



Veggies Made Easy

Desserts

November 2019



Sweet Potato “Fettuccine” Sweetie Pies

Ingredients

- ⅓ cup Mann™ Sweet Potato “Fettuccine,” finely food processed
- 3 tablespoons sugar
- ½ tablespoons unsalted butter, melted
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon vanilla
- ¼ teaspoon salt
- ½ tablespoon lemon juice
- 1 large egg
- 2 tablespoons dark chocolate chips, melted
- 2 (9”) unbaked pie crusts

The Method

Preheat oven to 400° F.

In a small bowl, mix food processed Mann™ Sweet Potato “Fettuccine” with sugar until Mann™ Sweet Potato “Fettuccine” is completely coated. Stir in melted butter, nutmeg, vanilla, salt, lemon juice, and egg. Then, stir in melted chocolate.

Use a 3 ½” circle cookie cutter to cut pie crusts into 14 circles. Use a 1 ½” heart cookie cutter to cut hearts into the bottom of each circle. The point of the heart should face into the center and the humps of the heart should be close to the edge of the circle, but with enough of a dough border to leave room for crimping (about ¼”).

Spoon about a teaspoon of the Mann™ Sweet Potato “Fettuccine” mixture into the center of the solid half of each dough circle. Fold the heart side of each dough circle up over the filling and line up the edge with the other side of the circle. Use the tines of a fork to crimp the pockets closed around their open edges.

Place prepared pies onto a lined cookie sheet with parchment paper and bake for 15 minutes or until the edges are lightly browned. Enjoy warm or cooled to room temperature.

Servings: 14

Butternut Squash “Rotini” Almond Bread with Cream Cheese Glaze

Ingredients

- 1 (12 ounce) bag Mann™ Butternut Squash “Rotini”
- ¼ cup water
- 1½ cups plus 2 tablespoons all-purpose flour
- 1½ teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 cup granulated sugar
- ¼ cup canola or corn oil
- ¼ cup sour cream or plain yogurt (low fat or regular)
- 2 large eggs
- ¼ cup almonds, chopped

For Cream Cheese Glaze

- 4 ounces cream cheese, room temperature
- ⅓ cup confectioners’ sugar, sifted
- 2 teaspoons freshly squeezed lime juice or orange juice)
- 2-3 tablespoons milk

The Method

Preheat oven to 350° F.

Spray a 9x5” loaf pan with non-stick cooking oil and set aside.

Place Mann™ Butternut Squash “Rotini” and water in a microwave safe bowl, cover with a damp paper towel and microwave on high-power for 5-6 minutes, until squash is very tender. Cool slightly and mash with a fork or potato masher and set aside.

Combine flour, baking powder, baking soda, salt, cinnamon and nutmeg in a medium bowl and set aside.

In a large bowl combine sugar, oil, sour cream and eggs. Beat with a mixer on high for 1 minute, until well blended. Add cooled butternut squash and beat with mixer on low speed for 1 minute until well blended. Then add flour mixture, beating on low speed for 1 minute just until combined. Do not over mix. Sprinkle in almonds and fold in gently with a spatula. Spoon batter into prepared loaf pan.

Bake at 350° F. for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pans on a wire rack; remove from pans. Cool completely on wire rack.

For Cream Cheese Glaze

Combine all glaze ingredients in a medium bowl and beat with a mixer on medium speed until well blended. Stir in additional milk if needed for drizzling consistency. When bread is completely cooled on the rack drizzle glaze over bread and transfer to a serving plate.

Servings: 4





Butternut Squash “Rotini” Pudding

Ingredients

- 1 (10 ounce) bag Mann™ Butternut Squash “Rotini”
- 6 large eggs
- 2 cups heavy whipping cream
- 1 cup whole milk
- ½ cup maple syrup
- ¼ cup brown sugar
- 2 teaspoons vanilla extract
- 1 ½ teaspoons cinnamon
- ½ teaspoon salt
- 14 ounces brioche bread, ripped into 2” pieces

The Method

Preheat oven to 375° F.

Steam Mann™ Butternut Squash “Rotini” in bag according to instructions on package. Place cooked Mann™ Butternut Squash “Rotini” in a bowl, and use a fork to break the Mann™ Butternut Squash “Rotini” into thirds.

In a large bowl, whisk the eggs until frothy. Stir in heavy whipping cream, milk, maple syrup, brown sugar, vanilla, cinnamon, and salt. Stir in Butternut Squash “Rotini”. Add bread to the bowl and submerge it in the liquid. Let the mixture rest for 15 minutes so the bread can absorb some of the liquid.

Transfer bread and liquid to a greased 9” x 13” baking dish. Cover with aluminum foil and bake for 50 minutes or until the center of the pudding is just set. Uncover and bake for another 15 minutes or until a cake tester inserted into the center of the bread pudding comes out clean. Serve hot.

Servings: 10



Sweet Potato “Fettuccine” Cranberry Apple Bake

Ingredients

- ⅓ cup brown sugar, packed
- ¼ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon
- ⅛ teaspoon salt
- 1 (10 ounce) bag Mann™ Sweet Potato “Fettuccine”
- ½ cup sweetened dried cranberries
- 1 large apple, peeled and thinly sliced
- 1 tablespoon butter, cubed
- ½ cup packaged granola

The Method

Preheat oven to 375° F.

Coat a 9 x 9” baking dish with non-stick cooking spray. Set aside.

In a small bowl, combine brown sugar, nutmeg, cinnamon and salt. Set aside.

In a large bowl, place Mann™ Sweet Potato “Fettuccine,” cranberries and apple slices. Top with brown sugar mixture and toss to combine. Pour tossed mixture into a prepared baking dish and add ¼ cup water. Top with cubes of butter.

Cover tightly with aluminum foil and bake for 30 minutes.

Remove from oven and stir to incorporate pan juices.

Sprinkle granola over top and bake uncovered for 10 more minutes until granola is toasted and Mann™ Sweet Potato “Fettuccine” is tender.

Servings: 3