



Cornmeal Spaetzles with Roasted Tomatoes and Crinkled Cut Carrots
Add Central American crunch with roasted tomatoes and carrots

1/3 cup dark raisins
1/3 cup boiling water
1 (16.5 ounce) container mini cherry or grape tomatoes
2 cups frozen crinkle cut carrots, defrost: rinse, pat dry
2 Tablespoons olive oil or cooking spray as needed
Salt; ground black pepper to taste

Soften Raisins: Preheat oven to 425 degrees F. Line rimmed 11x16 inch baking sheet with foil. Place raisins in boiling water; set aside to soften, about 10 minutes. With slotted spoon, remove softened raisins from water. Place raisins in small bowl; set raisins and water aside in separate containers.

Prepare Tomatoes and Carrots: Place washed tomatoes on one side of the foil covered pan and carrots on the other side. Toss tomatoes and carrots with 2 Tablespoon oil. Season with salt and ground black pepper to taste.

Bake Tomatoes and Carrots: Roast in preheated 425 degrees F oven. Remove tomatoes from pan when tender, about 12 to 15 minutes; set aside. Toss carrots; lightly spray with cooking oil; bake 5 additional minutes until tender. Remove from pan; set aside.

Hot Pepper Citrus Dressing:

1 Tablespoon fresh lemon juice
2 Tablespoons fresh orange juice
1 clove garlic, minced
1 Tablespoon minced (each) jalapeno pepper; fresh cilantro; green onions
2 Tablespoons olive oil
1/2 teaspoon salt
1/4 teaspoon ground black pepper

Prepare Dressing:

In small bowl, whisk dressing ingredients together to combine; set aside.

Cornmeal Cocoa Spaetzles

2 large eggs, lightly beaten
3 Tablespoons reserved raisin water
2 teaspoons honey mustard
1 teaspoon hot sauce
6 Tablespoons all-purpose flour
2 Tablespoons (each) yellow cornmeal; unsweetened cocoa
1 teaspoon chili powder
1/4 teaspoon cinnamon
1/2 teaspoon salt
2 Tablespoons unsalted butter or plant butter
Garnish: 1/4 cup chopped cilantro; 2 Tablespoons crumbled Queso Fresco cheese

Prepare Spaetzle Dough: In large bowl, whisk eggs, raisin water, mustard, and hot sauce. Stir in flour, cornmeal, cocoa, chili powder, cinnamon, and salt until combined.

Cook Spaetzles: Place spaetzle maker over a pot of boiling water. Push dough through holes, letting it fall into the water. The dough will form small dumplings; let spaetzle rise to the surface; cook about 2 to 3 minutes.

To Serve: Remove spaetzle from water with slotted spoon to a large bowl; toss butter with hot spaetzles and half of reserved raisins. Combine roasted tomatoes, carrots, remaining raisins, and half of cilantro. Place around outer edge of large serving bowl. Place spaetzles in center of serving dish; garnish as desired with crumbled Queso Fresco cheese and remaining chopped cilantro. Drizzle Hot Peppered Citrus Dressing over vegetables or serve on the side. Serves: 4

Cook's Note:

Fresh thin carrot slices can be used in place of frozen carrots.
If you don't have enough raisin water, use low fat milk or almond milk.

To make spaetzle dumplings, some cooks use a rubber spatula to push the dough through the holes of a colander set over the pot of water. It is easier, however, to make them with a spaetzle maker.

Spaetzles can be made very small like buttons, thin like commercial products, or plump irregular shapes.

You might want to toss some crisp cooked bacon chips over the finished dish for some extra delicious flavor.

About the Recipe: Spaetzles are usually found in European cuisines, made into irregular dumpling shapes from simple eggs, flour, and salt.

Some are enriched with various grated cheese or spinach. This recipe adds a South/Central American cocoa back flavor with a touch of cornmeal and chili flavor. The dumplings are tossed with juicy roasted tomatoes and fresh tender roasted carrots. It's a refreshing update on a delicious classic dish.