Life

Seven recipes to get a taste of autumn

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Autumn is officially here. As we begin October, we'll experience chilling temperatures and vivid leaf color changes. The best thing about autumn is its delicious recipes. There are various snacks, desserts, drinks and other meals that can be made to celebrate the season. Here are seven that I recommend.

Pumpkin tomato soup and grilled cheese sticks

One dish I enjoy having with pizza is garlic sticks and marinara sauce. The marinara sauce's sweetness and garlic sticks' rough texture stimulate my taste buds every time.

The garlic cheese sticks and pumpkin tomato soup are similar to traditional garlic sticks and marinara sauce. The sole difference is that the pumpkin tomato sauce is much creamier and the grilled cheese sticks have a cheesier flavor.

This recipe is easy to make. Some ingredients for the soup are pumpkin puree, sharp Parmesan, heavy cream, pesto and tomato paste. For the grilled cheese sticks, all you need are white bread slices, Swiss cheese and unsalted butter. To make the dish, you must follow a few steps, including cooking the bread and soup on separate skillets.

Cranberry Aperol spritz

Cranberry Aperol spritz is a common Thanksgiving drink, but it can be consumed anytime during the season. It can be served in any glass, and while it's usually red, some variations have an orange tinge.

I've never had this before, so I can't speak about its taste. However, based on the image, I can tell it looks like a satisfying fall drink. The cranberries look fresh and the red liquid seems very sweet.

Items you need for the cranberry Aperol spritz are: cranberry juice, orange juice, prosecco, garnish and Aperol. Producing the drink has two easy steps. First, mix the Aperol, cranberry juice and orange juice. Afterwards, add the prosecco, stir again and pour the drink into a glass while adding extra prosecco to make it bubbly.

Autumn kielbasa sheet pan bake with creamy curry Dijon sauce

If you're looking for a healthy fall meal, this one is perfect. Comprised of mostly vegetables and fruit, the autumn kielbasa sheet pan bake with creamy curry Dijon sauce is low-calorie and has fiber to satisfy your health.

This meal has a lot of ingredients, such as sweet potatoes, seedless red grapes and kielbasa sausage. Despite the large amount of ingredients, cooking the dish isn't demanding. All you need to do is place most of the ingredients into a pan, cook them in the oven for 25 minutes, then stir them with sour scream, curry powder, water and mustard.

Baked apple cider French toast

I've had countless autumn sweet treats before, such as apple pie, pumpkin pie and apple cider donuts. However, I've never got the chance to try baked apple cider French toast before. I can tell by the nutmeg, apple cider and pecans that it's a delectable recipe.

Like the previous recipe, the baked apple cider French toast is made from diverse ingredients, including egg custard, apple cider, cinnamon, apples and thick bread slices. The apples need to be peeled and cooked. At the same time, the bread slices must be dipped into the egg custard. After those two tasks are completed, they're combined into one bowl and toppings like the pecans and cinnamon are poured onto the dish.

Pumpkin spice latte

If you go to Starbucks during autumn, you've probably had their pumpkin spice latte before. I had it once and I absolutely loved it. The pumpkin flavor was strong and the whipped cream made it a very appetizing drink.

If you want to have a pumpkin spice latte but don't feel like going to Starbucks, here's how to make it at home.

The biggest things you need are whole milk, coffee and pumpkin purée since they're the bulk of the drink. Other essential ingredients are vanilla extract, maple syrup and pumpkin pie spice. To make the pumpkin spice latte, you'll need to mix and cook the pumpkin pie spice, vanilla extract, maple syrup and milk in medium heat. Then you continue to mix them in a blender, producing the drink's thick texture. The final steps are pouring the mixture into a bowl, adding whipped cream and sprinkling pumpkin spice.

Halloween Chex mix

If you ever want to have a snack, this is a brilliant recipe to try. It's very similar to trail mixes that have raisins, crackers and other small things. However, what makes it autumn-themed is the candy pumpkins and candy corn.

Some things you'll need to make the Halloween Chex mix are corn chex, wheat Chex, cinnamon Teddy Grahams, Reese's Pieces and chocolate-covered pretzels. Most of the ingredients are toppings for the recipe, which takes several steps to make. A few are mixing the corn Chex, wheat Chex and teddy grahams in an oven and bake the Chex mix for 30 to 45 minutes.

Snickerdoodle cake

A really great dessert for autumn is snickerdoodle cake, which is rich in cinnamon and vanilla. I've never had this before, but I hope to try it around Thanksgiving.

The main ingredients for this recipe are cake flour, cinnamon, butter, baking powder and eggs since they're the cake's foundation. Extra items you need are buttermilk and butter. Once you've got all the ingredients, you'll need to produce the cake batter and the cinnamon swirl. You'll also need to make the frosting, bake the cake and decorate it once it's finished.

Autumn is a beautiful season. While it has amazing traditions, it also has astonishing meals. If you want to get a taste of autumn, these seven recipes are an outstanding start!



ILLUSTRATION BY KIRA YOUNG, CONTRIBUTING ARTIST/THE DAILY CAMPUS

SUBOG Weekly Events:

September 27 – October 4

Homecoming Parade – 9.27 @ 1:30 PM along Hillside Road

Homecoming Carnival – 9.27 @ 2 PM at Founders Green

Homecoming Pageant – 9.28 @ 6 PM in the Student Union Theater

SUBOG x USG Voter Registration – 10.1 @ 11 AM at the SU Mall

Coffee House – 10.1 @ 4:30 PM at the Benton

Homecoming Lip Sync – 10.1 @ 7 PM in the Jorgensen Theater

Fan Fest Friday – 10.2 @ 1 PM at the SU Mall m

Any questions? Email subog@uconn.edu and check out @subogatuconn on Instagram for updates on our events!



A slice of snickerdoodle cake topped with cream cheese glaze. This dessert is rich in cinnamon and vanilla.

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