

# Baked Pumpkin

## Ingredients:

- 1 small pumpkin
- 1/4 cup apple cider
- 1/4 cup maple syrup
- 1/4 cup melted butter

## Instructions:

1. Place whole pie pumpkin in an oven safe dish and bake 45 minutes at 350 °F
2. Remove from oven, cut the baked pumpkin in half remove seeds, scoop pulp from skin and spread the pulp into a casserole dish.
3. Top with butter, apple cider, and maple syrup. Bake for another 35 minutes.

can (8 oz) refrigerated crescent rolls or 1 can (8 oz) Pillsbury™ refrigerated Crescent Dough Sheet

2 ½ slices American cheese, quartered (2.5 oz)

10 Oscar Mayer™ hot dogs

Cooking spray

Mustard or ketchup

## Steps



1 Heat oven to 375°F.

2 If using crescent rolls: Unroll dough; separate at perforations, creating 4 rectangles. Press perforations to seal. If using dough sheet: Unroll dough; cut into 4 rectangles.

3 With knife or kitchen scissors, cut each rectangle lengthwise into 10 pieces, making a total of 40 pieces of dough. Slice cheese slices into quarters (1/2 slice cheese, cut in half).



4 Wrap 4 pieces of dough around each hot dog and 1/4 slice of cheese to look like "bandages," stretching dough slightly to completely cover hot dog. About 1/2 inch from one end of each hot dog, separate "bandages" so hot dog shows through for "face." On ungreased large cookie sheet, place wrapped hot dogs (cheese side down); spray dough lightly with cooking spray.



Bake 13 to 17 minutes or until dough is light golden brown and hot dogs are hot. With mustard, draw features on "face."

## Pumpkin Pie Protein Overnight Oats

½ cup – vanilla Greek yogurt

½ cup pureed pumpkin

¼ cup oats

1 tbsp sweetener

¼ tsp cinnamon

Stir and refrigerate overnight

## Ingredients

- 1 1/4 lb flank steak
- Salt and Pepper
- 1 tbs Olive Oil
- 1 Tbs Worcestershire Sauce

## Filling

- 1 cup chopped mushrooms
- 1 cup yellow onion
- 1 cup green pepper
- 1/2 Tbs olive oil
- 1 Tbs Worcestershire Sauce
- Salt and pepper to taste
- 8 slices provolone cheese
- 4 Hoagies

## Instructions

1. Preheat oven to 350 degrees
2. Place flank steak on a baking sheet, and season with salt and pepper. I use [Nordic Ware Baking Sheet](#) because they will never rust, heat evenly, and are made in the USA.
3. Pour olive oil and Worcestershire Sauce over the top, and rub in.
4. In a bowl combine peppers and onions and mushrooms, and add olive oil, Worcestershire, and salt and pepper, stir to combine.
5. Dump around the outside of the flank steak, over the tray.
6. Bake 15 minutes
7. Broil 3-5 minutes
8. Take flank steak off tray, and slice into very thin slices, and bite sized pieces.  
Add back to the tray
9. Cover the meat and veggies with the provolone cheese
10. Bake with cheese 5-7 additional minutes at 350 degrees
11. Stir well to combine cheese with veggies and meat
12. Load up hoagies, season with additional salt and pepper if desired
13. Enjoy!