King Kullen Shares Seasonal Recipes

*The local grocer shares recipes to try this autumn.*

BETHPAGE, N.Y. (PRWEB) October 31, 2018 -- ‘Tis the season to host parties. With Thanksgiving and Christmas coming up soon, it is time to start thinking about dishes to prepare for family parties and friend get-togethers. Beyond the tried-and-true recipes of the season, there are many opportunities to get creative and make the most of seasonal ingredients.

Keep warm during the chilly fall weather with delicious and hearty meals. In-season produce offers plenty of inspiration for seasonal recipes. Acorn, spaghetti and butternut squash, pumpkin, sweet potato and more are just a few fall staples. Grab any of these vegetables and season them with herbs and spices. Roast or bake for an easy side dish to complement any entree.

Use leftover roasted veggies for lunch throughout the week in meal prep. Prepare in containers alongside a grain like quinoa or brown rice, roasted or grilled chicken, beans and more!

King Kullen encourages shoppers to make the most of the season's hearty produce and spicy flavors by trying new recipes. From homemade soups and chili to stuffed squash and seasonal salads, there are so many tasty possibilities.

Homemade Soups

Warm up on a crisp fall day with a bowl of homemade soup. [Roasted Butternut Squash Soup](#) is a classic. The rosemary, sage and thyme will provide a holiday feel and red pepper powder adds just enough of a kick. The texture is very creamy and smooth, yet it is a healthy alternative since there’s no cream, milk, or butter in the recipe. There is a little prep work involved beyond slicing and dicing. The oven does the rest.

Comfort food can help cure the wintertime blues. While not the healthiest, who can say no to a thick and creamy soup like [Loaded Broccoli Cheese and Potato Soup](#)? Avoid the guilt by substituting ingredients with a non-fat or fat-free option. This hearty recipe calls for potatoes, broccoli, cheese, bacon, and carrots, and cooks in less than 30 minutes. For a thinner consistency, add more milk.

Skip the sweet pumpkin soup and try a savory alternative. Using pureed pumpkin, whip up a creamy, slightly spicy [Pumpkin Soup](#). This recipe calls for less than 10 ingredients and can be made in just 20 minutes. This recipe is vegan, gluten-free and paleo. Both light coconut milk and almond milk work as dairy-free alternatives. Add chili powder for a slight kick, and top with pumpkin seeds for the full fall effect.

Any of these soups can be frozen and reheated at a later time. Be sure to use airtight containers or heavy-duty freezer bags. When it is time to cook, simply let the soup thaw overnight in the fridge and carefully reheat on the stove over low to medium heat.

Hearty Chili

For more filling dishes, opt for a chili. Use ground beef for [Black Bean Beef Chili](#). Add garlic, carrots, onion, tomatoes, beef broth and spices. Let simmer for an hour and add black beans, letting the chili simmer for...
another 20 minutes. Top with shredded cheese and sour cream before serving. For a lighter chili, use ground chicken or ground turkey.

This recipe for Sweet Potato Ground Turkey Chili is a nutritious option combining ground turkey, black beans, corn, onions, sweet potatoes, and tomatoes. Sweet potatoes and tomatoes are both tasty and packed with Vitamin A and Vitamin C. The lean protein is a less fatty substitute for ground beef. Once the dish is done, serve over rice with corn chips, cilantro and sour cream.

Switch it up completely by using ground chicken and Buffalo sauce to make a spicy Slow Cooker Buffalo Chicken Chili for dinner. Add in white beans, fire roasted tomatoes and Buffalo wing sauce. Mix in blue cheese crumbles for extra flavor. This recipe is simple, delicious, and different.

Stuffed Squash

Spaghetti squash is simple and easy to prepare and cook. Slice in half, place face down on a baking sheet and bake until tender. Using a fork, scrape the squash until hollow. Mix in sauce and add vegetables with chicken, sausage and shrimp for a stuffed squash. Make it even easier by topping noodles with pasta sauce, alfredo sauce, pesto and more. Mix in grilled chicken, sausage or seafood like shrimp for a quick meal. Dinner is on the table in no time, perfect for those busy weeknights.

Butternut and acorn squashes are great for stuffing with filling and flavorful ingredients. Roast butternut squash and combine quinoa, chickpeas and sage for this recipe of Sage & Chickpea Butternut Squash. This recipe calls for bulgur wheat, which can be substituted for cooked rice or quinoa. Enjoy as a main dish for two or as a festive side dish at a holiday party.

Quinoa, kale, cranberries and chickpeas are used in this Stuffed Butternut Squash recipe. This vegetarian dish is healthy and flavorful. The fresh orange zest adds just the right amount of vibrant flavor. once the squash is done baking, sprinkle with cheese and serve warm.

Use ground sausage, apples, celery, onion, sage and breadcrumbs for a Sausage and Apple Stuffed Acorn Squash. This recipe is packed full of seasonal flavors, and very easy to prepare. Don’t let any leftover squash go to waste. Try mashing it with parmesan cheese and olive oil for an easy side dish or adding it to a seasonal smoothie. Squash, a frozen banana, cinnamon, and dates create a combo worth trying.

Seasonal Salads

Balancing cozy, creamy recipes with hearty, healthy ones is essential. Start by adding crunchy, colorful salads to the mix. Keep in mind when seasons change, the produce selection does too. Knowing what’s in season and what’s not is important. Stop by the produce selection at the nearest King Kullen, and the staff will be happy to share a few seasonal recommendations.

Pumpkin-flavored goodness can be healthy, too. Roast pumpkin for this Pumpkin, Spinach, Walnut and Feta Salad recipe. This wholesome winter salad calls for pieces of pumpkin, baby spinach, fresh walnuts, feta cheese, EVOO, lemon juice, and seasonings. Dig in for lunch or serve as a side dish with dinner.

Pumpkin-Flavored Snacks
Pumpkin spice is the taste of the season. Once the temperature drops and the leaves start to fall, pumpkin spice is officially back. Incorporate this flavor into many dishes to dig into. From breakfast, snacks, and most importantly, dessert! Start your morning with pancakes, waffles or French toast by adding pumpkin spice to the batter. Try adding in pumpkin puree for a creamier waffle or pancake.

Overnight oats, granola and scones are additional breakfast options that can be made ahead of time and grabbed quickly on busy mornings. Crunch on Pumpkin Spice Roasted Chickpeas. This easy-to-make chickpea recipe combines pumpkin, maple syrup, cinnamon, ginger, cloves, and nutmeg.

Hummus is perfect for healthy snacking throughout the day. This Pumpkin Hummus calls for roasted garlic, chickpeas, pumpkin puree, maple syrup, and fresh rosemary, and only takes 5 minutes to cook. This seasonal treat pairs well with warm naan, apple slices, crackers, carrots, wheat toast, and roasted vegetables.

Seasonal Sweets

Who could forget dessert? Pumpkin Chocolate Chip Cookies are a simple and tasty way to incorporate this spice during the fall. These cookies are chewy, cake-like and moist. When preparing, let the prepared batter sit for 15 to 20 minutes before scooping onto a cookie sheet and baking. Pair these cookies with a cup of coffee and add a drop of a pumpkin spice creamer for extra pumpkin flavor.

Add a dash of pumpkin spice to layer cakes, Rice Krispies treats, cupcakes, puppy chow, biscotti, donuts, muffins and more! This Pumpkin Spice Cake is perfect for a fall harvest-themed party. The cake is moist and fluffy, and topped with a cinnamon cream cheese frosting! For a stronger pumpkin flavor, wait to serve the cake until the next day.

Fall-Themed Beverages

Provide beverages for the adults at a holiday party with this Pumpkin Shandy recipe. This refreshingly light drink mixes fresh orange juice, apple cider, triple sec and pumpkin beer together. You can add equal parts alcohol and fruit juice or increase either to taste. Add a splash of vodka for a stronger drink. Grab a few copper mugs and serve this seasonal drink over ice.

Embrace the tastes of the season by trying new recipes, like these. Visit the nearest King Kullen store to find all the ingredients needed to make these flavorful fall recipes.

About the Company:

Headquartered in Bethpage, New York, King Kullen Grocery Co., Inc. is recognized by the Smithsonian Institution as America’s first supermarket. Michael J. Cullen opened the doors of King Kullen in 1930. Today, four generations later, King Kullen is still family owned and operated. It remains a leader in the supermarket industry. From that very first store in 1930, King Kullen today operates 32 supermarkets and five Wild by Nature stores across Long Island. In addition to traditional grocery, King Kullen features a large catering and prepared foods department, freshly-baked breads and sweets, and healthy and organic areas, with pharmacies and online shopping in many stores as well.
Contact Information
Tracey Cullen
King Kullen Grocery Co
http://www.kingkullen.com
516-218-1937

Online Web 2.0 Version
You can read the online version of this press release here.