

# Co-op Month Recipe Guide

featuring recipes from food co-ops around the country

**OREGON SALAD**

**SALMON DISH**

**TATER TOT CASSEROLE**

**BUFFALO DIPS**

**FIRST ALTERNATIVE**

**ASHLAND**

**BREADROOT**

**DILL PICKLE**

**BELFAST**

**BRIARPATCH**

**LEXINGTON**

**WEAVERS WAY**

**LA MONTANITA**

**WHEATSVILLE**

**OZARK**

**RO'S GUMBO**

**LOBSTER ROLL**

**VEGAN GYRO**

**AHI POKE TACOS**

**BUTTERNUT SQUASH ENCHILADAS**

**TEMPPEH CHILI & FRITO PIE**

**AUTUMN PASTA**

**October is CO-OP MONTH!**





## Ahi Poke Tacos

Makes 4-6 servings

Tantalizing tuna, luxurious guac, Yum-Yum sauce with a touch of adobo's smoky heat. Wrapped in a crunchy corn shell... Taco Tuesdays will never be the same!

### Poke

- ¾ lb sashimi-grade Ahi tuna steaks, cut into ½-inch dice
- 1 small shallot, finely sliced
- 3 Tbsp soy sauce
- 1 tsp sesame oil
- 1 tsp mirin

### Yum-Yum Sauce

- ½ cup mayonnaise
- 1½ tsp ketchup
- 1 tsp guajillo chile pepper adobo sauce
- 1 tsp rice vinegar
- 1 tsp garlic powder
- 1-4 tsp water

### Guacamole

- 3 avocados
- ½ small red onion, finely diced
- 3 Tbsp finely chopped cilantro
- 1 jalapeño pepper, de-seeded, finely diced (optional)
- 2 garlic cloves, minced
- 1 lime, juiced
- ½ tsp sea salt

### Assembly

- Yellow Corn Taco Shells
- 1 bunch chives, finely chopped
- 2 Tbsp sesame seeds

Visit [briarpatch.coop](http://briarpatch.coop) for instructions.



## Tempeh Chili

Yields about 4.25 quarts

This hearty chili is not your typical bowl of Texas Red — rich and satisfying, this crowd-pleaser is plant-based and gluten-free! Top with Pico de Gallo and avocado.

- ¼ cup vegetable oil
- 6 Tbl soy sauce or tamari
- 1 large yellow onion, diced
- 1 large green bell pepper, diced
- ¼ cup minced garlic
- ¼ cup chili powder
- 2 Tbsp ground cumin
- 1 Tbsp dried oregano
- 1½ tsp black pepper
- 1½ tsp sugar
- ½ tsp cayenne pepper
- 12 oz tempeh, crumbled
- 1 28 oz can diced tomatoes
- 1 28 oz can tomato puree
- 2 25 oz can kidney beans

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## Frito Pie

(Per serving)

- 1 3.25 oz bag Fritos corn chips
- 1 cup Tempeh Chili
- ¼ cup shredded cheddar cheese (or 1 Tbsp nutritional yeast)
- 2 Tbsp diced red onions
- 5-6 pickled jalapeños

Optional: pico de gallo, sour cream, diced avocado  
Split bag of chips down the side. Top chips with chili and toppings.



## Buffalo Chicken Wing Dip

Serves 8-10

This dip gives you the Buffalo wing without the hassle. Beware — this is delicious and addictive, and you may just want to invite friends over and lament the handling of Spygate.

- 1 lb cream cheese, softened
- 1 lb sour cream
- 4 cups chicken, cooked/shredded
- 1 cup hot sauce
- ⅓ Tbsp granulated garlic
- ⅓ Tbsp onion powder
- 1⅓ cups cheddar cheese, shredded

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## "Buffalo" Cauliflower Dip

Serves 8-10

This Buffalo Cauliflower Dip recipe is a vegetarian and nutritious take on a classic game day appetizer.

- 1 head cauliflower, cut into florets, steamed
- 1 cup cashews
- 1 15 oz can chickpeas, drained and rinsed
- ½ cup hot sauce
- ¾ cup water
- ½ Tbsp lemon juice
- 2 Tbsp nutritional yeast
- ½ tsp onion powder
- ½ tsp garlic powder

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## Vegan Gyro

Makes 6 servings

"Philadelphia" comes from the Greek words *phileo*, meaning love, and *adelphos*, meaning brother. Our Philly Co-op friends pay tribute with a flavor-packed vegan gyro recipe.

### Dry Rub

- 1 Tbsp granulated garlic
- 1 Tbsp chili powder
- 1 Tbsp oregano
- 1 Tbsp black pepper
- 1 Tbsp salt
- ¼ tsp ginger
- ¼ tsp allspice
- ¼ tsp cloves
- ¼ tsp nutmeg
- ¼ tsp cardamom

### Gyro

- 1 ½ lb seitan slices
- ½ cup tamari
- ½ cup olive oil



### Tomato-Onion Topping

- 1 tsp olive oil
- 2 Roma tomatoes, diced
- ½ small red onion, diced
- ½ tsp dry oregano
- Salt to taste

### Tzatziki

- ½ English cucumber, finely diced
- 2 cloves garlic, minced
- 1 ½ cups vegan sour cream
- 1 ½ Tbsp lemon juice
- ½ Tbsp extra virgin olive oil
- ¼ cup dill, chopped (or 2 Tbsp dried)
- 1 Tbsp mint, chopped
- Salt and black pepper, to taste
- 6 flatbreads, both sides rubbed with olive oil
- 6 firm romaine lettuce leaves

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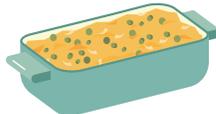
## Butternut Squash Enchiladas

Makes 4-6 servings

Craving enchiladas but not in the mood to roll and roll and roll those tortillas? Savory, silky and substantial ingredients come together in easy layers for the perfect weeknight dinner or a potluck! Can easily be scaled up.

- 2 lb butternut squash/or 10-12oz frozen, cooked
- 1 lb cream cheese
- ½ cup green onions, diced
- 4 Tbsp red chile
- 8-10 corn tortillas
- 1 ½ lb colby jack cheese, shredded salt and pepper

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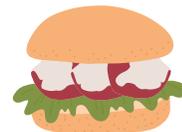
## Maine Lobster Roll

Makes 4

This lobster roll will be heaven on earth to some and seem pure sacrilege to others, but let go and let mayo. These co-op Mainers know what they're doing.

- 1 lb Maine lobster meat
- 2 oz mayonnaise
- 1 ½ tsp Catalina dressing
- ⅛ tsp salt
- ⅛ cup celery, pieces cut ⅛" thick
- 1 scallion, green part only, cut on bias (1 Tbsp max)
- 4 large-size sandwich rolls — not sourdough or brioche
- Cooking Oil Spray (neutral-flavored oil)
- 2 oz spring mix

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## Blackberry Jalapeño Compote with Salmon

Serves 8-10

A little sweet, a little spicy, a little wild — this recipe takes you to the edge and back. You'll never look at Fish Friday the same.

- 1 large wild sockeye salmon filet, skin on (about 2 pounds)
- 1 pint fresh or frozen (thawed) blackberries
- 1-2 tsp honey
- 1 jalapeño pepper, seeds removed and sliced thin
- Juice of 1 lime
- 2 Tbsp cilantro, chopped
- A few pinches brown sugar, Himalayan salt and garlic salt
- 1-2 cups rice

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## Velvety Autumn Pasta

Serves 4

The cozy days of Autumn are here. Wrap yourself in a chunky sweater, turn on a romcom and dig into a comforting bowl of warm and cozy."

- 1 lb pappardelle
- 2 Tbsp olive oil
- 1 lb sausage
- 1 Tbsp Italian seasoning
- 1 yellow onion, diced
- 5 cloves garlic, minced
- 2 roasted red peppers, diced
- 1 cup chicken broth
- 1 cup pumpkin purée
- ½ cup heavy cream
- ¼ tsp nutmeg
- ¼ tsp ground ginger
- 1 Pinch ground cinnamon
- 1 Pinch red pepper flakes\*
- ½ cup parmesan cheese\*
- 1 Tbsp rosemary, minced\*
- 1 Tbsp fresh thyme\*
- 6-8 sage leaves, chiffonade\*



\*Plus more for garnish.

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## Ro's Gumbo

Makes 4-6 servings

Ro's gumbo is unique to Chicago because he adds a flavorful twist, and he incorporates his heritage... making this delicious dish a must-have.

- 1 lb andouille sausage, in ½" pieces
- 1 lb chicken breast
- ½ lb shrimp, peeled
- 3 oz butter
- 2 Tbsp flour
- ¾ cup okra
- ½ yellow onion
- 2 stalks celery
- 1 cup red/green bell peppers
- 1 ⅔ cups veggie broth
- 1 Tbsp Cajun seasoning
- 1 Tbsp House Seasoning
- 1 ½ tsp salt



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## Buffalo Tater Tot Casserole

Makes 4-6 servings

Here's the perfect opportunity to try buffalo, which is very lean and lighter tasting than beef. This casserole is comforting, yummy and perfectly rib stickin'.

- 1 lb ground buffalo/lean ground beef (vegan sub tempeh or beans)
- ½ tsp garlic powder
- 1 can (10.75 oz) condensed cream of mushroom soup (vegan sub tomato-based soup)
- 2 cups shredded cheddar cheese (or vegan cheese)
- 1 pkg (16 oz) frozen tater tots
- ½ white onion, diced

Salt and fresh-ground pepper to taste  
Optional Add-ins: 1 pkg (15 oz) frozen green beans, 1 pkg (15 oz) frozen corn, fresh chives

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## Oregon Salad

Serves 4

This winning combination salad has all the components of a late harvest moon

— pear, cranberry, hazelnut and maple syrup team up to have you singing in the rain.

- 1 head red leaf lettuce
- 1 firm ripe pear, cored and thinly sliced
- ½ small red onion, sliced into thin rings
- 1 cup raw hazelnuts
- 2 tsp plus ¼ cup olive oil
- 2 shallots, peeled and thinly sliced
- 1 cup fresh cranberries
- Zest of 1 orange
- Juice of 1 orange
- 3 Tbsp balsamic vinegar
- 1-2 Tbsp maple syrup
- ½ tsp sea salt

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