning 2025



SLOW COOKER OATMEAL

SERVES 4 *Vegan & gluten-free with substitutions*

We've tried a lot of slow cooker oatmeal, but this version seems to strike the balance between rich and nutty, with a texture that is somehow more like bread pudding than porridge. Pop this in the slow cooker before you go to bed – it only takes a few minutes to throw together – and wake up to a warm, hearty breakfast.

- 1 cup milk of your choice
- 1 cup light coconut milk, adds richness
- $\frac{1}{8}$ – $\frac{1}{4}$ cup brown sugar, depends on how sweet you like it
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- 1 cup organic regular rolled oats (thick rolled oats will also work, but gives a chewier texture. Steel cut, or quick oats won't work for this recipe).
- 1 cup finely chopped apple, no need to peel
- 1 cup dried cranberries or chopped dates (dates will make it sweeter)
- $\frac{1}{2}$ cup chopped walnuts or slivered almonds

1. Grease the inside walls of the slow cooker with butter or butter substitute. This will prevent sticking so don't skip this step.
2. Toss all ingredients into slow cooker and mix well to combine.
3. Cover and cook on low for 8-9 hours. It's important to use low heat.
4. Go to bed. When you wake up, there will be oatmeal, the best oatmeal ever!

CREAMY TURMERIC LATTE

Bright yellow and super creamy, savor this delicious concoction; it's made with one of the most potent healing spices. It can be sweetened to taste, and the ginger's wonderful spiciness makes it a little zesty. Choose any milk you enjoy, just remember not to skimp on the foam!

- 1 cup soy or almond milk, or make fresh cashew milk
- $\frac{1}{2}$ teaspoon ground turmeric
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{4}$ teaspoon vanilla extract
- 2 teaspoons maple syrup, or to taste
- Pinch of sea salt
- 1 tablespoon coconut milk or cream (optional)

SERVES 1 *Vegan*

1. Pour milk into a small saucepan. Add turmeric, ginger, vanilla, maple syrup, and sea salt. Whisk together. The turmeric and ginger give the drink a creamy texture. To make it extra creamy add 1 tablespoon of coconut milk or cream.
2. Heat the mixture over medium-high heat. Begin whisking to froth the foam and reduce heat to medium-low when mixture begins to simmer. Don't let it come to a boil. Continue whisking until the foam thickens.
3. Remove from heat and pour into your favorite mug.

TURMERIC BENEFITS

Anti-inflammatory, anti-cancer, improves brain health



Citrus-Obsessed



HOW FORTUNATE THAT MOST CITRUS FRUIT – WHICH SEEM TO EMBODY THE SUMMER SUN MORE THAN ANY OTHER PRODUCE – BEGIN TO RIPEN IN LATE FALL. THEIR LEMON YELLOWS, LIME GREENS AND ENDLESS ORANGES ALL ARRIVE TO LIGHT UP OUR PRODUCE SHELVES AND OUR LIVES DURING THESE SHORTENED DAYLIGHT HOURS OF WINTER.

CITRUS KIWI SALAD WITH MINT

SERVES 4 *Vegan*

4 large satsumas, oranges or seasonal citrus
2 kiwi
¼ cup fresh mint, finely chopped
1 10.5-ounce can mandarin orange sections in fruit juice

1. Peel citrus and separate the sections. Cut each section in half.
2. Peel kiwi and cut into bite-sized pieces.
3. Combine citrus and kiwi in a medium bowl, add mint and canned mandarin segments (add the juice in, too).
4. Toss gently to combine.

LEMON SOUFLÉ CUPS

SERVES 8

8 lemons, preferably Meyer
3 large eggs, separated
½ cup granulated sugar
2 tablespoons all-purpose flour
Confectioners' sugar, for dusting

1. Preheat oven to 350°. Lightly coat a baking sheet with cooking spray. Slice the pointed end off each lemon so it sits level. Cut the top third of each lemon off at the opposite, stem end. Reserve the tops.
2. Scoop the pulp from each lemon and then squeeze the juice from the pulp and save.
3. Place the empty lemons on the baking sheet.
4. Combine egg yolks, ¼ cup granulated sugar, ¼ cup reserved lemon juice and flour in a bowl. Using whisk attachment, mix with an electric mixer for several minutes, until pale yellow. Place the bowl over a pan of simmering water and whisk steadily by hand 8-10 minutes. Return to mixer and beat another 10 minutes. Set aside.
5. Using a clean mixer bowl, combine egg whites and remaining granulated sugar. Place over pan of simmering water and stir until the sugar has dissolved. Using a low speed setting on the mixer, beat until it becomes frothy. Slowly increase the speed until the mixture forms a meringue with soft peaks, a maximum of three minutes.
6. Fold the meringue mixture into the egg yolk mixture, gradually. When done, carefully fill each lemon shell nearly to the rim with the mixture
7. Bake the lemon cups until the meringue turns pale gold and puffs up out of the shell an inch or so, about 14 minutes, depending on the size of the lemon cups. Arrange on serving plates, cap with the lemon tops and garnish with the confectioners' sugar. Serve immediately.





SUNDAYS WERE MADE FOR COOKING. THAT'S WHY WE LOVE THESE SOUPS, WHICH CAN BE PULLED TOGETHER QUICKLY AND LEFT TO SIMMER, WHILE YOUR HOME FILLS WITH DELICIOUS AROMAS.

CURRIED CAULIFLOWER & CORN CHOWDER

SERVES 6 *Vegan • Gluten-free*

This flavor-packed, hearty chowder is loaded with vegetables and warm spices. It's easy to make – just remember to reserve half of the onions and cauliflower to add in after you purée the base, you'll need them for texture. If you don't like cilantro, try topping with a different chopped herb like parsley or chives, but don't skip the lime juice – it adds the perfect tangy sparkle to this comforting dish.

- 1 13-14-ounce can full-fat coconut milk – coconut solids separated from liquid
- ½ tablespoon vegetable or coconut oil if needed
- 1 tablespoon ginger, freshly peeled and minced
- 2 cloves garlic, minced
- 1 tablespoon curry powder
- 1 medium yellow onion, finely chopped, divided
- ½ head fresh cauliflower, chopped, divided
- 1½ cups water
- 3 medium red potatoes (about 12 ounces), diced
- 1 tablespoon low-sodium tamari
- 1 teaspoon salt
- 1 cup frozen corn kernels
- Salt to taste
- Lime wedges
- Chopped fresh cilantro for garnish

1. Heat coconut solids in large saucepan or soup pot over medium-high heat. Add ginger, garlic and curry powder, reduce the heat to medium, and cook until fragrant, about 2 minutes. Add more oil if needed.
2. Add half of the onion and half of the cauliflower, season with salt, and cook, stirring occasionally, until the cauliflower is tender, about 10 minutes. Stir in coconut milk liquid and scrape up any browned bits at the bottom of the saucepan.
3. Transfer to a blender or use an immersion blender to blend until smooth. Return the soup to the pan over medium heat.
4. Add the remaining onion, water, potato, tamari and salt. Simmer uncovered, stirring occasionally and reducing the heat as needed, until the potatoes are tender, about 10 minutes.
5. Add the remaining cauliflower and corn and cook until the cauliflower is tender, about 10 minutes more.
6. Taste and season with salt. Garnish with cilantro and serve with lime wedges.



MAINLY MUSHROOM SOUP

SERVES 6 **Vegan • Gluten-free**

Looking for a soul-warming bowl of vegan happiness? Then this is your soup. Super savory, rich, and loaded with meaty flavor minus the meat, this soup is easy to make and reheats well. The secret is using dried mushrooms for the flavor and textural wallop they pack. If you like a smoky kick, replace half of the Hungarian paprika with smoked paprika. You'll have left over roasted garlic cloves, but no worries, they're great to spread over a crusty baguette!

- 1 head garlic (you'll need 6 cloves of roasted garlic for this recipe)
- 2 tablespoons olive oil
- 2 large onions, sliced
- 1 tablespoon tamari
- 3 cups vegetable or mushroom stock
- 2 tablespoons cornstarch or arrowroot
- 3 tablespoons water
- 5 ounces oyster, chanterelle or fresh shiitake mushrooms, stemmed as needed and sliced
- 5 ounces cremini mushrooms, sliced
- 1 ounce dried shiitake mushrooms, rehydrated* and sliced (liquid reserved)
- 1 tablespoon Hungarian-style paprika
- Salt & freshly ground black pepper to taste

1. Preheat oven to 425 degrees. Place whole garlic bulb on a baking sheet and roast for about 20 minutes or until cloves are soft. Set aside to cool.
2. Add olive oil to a large pan or deep skillet and over a medium-low heat, gently sauté the onions stirring occasionally, until caramelized. It will take about 25 minutes for them to get soft and golden.
3. Then add 6 cloves of roasted garlic to the pan, mash it, and cook for another minute or so. Add tamari, it will cook quickly, then add vegetable or mushroom stock plus the reserved liquid from soaking the dried mushrooms.
4. In a small bowl, mix cornstarch or arrowroot with 3 tablespoons of water. When combined, add to pan, stir well to ensure no lumps form.
5. Add the mushrooms and paprika and mix well. Increase heat to bring to the boil.
6. Once the soup is boiling, reduce heat to medium-low, and simmer, uncovered for 20 minutes or so, until it's reduced by around a third. It's going to seem like there's not enough broth, but as the mushrooms cook, they'll give up some of their moisture.
7. Taste and add freshly ground black pepper and adjust salt if needed.



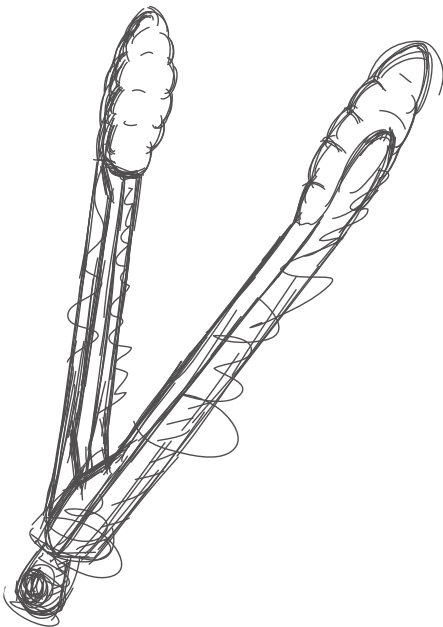
**How to rehydrate shiitake mushrooms:*

Put mushrooms into a small bowl and add boiling water until just covered. Cover bowl with a plate or wrap, to stop heat escaping, and soak for 20 minutes. The mushrooms should double in size. Drain and reserve liquid – it's loaded with flavor – but discard the stems before using as they're too tough to eat.



RAINBOW VEGGIES with SMOKED TURKEY KIELBASA

SERVES 4



“What’s for dinner?” is the eternal question when we get into a food rut. This quick recipe is likely to spark your creativity with all that’s possible for sheet pan meals; substitute packaged baked tofu, seasoned chicken thighs, fish or forgo a protein all together and switch it up with your favorite veggies for a vibrant, tasty rainbow. Cut veggies in similar sizes – if substituting, pick veggies with similar cooking times (eggplant, butternut squash, fingerling potatoes, kale).

1 pint cherry tomatoes
1 yellow bell pepper, chopped
1 sweet potato, cubed
1 medium zucchini, quartered and chopped
1 medium head of broccoli, cut into spears
1 small red onion, chopped
1 smoked turkey kielbasa, 12-16 ounces, cut into coins
 $\frac{1}{3}$ cup olive oil
1 teaspoon (a generous shake) Papa Alioto’s seasoning or your favorite spice mixture
Salt & freshly ground black pepper to taste

1. Preheat oven to 400 degrees.
2. Prep veggies and assemble on a sheet pan.
3. Drizzle with olive oil and sprinkle with seasonings, pepper and salt.
4. Top veggies with kielbasa (or substituted protein) and bake for 20 minutes.
5. This dish is delicious served alone or atop rice, pasta or polenta.



SHEET PAN SALMON FAJITAS

SERVES 6

Simple flavors, bright colors, and quick preparation – this is a 30 minute meal to keep in rotation. Serve alongside tortillas or skip them all together for an equally satisfying dinner.

Try it with

Spicy Sour Cream Sauce

- ½ cup light sour cream (or Greek yogurt)
- 1 tablespoon mayonnaise (optional)
- 2 tablespoons of your favorite hot sauce (adjust for taste)
- 1 teaspoon ketchup
- 2 tablespoons chopped cilantro

- 10-ounce salmon fillet, cut into portions or left whole
- ⅓ cup olive oil
- 2 teaspoons cumin
- 1 tablespoon chili powder
- Pinch of chili flakes
- ½ teaspoon garlic powder
- 1 teaspoon salt
- ½ teaspoon ground pepper
- 1 red pepper, sliced
- 1 green pepper, sliced
- 1 yellow pepper, sliced
- 1 red onion, sliced

For serving

- 4 lime wedges
- 2 orange wedges
- 1 radish, sliced thinly (optional)
- 1 avocado, sliced (optional)
- ½ bunch of cilantro, chopped (optional)

1. Preheat oven to 400 degrees.
2. Line large sheet pan with foil or parchment.
3. In small bowl combine oil, chili powder, cumin, chili flakes, garlic, salt and pepper. (Fajita spice packet or taco seasoning packet may be substituted.)
4. Place salmon fillet on prepared sheet pan and brush with a small amount of the olive oil mixture or rub in with fingers.
5. Toss remaining olive oil mixture with veggies and add to sheet pan, spreading around the salmon.
6. Bake for 20 minutes until salmon is cooked and the veggies are soft with a crispy edge. Remove from oven and squeeze lime and orange wedges over salmon, sprinkle with cilantro.
7. Whisk together ingredients for spicy sour cream sauce and set aside.
8. Serve with tortillas, spicy sour cream sauce, avocado and radishes.

OUTPOST'S OWN

ALPHA OMEGA SALAD

SERVES 8

This is, hands down, our most requested recipe. It's probably because this irresistible grain salad is crunchy and chewy at the same time.

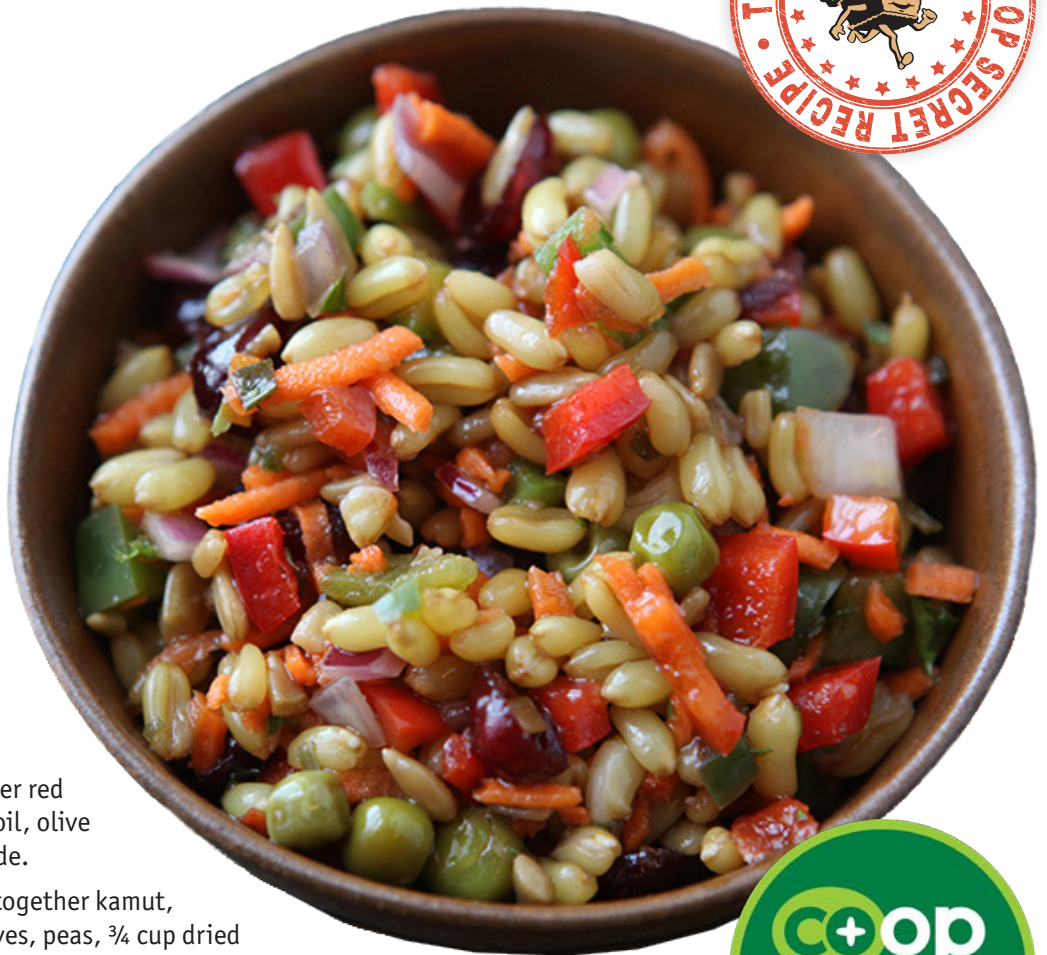
Vinaigrette

- 1 tablespoon red wine vinegar
- 1 tablespoon lemon juice
- 2 tablespoon sunflower oil
- 2 tablespoons olive oil
- 2 tablespoons flax oil
- ½ teaspoon garlic, minced

Grain Salad

- 3 cups kamut, cooked
 - 2¼ cups carrots, grated
 - 2½ cups onions, chopped
 - 1 red bell pepper, chopped
 - 1 green bell pepper, chopped
 - 2 tablespoons parsley, chopped
 - 2 tablespoons chives, chopped
 - ¼ cup frozen peas
 - ½ cup plus 2 tablespoons dried cranberries
 - ½ cup plus 2 tablespoons sunflower seeds
- Salt & freshly ground pepper to taste

1. To make the vinaigrette, whisk together red wine vinegar, lemon juice, sunflower oil, olive oil, flax oil and minced garlic. Set aside.
2. In a separate large mixing bowl, mix together kamut, carrots, onions, peppers, parsley, chives, peas, ¾ cup dried cranberries and ½ cup sunflower seeds. Fold in the vinaigrette and thoroughly combine. Season with salt and freshly ground pepper to taste. Set in refrigerator for at least one-half hour before serving to marry the flavors.
3. To serve, sprinkle the reserved dried cranberries and sunflower seeds on top. Garnish with a few sprigs of chives or parsley.



100 EAST CAPITOL DRIVE
414-961-2597

2826 S. KINNICKINNIC AVE
414-755-3202

7000 WEST STATE STREET
414-778-2012

7590 WEST MEQUON ROAD
262-242-0426

www.outpost.coop