



1900 KANAWHA BOULEVARD, EAST  
CHARLESTON, WV 25305  
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# WHAT'S COOKIN'

*Market Bulletin* Recipes in Cookbook Form

# 2013



West Virginia Department of Agriculture • Walt Helmick, Commissioner

————— **Contact Information** —————

**Marketing Division**

Phone: 558-2210

Fax: 558-2435

**Communications Division**

*Market Bulletin*

Phone: 558-3708

Fax: 558-3131

[marketbulletin@wvda.us](mailto:marketbulletin@wvda.us)

**Executive Division**

Phone: 558-3200

Fax: 558-2203

[www.wvagriculture.org](http://www.wvagriculture.org)

**Walt Helmick**  
**Commissioner of Agriculture**

## Cooking Measurement Equivalents

1 tablespoon (tbsp.) = 3 teaspoons (tsp.)

1/16 cup = 1 tbsp.

1/8 cup = 2 tbsps.

1/6 cup = 2 tbsps. + 2 tsp.

1/4 cup = 4 tbsps.

1/3 cup = 5 tbsps. + 1 tsp.

3/8 cup = 6 tbsps.

1/2 cup = 8 tbsps.

2/3 cup = 10 tbsps. + 2 tsp.

3/4 cup = 12 tbsps.

1 cup = 48 tsps.

1 cup = 16 tbsps.

8 fluid ounces (fl oz.) = 1 cup

1 pint (pt.) = 2 cups

1 quart (qt.) = 2 pints

4 cups = 1 quart

1 gallon (gal.) = 4 quarts

16 ounces (oz.) = 1 pound (lb.)

1 milliliter (ml) = 1 cubic centimeter (cc)

1 inch (in.) = 2.54 centimeters (cm)

## Sweet Potato and Turnip Bake

- 2 medium sweet potatoes, peeled and cut into 1/4" slices
- 3 medium turnips, peeled and cut into 1/4" slices
- 1/4 cup flour
- 2 tablespoons butter, cut into pieces
- 3/4 cup chicken broth
- 1/4 cup white wine
- 1 cup cheese
- Salt and pepper to taste

Preheat oven to 350°F. In square baking pan, arrange single layer of potatoes and turnips overlapping slightly. Season with salt and pepper and sprinkle with 1 tablespoon of flour. Repeat with layers of vegetables, salt and pepper. Dot top layer with butter pieces. Slowly add broth and wine. Cover with foil; bake until vegetables are fork tender, about 45 minutes.

Raise oven temperature to 425°F. Remove foil and sprinkle cheese over vegetables. Bake until cheese is golden and bubbling, approximately 15 minutes. Let sit 10 minutes before serving.

## Tracy's Favorite Whoopie Pies

- |                                |                                       |
|--------------------------------|---------------------------------------|
| 3/4 cup butter, softened       | 2 teaspoons baking powder             |
| 1 cup sugar                    | 1/2 teaspoon salt                     |
| 2 eggs                         | 2 ounces semi-sweet chocolate, melted |
| 1/2 cup sour cream             |                                       |
| 1 tablespoon red food coloring | <b>Filling:</b>                       |
| 1 1/2 teaspoons white vinegar  | 8 ounces cream cheese, softened       |
| 1 teaspoon vanilla             | 1/2 cup butter, softened              |
| 2 1/4 cups flour               | 2 1/2 cups Confectioner's sugar       |
| 1/4 cup cocoa                  | 2 teaspoons vanilla                   |

Preheat oven to 375°F. In large bowl, cream butter and sugar until light and fluffy. Beat in eggs, sour cream, food coloring, vinegar and vanilla. In separate bowl, combine flour, cocoa, baking powder, salt and baking soda. Mix well with a whisk or flour sifter. Gradually add dry mixture in creamed mixture. Stir in cooled, melted chocolate.

Drop by tablespoons 2 inches apart on parchment lined baking sheets. Bake cookies for 8-10 minutes or until edges are set. Cool pans on a wire baking rack for about 2 minutes. Remove cookies from baking sheet and continue to cool on cooling racks.

Combine filling ingredients in a small bowl and beat until smooth. Spread filling on one half of the cookies and top with remaining halves.

Cookies can be dusted with confectioner's sugar, additional melted chocolate etc.

Refrigerate cookies until serving.



**Find more WVDA recipes on our  
Pinterest account by searching  
"West Virginia Department of Agriculture"**

# Holiday Dishes

I am sure that many of you have begun your holiday baking and freezing! Be sure to take advantage of sales at your favorite supermarket for baking supplies. Remember, most baking supplies will keep very well in the refrigerator and/or freezer. Be sure to enclose in freezer containers or bags to protect the products from moisture and in some cases, from absorbing odors. Check container labels to be sure that there is not a DO NOT FREEZE OR REFRIGERATE on the product label. Most baking supplies can successfully be kept for up to one year in the freezer.

If you are modifying recipes to reduce calories and/or sugar, again – read labels. In most cases, low-fat or fat-free versions of products can be successfully substituted. Honey and/or applesauce can be substituted for sugar and shortening in many cases.

## Company Pork Tenderloin

- 1 pound pork tenderloin
- ½ cup apple juice
- 1 teaspoon salt
- ½ cup favorite nuts, finely chopped
- ½ cup honey
- 2 teaspoons Dijon mustard

Preheat oven to 425°F. Place pork tenderloin in resealable plastic bag. Add apple juice and salt. Seal bag and turn until tenderloin is well coated. Refrigerate for 4 hours or overnight.

Spread nuts on plate. Drain pork, discarding marinade. In small bowl, mix honey and mustard; rub over pork. Roll pork in nuts, patting to help nuts adhere.

Transfer to greased 13x9" baking dish. Bake 25-30 minutes or until a thermometer reads 145°F. Let stand 10 minutes before slicing. Cut into slices and serve.



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Family Favorites

Happy 2013! I hope that this will be a year of trying new foods and recipes! I am excited that West Virginia growers are building and utilizing more high tunnel greenhouses which extends their growing seasons and our abilities to have fresh fruits and vegetables that are locally grown! This month's recipes are favorites of friends and family alike!

Herm's Crockpot Lasagna

- 1 pound (16 ounces) ground beef
- 1/2 cup diced white onion
- 1 teaspoon minced garlic
- 1 24-ounce jar spaghetti sauce
- 1/2 cup water
- 1 15-ounce container ricotta cheese
- 2 cups mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 1 whole egg
- 2 tablespoons fresh parsley or 2 teaspoons dried parsley
- 6 uncooked lasagna noodles

In large skillet brown beef and onion. Add garlic; cook for one minute. Drain.

Add spaghetti sauce and water; simmer about 5 minutes.

Mix ricotta, 1 1/2 cups mozzarella, 2 tablespoons Parmesan, egg and parsley.

Pour 1 cup spaghetti meat sauce into 4- to 6-quart slow cooker. Place half noodles and half ricotta mixture on top of sauce. Cover with 2 cups meat sauce. Top with remaining noodles (if necessary, break noodles to fit) and cheese mixture and meat sauce.

Cook on low 4-5 hours or until noodles are soft. Sprinkle with 1/2 cup mozzarella and remaining Parmesan. Cover with lid to melt cheese; let sit 10 minutes before serving.

Do not overcook or cook on high.

Hint: Make extra sauce to serve with lasagna.

Skillet Macaroni

By Nancy Brenay

- 1 pound ground beef
- 1 medium green pepper, chopped
- 1 medium onion, finely chopped
- 2 cups elbow macaroni, uncooked
- 2 15-ounce cans tomato sauce
- 3 tablespoons Worcestershire sauce
- 1 tablespoon Italian seasoning
- 2 cups water
- 1 15-ounce can whole kernel corn
- Salt and pepper to taste

In large skillet, brown ground beef, breaking into small crumbles. Drain excess fat; add green pepper and onions. Continue cooking until onions and pepper are soft.

Add all remaining ingredients; stir well. Bring to boil, then cover. Simmer approximately 40 minutes, until macaroni is cooked, stirring occasionally. More water or tomato sauce might need to be added during cooking time to prevent sticking – do not let mixture get too dry.

Pumpkin Roll Pops

WV Pumpkin Festival – 1st Place Cakes  
Claire Morrison – Hurricane, WV

- 3 eggs
- 1 1/2 cups sugar
- 1 cup pumpkin
- 3/4 teaspoon cinnamon
- 1 cup plus 2 tablespoons flour
- 1 1/2 teaspoons baking soda

Cream Cheese Mixture

- 8 ounces cream cheese
- 1 1/4 cups powdered sugar
- 1 teaspoon vanilla
- 2 tablespoons butter
- 1 1/2 pounds white dipping chocolate (candy coating)

Preheat oven to 350°F. Grease and lightly flour a 9x13" glass pan. In a large bowl, combine eggs, sugar, and pumpkin until well blended. Stir in cinnamon, flour and baking soda and mix well. Pour into a greased 9x13" pan and bake for 25 minutes or until toothpick inserted in center of the pan comes out clean.

While the cake cools, mix cream cheese, butter, vanilla and powdered sugar with a mixer until smooth. In large bowl, crumble cooled cake and stir in cream cheese mixture until well blended. Refrigerate for 3 hours or overnight.

Roll mixture into 1 1/2" balls and place on waxed paper covered cookie sheet. Melt candy coating according to package directions. Dip sucker sticks 1/2-inch into melted candy coating and then insert into the middle of the pumpkin roll balls. Allow a few minutes for the coating to set up and then dip the balls into the melted candy coating to cover completely. Shake off excess candy coating and insert sticks into a cardboard box or Styrofoam to allow coating to harden. Keep refrigerated. Makes approximately 4 dozen pops\*

\* Candy Coating comes in a variety of colors. Claire chose to use orange candy coating to continue the pumpkin theme.

Maple-Apple Upside Down Cake

- |  |  |
|--|--|
| 1 cup WV maple syrup                                     | 3 large eggs                           |
| 3 tart WV apples – peeled cored and sliced into 8 slices | 3/4 cup buttermilk                     |
| 2 cups all-purpose flour                                 | 1 tablespoon pure vanilla extract      |
| 1 teaspoon baking powder                                 | 1 1/2 sticks unsalted butter, softened |
| 1/2 teaspoon baking soda                                 | 1 1/8 cups sugar                       |
| 1 teaspoon salt  |  |

Preheat oven to 350°F. Butter and flour 10-inch round cake pan. In large saucepan, bring maple syrup to boil over high heat, then simmer over low heat until very thick and reduced to 3/4 cup, about 20 minutes. Pour thickened syrup into cake pan. Arrange apple slices in pan into circles, overlapping slightly.

In bowl, whisk flour, baking powder, baking soda and salt. In glass measuring cup, whisk eggs with buttermilk and vanilla. In large bowl with electric mixer, beat butter and sugar at medium speed until fluffy, about 3 minutes. Beat in dry and wet ingredients alternately until the batter is smooth. Scrape the sides of the bowl as needed.

Pour the batter over the apples in the pan and spread into a even layer. Bake the cake for 1 1/2 hours, until golden on top and a toothpick inserted in the center comes out clean. Remove from oven and let cake cool on a rack for 45 minutes.

Place a plate on top of the cake pan and invert the cake onto the plate; tap lightly to release the cake. Remove the pan. Let cake continue to cool and then slice.

Maple Baked Sweet Potatoes

- |   |   |
|---|---|
| 4 medium sweet potatoes sliced into 1 1/2" thick pieces | 3 tablespoons unsalted butter, cut into 1/2" pieces |
| 1/2 teaspoon salt                                       | 1/3 cup WV maple syrup                              |
| 3/4 teaspoon freshly ground pepper                      | 1/3 cup water                                       |

Preheat oven to 400°F. In large saucepan, cover sweet potato slices with water; bring to boil. Reduce heat to medium and cook until just tender, about 5 minutes. Drain well.

Arrange sweet potatoes in large shallow casserole dish. Season sweet potatoes with salt and pepper, then dot with butter pieces. Drizzle maple syrup over sweet potatoes, sprinkle with water and bake for 15 minutes. Turn sweet potatoes over and bake for about 25 minutes longer, until they are tender and lightly browned. If necessary, broil the sweet potatoes for a minute or two just before serving to brown.

## Holiday Meals Create Warm Memories

The holiday season is upon us! During the next two months our homes will be filled with wonderful smells which remind us of special memories, and in some homes will be the creation of these memories. The 2013 WV Pumpkin Festival was dedicated in memory of a wonderful baker and cook, Janet G. Kelley. Janet passed away earlier this year. Each year, she entered wonderful pumpkin creations and all were very tastefully displayed. I am very sure that she would be thrilled to know that the Pumpkin Festival Bake Off's first-place Cake winner was six-year-old Claire Morrison of Hurricane, WV with her Pumpkin Roll Pops.

If your holiday meals include poultry be sure to remove the plastic bags of giblets, neck, heart, etc. Should you prefer a fresh bird, purchase it no longer than two days before the day you will be cooking it. If you purchase a frozen item, be sure to follow safe handling practices and thaw in the refrigerator or in cold water which is changed every 30 minutes. If you have questions on the day you are cooking, do not hesitate to call the national cooking hot lines. All of them are toll free calls. Enjoy this month's recipes. – *Happy Cooking!*

### Blueberry Pumpkin Muffins

*WV Pumpkin Festival – 1st Place Breads*

*Connie Marion – South Charleston, WV*

1 2/3 cups all-purpose flour	1 cup packed, light brown sugar
1 teaspoon baking soda	1 large egg
1/2 teaspoon baking powder	1 cup fresh or frozen blueberries
1/2 teaspoon salt	1 teaspoon all-purpose flour
1 teaspoon ground cinnamon	
1/2 teaspoon ground allspice	<b>Streusel Topping</b>
1 cup pure pumpkin	2 tablespoons all-purpose flour
1/4 cup 2% milk	2 tablespoons sugar
1/2 cup butter, softened	1/4 teaspoon ground cinnamon
	1 tablespoon butter

**Streusel Topping:** In small bowl, combine flour, sugar and cinnamon. Using a fork, cut in butter until mixture is crumbly.

Preheat oven to 350°F. Paper line or grease 12 regular muffin cups. Combine 1 2/3 cup flour, baking soda, baking powder, salt, cinnamon, and allspice in large bowl. Combine pumpkin and milk in another small bowl.

In large bowl, mix butter and brown sugar with mixer until fluffy. Add egg and mix again. Alternately add flour and pumpkin mixture to butter, brown sugar and egg mixture, mixing until just blended.

In another small bowl add blueberries and 1 teaspoon flour. Stir gently into muffin mixture. Spoon batter into prepared muffin cups. Sprinkle streusel mixture over pumpkin mixture in each muffin cup. Bake at 350°F for 30-35 minutes or until a wooden pick inserted into center of muffin comes out clean.

Cool on wire rack.

### Crock Pot Apple Pudding Cake

- 2 cups sugar
- 1 cup vegetable oil
- 2 eggs
- 2 teaspoons vanilla
- 2 cups unpeeled apple, finely chopped
- 2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon nutmeg
- 1 cup chopped nuts (walnuts or pecans)
- Whipped topping or pudding sauce if desired

Beat sugar, oil, eggs and vanilla. In separate bowl, combine apple, flour, baking soda, nutmeg and nuts. Combine both mixtures; mix well.

Spray 2-pound tin can with cooking spray or grease; flour well. Pour batter into can, filling no more than 2/3 full.

Place can in crock pot. Do not add water. Cover, leaving lid ajar so steam can escape.

Cook on high 3 1/2-4 hours. Do not uncover during last hour of baking. Cake is done when top is set.

Let stand in can a few minutes before tipping pudding out on plate. Serve half-rounds plain, with whipped topping, or pudding sauce.

### Chicken Roll Ups

*By Nancy Brenay*

- |  |                                |
|--|--------------------------------|
| 2 cups cooked chicken breast, shredded     | 2 cups crushed potato chips    |
| 1 8-ounce package cream cheese, softened   | 1 can cream of chicken soup    |
| 2 tubes refrigerated crescent shaped rolls | 1/4 teaspoon poultry seasoning |
| 6 tablespoons butter, melted               | 1/2 cup milk                   |
|  | Salt and pepper to taste       |

Preheat oven to 350°F. In medium bowl mix shredded chicken and cream cheese. On waxed paper, separate crescent rolls into 16 triangles. Lightly pat each triangle out.

Place one tablespoon of chicken mixture on wide end of each roll. Overlap or fold over two points toward center. Roll to pointed end of roll. Make sure each roll is firmly sealed.

Using slotted spoon dip each roll in melted butter, allowing excess to drip off. Thoroughly coat each roll with crushed potato chips, pressing slightly.

Place rolls on ungreased baking sheet; bake about 25 minutes or until browned.

While rolls are baking, heat soup, poultry seasoning, milk, salt and pepper in small saucepan. Spoon mixture over rolls right before serving.

## Enjoy Winter Veggies!

The winter months are the perfect time to experiment with recipes featuring winter vegetables. Winter vegetables range from beets, broccoli, potatoes and celery to parsnips, celery root, fennel, various squashes and cabbage. These vegetables are versatile and can be roasted, grilled, boiled or eaten raw! They are the perfect accompaniment to protein sources ranging from cheeses to chicken, pork, beef and fish. They are also a great source of vitamins and minerals.

February is National Sweet Potato and Cherry Month so be sure to add these foods to your family meals!

### Pork Chops with Cherry Sauce

**Pork Chops:**

- 2 tablespoons vegetable oil
- 4 (8-ounce) bone-in pork chops
- Salt and pepper to taste

**Cherry Sauce:**

- ¼ cup butter
- ¾ cup sliced shallots

- 1½ cups cherries, pitted and halved
- 2 tablespoons red wine
- ¼ cup beef broth
- ¼ teaspoon dried rosemary leaves, crumbled
- Salt and pepper



**Pork Chops:** Preheat oven to 350°F (175°C). Line baking sheet with aluminum foil.

Heat vegetable oil in large skillet over medium-high heat. Season pork chops with salt and pepper; brown in hot oil until golden brown on both sides, about 2 minutes per side. Remove pork chops to lined baking sheet. Bake in preheated oven until pork chops are no longer pink in center, and register 145°F (63°C) on meat thermometer, about 20 minutes.

**Cherry Sauce:** While pork chops are baking, melt butter in same skillet over medium heat; stir in shallots and cherries. Cook until shallots have begun to soften, about 2 minutes. Stir in red wine and beef broth; bring to simmer. Season with rosemary; simmer until sauce has reduced and thickened. Season to taste with salt and pepper before pouring over pork chops to serve. Makes 4 pork chops.

### Upside Down Apple Pie

*Compliments of  
Ceredo-Kenova (C-K) Autumn Fest  
Peggy Workman*

**Topping:**

- 3 tablespoons butter
- ¼ cup brown sugar
- ½ cup pecans, chopped

**Filling:**

- 5 cups apples, peeled and sliced
- 4 tablespoons all-purpose flour
- ¾ cups granulated sugar
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- 2 Pillsbury Ready Crusts

Preheat oven at 350°F. To prepare topping, melt the butter in pie plate. Add brown sugar and chopped nuts and mix well. Spread evenly over the bottom of the pie plate. Press one ready crust over the mixture in the bottom of the pie plate. Press firmly in bottom and up the sides of the pie plate.

To prepare filling, place sliced apples, flour, granulated sugar, salt and cinnamon in a large bowl and mix well. Place apple mixture in pie crust already in the pie pan. Top mixture with the second pie crust and seal edges together. Bake at 350°F for 50 minutes. Remove from oven and invert on a serving platter. Serve warm with vanilla ice cream or cool whip.

### Apple-Maple Crisp

- 4 large, peeled, thinly sliced McIntosh apples
- 2 tablespoons lemon juice
- 1 teaspoon ground cinnamon
- ¼ cup real West Virginia maple syrup

**Topping:**

- 1 cup uncooked rolled oats
- ⅓ cup flour
- ½ cup sliced almonds
- 2 tablespoons canola oil
- 2 tablespoons real West Virginia maple syrup
- 1 teaspoon almond extract

Mix apples, lemon juice, cinnamon and syrup in large mixing bowl. Mix topping ingredients in separate bowl; set aside.

Grease a 9"x13" baking dish; spread apple mixture across the bottom of pan. Cover with foil and bake at 350°F for 30-40 minutes or until apples are tender. Spread topping evenly over the apples and return pan to oven. Bake an additional 20-30 minutes, uncovered at 350°F until topping is crisp.

**Note:** Top with fresh whipped cream or vanilla ice cream.

### Fiesta Pie

*1st Place – Quick and Easy Beef Contest – State Fair of West Virginia  
Sandra Perry – Ronceverte, WV*

- |                               |                                      |
|-------------------------------|--------------------------------------|
| 2 tablespoons yellow cornmeal | Salt to taste                        |
| 1 refrigerated pie crust      | Pepper to taste                      |
| 1¼ pound ground beef          | 1½ teaspoons chipotle seasoning      |
| ½ cup bell pepper, diced      | 1½ cups corn and bean salsa          |
| ½ cup onion, diced            | 2 cups shredded Mexican blend cheese |

Preheat oven to 425°F. Sprinkle pie plate with one tablespoon of cornmeal. Place refrigerated pie crust into pie plate. Sprinkle crust with the remaining tablespoon of cornmeal. Place pie crust into preheated oven and bake for five minutes less than the recommended baking time.

While pie crust is baking, brown ground beef, pepper and onion in skillet and cook until no pink remains in ground beef. Stir in salt, pepper and chipotle seasoning. Add salsa and one cup of the shredded cheese into the beef mixture and stir lightly. Place beef mixture into baked pie crust and top with the remaining cup of shredded cheese. Return to oven for 5 minutes or until cheese is melted.

Serve sliced pie with toppings of choice, such as shredded lettuce and sour cream.

## Tastes of Fall

Happy fall! The beautiful colors of our fall leaves and the cooler weather inspire many of us to try new recipes and in some cases foods. West Virginia is a very "sweet" state. We are fortunate to have approximately 1,000 beekeepers who supply top quality honey to our state and we have a GROWING maple syrup industry. Have you ever tasted real West Virginia Maple Syrup? If not, then we encourage you to do so! Our West Virginia producers not only provide wonderful syrup, but also great maple candies and sugared nuts to name a few of the products. Look for WV honey and maple syrup in your favorite store.

Fall also brings an abundance of apples and pumpkins – there are several festivals throughout the state honoring these two great specialty crops.

### Honey Mustard Pretzel Chicken

*Courtesy : National Honey Board*

2 cups panko crumbs	½ cup bottled water	1½ pounds boneless chicken
2 cups pretzel crumbs	3 tablespoons red wine	breasts
½ cup olive oil	vinegar	½ cup flour, plus more if
½ cup Dijon mustard	Coarse salt and fresh	needed
⅓ cup WV honey	ground black pepper	

Preheat oven to 400°F. Lightly oil a large, non-stick baking sheet or roasting pan. If you don't have a non-stick pan line a regular pan with parchment and lightly oil.

In large skillet over medium heat, toast the panko crumbs until lightly golden, stirring constantly. Remove from the pan and cool.

In food processor pulse the pretzels until coarsely ground (small crumbs with some small pretzel pieces); add to medium bowl and mix with panko crumbs. Wipe crumbs out of food processor.

**Dressing:** Add oil, mustard, honey, water and vinegar to food processor; pulse until smooth.

Season with salt and pepper. Taste and adjust the flavor to suit your own tastes by adding more mustard or honey.

Pound the chicken breasts out to an even thickness using a mallet. Season well with salt and pepper.

**Set up dredging station:** Pour half of the dressing into large shallow bowl or dish, put the flour on large plate and add half the pretzel mixture to large, shallow bowl or dish (add the remaining half pretzel crumbs to the dish as needed).

Working one at a time and using tongs dredge the chicken in the flour then into the dressing allowing excess to drip off then into the pretzel crumbs patting them on if needed. Place on greased baking sheet.

Bake 16-25 minutes depending on their thickness/size or until cooked through (internal temperature 165 - 174°F.)

Let the chicken sit 5 minutes before serving. Serve with the remaining honey mustard dressing.

### Beet & Goat Cheese Salad

6	medium beets
3	tablespoons olive oil plus more for cooking
1	tablespoon lemon juice
1	small clove garlic, optional
½	cup fresh goat cheese
½	teaspoon sea salt
	Minced chives for garnish, optional

Roast or grill beets. If roasted, peel and slice when done.

In medium bowl, combine oil, lemon juice and garlic. Add beets; toss to coat.

Lift beets out of dressing; divide onto 4-6 salad plates.

Divide goat cheese between salads, dolloping small bits of goat cheese onto beets.

Drizzle with leftover dressing.

Sprinkle with salt to taste.

### Sweet Potato Carrot Soup

1	tablespoon vegetable oil or butter
2	small onions or leeks, chopped
2	cloves garlic, chopped (optional)
½	teaspoon salt, plus more to taste
2	pounds sweet potatoes (2 medium or one large), peeled and chopped
½	pound carrots (3-4 medium), peeled and chopped
6	cups homemade chicken or vegetable broth or 4 cups commercial broth and 2 cups water
	Salt, optional
¼-½	cup cream, half-and-half, or sour cream, optional

In large pot over medium high heat melt butter or heat oil. Add onions or leeks, garlic and ½ teaspoon salt. Cook, stirring, until vegetables are soft, about 3 minutes.

Add sweet potatoes, carrots and broth (or broth and water). Bring to boil. Reduce heat; simmer until all vegetables are very soft.

Puree with immersion blender or in batches in blender. If necessary, add salt to taste. Stir in cream (optional). Makes 4-6 servings.

### Winter Squash Rolls

1½	cups winter squash, peeled and cubed	6	cups all-purpose flour
2	(.25 ounce) packages active dry yeast	½	cup white sugar
½	cup warm water	2	teaspoons salt
		½	cup shortening
		1	cup scalded milk

Preheat oven to 400°F (200°C). In small saucepan, cover squash cubes with water. Bring to boil; cook until tender, about 15 minutes. Drain, cool and mash.

In small bowl, dissolve yeast in warm water. In large bowl, combine 5 cups flour, sugar and salt. Stir in yeast mixture, squash, shortening and milk. Mix well. Stir in remaining flour, ½ cup at a time, beating well after each addition. When dough has pulled together, turn out onto lightly floured surface; knead until smooth and supple, about 8 minutes. Lightly oil large bowl, place dough in bowl; turn to coat with oil. Cover with damp cloth; let rise in warm place until doubled in volume, about 1 hour.

Divide dough into 12 equal pieces; form into rounds. Place rounds in lightly greased 13"x9" baking pan. Cover with damp cloth; let rise until doubled in volume, about 30 minutes.

Bake for 10-15 minutes or until golden brown.

## Celebrating Great Foods!

March is indeed a month of celebrating! Not only is it National Agriculture Month and National Nutrition Month, there are days dedicated to National Ham and Pineapple Day, National Noodle Day, National Sauce Day, National Meatball Day, National Waffle Day and National Poultry Day to name a few. We are very fortunate to live in a state with a safe food supply. Our farmers and food producers alike are dedicated to presenting top quality foods and take great pride in their offerings. Please remember two phrases as you are eating and/or shopping. Don't criticize a farmer with your mouth full! And *No Farm No Food!* These recipes are a celebration of this month's food days!

### Mexican-Style Chicken Soup

- |                                       |                                      |   |
|---------------------------------------|--------------------------------------|---|
| 1 tablespoon olive oil                | 1 teaspoon ground cumin              | 2 cups shredded, cooked chicken           |
| 1 large yellow onion, diced           | 1 quart reduced-sodium chicken broth | 1/3 cup chopped fresh cilantro            |
| 2 garlic cloves, finely chopped       | 1 1/4 pounds plum tomatoes, diced    | 1 ripe avocado, peeled, pitted and sliced |
| 1 jalapeno, seeded and finely chopped | 1 4.5-ounce can green chilies        | Lime wedges for serving                   |
| 2 teaspoons chili powder              | 2 cups frozen corn                   |   |
| 1 teaspoon dried oregano              | 1/2 teaspoon salt                    |   |

In large pot, heat olive oil over medium-high heat. Add onion, garlic and jalapeno. Cook, stirring, until onion is translucent, about 5 minutes. Add chili powder, oregano and cumin; cook 1 minute more.

Stir in broth, tomatoes, chilies, corn and salt; bring to boil. Immediately reduce heat; simmer 20 minutes. Add chicken; simmer 10 minutes more. Stir in cilantro.

Ladle into individual bowls; serve garnished with avocado slices and lime wedges. Serves 6.

### Erica's Easter Ham

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 1 12-pound ham                 | 1/2 cup packed brown sugar        |
| 1/2 cup whole cloves           | 1 12-ounce can lemon-lime soda    |
| 1 20-ounce can pineapple rings | 1 4-ounce jar maraschino cherries |

Preheat oven to 325°F. Place ham in roasting pan. Score rind of ham in diamond pattern. Press clove in center of each diamond. Drain juice from pineapple rings into medium bowl; stir in brown sugar and soda. Coat ham with liquid sugar mixture. Arrange pineapple rings on outside of ham; place maraschino cherry in center of each ring. Secure with toothpick.

Bake uncovered for 4-5 hours, basting frequently with juices from pan. Cook until ham is 160°F internally. Let ham rest for 10 minutes prior to slicing. Cover with foil. Remove toothpicks before serving.

### Apple Nut Muffins

- 1/4 cup butter, softened
- 1/2 cup sugar
- 1 large egg
- 1/2 cup sour cream
- 1/2 teaspoon vanilla
- 1 cup finely chopped apple
- 1 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt

#### Topping

- 1/4 cup packed light brown sugar
- 1/2 teaspoon cinnamon
- 1 tablespoon melted butter
- 1/4 cup chopped nuts

Preheat oven to 375°F. Line muffin tins with paper or foil muffin cups. Cream butter and sugar in medium bowl. Beat in egg and sour cream with a spoon. Stir in vanilla and apple.

Sift flour, baking powder, soda and salt into large bowl. Add apple mixture and stir until dry ingredients are barely moistened. Spoon into muffin cups, filling two-thirds full.

Combine topping ingredients. Sprinkle on top of batter in cups. Bake 20-25 minutes, or until muffins are slightly brown and springy to the touch. Immediately remove muffins from the pan and cool on rack.

These muffins have better flavor if served at room temperature. Depending on the size of the muffin pan, this recipe will yield 9-12 muffins.

### Fresh Mushroom Soup

- 2 cups fresh mushrooms, cleaned and chopped (I used Shiitake and oyster mushrooms)
- 1 tablespoon olive oil
- 1 tablespoon butter
- 2 cloves garlic, minced
- 1 cup chicken broth
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- 1 bay leaf
- 1/4 teaspoon Maggi seasoning
- 1 tablespoon flour blended into 1 cup Half-and-Half
- Salt and pepper to taste
- Thyme sprigs for garnish, optional

Heat olive oil and butter in large saucepan. Sauté garlic on medium heat. Add mushrooms; cook for about 5 minutes until moisture

from mushrooms disappears. Add chicken broth, thyme, bay leaf and Maggi seasoning. Simmer for about 10 minutes. Add flour/Half-and-Half mixture and cook until mixture thickens. Season with salt and pepper. Serve garnished with thyme sprigs, if desired.



## Enjoying the Early Fall Harvest

Summer is coming to a close, but that doesn't mean the end to eating fresh local foods. September is a great month to enjoy end-of-summer crops and the beginning of the first fall harvests. Produce, meats, cultivated mushrooms, eggs and honey are still available at West Virginia farmers' markets.

Nothing heralds the arrival of fall like apples, and the sweetness of an apple muffin will compliment any of these soup recipes that are sure to ward off September's early chills. Respect what nature has to offer at this time of year, and appreciate the variety of the harvest.

### Mexican Corn Soup

3/4 pound chicken (boned)	1 pint fresh or frozen corn	1/2 teaspoon pepper
2 cloves garlic	1 tablespoon oregano	1 jalapeno pepper, chopped fine
1 small onion, chopped	1/4 teaspoon coriander	1 cup milk
2 tablespoons butter	1/4 teaspoon cumin	8 ounces Monterey Jack cheese
1 cup chicken stock	1/2 teaspoon salt	1 fresh tomato, cubed

Sauté chicken, garlic and onion in butter until chicken is cooked. Set aside.

In another pot, combine chicken stock and corn; simmer for 30 minutes. Process corn mixture in blender and return to pot. Add chicken, spices, jalapeno pepper, milk and cheese. Simmer for 15 minutes.

Place a spoonful of tomatoes in bottom of soup bowl. Ladle hot soup on top. Garnish with more cheese, if desired.

This soup tastes even better if it is reheated and served the next day.

### Sausage, Potato & Kale Soup

2 cups potatoes, sliced thin	2 cups beef broth	2 cups kale, torn into bite-size pieces
1/4 cup sliced carrots	2 cups Half-and-Half	Black pepper, to taste
1 tablespoon olive oil	1/2 teaspoon red pepper flakes	
1 medium onion, chopped		
1/2 pound Polish sausage, cut into bite-size pieces		

In small saucepan, boil potatoes and carrots in salted water until tender. Drain and set aside.

In large soup pot, sauté onion and sausage in olive oil until onions are translucent. Stir in potatoes and carrots. Add broth. Simmer until heated through. Stir in Half-and-Half and red pepper flakes. (Note: If soup is too thick, more Half-and-Half or milk may be added to desired consistency.) Heat, but do not boil. Add kale; simmer about 10 minutes or until kale loses its crispness. Season with black pepper. Ladle into bowls and serve.

## Homemade Noodles



- 2 1/2 cups all-purpose flour
- 1 pinch salt
- 2 eggs, beaten
- 1/2 cup milk
- 1 tablespoon butter

In large bowl, stir together flour and salt. Add beaten egg, milk and butter. Knead dough until smooth, about 5 minutes. Let rest in covered bowl for 10 minutes.

On floured surface, roll out to 1/8" or 1/4" thickness. Cut into desired lengths and shapes. Allow to air dry before cooking.

Cook fresh pasta in large pot with boiling salted water until al dente.

## Golden Apple Waffles

- 2 cups biscuit/baking mix
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 2 eggs
- 1 1/2 cups milk
- 6 tablespoons butter, melted
- 1 cup peeled, chopped W.Va. Golden Delicious apple

In large bowl, combine biscuit mix, cinnamon and nutmeg. In separate bowl, combine eggs, milk and butter; stir into dry ingredients just until moistened. Stir in apple.

Bake in preheated waffle iron according to manufacturer's directions until golden brown.

Serve immediately with W.Va. Maple Syrup or your favorite West Virginia Apple Butter. Serves 12.



Fresh Spring Flavors

Spring has sprung and we are all adjusted to Daylight Savings Time! I am sure that several of you have planted cooler weather spring crops like potatoes, and if you grow your own plants, they are almost ready for planting! April is a month of many food celebrations. National Garlic Day, National Fresh Tomato Day, Zucchini Bread Day and National Prime Rib Day to name a few! Just a reminder – National Egg Salad week is the week immediately following Easter!

Peppery Prime Rib

*Courtesy of the National Beef Board*

**Rub:**

- 2 tablespoons pepper seasoning blend
- 2 tablespoons minced garlic

- 1 14-14½ ounce can ready-to-serve beef broth
- 2 teaspoons chopped fresh thyme
- Salt

**Prime Rib:**

- 1 beef rib roast (2-4 ribs), small end, chine (back bone removed – 6-8 pounds)

Heat oven to 350°F.

**Rub:** Combine rub ingredients in small bowl; reserve 2 tablespoons for au jus. Press remaining rub evenly onto all surfaces of beef roast.

**Prime Rib:** Place roast, fat side up, in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat or touching bone. Do not add water or cover. Roast in oven 2¼-2½ hours for medium rare; 2¾-3 hours for medium doneness.

Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15-20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)

Combine broth and reserved rub in small saucepan; bring to boil. Reduce heat; simmer 5 minutes. Stir in thyme; continue simmering 2 minutes.

Carve roast into slices. Season with salt, as desired. Serve with au jus.

Zucchini Bread

- 3 eggs
- 1 cup sugar
- ¼ cup vegetable oil
- 2 cups grated zucchini
- 1 teaspoon vanilla
- 1½ cups all-purpose flour
- 1½ cups whole-wheat flour
- 1 teaspoon salt
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- ½ teaspoon baking powder
- ½ cup raisins (optional)
- ½ cup chopped walnuts (optional)

Lightly grease and flour 9"x5" loaf pan. In large mixing bowl, beat eggs lightly.

Add sugar, oil, zucchini and vanilla; beat.

In separate bowl, mix dry ingredients; stir to combine. Add raisins and nuts, if desired.

Add dry ingredients to egg mixture. Stir until all ingredients are just moistened.

Spoon into loaf pan.

Bake at 325°F for 50 minutes. Test for doneness by inserting toothpick in center. Toothpick should come out dry.

Allow loaf to cool 5-10 minutes before turning out onto cooling rack.

MEDITERRANEAN STUFFED PEPPERS

- |  |                             |                               |
|--|-----------------------------|-------------------------------|
| 4 pounds of mixed peppers for stuffing | 1½ pounds ground beef       | 1 tablespoon coriander        |
| 2 tablespoons olive oil                | 2 cups cooked rice          | 1 tablespoon cumin            |
| 1 large onion, chopped                 | 1 cup raisins (optional)    | 1 tablespoon allspice         |
| 2 cloves garlic, minced                | ½ cup chopped fresh parsley | Salt and pepper, to taste     |
| 2 cups fresh tomatoes, sliced thin     | 1 tablespoon chopped mint   | Extra olive oil for drizzling |

Preheat oven to 325°F.

Wash and hollow out peppers. Sauté onion and garlic in olive oil until translucent. Cool.

Lightly grease a roasting pan with olive oil. Add a layer of sliced tomatoes, reserving a few to place on top of the peppers. Sprinkle the layer of tomatoes generously with coriander, cumin, allspice, salt and pepper. Drizzle lightly with olive oil.

Mix beef, rice, raisins, parsley, mint and additional coriander, cumin and allspice (about ½ teaspoon each) with onion/garlic mixture. Fill peppers loosely with meat filling. Place filled peppers on top of tomato slices.

Top peppers with remaining tomato slices. Sprinkle with coriander and cumin. Drizzle lightly with olive oil. Bake, covered, in slow oven for approximately 1 hour, basting occasionally with the juices that accumulate in the bottom of the pan. Remove when meat is no longer pink and peppers are fork tender.

(Cooked stuffed peppers can be frozen and re-heated.)

RATATOUILLE

- |  |                                      |
|--|--------------------------------------|
| ¼ cup olive oil                          | Several mushrooms, sliced (optional) |
| 1 medium onion                           | 2 ripe tomatoes, chopped             |
| 1 clove garlic, minced                   | 1 teaspoon oregano                   |
| 1 small eggplant, cubed                  | ½ teaspoon fennel seeds              |
| 1 small zucchini, sliced                 | 1 teaspoon salt                      |
| 1 small green pepper, sliced into strips | ¼ teaspoon pepper                    |
|  | Parmesan cheese                      |

Sauté onion and garlic in oil in large pot. Add eggplant, zucchini, pepper and mushrooms. Sauté lightly. Add tomatoes, oregano, fennel seeds, salt and pepper. Simmer until vegetables are softened and the stew is thickened. Spoon into bowls. Sprinkle with Parmesan cheese.

## PEPPERS, PEPPERS AND MORE PEPPERS!

Peppers come in an array of shapes, sizes, colors and flavors from sweet to fiery hot. They can be grown in a variety of climates and are well suited for West Virginia gardens. Pepper harvest usually begins in June and can last until the first frost.

Packed with nutrients, peppers are a good source of vitamins, minerals and phytochemicals. They can be eaten raw or cooked, providing great flavor and color to enliven summer dishes.

Now is the time to enjoy fresh peppers, while they are seasonally plentiful.

### PEPPER BUNDLES

#### Rolls

- 3-3½ cups bread flour
- 1 package dry yeast
- 1 cup buttermilk, heated to 120 degrees
- 1 tablespoon sugar
- ½ teaspoon salt
- 2 tablespoons butter, softened
- 1 egg

#### Filling

- 1 tablespoon olive oil
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 clove garlic, minced
- ¼ teaspoon rosemary, crushed
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- ½ cup shredded mozzarella cheese

Grease a 13"x9" baking pan.

**Rolls:** In large bowl, combine 3 cups flour and yeast. Stir in warm buttermilk, sugar, salt, butter and egg. Add enough additional flour, until dough pulls away from the bowl. Turn onto lightly floured surface. Knead 5 minutes until smooth, adding more flour if necessary. Cover dough and allow to rise in a warm place.

When dough is double in size, punch down and knead again until smooth and elastic.

**Filling:** Heat oil in small skillet. Add peppers and garlic. Cook until tender (10 minutes); set aside to cool. When cool, add rosemary, salt, pepper and mozzarella cheese to mixture.

Divide dough into 15 pieces. Roll each piece into 4" circle. Spoon 2 tablespoons filling onto each circle. Bring dough up around filling. Pinch to seal. Place smooth side up in greased pan. Cover loosely with greased plastic wrap. Let rise in warm place until doubled in size (about 20 minutes).

Heat oven to 375°F. Uncover dough. Bake about 15 minutes or until golden. Cool on wire rack. For a softer crust, brush tops with softened butter.

### GREEN & GOLD SQUASH PIE

- 1 (9" or 10") pie crust
- 2 tablespoons melted butter
- 2 medium zucchini, thinly sliced
- 2 medium yellow squash, thinly sliced
- 1 small onion, thinly sliced
- 1 clove garlic, minced
- 1 medium green pepper, chopped
- 1 medium tomato, peeled and chopped
- ¾ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon fresh basil, chopped
- 3 eggs, beaten
- ½ cup whipping cream
- ¼ cup shredded Parmesan cheese

Prick bottom and sides of pie crust with a fork. Bake at 450°F for 8 minutes until slightly browned. Set aside to cool.

Sauté zucchini, squash, onion, garlic, and green pepper in butter until tender. Add tomato, salt, pepper and basil and heat through. Spoon into pastry shell. Combine eggs and cream. Pour over vegetables. Sprinkle with Parmesan cheese. Bake at 350°F for 30 minutes or until set.

## Tomato Bruschetta

*We are fortunate in West Virginia that there are several hydroponic growers who are able to keep are market supplied with fresh tomatoes throughout the year!*

- 8 ripe tomatoes, chopped
- 2 cloves garlic, minced
- ½ red onion, Spanish onion or sweet onion, chopped
- 6-8 fresh basil leaves, chopped
- 2 tablespoons extra-virgin olive oil
- Salt and freshly ground black pepper, to taste
- 1 loaf Italian or French bread, cut into ½" diagonal slices

Preheat oven to 400°F.

Combine tomatoes, garlic, onion, basil and olive oil in bowl. Season with salt and freshly ground black pepper, to taste.

Arrange bread on baking sheet in single layer. Bake about 5-7 minutes until slight browning begins.

Remove bread from oven; transfer to serving platter.

Serve tomato mixture in bowl with serving spoon or place on each slice of bread before serving. If adding tomato mixture to bread, do it at the last minute or bread may become soggy.

Serve warm or room temperature.

## Garlic Pasta

- 2 cups uncooked small pasta shells, alphabet pasta or ring macaroni
- 3-4 garlic cloves, minced
- ½ cup butter
- ¼ cup grated Parmesan cheese
- 2 tablespoons fresh parsley, minced
- ¼ teaspoon salt
- ⅛ teaspoon pepper

Cook pasta according to package directions. Meanwhile, in large saucepan, saute garlic in butter. Remove from heat. Drain pasta; add to garlic butter. Stir in Parmesan cheese, parsley, salt and pepper; toss to coat.

## Garlic Chip Cookies

- 10 garlic cloves
- ½ cup honey
- 1 cup butter or 1 cup margarine, room temperature
- 1 cup brown sugar, packed
- 2 eggs
- 1 teaspoon vanilla extract
- 2½ cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 12-ounce bag butterscotch chips
- ½ cup pecans, chopped

Drop garlic cloves in boiling water for 5 minutes. Peel, finely chop and soak cloves in honey for 20 minutes. While garlic soaks, cream butter, sugar, eggs and vanilla.

In sperate bowl, combine flour, baking soda and salt; add to creamed mixture.

Preheat oven to 375°F.

Stir butterscotch chips and nuts into batter. Drain garlic; discard honey. Add garlic to batter; blend well. Drop dough by heaping tablespoons onto ungreased baking sheets about 2" apart. Bake until lightly browned, about 8-10 minutes. Remove from pan; cool on racks.

## Nutrient-dense eggs provide a powerful punch

May is National Egg Month! Did you have eggs for a meal today? Eggs are all-natural and packed with a number of nutrients. One egg has 13 essential vitamins and minerals in varying amounts and are an excellent source of high-quality protein and antioxidants. One egg has only 70 calories and the protein in eggs provides steady energy to keep us going all day.

May is also National Hamburger Month! Ground beef is economical, versatile and readily available in most stores. If you have a food processor, or a grinder attachment to a large stand mixer, you can make your own ground beef as well.

### Strawberry Rhubarb Coffee Cake

**Filling:**

- 3 cups sliced fresh rhubarb, (1" pieces)
- 2 pints fresh strawberries, mashed
- 2 tablespoons lemon juice
- 1 cup sugar
- 1/3 cup cornstarch

**Cake:**

- 3 cups all-purpose flour
- 1 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup butter or margarine cut in small pieces

- 1 1/2 cups buttermilk
- 2 eggs
- 1 teaspoon vanilla extract

**Topping:**

- 1/4 cup butter or margarine
- 3/4 cup all-purpose flour
- 3/4 cup sugar

**Filling:** In large saucepan, combine rhubarb, strawberries and lemon juice. Cover; cook over medium heat for about 5 minutes. Combine sugar and cornstarch; stir into strawberry rhubarb mixture. Bring to boil over medium heat, stirring constantly until thickened; remove from heat.

**Cake:** In large bowl, combine flour, sugar, baking powder, baking soda and salt. Cut in butter with pastry blender until mixture resembles coarse crumbs. In separate bowl, beat together buttermilk, eggs and vanilla; stir into crumb mixture. Spread half of the batter evenly into a greased 9x13x2" baking dish. Carefully spread filling over the batter. Drop remaining batter evenly over filling with a tablespoon.

**Topping:** In small saucepan over low heat, melt butter. Remove saucepan from heat; stir in flour and sugar until mixture is crumbly then sprinkle over batter. Lay foil on lower rack to catch any juicy fruit spillovers. Bake at 350°F for about 45 minutes, or until cake is done. Cool cake in pan on rack. Cut rhubarb coffee cake into squares to serve.

### Polish Cabbage & Noodles

- 4 tablespoons butter
- 1/2 cup onion, chopped
- 4 cups cabbage, sliced thin
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1 teaspoon caraway seeds
- 1 8-ounce package egg noodles
- 1/2 cup sour cream (optional)

Heat butter in large pan. Sauté onion until translucent. Add cabbage; cook for 10 minutes until crisp-tender. Add salt, pepper and caraway seeds. Boil noodles in salted water until done. Drain and transfer to onion/cabbage mixture. Continue cooking 5 minutes; stir often. Stir in sour cream, if desired.

### Vera Cruz Tomatoes

- |                                 |                                    |
|---------------------------------|------------------------------------|
| 3 slices bacon                  | Dash bottled hot pepper sauce      |
| 1/4 cup chopped onion           | 4 medium tomatoes                  |
| 8 ounces fresh spinach, snipped | 1/2 cup shredded mozzarella cheese |
| 1/2 cup sour cream              |                                    |

Cook bacon until crisp. Drain, reserving 2 tablespoons drippings. Crumble bacon; set aside. Cook onion in reserved drippings till tender. Stir in spinach. Cook until tender, about 3 minutes. Remove from heat. Stir in sour cream, bacon and hot pepper sauce. Cut tops from tomatoes; remove centers, leaving hollow shell. Salt shells; drain. Place shells in baking dish. Fill with spinach mixture. Bake at 375°F for 20 minutes. Top with cheese. Bake until cheese melts, about 3 minutes. Makes 4.



## LOCAL SUMMER TREATS!

Susan Maslowski will be the guest *What's Cookin'* columnist through September. Susan is a resident of Milton, WV. She serves as a member of the West Virginia Farmers' Market Association and is active in the Putnam County Farmers' Market. She is an avid gardener and enjoys growing a variety of vegetables, fruits and herbs. She is a contributing "field representative" for some nationally known food magazines and writes several food related blogs. Welcome Susan!

July is the month when West Virginia farmers' markets are in full swing. Good cooking begins with good ingredients, and farmers' markets offer a variety of fresh items that will bolster any meal. Locally-produced West Virginia beef, pork, chickens, eggs, jams and jellies, heirloom vegetables, artisan breads and other hard-to-find items are of unparalleled quality. Now is the time to celebrate local foods and seasonal cuisine – *Happy Cooking!*

### Fern Rollyson's Curried Onions

Fern Rollyson was one of the founders of the West Virginia State Folk Festival in Glenville and served as its president from 1960 to 1978.

- |                       |                         |                             |
|-----------------------|-------------------------|-----------------------------|
| 2 pounds white onions | 1 cup beef broth        | 1 teaspoon salt             |
| <b>Sauce:</b>         | 1 cup milk              | ¼ teaspoon pepper           |
| ½ cup butter          | ½ teaspoon curry powder | ½ cup grated cheddar cheese |
| ¼ cup flour           | ½ teaspoon paprika      |                             |

Preheat oven at 350°F.

Peel and quarter onions. Boil 10 minutes in salted water. Drain and place in lightly buttered casserole dish.

**Sauce:** Melt butter in medium saucepan. Whisk in flour. Add beef broth slowly, stirring to avoid lumps. Stir in milk and seasonings. When slightly thickened, stir in cheese. Pour hot sauce over onions.

Bake for 30 minutes. Garnish with paprika, if desired.



### Pickled Eggs & Beets

- |                                 |                          |
|---------------------------------|--------------------------|
| 12 eggs, hard-boiled and peeled | 1 teaspoon pickling salt |
| 1 quart small beets             | 1 sweet onion, sliced    |
| 1½ cups cider vinegar           | 1½ cups sugar            |
|                                 | 1 teaspoon cloves        |

Place eggs and beets in glass jar. Combine remaining ingredients in saucepan; bring to boil. Cook until sugar dissolves. Pour hot liquid over eggs and beets. When cool, store in refrigerator. Eggs are ready in 24 hours.

### Ham and Asparagus Bake

Recipe courtesy of the American Egg Board

- 12 slices (½" thick, 4" diameter) French or Italian bread (4 ounces)
- 1 cup shredded Italian cheese blend (4 ounces)
- 1 cup chopped cooked ham (4 ounces)
- 8 ounces fresh asparagus, cut into 1" pieces (2 cups)
- 6 eggs
- 1 cup milk
- 2 tablespoons lemon juice
- ¼ teaspoons garlic powder

Heat oven to 350°F. Place ½ of the bread in single layer in greased 8-inch square baking dish. Top evenly with layers of ½ of cheese, ham and asparagus. Cover with remaining bread, placing slices flat or in shingled pattern. Repeat cheese, ham and asparagus layers. Beat eggs, milk, lemon juice and garlic powder in medium bowl until blended. Pour over layers in baking dish. Bake in oven 40-50 minutes until puffed, golden and knife inserted near center comes out clean.



### Creamy Egg and Pasta Bake

Recipe courtesy of the American Egg Board

- |   |   |
|---|---|
| Cooking spray   | 1 teaspoon dried marjoram leaves                                |
| 1 7-ounce package small shell pasta, cooked and drained | 2 cups frozen broccoli, cauliflower and carrot blend, defrosted |
| 2 cups cottage cheese                                   | 4 eggs  |

Coat large nonstick skillet with cooking spray. Combine pasta, cottage cheese and marjoram in skillet; toss to coat evenly. Add vegetables; toss to mix. Cook 5-10 minutes over medium heat, stirring occasionally, until mixture is heated through and begins to sizzle. Press four indentations (about 2" diameter) into mixture with back of spoon. Break and slip an egg into each indentation. Cook, covered, 5-7 minutes over medium heat until whites are completely set and yolks begin to thicken but are not hard.

### Mexican Soup

- 1 pound ground beef
- 1 large chopped onion, cooked with beef
- 2 cans kidney beans
- 1 can corn
- 1 15-ounce can tomatoes with green chilies
- 1 15-ounce can tomato sauce
- 1 packet taco seasoning mix
- 1 packet ranch dressing mix
- 1½ cups water
- Sour cream, optional

Combine all ingredients, bring to boil; then simmer for 15 minutes. Ladle into bowls and top with sour cream if desired.

## Thank You Dairy Farmers!

June is Dairy Month which makes it a perfect time to celebrate dairy farmers' commitment to healthy people, healthy communities and a healthy planet! One of the greatest challenges of the next generation will be providing nutritious, affordable food while using fewer resources. Dairy is part of the solution. Not only are dairy products – like milk, cheese and yogurt – nutrient-rich, they are also being produced using fewer resources helping to foster a healthier environment.

Thank you West Virginia dairy farmers and cheese makers! Your hard work is appreciated!

### Cheesy Enchiladas

**Enchilada:**

- 3 ounces cream cheese
- 2 cups cooked chicken breast, chopped
- 12 ounces chunky salsa
- 1 cup Mexican-blend cheese, shredded

- 8 6-inch whole wheat tortillas

**Yogurt Sauce:**

- 2 cups low-fat plain yogurt
- 1 cup chopped cilantro
- 1 teaspoon ground cumin

**Enchilada:** Heat cream cheese in large skillet over medium heat until soft. Stir in chicken and ½ cup of salsa; mix well. Add ½ cup shredded cheese; stir until melted. Spoon about ½ cup of chicken mixture onto each tortilla; roll up. Place seam side down in 12"x8" baking dish. Top with remaining salsa and cheese. Bake at 350°F for about 15 minutes, or until heated through. Serve with yogurt sauce.

**Yogurt Sauce:** Combine yogurt, cilantro and cumin. Chill until needed.

### Fruit and Pasta Delight

- 8 ounces whole wheat spiral pasta, uncooked
- 1½ cups cubed cantaloupe (about ½ of cantaloupe)
- 1½ cups cubed pineapple (about ½ of pineapple)

- 1¼ cups strawberries, sliced
- 1 cup halved seedless grapes
- 1½ cups (12 ounces) low-fat vanilla yogurt

Cook pasta according to package instructions; drain. Cool in refrigerator 10 minutes.

While pasta is cooling, prepare fruit; place in large serving bowl. Once pasta has cooled, add to bowl. Gently mix yogurt into pasta mixture. Chill for 30 minutes in refrigerator before serving.

## Ginny Sue's Summer Éclair Dessert

**Crust:**

- 1 cup milk
- ½ cup unsalted butter
- 1 cup all-purpose flour
- 3 eggs, lightly beaten

**Filling:**

- 1 8-ounce package cream cheese, softened
- 3 cups milk
- 2 3.4-ounce packages instant vanilla pudding

**Topping:**

- 1 cup heavy whipping cream
- ½ cup chocolate syrup

Preheat oven to 375°F.

**Crust:** In small saucepan, heat milk and butter until melted. Remove from heat; add flour. Stir until small ball forms. Add eggs, one at a time, stirring until completely mixed in – batter will be slightly sticky. Spread dough in greased 13"x9"x2" baking pan – spread as smooth as possible to avoid high humps after baking. Bake for 30-35 minutes until slightly browned. Cool on wire rack.

**Filling:** In large bowl, beat cream cheese until smooth. Add milk and pudding mix; beat on low speed until mixture thickens. Spread over cooled crust.

**Topping:** In large bowl, whip cream until soft peaks form. Spread over pudding layer. Drizzle chocolate syrup on top. Refrigerate until served.

## Strawberry Salad

**Salad:**

- 1 bunch romaine lettuce (washed, tough ends removed, coarsely cut)
- 1 pint fresh strawberries (washed, stemmed & halved)
- ½ medium red onion

**Sugared Almonds:**

- 2 tablespoons butter
- ½ cup slivered almonds
- ⅓ cup granulated sugar

**Dressing:**

- ¾ cup light mayonnaise
- ¼ cup milk
- 2 tablespoons poppy seeds
- 2 tablespoons raspberry vinegar
- ⅓ cup granulated sugar

**Salad:** In salad bowl, combine lettuce, strawberries and onion.  
**Sugared Almonds:** In saucepan over medium heat, melt butter; stir in almonds and sugar. Sauté until golden brown; add to salad bowl.

**Dressing:** Mix dressing ingredients together in small mixing bowl; toss with salad. Chill briefly and serve.

## Strawberry-Raspberry Smoothie



- 1 cup low-fat vanilla yogurt
- 1 cup fresh raspberries, unsweetened
- 1 cup fresh strawberries, unsweetened
- ¾ cup low-fat milk
- 2 cups ice

Blend all ingredients in blender until smooth. Serve immediately.