

# DAY OF THE DEAD

This traditional Mexican holiday honoring the dead features vibrant decorations and seriously delicious food. Add a little color to your next party with these DIY projects and recipes.

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# DECORATIONS

Hallmarks of the holiday are bright, exuberant colors paired with plenty of black, skeleton motifs, and lacy cutouts.

## LACY VOTIVES

### MATERIALS

Black floral lace  
Scissors  
Mod Podge  
Paintbrush  
Glass votive candle holders  
Razor blade or exactor knife

1. Cut assorted floral designs from lace.
2. Brush Mod Podge onto the back of cutouts.
3. Attach lace cutouts to the outside of glass votive candle holders. Let dry.
4. If needed, use a razor to remove any excess dried Mod Podge around flower shape.



## TISSUE PAPER FLOWERS

### MATERIALS

Two bowls in different sizes (5"-8") for tracing circles  
Pencil  
Tissue paper in assorted shades of blue, orange, pink, and red\*  
Scissors  
Stapler  
Hot-glue gun and glue sticks

1. Use the large bowl to trace circles on four sheets of tissue paper. Repeat using the smaller bowl. Cut out circles.
2. Stack, then fold the large tissue paper circles in half and in half again. Staple at the folded corner. Repeat with the small circles.



3. Using scissors, scallop the curved edges of the folded circles.
  4. Gently open the layers of tissue paper of the large and small circles.
  5. Scrunch the centers together to give each set of circles a full carnationlike look.
  6. Attach the small circles to the center of the large circles with hot glue.
  7. Scrunch the large and small layers together to make it look like one flower.
- \*Tip: To give flowers dimension, use a dark color paper for the large circle and a light color paper for the small circle.

## SUGAR-SKULL PUMPKINS

### MATERIALS

Real or faux pumpkins  
Crafts paint in matte black, flat white, pink, and blue  
Sugar-skull templates, pages 3-6  
Scissors  
Pencil  
Paintbrushes

1. Paint pumpkins white or black. This may take a few coats. (Dry between.)
2. Print and cut out desired template.
3. Position template on pumpkin and trace with pencil.
4. Paint on designs with contrasting white or black paint; this may take a few coats, letting each dry between.
5. Add pink and/or blue accents.



**Sugar skulls:** These iconic Day of the Dead motifs come from cane sugar candies shaped as skulls.

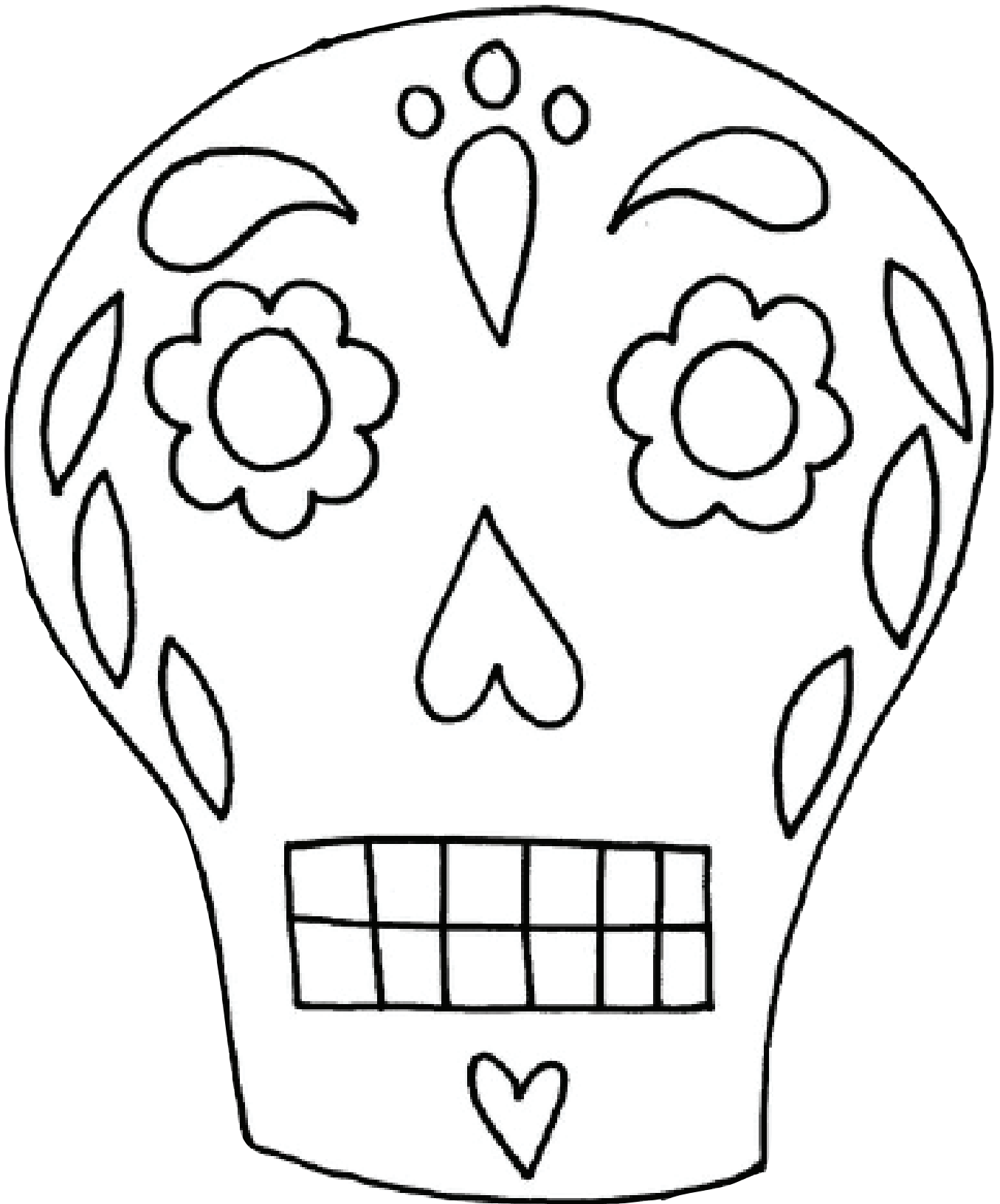
# SUGAR SKULL 1



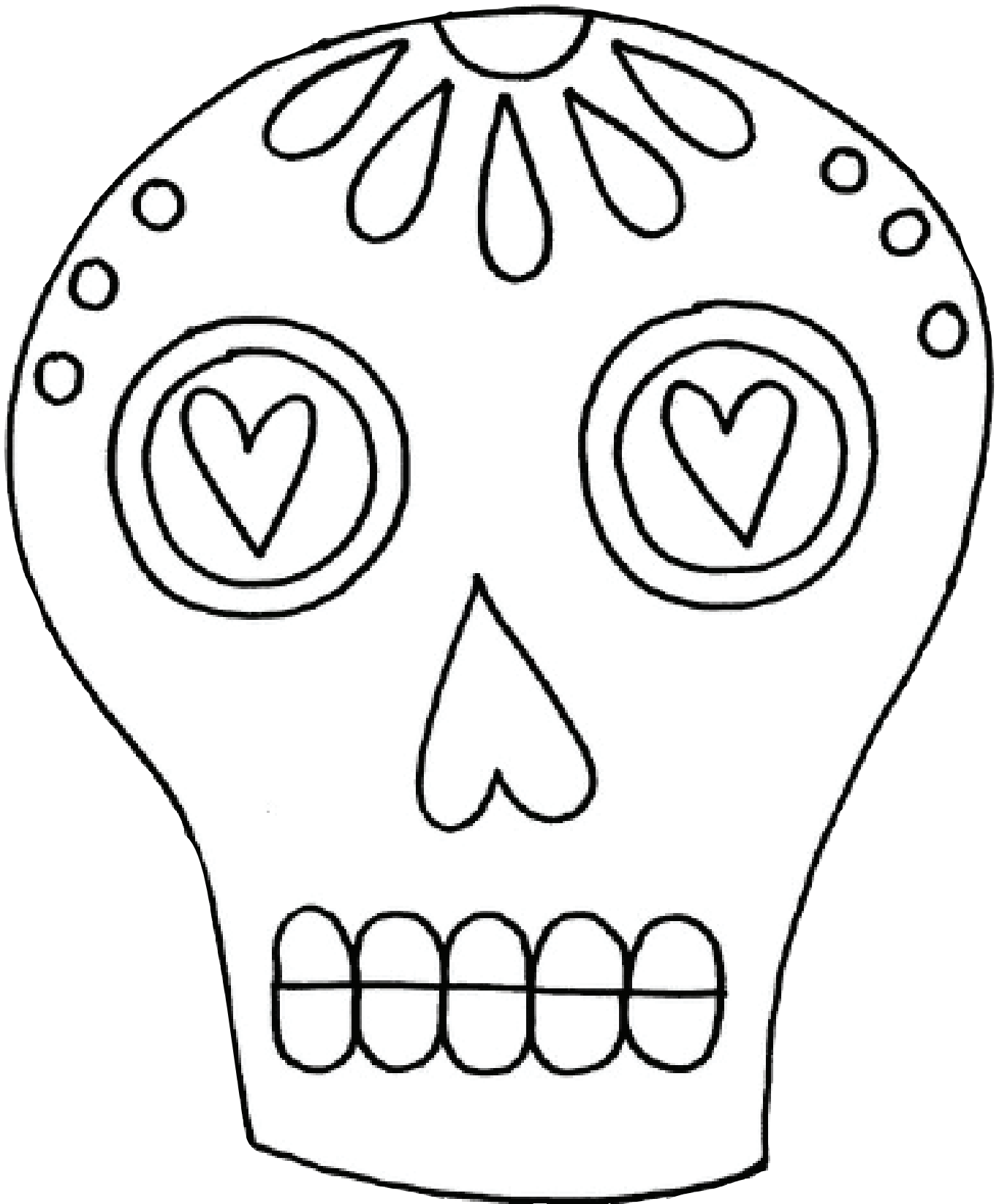
# SUGAR SKULL 2



# SUGAR SKULL 3



# SUGAR SKULL 4



# DECORATIONS

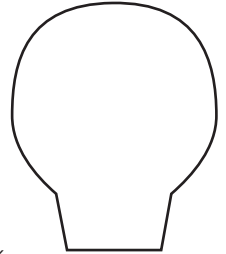


## SUGAR-SKULL DRINK STIRRERS

### MATERIALS

Fimo self-drying white clay  
Rolling pin  
Waxed paper  
Crafts knife  
Skewers  
Craft paint in assorted colors  
Small paintbrush

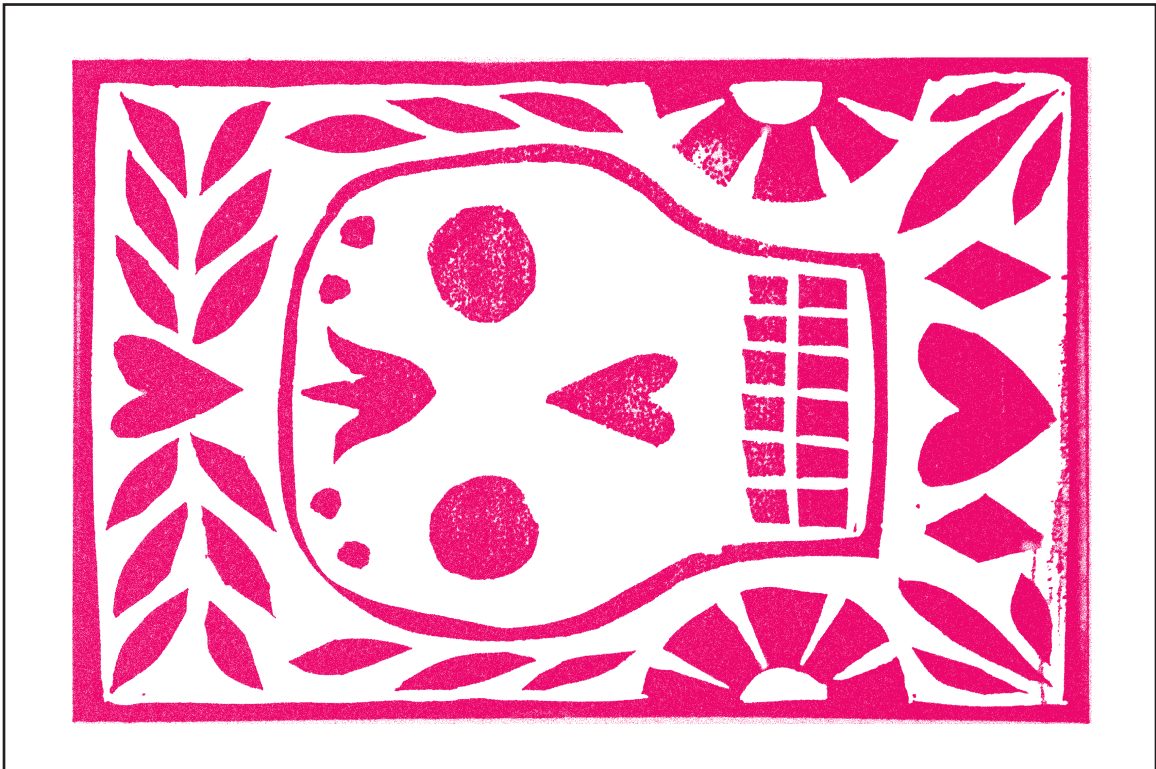
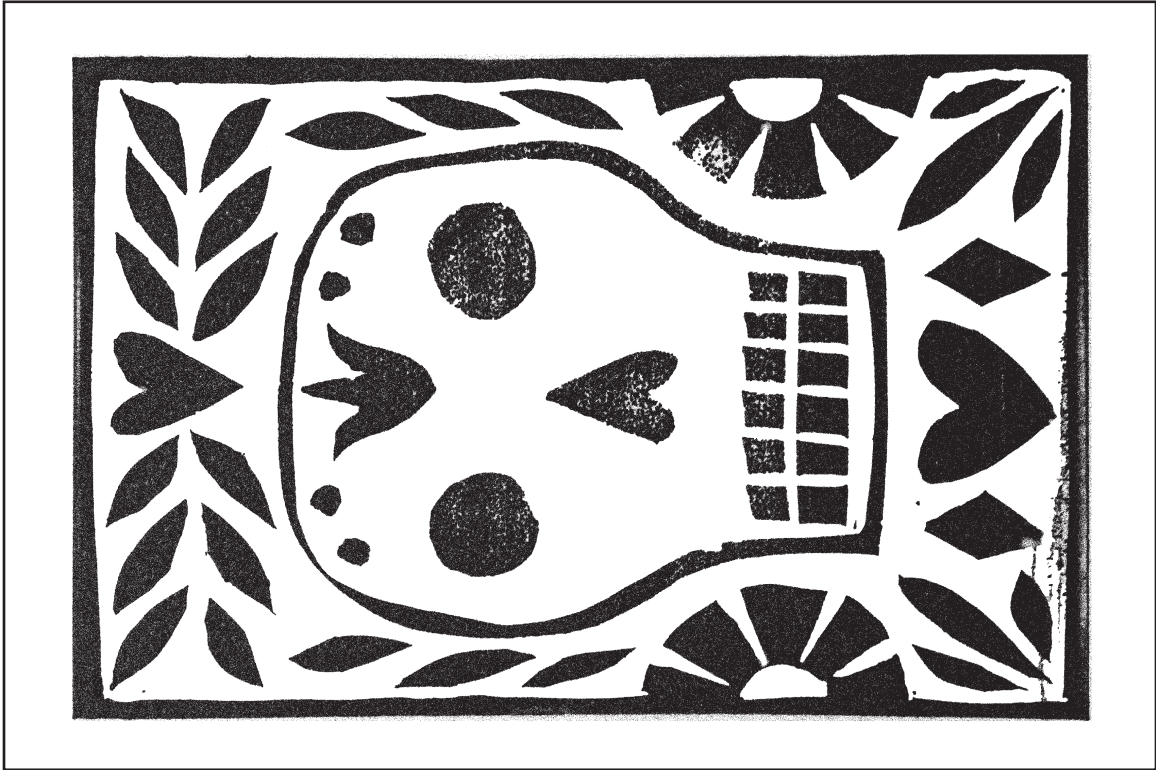
1. Print and cut out skull templates (*right*).
2. Roll out clay to  $\frac{1}{4}$ -inch thickness on waxed paper.
3. Use template to mark skull in the clay. Cut out.
4. Cut out circles for the eyes and a heart for the nose.
5. Use a pencil or pointed end of a skewer to make dot designs.
6. Insert blunt end of skewer into the base to create a hole, then remove.
7. Let skull dry overnight
8. Apply light washes of paint to skulls, then let dry.
9. Insert skewer into hole. If loose, secure with a bit of glue.



## INVITATIONS

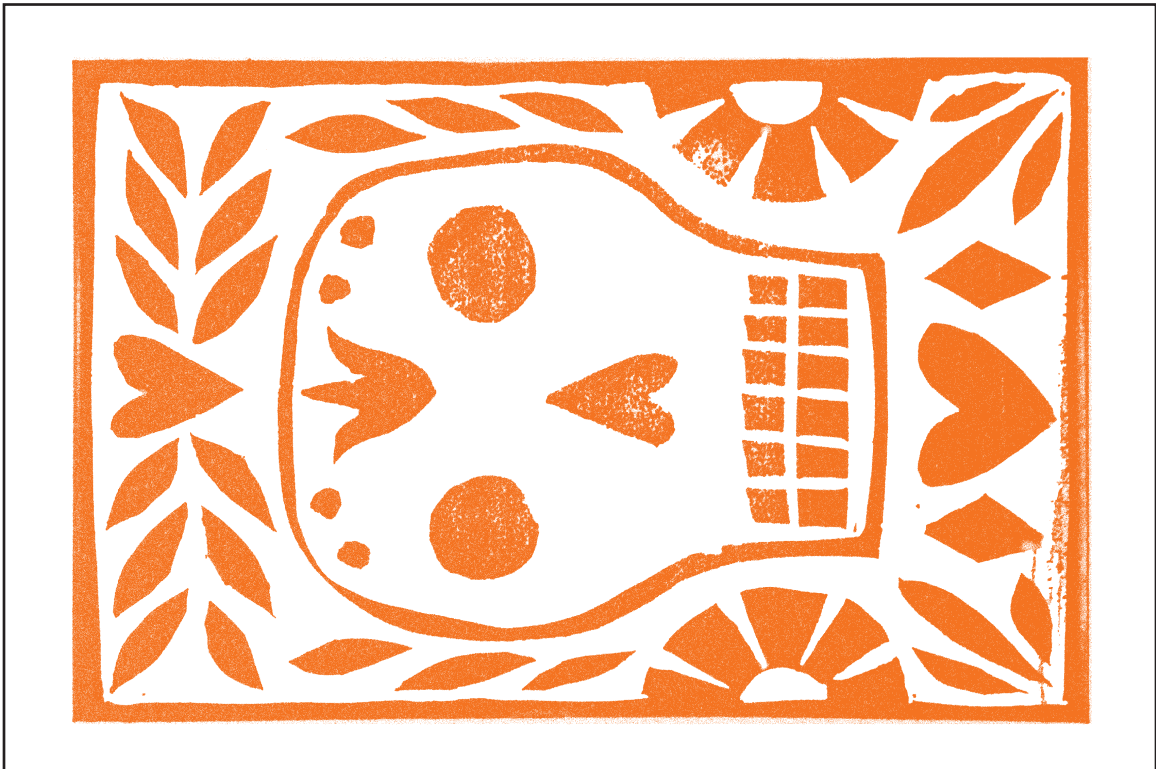
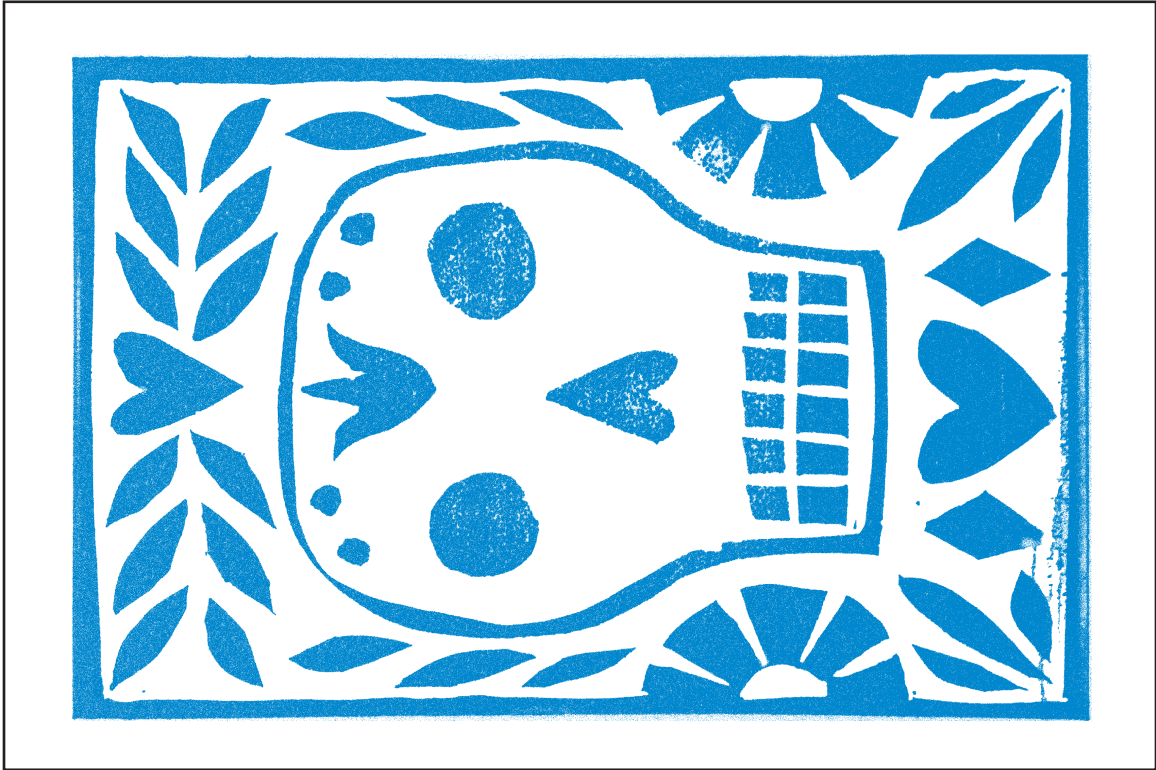
Print our designs (*pages 8-9*) onto cardstock and cut out. Write the details on the back for a set of 4x6-inch cards.

# INVITATIONS





# INVITATIONS



# RECIPES

Historically, families make the favorite dishes of the deceased. This menu features new takes on traditional recipes and ingredients.

## HOMEMADE SALTINES

**HANDS-ON TIME** 20 min.

**TOTAL TIME** 1 hr.

- 1 cup all-purpose flour
- ¼ cup water
- 2 Tbsp. butter, melted
- Smoked salt
- Poppy seeds and/or black sesame seeds

**1.** In a food processor process flour and ½ tsp. salt. Add the water and melted butter; process until a crumbly dough forms. Transfer to a lightly floured surface; knead until smooth. Cover; let rest 30 minutes.

**2.** Preheat oven to 400°F. Roll dough to ⅛- to ¼-inch thickness. Using a knife, cut into 2½-inch rectangles or other desired shape. Arrange on an ungreased baking sheet. Prick several times with a fork. Brush with a little water; sprinkle with smoked salt and poppy seeds and/or black sesame seeds. Bake 10 minutes or until golden. Remove; let cool. Store in an airtight container at room temperature up to 3 days. Makes about 24 saltines.

**PER 2 SALTINES** 55 cal, 2 g fat, 5 mg chol, 194 mg sodium, 8 g carb, 1 g pro.

## PUMPKIN SPREAD

**TOTAL TIME** 20 min.

- 2 15-oz. cans cannellini beans, rinsed and drained
- 1 15-oz. can pumpkin
- ¼ cup orange juice
- 2 cloves garlic, peeled and halved
- 2 Tbsp. olive oil, plus more for drizzling
- 1 tsp. ground cumin
- 2 tsp. chili powder
- Fresh cilantro leaves

Add beans, pumpkin, orange juice, garlic, oil, cumin, chili powder, and ½ tsp. salt to food processor or blender. Cover; process until nearly smooth. Transfer to a serving bowl. Season to taste with salt. Cover; chill until serving time. To serve, drizzle with additional olive oil and top with cilantro. May be chilled 24 hours. Makes 4 cups.

**PER 2 TBSP.** 33 cal, 1 g fat, 92 mg sodium, 5 g carb, 2 g fiber, 2 g pro.



## SWEET PEA SPREAD

**TOTAL TIME** 15 min.

- 2 15-oz. cans cannellini beans, rinsed and drained
- 1 cup frozen shelled peas, thawed
- 3 Tbsp. olive oil, plus more for drizzling
- 2 Tbsp. lemon juice
- 1 tsp. ground cumin
- 1 clove garlic, peeled
- Flaky sea salt

In a food processor or blender process beans, peas, oil, juice, cumin, garlic, and ½ tsp. salt until smooth. To serve, drizzle with oil; top with flaky sea salt. May be chilled 24 hours. Makes 2¾ cups.

**PER 2 TBSP.** 55 cal, 3 g fat, 138 mg sodium, 6 g carb, 2 g fiber, 2 g pro.

## ROASTED GARLIC SPREAD

**HANDS-ON TIME** 10 min.

**TOTAL TIME** 50 min.

- 1 large head garlic
- 3 Tbsp. plus 1 tsp. olive oil, plus more for drizzling
- 2 15-oz. cans cannellini beans, rinsed and drained
- 3 Tbsp. lemon juice
- Roasted, salted pepitas
- Chopped carrots

**1.** To roast garlic: Preheat oven to 400°F. Cut off top of garlic head so bulb stays intact but cloves are exposed. Remove any loose skin. Place garlic head, cut side up, in a ramekin or foil. Drizzle with 1 tsp. oil. Cover; bake 25 to 30 minutes or until soft. Let cool.

**2.** Squeeze garlic into a food processor or blender; add remaining 3 Tbsp. oil, the beans, lemon juice, and ½ tsp. salt. Cover; process until smooth. Transfer to a serving bowl. To serve, drizzle with additional olive oil; sprinkle with pepitas and chopped carrot. May be chilled 24 hours. Makes 2¼ cups.

**PER 2 TBSP.** 75 cal, 4 g fat, 148 mg sodium, 7 g carb, 2 g fiber, 3 g pro.

## ENCHILADA CASSEROLE

*This enchilada twist uses two kinds of soft tortillas—white flour and purple corn—to play up the “white-and-black” color scheme of its two fillings. For a more traditional version, use all corn tortillas (white, yellow, or blue).*

**HANDS-ON TIME** 1 hr. 10 min.

**TOTAL TIME** 2 hr. 15 min.

- 1 recipe Mexican Rice (below right) or four 8.8-oz. pouches cooked Spanish-style rice, heated according to package directions
- 3 cups chopped cooked chicken
- 1¼ cups tomatillo salsa (salsa verde)
- 2 cups shredded Monterey Jack cheese (8 oz.)
- 2 tsp. ground cumin
- 4 cloves garlic, minced
- 2 15-oz. cans black beans
- 1 Tbsp. vegetable oil
- 1 cup chopped onion
- 1 Tbsp. chili powder
- 6 6-inch white flour tortillas
- 6 purple corn tortillas\* (such as La Tortilla Factory 50:50 corn-and-flour tortillas)
- 1 Tbsp. butter
- 1 Tbsp. all-purpose flour
- 1 cup whole milk
- Spiralized vegetables, such as beets or carrots (optional)
- Cilantro leaves (optional)

1. Preheat oven to 350°F. Grease a 4-qt. rectangular baking dish; spread Mexican Rice in bottom; set aside.\*\*
2. For chicken filling: In a large bowl combine chicken, 1 cup salsa, 1 cup cheese, 1 tsp. cumin, and half the garlic; set aside.
3. For black bean filling: Drain and rinse one can of beans. Mash second can of beans with liquid. In a large skillet heat oil over medium heat. Add onion and two cloves garlic; cook and stir until tender, about 5 minutes. Stir in chili powder and remaining 1 tsp. cumin; cook and stir 1 minute more. Stir in whole beans and mashed beans.
4. Spoon about ½ cup of the chicken filling onto each of the white flour tortillas; roll up. Place filled tortillas,



seam sides down, on one side of prepared baking dish. Repeat with bean filling and the purple corn tortillas.

5. For cheese sauce: In a small saucepan melt butter over medium heat. Stir in flour until combined; whisk in milk to combine. Cook and stir until thickened and bubbly, about 5 minutes. Whisk in remaining 1 cup cheese until smooth. Stir in remaining ¼ cup salsa. Pour over enchiladas.

6. Bake, covered, for 30 minutes. Uncover and bake 30 to 35 minutes more or until enchilada fillings are heated through (165°F). Top with spiralized vegetables and cilantro, if desired. Makes 12 servings.

**MEXICAN RICE FILLING** In a medium saucepan melt 2 Tbsp. butter over medium heat. Add 1½ cups long grain white rice and 2 cloves minced garlic; cook and stir for 3 minutes. Carefully stir in 3 cups reduced-sodium chicken broth and 1 tsp. ground turmeric. Bring mixture

to boiling; reduce heat. Simmer, covered, for 15 to 20 minutes or until rice is tender and liquid is absorbed. Stir in 1 cup chopped fresh tomatoes, 1 cup finely chopped green sweet pepper, and ½ cup chopped fresh cilantro.

**\*TIP** To make corn tortillas easier to roll, wrap in damp paper towels and microwave 10 seconds or until warm and pliable.

**MAKE AHEAD** Both fillings may be chilled up to 24 hours. The Mexican Rice may be chilled up to 2 days.

**\*\*2-QT. BAKING DISH** If you don't have a 4-qt. dish, prepare as directed except divide the rice between two 2-qt. baking dishes. Place the chicken enchiladas in one dish and the bean enchiladas in the second dish. Divide the cheese sauce between the two dishes. Cover each dish with foil. Bake for 30 minutes. Uncover and bake 30 to 35 minutes more or until enchilada fillings are heated through (165°F).

**EACH SERVING** 442 cal, 16 g fat, 58 mg chol, 971 mg sodium, 47 g carb, 5 g fiber, 25 g pro.



## SPICY FRUIT SALAD

**HANDS ON-TIME** 35 min.  
**TOTAL TIME** 4 hr. 35 min.

- 6 cups shredded romaine lettuce
- 3 cups arugula
- 3 mangoes, seeded, peeled, and sliced (3 cups)
- 3 cups fresh strawberries, halved
- 1 cup peeled jicama, cut into matchsticks
- ¼ cup vegetable oil
- 3 Tbsp. lime juice
- 1 Tbsp. honey
- 1 tsp. chili powder
- 1 tsp. adobo sauce (from a can of chipotles in adobo sauce)
- Sliced jalapeño peppers

In a 4-qt. clear salad or trifle bowl layer romaine, arugula, mangoes, strawberries, and jicama. (May be covered tightly and chilled up to 4 hours.) For dressing: Whisk together oil, lime juice, honey, chili powder, adobo sauce, and ¼ tsp. salt. To serve, drizzle dressing over salad; top with jalapeño slices. Makes 16 cups.

**PER 2 CUPS** 149 cal, 8 g fat, 142 mg sodium, 22 g carb, 4 g fiber, 2 g pro.



## MINI LAYER CAKES

**HANDS-ON TIME** 40 min.  
**TOTAL TIME** 1 hr.

- 6 oz. bittersweet chocolate, chopped
- ½ cup all-purpose flour
- 1 tsp. ground cinnamon
- 1 tsp. hot chili powder
- ½ tsp. baking powder
- ¼ tsp. salt
- 8 Tbsp. butter, at room temperature (1 stick)
- ½ cup sugar
- 3 eggs, at room temperature
- 1 tsp. vanilla
- 1 recipe Cream Cheese Frosting (below right)
- Jelly beans
- Black decorating icing (optional)

1. In a small saucepan melt chocolate over low heat; let cool.
2. Grease and flour twelve 2½-inch muffin cups. In a small bowl stir together flour, cinnamon, chili powder, baking powder, and salt; set aside.
3. Preheat oven to 350°F. In a large bowl beat butter on medium to high 30 seconds. Gradually add sugar, beating on medium until combined. Scrape sides of bowl. Beat 2 minutes more. Add eggs, one at a time, beating well after each addition. Beat in melted chocolate and vanilla. Beat in flour mixture until just combined.
4. Spoon batter into prepared cups until

two-thirds full. Bake 15 minutes or until a toothpick inserted in center comes out clean. Cool 5 minutes. Transfer cakes to wire rack; cool completely.

5. Split cakes horizontally. Spread bottom half with Cream Cheese Frosting. Add tops. Spread tops with remaining frosting. Decorate with jelly beans. (If desired, pipe dots on with black icing.) Makes 12 cakes.

**CREAM CHEESE FROSTING** In a bowl beat 4 oz. cream cheese, 4 Tbsp. butter, and 1 tsp. vanilla on medium until light and fluffy. Gradually beat in 2½ to 3 cups powdered sugar to spreading consistency.

**PER CAKE** 429 cal, 21 g fat, 87 mg chol, 222 mg sodium, 59 g carb, 1 g fiber, 4 g pro.

## RASPBERRY OR MANGO STRITZ-ADE COCKTAILS

**TOTAL TIME** 10 min.

- 5 cups frozen raspberries or mango, thawed
- 2 cups lemonade
- 1 cup tequila (optional)
- 1 12-oz. can sparkling water, chilled
- ¼ cup agave nectar (optional)
- Citrus wedges, such as lime, orange, or blood orange (when in season)
- Wooden skewers
- Ice cubes

1. In a blender process fruit until smooth. Strain through a fine-mesh sieve; discard seeds.

2. In a pitcher combine puree and lemonade. Add tequila, if desired, and sparkling water. If using raspberries, add agave nectar. Thread citrus wedges onto skewers. Serve over ice. Makes 6 cups (nonalcoholic version).

**PER 6 OZ.** 96 cal, 1 g fat, 10 mg sodium, 24 g carb, 7 g fiber, 2 g pro.

