

# Halloween

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## LEMONY SUGAR COOKIE MONSTERS

Makes: 3 dozen cookies / Preparation time: 15 minutes (plus chilling time)

Total time: 1 hour

You can also roll out this lemony dough and cut out different Halloween shapes.

2 1/2 cups flour

1 teaspoon baking powder

1/4 teaspoon fine salt

3/4 cup (1 1/2 sticks) unsalted butter, softened

3/4 cup sugar

2 eggs

1 tablespoon lemon juice

2 teaspoons lemon zest

1 teaspoon vanilla extract

10 drops orange (or combine red and yellow) food coloring (optional)

Assorted dried fruit and nuts for decorating

In a large bowl, whisk together the flour, baking powder and salt; set aside.

In a second large bowl, beat butter and sugar with an electric mixer until fluffy, about 30 seconds, then beat in 1 egg. Add the lemon juice, zest and vanilla and beat again until smooth, about 30 seconds more.

Add the flour mixture and beat to combine.

Add food coloring (if using) and beat again, or knead by hand, just until color is evenly distributed.

Shape dough into two logs then wrap each snugly in parchment paper, twisting the ends in opposite directions like a piece of candy to tighten each roll and make it uniformly round and about 6 inches long.

Chill for 2 hours.

Preheat oven to 350 degrees.

Whisk remaining egg and 1 tablespoon water together in a small bowl to make an egg wash; set aside.

Line two large baking sheets with parchment paper.

Cut dough crosswise into 1/4-inch-thick slices and transfer to prepared baking sheets, arranging cookies about

1 inch apart.

Working with a few cookies at a time, brush tops with egg wash then decorate with dried fruit and nuts to make monster faces on each. Bake until light golden brown at the edges, 12 to 13 minutes. Cool completely.

From chef Aaron Wynn, Whole Foods Market at Cranbrook Village, Ann Arbor.

Analysis per 1 cookie.

120 calories (45 percent from fat ), 6 grams fat (2.5 grams sat. fat ), 15 grams carbohydrates, 2 grams protein, 35 mg sodium, 20 mg cholesterol, 1 gram fiber.

## BUFFALO BILL CHILI

Serves: 8

Preparation time: 30 minutes

Total time: 1 hour, 10 minutes

This recipe has a long list of ingredients but it comes together quickly.

1 tablespoon vegetable oil  
2 pounds ground buffalo meat  
1/2 medium onion, chopped  
1 red bell pepper, seeded and chopped

1 green bell pepper, seeded and chopped

1 poblano or Anaheim pepper, seeded and chopped

1 jalapeno pepper, seeded and chopped

2 cloves garlic, peeled, minced

1/4 teaspoon ground cumin

1/2 teaspoon dried oregano

1/4 teaspoon ground coriander

1 tablespoon ancho chile powder

Sea salt, to taste

Ground pepper, to taste

1 can (14.5 ounces) crushed fire-roasted tomatoes

2/3 cup low-sodium beef broth

1/2 tablespoon brown sugar

1 tablespoon Worcestershire sauce

2 tablespoons adobo sauce from a can of chipotles in adobo

1 bay leaf

1 can (15 ounces) black beans, drained and rinsed

1 can (15 ounces) red kidney beans, drained and rinsed

1/3 bunch green onions, green parts only, sliced in rounds, for garnish

Chopped cilantro, for garnish

In a large pot (about 4-quart capacity) with a lid, heat oil over medium heat and add ground buffalo meat. Brown meat, breaking it up as it cooks.

Cook for about 5 minutes or until all meat is browned.

Remove from pot and discard excess fat, leaving about 1 tablespoon in the pot.

Add the onion, red and green bell peppers and poblano pepper and cook over medium heat for about 5 minutes, scraping bottom from time to time to get all the browned bits of meat folded in with the vegetables.

Add the jalapeno pepper and cook for another 3 minutes, stirring from time to time. Add the garlic, cook for another minute and then add cumin, oregano, coriander, ancho chile powder, salt and pepper.

Let spices cook for another minute, stirring.

Return browned meat to the pot. Stir in tomatoes and beef broth, brown sugar, Worcestershire sauce, adobo sauce and bay leaf, stir and bring to a boil. Once boiling, taste sauce and

adjust salt and pepper to taste.

Reduce heat to a slow simmer, cover with a lid and cook for about 30 minutes.

Add beans and continue simmering, covered, for another 10 minutes or until beans are warmed through. Remove and discard bay leaf.

Serve in bowls and garnish with green onions and chopped cilantro.

From Aaron Wynn, chef, Whole Foods Market at Cranbrook Village, Ann Arbor, Mich.

340 calories (19 percent from fat ), 7 grams fat (2 grams sat. fat ), 35 grams carbohydrates, 35 grams protein, 900 mg sodium, 55 mg cholesterol, 10 grams fiber.

(Susan M. Selasky is a food writer for the Detroit Free Press.)



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