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WHAT'S COOKIN' 2014

Market Bulletin Recipes in Cookbook Form



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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 tps.

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)

Blue Smoke Cheese Ball

*Compliments of:
Blue Smoke Salsa, Ansted, WV*

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|--|--|
| <ul style="list-style-type: none"> 2 8-ounce packages cream cheese 1 8-ounce package shredded cheddar cheese | <ul style="list-style-type: none"> 1 8-ounce (½ jar) favorite Blue Smoke salsa 1 cup finely chopped pecans, optional |
|--|--|

Place all ingredients except pecans in a bowl and mix until well blended. Place cheese ball mixture on a platter and shape into a ball. Roll in pecans if desired and then wrap cheese ball with plastic wrap. Refrigerate until cheese ball is firm. Please cheese ball on a cheese board or decorative plate and serve with favorite crackers.

Festive Chicken Salad

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| <ul style="list-style-type: none"> 4 cups cubed chicken 1 cup mayonnaise 1 teaspoon paprika 1 teaspoon seasoned salt 1½ cups dried cranberries | <ul style="list-style-type: none"> 1 cup finely chopped celery 2 green onions, finely chopped ½ cup finely chopped green pepper 1 cup chopped pecans Freshly ground black pepper to taste |
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In large mixing bowl, combine mayonnaise, paprika and seasoned salt. Mix well and add cranberries, onion, celery and green pepper. Mix until coated; add cubed chicken and nuts and mix again. Add freshly ground black pepper to taste. Cover bowl with lid or plastic wrap and chill. Serve with crackers, rolls or croissants.

Go Local with Gifts and Holiday Cooking this Season

The holiday season usually keeps all of us busy! It seems that there is always a party or dinner to host or attend. West Virginia has many wonderful value-added products that make perfect host gifts or the perfect “just because” gift. Don’t forget to include a bottle of WV wine or some craft beers. In addition, some producers provide already prepared foods to make meal time or party prep much easier. One final gift idea – gift certificates or gift cards from your local market or a membership to a local CSA (Community Supported Agriculture). – *Happy Cooking! Take time to enjoy the wonderful season!*

Chicken Tetrizinni

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| <ul style="list-style-type: none"> 1 tablespoon unsalted butter or cooking spray 1 cup finely chopped onion 2/3 cup finely chopped celery ¾ teaspoon freshly ground black pepper ¼ teaspoon salt 3 8-ounce packages pre-sliced mushrooms ½ cup dry sherry 3 ounces all-purpose flour (about ¾ cup) 3 14.5-ounce cans fat-free, less-sodium chicken broth | <ul style="list-style-type: none"> 2¼ cups (9 ounces) grated fresh Parmesan cheese, divided ½ cup (4 ounces) 1/3-less-fat cream cheese 7 cups hot cooked vermicelli (about 1 pound uncooked pasta) 4 cups chopped cooked chicken breast (about 1½ pounds) 1 (1-ounce) slice white bread |
|---|--|

Preheat oven to 350°F.

Melt butter in large stockpot over medium-high heat. Add onion, celery, black pepper, salt, and mushrooms; sauté 4 minutes or until mushrooms are tender. Add sherry; cook 1 minute.

Weigh or lightly spoon flour into dry measuring cups; level with a knife. Gradually add flour to pan; cook 3 minutes, stirring constantly (mixture will be thick) with a whisk. Gradually add broth, stirring constantly. Bring to boil. Reduce heat; simmer 5 minutes, stirring frequently. Remove from heat.

Add 1¾ cups Parmesan cheese and cream cheese, stirring with a whisk until cream cheese melts. Add pasta and chicken; stir until blended. Divide pasta mixture between 2 (8" square) glass or ceramic baking dishes coated with cooking spray.

Place bread in food processor; pulse 10 times or until coarse crumbs form. Combine breadcrumbs and ½ cup Parmesan cheese; sprinkle evenly over pasta.

Bake at 350°F for 30 minutes or until lightly browned and bubbly. Remove casserole from oven; let stand 15 minutes.

To freeze unbaked casserole: Prepare through sprinkling breadcrumbs and cheese over pasta. Cool completely in refrigerator. Cover with plastic wrap, pressing to remove as much air as possible. Wrap with heavy-duty foil. Store in freezer for up to 2 months.

To prepare frozen unbaked casserole: Thaw casserole completely in refrigerator (about 24 hours). Preheat oven to 350°F. Remove foil; reserve foil. Remove plastic wrap; discard wrap. Cover casserole with reserved foil; bake at 350°F for 30 minutes. Uncover and bake an additional 1 hour or until golden and bubbly. Let stand 15 minutes.

Tasty Roasted Brussel Sprouts with Ham

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| <ul style="list-style-type: none"> 1 (1-ounce) slice white bread 3 pounds Brussel sprouts, trimmed and halved ¼ cup finely chopped country ham (about 1 ounce) 2 tablespoons fresh lemon juice | <ul style="list-style-type: none"> 1 teaspoon olive oil ½ teaspoon salt 3 garlic cloves, thinly sliced Cooking spray 2 tablespoons grated fresh Parmesan cheese |
|--|--|

Preheat oven to 425°F.

Place bread in a food processor; pulse 2 times or until crumbly. Sprinkle crumbs on a baking sheet; bake at 425°F for 5 minutes or until golden. Reduce oven temperature to 375°F. Set aside 3 tablespoons toasted breadcrumbs, reserving remaining breadcrumbs for another use.

Combine sprouts and next 5 ingredients (sprouts through garlic) in a 3-quart baking dish coated with cooking spray; toss to coat. Bake at 375°F for 30 minutes or until sprouts are tender and lightly browned on edges, stirring twice.

Combine 3 tablespoons breadcrumbs and Parmesan cheese; sprinkle over sprouts. Serve immediately.

Aunt Jen's Chicken Spaghetti

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| <ul style="list-style-type: none"> 2 cups chopped cooked chicken breast 2 cups uncooked spaghetti noodles, broken into 2-inch pieces (about 7 ounces) 1 cup (¼"-thick) slices celery 1 cup chopped red bell pepper 1 cup chopped onion 1 cup fat-free, less-sodium chicken broth | <ul style="list-style-type: none"> ½ teaspoon salt ¼ teaspoon freshly ground black pepper 2 10.75-ounce cans condensed 30% reduced-sodium 98% fat-free cream of mushroom soup, undiluted Cooking spray 1 cup (4 ounces) shredded cheddar cheese, divided |
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Preheat oven to 350°F. Combine first 5 ingredients in large bowl. Combine broth, salt, pepper, and soup in medium bowl, stirring with whisk. Add soup mixture to chicken mixture; toss. Divide mixture evenly between 2 (8") square or (2-quart) baking dishes coated with cooking spray. Sprinkle ½ cup cheese over each casserole. Cover with foil coated with cooking spray. Bake at 350°F for 35 minutes. Uncover and bake an additional 10 minutes.

Apple Crisp with Caramel

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| <ul style="list-style-type: none"> ½ cup caramel topping ½ teaspoon ground cinnamon 6 WV apples (about 2¾ lb.), peeled, cut into ½" slices out 6 cups) ⅔ cup all-purpose flour | <ul style="list-style-type: none"> ½ cup packed brown sugar ½ cup cold butter or margarine, cut into small pieces ⅔ cup quick-cooking oats Whipped cream, optional |
|--|--|

Heat oven to 375°F.

In large bowl, stir together caramel topping and cinnamon until blended. Add apples; toss until evenly coated. Spread in ungreased 8-inch square (2-quart) glass baking dish.

In same bowl, mix flour and brown sugar. Cut in butter, using pastry blender (or pulling 2 table knives through mixture in opposite directions), until mixture looks like coarse crumbs. Stir in oats. Crumble mixture over apples in baking dish.

Bake 45-50 minutes or until apples are tender and topping is golden brown. Serve with whipped cream and additional caramel topping, if desired.

Holiday Broccoli with a Crunch

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| <ul style="list-style-type: none"> 9 cups broccoli florets, cooked until tender but not soft ¼ cup chopped onions 2 tablespoons butter 1 cup sour cream | <ul style="list-style-type: none"> 1 tablespoon WV Honey 1 teaspoon apple cider vinegar ½ teaspoon salt ½ teaspoon paprika ½ cup chopped cashews |
|---|---|

In a skillet, saute onion in butter until softened. Add sour cream, honey, vinegar, salt and paprika. Remove from heat. Place warm broccoli in a serving bowl and cover with sauce and onions. Mix lightly and top with cashews.

*Happy
Holidays*

Chocolate Chip Pumpkin Biscotti

Claire Morrison, Hurricane, WV

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|-----------------------------|--|
| 5 cups flour | 1 cup butter |
| 1 tablespoons baking powder | 1 cup canned pumpkin |
| 1½ teaspoons salt | ½ cup water |
| 1 teaspoon cinnamon | ¾ cup semi-sweet chocolate chips |
| ½ teaspoon ground ginger | ½ cup chopped pecans |
| Dash ground cloves | Additional chocolate chips for drizzle |
| 1⅓ cup sugar | |

Preheat oven to 375°F. Line two cookie sheets with parchment paper. In a medium bowl, mix flour, baking powder, salt, cinnamon, ginger and cloves until well blended. In a large bowl, combine sugar and butter and beat with an electric mixer until fluffy. Add pumpkin and water and beat until well blended. Add flour mixture slowly with mixer set on low speed. With a spoon stir in chocolate chips and pecans. Divide dough into two equal parts and shape into logs about 12 inches long and 4-5 inches long. Place on parchment paper covered cookie sheets.

Bake at 375°F for 30-35 minutes until firm to touch. Allow logs to cool on wire rack for approximately 20 minutes. Slice logs into 1 inch diagonal slices and lay them with cut side down on the cookie sheets. Return to 375°F oven and bake for approximately 20 minutes until they are brown and dry. Cool completely and drizzle with melted chocolate chips. Makes 2 dozen biscotti.



Honey Glazed Grilled Vegetables

Compliments of the National Honey Board

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| 12 small red potatoes, halved | 2 zucchini, halved lengthwise and halved again |
| ¼ cup honey | 1 medium eggplant, cut into ½-inch thick slices |
| 3 tablespoons dry white wine | 1 green bell pepper, cut in eighths |
| 1 clove garlic, minced | 1 red bell pepper, cut in eighths |
| 1 teaspoon dried thyme leaves, crushed | 1 large onion, cut in ½-inch thick slices |
| ½ teaspoon salt | |
| ½ teaspoon pepper | |

Cover potatoes with water in large saucepan. Bring to a boil and simmer 5 minutes; drain. Combine honey, wine, garlic, thyme, salt and pepper in small bowl; mix well. Place potatoes and remaining vegetables on oiled barbecue grill over hot coals. Grill 20-25 minutes, turning and brushing with honey mixture every 7-8 minutes. **Conventional Oven Directions:** Toss vegetables with honey mixture. Bake, uncovered, at 400°F 25 minutes or until tender, stirring every 8-10 minutes to prevent burning.

Maple Glazed Chicken Breasts

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| 2 tablespoons pure maple syrup | 1 clove garlic, minced |
| 1 tablespoon reduced-sodium soy sauce | 1 teaspoon minced fresh ginger |
| 1 tablespoon fresh-squeezed lemon juice approximately juice of 1 lemon) | ¼ teaspoon freshly-ground black pepper |
| | 2 boneless, skinless chicken breasts or 2 chicken breasts with ribs |

In large resealable plastic bag, combine maple syrup, soy sauce, lemon juice, garlic, ginger and pepper. Place chicken breasts in bag; turn to coat with marinade. Seal bag and refrigerate chicken for 2 hours, turning several times.

Preheat oven to 375°F. Remove chicken from marinade and place on a baking pan; cook approximately 20-30 minutes or until a meat thermometer registers an internal temperature of 165°F (juices will run clear when cut with the tip of a knife).



Maple and Oatmeal Pancakes

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| <ul style="list-style-type: none"> 2/3 cup flour 1/2 cup oatmeal 1/2 teaspoon baking powder Pinch of sea salt Pinch of nutmeg and cinnamon | <ul style="list-style-type: none"> 3/4 cup buttermilk 1/4 cup maple syrup 1 large egg 2 tablespoons butter, melted |
|---|--|

In large bowl, combine flour, oatmeal, baking powder, salt and spices.

In another bowl, mix the buttermilk, maple syrup, egg and butter. Add the flour mixture and stir until you get a thick batter.

Heat up large pan. Add a dab of butter and pour some of the mixture to desired size.

Cook them a few minutes on each side. Repeat with the remaining batter.

Serve hot with the brandied peaches, the brandy syrup, and some lightly whipped cream.

Brandied Peaches

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| <ul style="list-style-type: none"> 3 cups frozen peaches, thawed and drained 1/2 cup brandy (brandy flavoring may be substituted) | <ul style="list-style-type: none"> 1/4 cup sugar 1/4 cup maple syrup 1/4 cup water |
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In medium saucepan, bring brandy, sugar, maple syrup and water to a simmer until sugar is dissolved.

Put peaches in a bowl; pour brandy syrup over them. Let steep for at least 30 minutes.

Leave them overnight for even better results. You can also double or triple the recipe and jar them for later use.

Honey Cherry Granola Bars

Compliments of the National Honey Board

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| <ul style="list-style-type: none"> 1/3 cup pure honey 1/4 cup butter, melted 3 egg whites 1 teaspoon cinnamon 1/2 teaspoon almond flavoring | <ul style="list-style-type: none"> 3 cups low-fat granola 1/2 cup almonds, coarsely chopped 3/4 cup dried cherries |
|--|---|

Preheat oven to 350°F. Whisk together honey, butter, egg whites, cinnamon and almond flavoring. Stir in granola, almonds and cherries. Spoon granola mixture into 9", nonstick (or well greased) square pan. Using piece of wax paper, firmly press granola mixture in pan. Bake 20-25 minutes or until lightly browned. Remove pan from oven and place on a cooling rack. Cool completely; cut into bars.

Mason Jar Pumpkin Cheesecake Trifle

Mary McClure, Barboursville, WV

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| <ul style="list-style-type: none"> 1 loaf pumpkin bread 8 ounce cream cheese, softened 1 cup canned pumpkin 1/2 cup sugar | <ul style="list-style-type: none"> 1/2 teaspoon pumpkin pie spice 2 cups whipped topping, thawed Pecan halves |
|---|--|

Cut pumpkin bread into slices and then into bite size pieces. Set aside. In large bowl, whisk softened cream cheese, pumpkin, sugar and pumpkin pie spice until combined. Fold in whipped topping until just combined.

Fill the bottom of 4 mason-style half pint jars with a few pieces of pumpkin bread. Spoon a layer of pumpkin cheesecake filling on top. Repeat layers until jars are full. Top with additional whipped topping if desired and pecan halves.

Pumpkin Cheesecake Snickerdoodles

Darlene Hudnall, Winfield, WV

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| <ul style="list-style-type: none"> 3 3/4 cups flour 1 1/2 teaspoons baking powder 1/2 teaspoon ground cinnamon 1/4 teaspoon nutmeg 1 cup unsalted butter at room temperature 1 cup sugar 1/2 cup brown sugar 1 cup pumpkin 1 large egg 2 teaspoons vanilla | <p>Filling</p> <ul style="list-style-type: none"> 8 ounces cream cheese 1/2 cup sugar 2 teaspoons vanilla <p>Coating</p> <ul style="list-style-type: none"> 1/2 cup sugar 1 teaspoons cinnamon 1/2 teaspoons ginger Dash allspice |
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In a bowl whisk flour, baking powder, cinnamon and nutmeg. Set aside. Beat butter and sugars until fluffy. Blend in pumpkin, beat in eggs and add vanilla. Slowly add dry ingredients. Cover bowl with plastic wrap and place in refrigerator for 1 hour.

Filling: Blend cream cheese, sugar and vanilla in a small bowl. Cover and chill for one hour.

Preheat oven to 350°F. Line baking sheets with parchment paper. In a small bowl combine coating ingredients.

To make cookies, take approximately 1 tablespoon of batter, flatten and place one teaspoon of cream cheese in center. Flatten another 1 tablespoon of cookie batter and place on top. Crimp edges and roll in a ball. Roll ball in sugar mixture. Place on parchment lined cooking sheet. Flatten cookie ball with the bottom of a heavy glass. Bake for 10-15 minutes.

Ratatouille

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| <ul style="list-style-type: none"> 2½ pounds tomatoes (4 large) 8 large garlic cloves, thinly sliced 1 cup chopped fresh flat-leaf parsley 20 fresh basil leaves, torn in half 1 cup plus 2 tablespoons extra-virgin olive oil 1 2-pound eggplant, cut into 1-inch cubes 2¼ teaspoons salt | <ul style="list-style-type: none"> 2 large onions (1½ lbs. total), quartered lengthwise and thinly sliced crosswise 3 assorted bell peppers (green, red, and/or yellow; 1½ lbs. total), cut into 1-inch pieces 4 medium zucchini (2 lbs.), quartered lengthwise and cut crosswise into ¾-inch-thick pieces ½ teaspoon black pepper |
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Peel the tomatoes and coarsely chop.

In a large heavy-bottomed pan add olive oil and heat. Add peppers, onions, garlic, zucchini, eggplant and simmer for approximately 45 minutes or until vegetables are very tender. Add salt, pepper and fresh parsley and basil. Cool uncovered and serve warm or at room temperature.

Tomato Cucumber Salad with Rice Wine Vinegar

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| <ul style="list-style-type: none"> 4 large heirloom tomatoes, peeled, and cut into 1 inch chunks 1 large cucumber, peeled, seeded and sliced | <ul style="list-style-type: none"> 1 large sweet onion, peeled, halved and sliced 4 tablespoons fresh dill, chopped ½ cup seasoned rice wine vinegar 1 tablespoon kosher salt 1 tablespoon freshly ground pepper |
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Toss all ingredients together and serve.



St. Pat's Green Chili

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| <ul style="list-style-type: none"> 12 large mild green chiles 2 tablespoons vegetable oil 1 large onion, peeled and thinly sliced 1½ teaspoons salt | <ul style="list-style-type: none"> 2 pounds well trimmed pork butt or shoulder cut into bite-size pieces 2 tablespoons flour 1 cup beer or water 2 cups broth (choice of beef, chicken or vegetable) |
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Roast and peel green chiles. (to roast chiles, place on gas burner or in broiler until skin turns dark and blisters). Place chiles in bowl and cover with foil or plastic wrap. Let them sit and steam for at least 15 minutes, then scrape skins off, pull off stems, remove seeds and chop. Set aside.

Heat vegetable oil in a large heavy pot. Add onions, chiles and salt; cook, stirring until onions are soft. Transfer the vegetables back to a bowl, leaving oil and any drippings in the pot.

Add the pork, working small batches just large enough to cover the bottom of the pot in a single layer, but so that the pieces do not touch. This step adds extra flavor and helps reduce the fat in the meat.

When all of the meat is browned and removed from the pot, add the flour to the skillet drippings. Cook and stir until flour is cooked, about 3 minutes. Add beer or water and scrape any bits still sticking to the bottom of the pot. Continue cooking and stirring until mixture begins to thicken. Add the 2 cups of broth and return chiles and pork to the pot. Everything should be covered in liquid. If not, add additional broth or water to cover.

Bring mixture to a boil, then reduce to simmer and cook, covered until pork is very tender (about 1 hour).

Remove lid and simmer to reduce and thicken the liquid.

Serve with warm tortillas if desired.

Maple-Orange Glazed Carrots

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| <ul style="list-style-type: none"> 1 pound carrots, peeled and sliced into ¼" rounds 2 tablespoons butter ½ teaspoon salt | <ul style="list-style-type: none"> ¼ cup WV maple syrup ⅓ cup orange juice ½ teaspoon orange zest Pinch ground cinnamon |
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In large skillet, heat butter until melted. Add carrot rounds; toss to coat. Cook for 3-4 minutes. Add maple syrup. Cook for an additional minute then add orange juice. Cover pan and cook for 3 more minutes.

Uncover pan and increase heat. Stirring occasionally, cook until almost all of the liquid has evaporated. Remove from heat.

Sprinkle cinnamon over the carrots and stir in orange zest.

Pasta Primavera

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| ½ pound angel hair pasta | 3 Roma tomatoes, seeded and diced |
| 1 cup broccoli florets | 8 fresh basil leaves, chopped |
| 1 small zucchini, diced | 4 tablespoons butter |
| 4 asparagus spears | ¼ cup chicken broth |
| ½ cup frozen or fresh peas | ½ cup heavy cream |
| ½ cup snow peas | ½ cup grated parmesan cheese |
| 2 garlic cloves, minced | Salt to taste |

Fill large, heavy pot ½ full and add salt until it tastes like salt water; bring to boil. Fill large bowl with ice water. Place broccoli florets in boiling water and boil for one minute. Add asparagus and boil for one more minute. Add the snow peas and boil for one minute. Remove all vegetables and place in ice water. Once they are cool, drain in a colander.

Place pasta in boiling, salted water and cook.

In a large skillet, heat butter over medium heat. When the butter is hot, add garlic and zucchini and sauté for one minute. Add diced tomatoes and sauté for two additional minutes, stirring often. Pour in chicken broth; turn heat to high and bring mixture to a boil. Add cream and other cooked vegetables, plus ½ cup peas. Stir to combine. Reduce heat until mixture is simmering.

Add grated parmesan cheese and cooked pasta. Toss to combine and add chopped fresh basil. Top with freshly ground black pepper if desired. Serve immediately.

Apple Chicken Quesadilla

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| 4 flour tortillas (8 inch size) | ¼ pound cheddar or Monterey jack cheese, thinly sliced or grated |
| 1 cup cooked chicken, shredded or thinly sliced | 1 apple, peeled and thinly sliced |
| | ¼ cup salsa of choice |

Heat large skillet or griddle on medium high heat. Place one tortilla in the skillet. Flip the tortilla a couple of times with a spatula, then let it sit in the pan heating until air pockets form and part of the tortilla begin to puff up. Flip tortilla again.

Place ¼ of the cheese on half of the tortilla, at least ½ inch from the edge of the tortilla. Add ¼ of the cooked chicken on top of the cheese. Fold the tortilla over and press down on the folded tortilla with a spatula. Lower the heat. If space permits, a second tortilla can be placed in the skillet or griddle to begin heating.

When the cheese inside the quesadilla has melted, remove the quesadilla to a cutting board. Open and layer on ¼ of the apple slices. Refold the tortilla and slice into triangles. Serve with salsa.

Repeat with remaining tortillas.

Farm fresh goodness with Chef Dale Hawkins

Fish Hawk Acres' owner and operator Dale Hawkins will say it all day long – fresh, fresh, fresh! Over the years, Chef Hawkins has continually promoted the use of fresh, local ingredients as key to making the most delicious dishes. So when he demonstrated in the Ag Annex at the State Fair of WV, it was no different. Hawkins came with beautiful heirloom tomatoes, homegrown jalapenos, eggplant, squash, cucumbers, onions and herbs and created three incredibly fresh and delicious dishes.

As the local food lifestyle continues to grow, please remember to check out one of the many farm markets or stands across the state. You may be surprised at the great variety of items to choose from. For a complete list of farmers' markets, visit wvagriculture.org.



Above: Commissioner of Agriculture Walt Helmick and wife Rita help Chef Dale Hawkins hand out samples of his Ratatouille during the State Fair of WV.



Pico de Gallo

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|---|---|
| 1 pound tomatoes, seeded and finely diced | 1 small fresh jalapeno, finely chopped, including seeds |
| ¼ cup chopped cilantro | 1 tablespoon freshly squeezed lime juice |
| ¼ cup finely chopped white onion | ½ teaspoon salt |

Mix all ingredients together in a bowl. Season to taste with additional chili, lime juice and salt as desired.

This salsa keeps in the fridge for up to one day.

Potato/Sausage Dip

3rd Place Hot Potato Dish
 2014 State Fair of West Virginia
 Kim Nickell
 Clintonville, WV

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|---------------------------------|---|
| 1 pound fresh pork sausage | 1 cup sour cream |
| 1 small onion, chopped | 2 cups Kraft triple blend shredded cheese, softened |
| 6 cup shredded hash browns | |
| 8 ounces cream cheese, softened | |

Cook sausage and onion, drain if needed. In mixing bowl combine potatoes, cream cheese, sour cream and ½ shredded cheese. Add sausage mixture and spread in a greased dish. Top with remaining cheese. Bake for 25 minutes at 375°F. Serve with chips.

Jamison's Favorite Potato Cake

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| 1 cup butter, softened | 1 cup cold, mashed potatoes |
| 2 cups sugar | ¼ cup flour |
| 2 eggs | 1 teaspoon baking soda |
| 2 cups all-purpose flour | 1 cup milk |
| 1 teaspoon vanilla extract | 1 cup chopped nuts |

Preheat oven to 350°F. In large bowl, combine sugar and butter until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in potatoes and vanilla. Combine flour, cocoa and baking soda, adding alternately with milk. Beat well after each addition.

Pour into greased 13x9" pan at 350°F for 40-45 minutes.

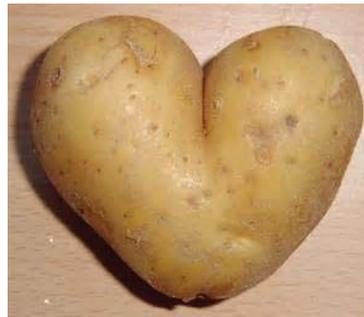
POTATO FACTS

- Aside from dairy products, potatoes are the most consumed produce in the U.S.

- French fries were first served in America in 1801.

- Potatoes have more potassium than bananas.

- The sweet potato is only roughly related to the potato, despite their common name.



Grilled Lamb Loin Chops

Recipe Courtesy: American Lamb Board
Marinating these chops overnight with yogurt and citrus tenderizes the meat and adds bright flavor that complements the smoky char from the grill.

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| 1½ pounds lamb loin chops, 1 to 1½ inches thick | 4 cloves garlic, finely chopped and divided |
| Kosher salt and freshly ground black pepper | 1 small red onion, finely chopped |
| 3 tablespoons plain yogurt, low fat or whole milk | ¾ cup finely chopped green olives |
| Juice and zest of one orange, divided | ¼ cup coarsely chopped flat leaf parsley |
| | ¼ cup extra virgin olive oil, plus more for the grill |

The day before serving, pat the chops dry with paper towels and season with salt and pepper. Lay the chops in a shallow non-reactive pan such as an 8-inch square baking dish.

Combine the yogurt, half of the orange juice and zest, and half of the garlic in a small bowl. Whisk the ingredients together and pour over the chops, turning them once to coat both sides with the marinade. Cover the pan with plastic wrap and refrigerate overnight.

Remove the chops from the refrigerator 30-45 minutes prior to grilling to allow meat to come to room temperature. Heat a gas or charcoal grill to medium-high, or preheat a grill pan over medium-high heat. Remove the chops from the marinade and allow most of it to drip off. Lightly oil the grill or grill pan, and arrange the chops over the heat. Grill 3 minutes, turn each chop 90 degrees, and cook for another 3 minutes or until the chops are nicely charred. Flip the chops and cook on the other side for about 6 more minutes, turning halfway through. They should still be pink inside. Remove the chops from the grill and place on a warm plate to rest while you make the sauce.

Sauce: Combine remaining orange juice and zest, and chopped garlic with the onion, olives, parsley and olive oil in small bowl. Stir well to combine, spoon over chops.

Ramp Potatoes

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|-------------------------------------|---------------------------------------|
| 5 large potatoes, peeled and sliced | 6 ramps, thinly sliced |
| 2 tablespoons bacon drippings | 5 slices cooked bacon, chopped |
| | Salt and ground black pepper to taste |

Place potatoes into large pot of salted water; cover and bring to boil. Reduce heat to medium-low and simmer until just beginning to soften, about 10 minutes; drain.

Heat bacon drippings in large skillet over medium-high heat; cook and stir potatoes in the hot drippings until golden brown, about 15 minutes. Add ramps and bacon to the potatoes; season with salt and black pepper. Continue cooking until the ramps are soft, about 5 minutes.



Tangy Spring Salad

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| <ul style="list-style-type: none"> 1 bunch (about 1 pound) asparagus 1 handful (about 1/3 pound) ramps 1 tablespoon vegetable oil 1/2 teaspoon sea salt plus more to taste | <ul style="list-style-type: none"> 10-12 fresh mint leaves 1 tablespoon extra virgin olive oil Half a lemon 1/4 cup crumbled feta cheese, hèvre, or other crumbly mild-yet-salty white cheese |
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Trim or snap off the tough ends of asparagus. Cut trimmed asparagus into 1"-to 2" lengths. Clean ramps, removing any loose layers, rinsing off any dirt or grit, and patting them dry. Trim off the root ends and roughly chop.

Heat large frying pan over high heat. Once hot, add the vegetable oil, swirl to cover pan, and add asparagus and ramps. Cook until the asparagus and ramps touching the pan start to brown slightly – about 3 minutes. Stir, scraping up the vegetables and turning them well, sprinkle with salt, and cook until this new layer touching the pan starts to brown, another 2 minutes or so. Stir and scrape and let the vegetables sit and cook a third and final time.

While the vegetables are cooking, finely chop the mint or cut it into thin chiffonade ribbons.

Transfer vegetables to serving platter. Drizzle with olive oil and spritz with lemon juice, sprinkle with extra salt (if you like), and top with a scattering of the mint and crumbled feta. Serve warm or at room temperature.

Gyro Rollups

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| <ul style="list-style-type: none"> 1 tablespoon olive oil 1 pound ground lamb 6 cloves garlic, crushed 1 large onion, sliced 1 tablespoon dried oregano 2/3 teaspoon ground cumin 2 teaspoons salt 2 teaspoons freshly ground black pepper | <ul style="list-style-type: none"> 1 dash hot pepper sauce 2/3 cup chopped fresh parsley 1 pound pizza crust dough 6 ounces feta cheese 1/2 zucchini, diced 8 ounces chopped black olives 1/2 teaspoon garlic powder |
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Preheat oven to 450°F. Heat oil in large skillet over medium-high heat. Brown meat with garlic, onion, oregano, cumin, salt, pepper and hot sauce. When meat is almost done, add parsley and cook until the parsley wilts. Remove mixture from heat and allow to cool.

Roll pizza dough out into a rectangle (about 18"x12"), with the long side laid out left-to-right in front of you. Spread out feta cheese, zucchini and black olives evenly over the dough, leaving 3 inches from the edges of the crust uncovered. Spread the cooled meat mixture over the top, still leaving edges of dough uncovered.

Starting with the edge closest to you, roll up the whole thing until it is all rolled up. You can do this by using the uncovered edge of dough at the end as a 'strip' to stick to the roll and seal it, making sure both ends are pressed down and sealed. Sprinkle with garlic powder and bake in the preheated oven for 5 minutes. Then, reduce heat to 350°F and bake for about 30 minutes, or until golden brown.

Cheesy Garlic Potatoes with Bacon

First Place Hot Potato Dish Contest

2014 State Fair of West Virginia

Tammy Arbogast

White Sulphur Springs, WV

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|--|---|
| <ul style="list-style-type: none"> 3 pounds potatoes, scrubbed and cut into large chunks 1 can cream of mushroom soup 1 cup sour cream 1 1/2 cups cheddar cheese, shredded 1 cups onions, finely chopped 1/2 stick butter, chopped into pieces | <ul style="list-style-type: none"> 1/2 teaspoon salt 1/2 teaspoon black pepper 1 teaspoon garlic powder 2-3 slices bacon 1 tablespoons fresh chives, chopped |
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Preheat oven to 350°F. Cover potatoes and onions with water and cook for 15 minutes until tender; drain and pour into a greased 13x9" pan. Mix soup, sour cream, 1 cup of shredded cheese, butter, salt, black pepper and garlic powder; pour over potatoes. Bake at 350°F for 40 minutes.

Meanwhile, slice bacon into 1/2-inch strips and cook in a skillet over medium high heat until bacon is browned and crisp.

Remove dish from oven. Top with 1/2 cup shredded cheese and bacon pieces. Return dish to oven and continue cooking, for 5-10 minutes or until cheese is melted and bubbly.

Remove from oven and top with chopped chives.

Camp Taters

Second Place Hot Potato Dish Contest

2014 State Fair of West Virginia

Sandra Perry

Ronceverte, WV

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|--|--|
| <ul style="list-style-type: none"> 4 strips bacon 5 cups potatoes, cubed (I used scrubbed, unpeeled new Yukon Gold potatoes) 1 teaspoon Cajun Seasoning | <ul style="list-style-type: none"> Salt & pepper to taste 1 medium banana pepper, seeded and chopped 1/4 cup onion, chopped 1 1/2 cups Colby-Jack cheese |
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Fry bacon. Remove bacon from the skillet, keeping bacon grease. Crumble bacon. Add potatoes, seasonings, banana pepper and onion to bacon grease and fry until done, about 20 minutes. Add crumbled bacon and 1/2 cup cheese. Stir. Place potatoes in a serving bowl and top with remaining cheese.



Peach Cobbler

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| ½ cup unsalted butter | 1 cup milk |
| 1 cup all-purpose flour | 4 cups fresh peach slices |
| 2 cups sugar, divided | 1 tablespoon lemon juice |
| 1 tablespoon baking powder | Ground cinnamon |
| Pinch of salt | or nutmeg (optional) |

Melt butter in a 13x9" baking dish. Combine flour, 1 cup sugar, baking powder, and salt; add milk, stirring just until dry ingredients are moistened. Pour batter over butter (do not stir). Bring remaining 1 cup sugar, peach slices, and lemon juice to a boil over high heat, stirring constantly; pour over batter (do not stir). Sprinkle with cinnamon, if desired.

Bake at 375° for 40-45 minutes or until golden brown. Serve cobbler warm or cool.

Marinated Green Bean Salad

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| 2 pounds fresh green beans,
trimmed and cut into 1½" pieces | ¼ teaspoon garlic powder |
| ¼ cup olive oil | ¼ teaspoon ground mustard |
| 3 tablespoons lemon juice | 1/8 teaspoon pepper |
| 3 tablespoons balsamic vinegar | 1 large red onion, chopped |
| ¼ teaspoon salt | 4 cups cherry tomatoes, halved |
| | 1 cup (4 ounces) crumbled feta
cheese |

Place beans in Dutch oven and cover with water. Bring to boil. Cover and cook for 8-10 minutes or until crisp-tender. Drain and immediately place beans in ice water. Drain and pat dry.

In a small bowl, whisk the oil, lemon juice, vinegar, salt, garlic powder, mustard and pepper. Drizzle over beans. Add the onion; toss to coat. Cover and refrigerate for at least 1 hour. Just before serving, stir in tomatoes and feta cheese.



Fruity Chicken Pasta Toss

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| ½ cup fresh sliced strawberries | 10 ounces favorite lettuce or spring mix |
| 1 tablespoon sugar | 1 cup cooked spiral pasta |
| 1 tablespoon balsamic vinegar | 1 small red onion, halved and thinly
sliced |
| ½ teaspoon salt, divided | 1 cup sliced fresh strawberries |
| ¼ teaspoon pepper, divided | ½ cup toasted or sugared pecans |
| 3 tablespoons olive oil | |
| 2 6-ounce boneless, skinless
chicken breasts | |

Place ½ cup strawberries, sugar, vinegar, ¼ teaspoon salt and 1/8 teaspoon pepper in blender, cover and process until smooth. While processing, slowly add the olive oil. Remove from blender, cover bowl and refrigerate until serving.

Cut chicken breasts in half and place on a lightly coated grill. Sprinkle chicken with remaining salt and pepper. Grill chicken until a thermometer registers 165°F—approximately 12 minutes.

Slice chicken. Combine lettuce or spring mix with pasta, chicken, onions and remaining 1 cup of sliced strawberries. Place in serving bowls and drizzle with dressing and top with pecans.

Ham Kabobs

A great way to use the rest of the ham

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| 1 20-ounce can of pineapple chunks | 1 inch cubes |
| ½ cup orange or peach marmalade | ½ pound Swiss cheese, cut into
1 inch cubes |
| 1 tablespoon mustard | 1 medium pepper, cut into
1 inch pieces |
| ¼ teaspoon ground cloves | |
| 1 pound fully cooked ham, cut into | |

Soak 8 wooden metal skewers in warm water for approximately 30 min.

Drain pineapple chunks, reserving 2 tablespoons of the pineapple juice. Set pineapple aside. For the sauce, in a small bowl, mix marmalade, mustard, cloves and 2 tablespoons pineapple juice.

Remove skewers from water and pat with a paper towel to remove excess water. On skewers alternately thread ham, cheese, pineapple and pepper. Moisten a paper towel with cooking oil. Rub on grill rack or grill pan to lightly coat. Grill uncovered for approximately 5-7 minutes or until well heated. Baste frequently with sauce and turn frequently.



Caramel Mud Cake

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| 1¾ sticks unsalted butter, diced | 2 teaspoons baking powder |
| 7 ounces caramelized white chocolate | ½ teaspoon salt |
| 1 cup, firmly packed dark brown sugar | Salted Caramel Buttercream Frosting |
| ¾ cup hot water | 1 stick (½ cup) unsalted butter, room temperature |
| 1 tablespoon golden syrup (<i>search "golden syrup" online if you cannot find it locally</i>) | ¼ cup salted caramel, room temperature (spoonable) |
| 2 teaspoons vanilla extract | ½ teaspoon vanilla extract |
| 2 large eggs, room temperature | ¾ cup unsifted powdered sugar |
| 2½ cups all-purpose flour | ¼ teaspoon salt |

Preheat oven to 325°F. Grease round 10" springform cake pan and line base and side with parchment paper.

Place butter, chocolate, sugar, water, golden syrup and vanilla extract in a medium, heavy-based saucepan. Stir over medium-low heat with a wooden spoon for about 3 minutes, until the butter has melted, the sugar has dissolved and the mixture is smooth (it will be the consistency of syrup). Pour into a large mixing bowl or the bowl of a stand mixer fitted with a whisk attachment and set aside to cool for about 30 minutes.

Add eggs, one at a time, beating well after each addition.

Whisk together flour, baking powder and salt, then sprinkle over wet ingredients and whisk to combine.

Pour mixture into pan; bake 55-60 minutes, until a toothpick inserted into center comes out damp but with no more than a crumb or two.

Cool cake in pan cake for 20 minutes before turning onto a wire rack to cool completely before frosting.

Salted Caramel Buttercream Frosting

Using an electric mixer, beat the butter until light and fluffy, about 2 minutes.

Add caramel and vanilla and beat to combine well, about 2 minutes.

Add powdered sugar and salt and mix on low speed until sugar is incorporated, then beat on high until smooth, another 2-3 minutes.

Spread over top of cooled cake.

Rhubarb Salsa Recipe

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| 2 cups rhubarb, diced small | 2 tablespoons honey |
| 2 limes, juiced | 3 green onions, chopped |
| 1 cup chopped apple | 1 jalapeno pepper, seeded and chopped |

Bring a pot of water to boil over medium heat and stir in rhubarb; simmer for 2 minutes, then blanch. Drain in colander, then set in the sink and let cool.

Stir together the cooled rhubarb, apple, green onions, lime juice, honey, and jalapeno pepper until thoroughly combined.

Baked Oatmeal with Fruit

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| 1 cup old-fashioned rolled oats | 1 large egg, lightly beaten |
| ¼ cup chopped walnuts or pecans, lightly toasted, divided | 2 tablespoons unsalted butter, melted and cooled slightly |
| ½ teaspoon baking powder | 1 teaspoon vanilla extract |
| ¾ teaspoon ground cinnamon | 2-3 ripe bananas, peeled and sliced ½" thick |
| Pinch of salt | 1 cup blueberries (fresh or frozen), divided |
| ¼ cup maple syrup | |
| 1 cup milk | |

Preheat oven to 375°F. Lightly grease 2-quart baking dish. In medium bowl, combine oats, half of the nuts, baking powder, cinnamon and salt. Stir with a fork to combine. In liquid measuring cup, combine maple syrup, milk, egg, butter, and vanilla. Spread the sliced bananas in a single layer over the bottom of the baking dish. Top with half of the berries. Sprinkle the dry oat mixture over the fruit in an even layer. Pour the liquid ingredients evenly over the oats. Sprinkle the remaining nuts and berries over the top.

Bake for 35-40 minutes, until the top is browned and the oats have set. Let cool 10 minutes before serving.

Chicken Penne with "Cream" Sauce

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| 4 ounces penne pasta | 2 cups asparagus, cut into 2" pieces |
| 2 teaspoons vegetable oil | ¼ cup white wine |
| 1 cup mushrooms, roughly chopped | 6 ounces shredded cooked chicken |
| 1 tablespoon garlic, finely chopped | ½ cup lowfat sour cream |
| | ½ cup shredded basil |

Bring a large pot of salted water to a boil. Cook the penne according to package directions. Drain and reserve.

Heat a large sauté pan over medium heat. Add the oil and sauté the mushrooms until softened and starting to brown (about 5 minutes).

Add garlic and cook another 30 seconds. Add the asparagus and white wine.

Cover and cook until the asparagus is crisp-tender (about 2 minutes).

Stir in the chicken, sour cream, and penne. Adjust seasoning with salt and pepper. Stir in the basil and serve.



Honey Watermelon Crush

Recipe courtesy of the National Honey Board

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| 16 ounces watermelon, diced | 16 ounces ice |
| 10 ounces cucumber | 2 sprigs of mint, garnish |
| 6 mint leaves | 16 ounces seedless watermelon, small cubes |
| 4 tablespoons honey | |

Place the diced watermelon, cucumber, mint leaves, honey and ice in the blender and blend on high till you receive a smooth consistency.

To serve, place the small cubes of watermelon into the glass, then pour the blended juice over it, slightly stir and serve with a small spoon. Garnish with a sprig of mint.

Orange Honey Barbecued Ribs

Recipe courtesy of the National Honey Board

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|-------------------------------|-----------------------------------|
| 2 tablespoons vegetable oil | 1 tablespoon prepared horseradish |
| 1 cup onion, finely chopped | 1 tablespoon grated orange peel |
| 2 cloves garlic, minced | 3 pounds baby back pork ribs |
| 1 12-ounce bottle chili sauce | |
| 1/3 cup honey | |

In saucepan, heat oil and onions over medium heat; cook until golden brown, about 10 minutes. Stir in garlic; cook until just fragrant. Stir in remaining ingredients except pork. Cover and simmer over very low heat for 5 minutes. Remove from heat. Place ribs in foil-lined baking pan. Spread evenly with 1 cup sauce. Set remaining sauce aside. Cover baking pan with foil and bake at 350°F for 1 hour until ribs are tender and cooked through. Meanwhile, prepare grill with medium-high heat. Transfer cooked ribs to grill; cook, turning frequently until ribs are well browned. Transfer to cutting board. Brush with remaining 1/2 cup sauce; cut and serve. Makes 4 servings.



Sirloin Steak and Tomato Salad

Recipe compliments: Beef It's What's For Dinner

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| 1 beef top sirloin steak, boneless, cut 3/4" thick (about 1 pound) | 1/2 1 teaspoon chipotle chile powder |
| 2 medium onions, cut into 1/2" thick slices | 12 cups mixed salad greens |
| 1/3 cup plus 1 tablespoon reduced-fat or regular balsamic vinaigrette, divided | 4 medium tomatoes, cut into wedges |
| | Salt and pepper |

Brush onion slices with 1 tablespoon vinaigrette; set aside. Press chile powder onto beef steak. Place steak in center of grid over medium, ash-covered coals; arrange onions around steak. Grill steak, covered, 11-15 minutes (over medium heat on preheated gas grill, 13-16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill onions 13-15 minutes or until tender, turning occasionally.

Separate onion slices into rings. Carve steak into slices. Season beef and onions with salt and pepper, as desired.

Toss salad greens with remaining 1/3 cup vinaigrette and divide among 4 salad plates. Top with tomatoes, onions and beef.

Beef and Blue Cheese Stuffed Mushrooms

Recipe compliments: Beef It's What's For Dinner

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| 1/2 pound ground beef | 1/3 cup crumbled blue cheese |
| 1/4 teaspoon salt | 1/4 cup soft whole wheat bread crumbs |
| 36-40 small button or cremini mushrooms (about 1 1/2-2" diameter) | 3 tablespoons minced chives |
| | 1/2 teaspoon steak seasoning blend |
| | Minced fresh chives (optional) |

Preheat oven to 375°F. Remove and reserve stems from mushrooms. Season mushroom caps with salt; set aside. Mince stems to yield 1/2 cup; discard remaining stems.

Combine ground beef, minced stems, blue cheese, bread crumbs, 3 tablespoons chives and steak seasoning. Spoon beef mixture evenly into mushrooms.

Place stuffed mushrooms on rack in broiler pan. Bake in 375°F oven 15-20 minutes. Sprinkle with additional chives, if desired.

Colby Cobb Salad

Recipe Compliments: National Dairy Council

Salad dressing:

- 2 cups fat-free plain yogurt, divided
- 4 large basil leaves
- ¼ cup parsley, stems removed
- 2 tablespoons chopped chives
- 1 tablespoon lemon juice
- 1 teaspoon honey
- ⅛ teaspoon freshly ground pepper
- 2 tablespoons fat-free mayonnaise
- ½ teaspoon salt (optional)
- ¼ teaspoon additional pepper (optional)

Salad:

- 8 cups chopped romaine lettuce (1 small head)
- ½ cup halved cherry or grape tomatoes
- ¼ cup thinly sliced red onion
- 1 cup diced cucumber
- 2 slices cooked turkey breast, cut into strips
- 2 tablespoons bacon bits
- 1 egg, hard boiled and chopped
- 1½ cups shredded Colby or Colby Jack cheese

Dressing:

Place 1 cup of yogurt, basil, parsley, chives, lemon juice, honey and pepper in a blender or food processor. Cover and pulse until smooth (dressing will be green in color). Pour yogurt mixture into a medium bowl; stir in remaining yogurt and mayonnaise until just blended; refrigerate until ready to serve. Pour over salad.

Note: Dressing may be prepared up to 2 days ahead and stored in an airtight container in the refrigerator.

Rhubarb Cheese Pie

Recipe Compliments: National Dairy Council

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| <ul style="list-style-type: none"> 3 cups fresh rhubarb, cut into ½" pieces 1 cup, plus 2 tablespoons sugar, divided 1 tablespoon flour 1 10" prepared graham cracker crust | <ul style="list-style-type: none"> 8 ounces cream cheese, softened 1½ cups (12 ounces) sour cream, divided 2 eggs 1 tablespoon, plus 1 teaspoon vanilla, divided |
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Preheat oven to 350°F. Combine rhubarb, ½ cup sugar and flour in a non-stick skillet. Cook over medium heat until sugar melts. Pour into bottom of prepared pie crust. Meanwhile, beat together cream cheese, ½ cup sour cream and ½ cup sugar until fluffy. Add eggs, one at a time, and 1 tablespoon vanilla until blended. Pour over rhubarb layer. Bake 30 minutes or until puffed and golden.

Honey Cucumber Salad

Recipe courtesy of the National Honey Board

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| <ul style="list-style-type: none"> 3 medium cucumbers, thinly sliced and halved Salt ¼ cup honey | <ul style="list-style-type: none"> ½ cup white balsamic vinegar, (can also use white wine vinegar) ¼ cup water 2 tablespoons red onion, diced |
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Place cucumbers in bowl; sprinkle with salt. Toss and set aside. In small mixing bowl, stir together honey, vinegar, water and red onions. Pour mixture over cucumbers and toss. Allow salad to marinate in the refrigerator about 1 hour prior to serving.

Ice Cream Cake

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| <ul style="list-style-type: none"> 1 box yellow cake mix 3 large eggs ⅓ cup vegetable oil | <ul style="list-style-type: none"> 2 quarts ice cream, softened slightly |
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One hour before starting your cake, turn the freezer to its highest setting. Heat oven to 350° F. Grease and flour two 8-inch round cake pans.

In a large mixing bowl, combine the cake mix, eggs, and oil, along with the amount of water called for by the package directions. Beat until well combined. Divide the batter between the pans. Place the pans in oven and bake until a toothpick inserted into the center of the cakes comes out clean, about 35 minutes. Allow the cakes to cool for at least 10 minutes before removing them from the pans. Let the layers cool completely before assembling the cake.

Place one of the layers on an 8-inch cardboard cake round or a freezer-proof cake plate. Using a rubber spatula, evenly spread 1 quart of the softened ice cream over the top of the plated layer. Place the remaining cake layer on top of the ice cream. Put the cake in the freezer to harden, about 1 hour.

Transfer the remaining softened ice cream to a mixing bowl. Cream by hand with a rubber spatula until it reaches the consistency of frosting. Frost the top and the sides of the cake with the ice cream.

When the cake is frosted, transfer it to the freezer to harden, about 1 hour. Serve immediately upon removal, using a warm knife to slice.

