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STONY BROOK WHOLEHEARTED FOODS  
500 TECHNOLOGY FARM DRIVE  
GENEVA, NY 14456

PHONE: (315) 781 - 7300  
FAX: (315) 781 - 0074  
EMAIL: [info@wholeheartedfoods.com](mailto:info@wholeheartedfoods.com)

## Joi's Butternut Apricot Pound Cake

### Ingredients

1 cup sugar  
1 cup brown sugar  
 $\frac{3}{4}$  cup canola oil  
 $\frac{3}{4}$  cup Wholehearted Foods Butternut Squash Seed Oil  
3 eggs, from the girls in the coop  
2 tsp vanilla  
2 cups flour  
1 cup whole wheat flour  
 $\frac{1}{2}$  tsp baking soda  
1 tsp baking powder  
2 cans apricots (save juice)



### Topping

4 oz cream cheese  
2 cups powdered sugar  
Reserved juice  
1 tbsp Wholehearted Foods Butternut Squash Seed Oil

**Oven Temp ` 350°**

**Baking Time 70 - 90 minutes**

**Pan Type ~ 10 inch tube pan**

### Method

Preheat oven, grease (sprayed) and flour pan.

Mix all ingredients in order listed for cake. Pour into prepared pan. Bake. Turn out of pan ~  $\frac{1}{2}$  hour later. Blend cream cheese, sugar, oil and enough juice to make spreadable. Frost heavily while slightly warm.

### Optional:

1 cup toasted coconut  
1 cup chopped nuts, (pecans, toasted macadamia or toasted pine nuts)





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## Seared Scallops Salad with Butternut Squash Seed Oil & Blood Orange Vinaigrette

### Ingredients

1 blood orange  
4 tablespoons butternut squash seed oil (or our other squash oils)  
½ teaspoon grain mustard  
Salt & pepper, to taste  
6-8 ounces fresh spring salad greens, mesclun or other young salad greens  
½ pound fresh sea (or bay) scallops  
Canola oil

### Method

Using a kitchen knife, remove top and bottom of orange. Place the orange, cut side down, on cutting surface and starting from top, cut peel and pith away, cutting down and in a curve so that the flesh of the orange remains intact. Continue this around the entire orange until all peel is removed. Discard all trimmings.

Using the orange segment lines on the orange as guides carefully cut into each at an angle and just to the center of the peeled orange. Segments can easily be removed and set aside in a small bowl as you go around the entire orange. After removing all segments, squeeze the leftover pulpy orange sections over another bowl, extracting all the juice for the vinaigrette.

Prepare the vinaigrette, using a wire whisk and combining 3 tablespoons of the squeezed orange juice, the mustard, oil, salt and pepper in small bowl.

Season scallops with salt & pepper. Heat skillet on medium-high and add about 1 tablespoon canola oil. Place scallops in skillet and turn, using tongs, after 1 minute. Sear for 1 minute more. Scallops should be cooked on the exterior and rare in the center. Remove scallops and set aside.

Using large mixing bowl and tongs, toss greens, half of the orange segments and vinaigrette. Season to taste. Using salad plates and tongs, portion salad between two plates. Garnish each plate with remaining orange segments and scallops. Drizzle extra oil around plate for presentation and serve.

**Wine suggestion:** Any Finger Lakes Riesling, chilled!



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## Farro Salad with Roasted Squash, Spinach & Goat Cheese

*Adapted from Garden of Good Eating: Lemon-Scented Quinoa with Tahini & Chickpeas*

### Ingredients

1½ cups farro or barley  
4 cups water or vegetable, chicken or beef stock (broth)  
2 large delicata squash, seeded and cut into ½ inch pieces – skin is edible  
2 teaspoons each chopped parsley, basil, and dill  
1 – 4 oz. bag baby spinach or arugula  
½ cup dried cranberries, cherries or raisins  
½ cup roasted pumpkin or squash seeds  
4 oz. goat cheese  
Stony Brook Squash Seed Oil – we prefer Roasted Pumpkin  
Sea salt  
Black pepper  
Wine or balsamic vinegar

### Method

Preheat the oven to 375 degrees F.

Rinse the farro in water and drain. Add it to the water or stock in a medium saucepan. Bring to a boil and simmer for 25 minutes until cooked but firm; there should be a small amount of water/stock in the pan. Let sit while you prepare the squash – this will soften the farro and absorb remaining water/stock.

While the farro is cooking, toss the squash with 1 tablespoon squash oil and spread in a roasting pan or sheet pan in a single layer. Roast in oven for 15-20 minutes or until cooked but still firm. Remove from the oven and let it cool.

Toss the farro with your favorite squash oil and fresh herbs. Season with sea salt and pepper.

Plate the salad with a bed of the greens, then farro, then layer of roasted squash. Garnish with goat cheese, dried cranberries and roasted pumpkin seeds. Drizzle with squash oil and vinegar then sprinkle with sea salt pepper.

Serves 4



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## Bittersweet Chocolate Brownies

*Adapted from Adventures of an Italian Food Lover by Faith Heller Willinger*

### Ingredients

4 ounces bittersweet chocolate, chopped  
1/3 cup Stony Brook Delicata Squash Seed Oil  
1/2 cup all-purpose flour  
1/4 teaspoon sea salt  
2 large eggs, room temperature  
3/4 cup superfine sugar  
1 teaspoon vanilla extract  
2/3 cup toasted hazelnuts, chopped

### Method

Preheat the oven to 350F. Line an 8-inch square baking pan with a lightly oiled and floured piece of aluminum foil that overhangs the pan on two sides (this aids in removal later).

Melt the chocolate over low heat on the stovetop or in the microwave and whisk in the oil. Let cool.

Mix the flour and salt together in a small bowl. In a large bowl beat the eggs and sugar until pale and thick - about five minutes. Fold in the vanilla and the cooled chocolate mixture, followed by the flour and nuts, stirring just until everything is combined. Pour into the prepared pan and distribute evenly.

Bake for 15 - 20 minutes: the top will be dry and crackly, though a toothpick inserted in the center should still be wet. Cool completely, and then cut into squares. Serve with vanilla ice cream or whipped cream.



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## Pizza Dough

*Adapted from a recipe by Aida Mollenkamp*

### Ingredients

- 1 - 1/3 cups water
- 1 teaspoon granulated sugar
- 1 packet (1/4-ounce) active dry yeast
- 4 cups all-purpose flour
- 2 teaspoons kosher salt
- 3 tablespoons Stony Brook squash seed oil

### Method

Put the water and sugar in the bowl of a stand mixer and add yeast, stirring to incorporate. Let rest until the mixture bubbles, about 5 to 10 minutes. Meanwhile, whisk together the flour and salt in a large bowl to break up any lumps. When the yeast is ready, add the flour mixture and oil and mix, using dough hook, on the lowest speed until the dough looks shredded, about 1 to 2 minutes. Increase the speed to medium and continue to mix until the dough is smooth and very elastic, (you should be able to stretch it 2 to 3 inches without breaking), about 6 to 10 minutes.

Turn the dough out of the mixer, form it into a ball, and put into a large, oiled mixing bowl. Turn to coat the dough in the oil then cover with a clean, damp dishtowel, and let rest in a warm place until it doubles in size, about 30 to 45 minutes. (Alternatively, refrigerate the dough and let rise 12 to 24 hours before using.) Punch the dough down and shape as desired.



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## Blue Cheese, Shallot, and Delicata Squash Pizza Recipe

*Adapted from a recipe by Aida Mollenkamp*

Makes 4 (6 inch) pizzas

### Ingredients

2 medium delicata squash  
1 cup thinly sliced shallots  
2 tablespoons fresh thyme or marjoram leaves  
2 tablespoons delicata squash seed oil, plus more for drizzling  
1 pound fresh pizza dough  
1/3 cup grated Pecorino (about 1 ounce)  
4 ounces crumbled Gorgonzola or other blue cheese

### Method

Heat oven to 450°F with a rack in the middle of the oven. Meanwhile, trim ends of squash, halve lengthwise, and scrape out seeds. Place each half cut-side down and slice into 1/4 -inch half moons (you should have about 4 cups).

Combine squash and shallots on a rimmed baking sheet, add 2 tablespoons of the oil, salt, and pepper, and toss to coat. Roast until fork tender, about 20 minutes. Remove from oven and reserve squash mixture. Wipe down baking sheet and return to oven.

Meanwhile divide dough into 4 pieces and roll two pieces each to an 8-inch round. Carefully remove hot baking sheet from oven and work quickly: drizzle the sheet with some oil, place 2 rounds of dough on top, and pierce the dough in several places to prevent it from bubbling up unevenly. Scatter Pecorino evenly over the dough then evenly distribute squash mixture across pizza then scatter thyme leaves and blue cheese on top. Drizzle with more oil and place in oven.

Bake until crust is crispy, cheese is melted, and underside of dough is golden brown, about 10 to 12 minutes. Remove from oven and serve. Repeat to make two more pizzas. (If you have two rimmed baking sheets, go ahead and bake all the pizzas at once though they may take a few extra minutes.)

Serve with a Finger Lakes Cabernet Franc (from Sheldrake Point, Billsboro or Lamoreaux Landing) for stellar results.



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## **Striped Bass with Butternut Squash Seed Oil, Balsamic Vinegar and Capers**

*From Noah Sheetz, Executive Chef at the New York State Governor's Mansion*

### **Ingredients**

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4 six ounce fillets of boneless skinless striped bass  
½ cup + 2 tablespoons butternut squash seed oil  
3 tablespoons balsamic vinegar  
1 large clove garlic, minced  
2 sprigs parsley, stemmed and chopped  
10 capers, rinsed  
1 teaspoon Dijon mustard  
Salt and pepper to taste

### **Method**

In a small bowl whisk together the parsley, balsamic, Dijon mustard capers, and 1/2 cup butternut squash seed oil. Season to taste with salt and pepper. Set sauce aside.

Rub the fillets with the 2 tablespoons of butternut squash oil and the minced garlic. Season with salt and pepper. Bake the fillets in a 400 degree oven for 7-10 minutes until they are cooked through.

Pour the sauce over the cooked fillets.





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## Butternut Squash Vindaloo

*(a mild Indian curry)*

### Ingredients

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1 ½ Tbsp. grain mustard  
1 tsp. ground cumin  
¾ tsp. ground turmeric  
½ tsp. cayenne pepper  
1 tsp. sea salt  
1 tsp. wine vinegar  
3 Tbsp. Stony Brook Squash Seed Oil  
1 small onion, cut into thin half rings  
5 cloves garlic, minced  
1 medium butternut squash (approx. 1½ lbs.):  
    peeled, seeded, & cut into 1" cubes (should be about 4 cups squash)  
1 c. coconut milk (well stirred)  
1/2 c. water  
Cilantro & roasted cashews for garnish (optional)

### Method

Mix mustard, spices, salt and vinegar in small bowl. Heat oil in a large pan over medium-high heat. Start with the onions and cook until golden brown. Add garlic and cook for 30 seconds. Stir in the mustard and spice mixture. Add squash, coconut milk and water. Cover and bring to a boil. Simmer for 30 minutes or until squash is tender. Serve over steamed basmati rice and garnish with cilantro, cashews and additional oil if you wish.

Serves 4.



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## Poached Pear and Stilton Bruschetta

*recipe adapted from Morovino Winery*

### Ingredients

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1 baguette or ficelle bread, whole wheat or white, sliced in  $\frac{1}{4}$  to  $\frac{1}{2}$ " rounds  
1/3 c. roasted pumpkin seed oil  
2 Bosc pears  
1  $\frac{1}{2}$  cups crisp white wine such as Riesling or Pinot Gris  
 $\frac{1}{2}$  t. anise or fennel seeds  
6 ounces Stilton cheese  
 $\frac{1}{2}$  cup toasted pumpkin seeds

### Method

Preheat oven to 375 degrees.

Place slices of bread on a cookie sheet. Brush with roasted pumpkin seed oil. Bake until golden brown, about 7 minutes. Put wine and fennel/anise seeds in a small saucepan and bring to a simmer.

Peel and core pears. Place pears, core side up in wine. Cover and simmer for 15 minutes or until tender. Remove the pears from heat and let them cool in poaching liquid. When cool, slice very thinly ( $\frac{1}{4}$ ").

Slice Stilton thinly.

Assemble bruschetta with a slice of bread, followed by a slice of Stilton and a slice of pear. Repeat and place on serving platter. Drizzle platter with remaining pumpkin seed oil and garnish with toasted pumpkin seeds.

Serve at room temperature.



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## Butternut Squash Seed Oil Herbed Focaccia

### Ingredients

1 tablespoon yeast  
1 tablespoon sugar  
1 ½- 2 cups water 105-115°F  
3 tablespoons butternut squash seed oil (BSSO)  
5 cups unbleached bread flour  
2 teaspoons sea salt  
1 tablespoon chopped fresh sage  
1 tablespoon chopped fresh rosemary  
4 cloves garlic, minced  
Cornmeal for coating bread pan

### Toppings

4 tablespoons BSSO  
1 teaspoon chopped fresh sage  
1 teaspoon chopped fresh rosemary

Hydrate yeast in ¼ cup warm water with ½ teaspoon sugar for 10 minutes or until bubbly. Mix all remaining dry ingredients and herbs. Slowly add yeast to water and oil, mixing until combined. In a large bowl or kitchen aid mixing bowl, add wet ingredients to dry ingredients using a fork or kitchen aid paddle attachment. Mix for 2 minutes, adding additional flour or water until dough cleans bowl. Now mix for another 5 minutes, switching to the dough hook attachment with the kitchen aid or knead by hand until dough is smooth and elastic.

Remove dough, lightly grease bowl with some oil and place dough back in bowl. Cover with a clean dish towel or oiled plastic wrap. Place in a warm area of kitchen and let rise until doubled in size, about 1-1½ hours. Punch dough down and let rise again, about 1 hour. Divide dough into 2 balls using sharp knife. Form dough into two 10" rounds and place in greased cake pans dusted with cornmeal. Let rise until doubled in size, 30 minutes. Preheat oven to 400°F. Brush oil on dough and scatter remaining herbs on top.

Bake for 30-40 minutes until golden in color. Let cool on wire rack. Enjoy!



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## Goat Cheese Crostini with Acorn Squash Seed Oil

### Ingredients

1 baguette, sliced into rounds  
2 tablespoon Stony Brook acorn squash seed oil  
4 oz goat cheese (chèvre)  
¼ cup roasted pumpkin seeds

### Method

Preheat oven to 375 °. Brush bread slices with squash seed oil and place on baking pan. Bake in oven for 6 minutes or until lightly toasted. Remove from oven and allow to cool.

In small mixing bowl stir goat cheese with spoon to make spreadable. Immediately before serving, spread bread slices with generous amount of goat cheese. Sprinkle with toasted pumpkin seeds and drizzle with additional squash seed oil.



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## Southwestern Winter Squash Hummus

### Ingredients

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6 cloves garlic  
1/4 cup fresh cilantro  
1/4 cup fresh lemon or lime juice  
1 teaspoon citrus zest (from citrus above)  
2 tablespoons Stony Brook Pumpkin Seed Oil  
4 tablespoons tahini (sesame seed paste)  
1 lb *roasted* winter squash or 1-15 oz can of pumpkin/squash puree  
2 teaspoons cumin  
1 teaspoon sea salt  
1/2 teaspoon chili powder  
Toasted pumpkin seeds for garnish

### Method

Put cleaned garlic cloves into food processor, pulse until chopped fine. Place cilantro in food processor and pulse until finely chopped. Add all other ingredients (except pumpkin seeds) and blend until smooth.

Transfer to a bowl, cover, and refrigerate overnight.

At service, garnish hummus with additional pumpkin seed oil and pumpkin seeds.