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## Spanish Recipes



# Pumpkin Muffins

## Description:

This is a very favorite Spanish recipe.

### Ingredients:

- 1 cup raisins
- 1/2 cup unsweetened orange juice
- 1/2 cup egg substitute
- 1 cup canned pumpkin
- 1/2 cup sugar
- 1/2 tsp. ground cloves
- 1 tsp. ground cinnamon
- 1/2 tsp. salt
- 1/3 cup canola oil
- 1 cup all-purpose flour
- 3/4 cup whole wheat flour
- 1 1/2 tsp. baking powder
- 1/2 tsp. baking soda



### Preparation Method

- Soak raising in orange juice for 5 minutes. Do not drain.
- In large mixing bowl, stir in pumpkin, egg substitute, sugar, cloves, cinnamon and salt. Add oil, mix well. Stir together flours, baking powder and baking soda.
- Add to pumpkin mixture with the raisin-orange juice mixture and stir to mix.
- Fill paper-lined muffin cups 2/3 full.
- Bake at 400F for about 25 minutes. Remove from muffin tins and cool on wire rack.

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# Easy Molasses

## Description:

A Spanish recipe bread recipe, very easy bread recipe.

### Ingredients:

- Butter or pure vegetable margarine
- 13 cups whole wheat flour
- 1 slightly heaping tablespoon salt
- 2 packets instant yeast
- 1 slightly heaping tablespoon molasses



### Preparation Method

- Grease three large bread pans - or the equivalent, including cake pans, if you wish - generously with butter or margarine.
- Tip the flour and salt into a large bowl and add the yeast. Mix gently. Dissolve the molasses in a little tepid water taken from 6 1/4 cups.
- Add this to the flour, then mix in the rest of the water, going carefully at the end in case you don't need quite all of it.
- The finished mixture needs to be too wet to leave the sides of the bowl clean; it should feel slippery but not completely sloppy. Half fill the pans with the mixture, cover them with plastic wrap or a damp dish towel, and leave to rise.
- Meanwhile set the oven to 400°F. When the loaves have risen to within 1/2 inch of the tops of the pans, put them in the oven.
- Bake large loaves for 45 minutes, and small ones for about 35 minutes, or until they are brown and firm to the touch, and sound hollow when you slip them out of the pans and tap them on the base with your knuckles. If you wish, you can crisp the base and sides a bit more by

putting the loaves back into the oven for a few minutes after you have taken them out of the pans. Cool the bread on a wire rack.

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# Spanish Pie

## Description:

This Spanish recipe has lots of dried fruits to it.

### Ingredients:

- 9-inch unbaked pie shell (use recipe for 9-inch one crust basic pie pastry)
- 1/2 Cup packed dark brown sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- pinch of ground cloves
- 1 1/2 6-ounce can pumpkin puree
- 1 1/4 Cups evaporated skim milk
- 3 large egg whites



### Preparation Method

- Preheat oven to 450 degrees Fahrenheit.
- In a large bowl, beat all filling ingredients until no lumps remain. Pour into pie shell and bake 10 minutes.
- Reduce heat to 325 degrees Fahrenheit and bake 50 minutes more, or until a knife inserted in the center comes out clean.
- To avoid over browning of fluted edge, cover edge with narrow strips of aluminum foil. Remove foil during the last 15 minutes of baking.

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# Spiced Winter Squash Butter

## Description:

A very good Spanish recipe for winter seasons.

### Ingredients:

- 3 medium acorn or other winter squash (about 3 pounds)
- 1/2 cup thawed undiluted concentrated apple juice
- 3/4 cup packed brown sugar
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cloves



### Preparation Method

- Preheat oven to 400 degrees. Cut squash in half lengthwise; discard seeds and stringy pulp. Place squash, cut sides down, in a pan.
- Cover and bake at 400 degrees for 1 hour or until tender. Cool. Scoop out pulp to equal 3 cups. Place pulp in a blender or food processor; process until smooth.
- Combine pureed squash, apple juice, and the remaining ingredients in a large saucepan, bring to a boil.
- Reduce heat, and simmer, uncovered, 45 minutes or until thick, stirring frequently. Cool. Store in an airtight container in the refrigerator. Will keep up to about 2 months.

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# Three Star Enchiladas

## Description:

This is a Spanish recipe made with tortillas.

### Ingredients:

- 12 corn tortillas
- 1 1/2 Cups bean puree (see bean dip recipe)
- vegetable oil spray
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 red and 1 green pepper, sliced thin
- 1 quart tomato sauce
- 1 zucchini or summer squash, diced
- 2 tablespoons cilantro
- 1/2 Cup reduced fat shredded cheddar or Monterey Jack cheese



### Preparation Method

- Saute onions, garlic, peppers and squash in oil until tender.
- Add tomato sauce and cilantro. Turn heat down and simmer for 15 minutes. Coat a casserole dish with vegetable oil spray and line with half the tortillas
- Spread bean dip over tortillas and top with cheese.
- Add remaining tortillas. Add tomato squash sauce on top and bake covered for 1 hour at 350 degrees Fahrenheit.

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