



2002

WHAT'S COOKIN'

Market Bulletin Recipes
in Cookbook Form



West Virginia Department of Agriculture, Gus R. Douglass, Commissioner

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Winter Soups & Stews

Happy New Year! It is my hope for all of us that 2002 is a peaceful, safe and prosperous year.

Our weather certainly has not shown much signs of winter, but nevertheless, the calendar indicates it is that time of the year. For most of us, winter signifies soup and stew time. These

dishes allow cooks a great deal of creative latitude and the opportunity to use leftovers and small amounts of different ingredients that "just happen to be left in the container." I hope the following recipes become "favorites" at your house.

Silverware Soup

You're just not sure whether to use your fork or spoon with this soup!

- 2 11½-ounce cans of condensed bean soup
- 1 16-ounce can diced tomatoes
- 2 medium potatoes, diced
- 2 cups water

- 1 cup carrots, sliced
- 1 cup celery, diced
- ½ teaspoon chili powder
- ½ teaspoon salt
- 12 ounces smoked sausage, cut into small slices

Stir together soup, tomatoes, potatoes and water in large saucepan. Add carrots, celery, chili powder and salt. Cover; bring to boil. Reduce heat; simmer for 15 minutes, stirring occasionally. Add sausage; continue simmering soup for an additional 45 minutes. Stir frequently.



Rainy Day Soup



- 4 cups chicken broth
- 1 cup dried green split peas
- 1 medium onion, chopped
- 2 cups ham, diced

- ½ teaspoon salt
- ½ teaspoon black pepper
- 3 medium potatoes, diced
- 3 carrots, sliced thinly

Combine chicken broth, split peas, onion, ham, salt and pepper in heavy saucepan; cook on high heat for 10 minutes. Cover; simmer for 45 minutes, stirring frequently. Add potatoes and carrots; continue to simmer for an additional 30 minutes.

Minute Steak Stew

- 4 minute or bucket steaks
- 2 tablespoons flour
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons oil
- 2 tablespoons onion, chopped
- 1 cup peas
- 1 cup carrots, canned or frozen
- 2 cups potatoes, cooked and diced
- 1 8-ounce can tomato paste
- ½ cup water

Cut steak into small strips, then into 1" pieces. Place flour, salt and pepper in plastic bag. Add steak pieces to plastic; shake to coat. Brown steak pieces in oil; place in skillet. Stir in remaining ingredients. Simmer 20 minutes if using fresh carrots; 10 minutes if using canned or frozen carrots.

Minestrone Soup

- 1 cup dried navy beans
- Water
- 2 14-ounce cans chicken broth
- 2 teaspoons salt
- 1 small cabbage head, shredded
- 4 carrots, sliced
- 2 medium potatoes, diced
- 1 28-ounce can Italian tomatoes, diced
- 2 medium onions, diced
- 1 stalk celery, diced
- 1 fresh tomato, chopped and seeded
- 1 clove garlic, minced
- ¼ cup olive oil
- 1 cup thin spaghetti, broken into small pieces
- ¼ cup chopped parsley
- ¼ teaspoons black pepper

Soak beans overnight in water. Measure chicken broth; add enough water to make 3 quarts of liquid. Add salt; cook beans in broth mixture until almost tender. Add shredded cabbage, carrots, potatoes and Italian tomatoes.

In skillet, sauté onions, celery, fresh tomato and garlic in olive oil. When mixture is translucent, add to soup. Add spaghetti, parsley and pepper. Simmer until spaghetti is tender.



February

Sweet and Sour Cherry Recipes

February brings one of the sweetest holidays that we celebrate — Valentine's Day, and the birthday month of some very important men! It is also a month that many folks begin to plan spring activities!

Cherries are a versatile fruit that probably bring to mind several memories associated with February events. The cherry is one of the world's oldest cultivated fruits. Its name comes from the Greeks, and in Latin means "of or for the birds." The Greeks,

Egyptians and Romans loved the cherry tree for its beautiful flowers and versatile fruit.

Sweet cherries are larger than sour cherries and are heart-shaped with sweet, firm flesh. Sweet cherries can be eaten fresh, but are equally good in cooked dishes. Sour cherries are normally too tart to eat raw and are smaller in size than sweet cherries. They are also rounder in shape and have softer flesh than sweet cherries. Sour cherries are normally cooked with sugar and used for

pies, preserves and relishes.

Not sure how many cherries or how much cherry product to buy? The following facts will help.

- 80 cherries = 1 pound of fresh cherries
- 2 $\frac{1}{2}$ cups pitted cherries = 1 pound of fresh cherries
- 1 $\frac{1}{2}$ cups = 16 ounces canned cherries
- 10 ounces frozen cherries = 1 cup
- 2 ounces dried cherries = $\frac{1}{2}$ cup

Soft Pork Tacos with Cherry Pear Chutney

- | | |
|---------------------------------|---|
| 2 tablespoons olive oil | $\frac{1}{4}$ cup white wine or water |
| 2 cloves garlic, minced | 1 pound pork tenderloin, sliced into $\frac{1}{2}$ " slices |
| $\frac{1}{2}$ cup onion, minced | 8 flour or corn tortillas (6" size) |
| 1 tablespoon cumin | 2 cups shredded cabbage |
| 1 tablespoon dijon mustard | |
| 1 teaspoon chili powder | |

Mix together olive oil, garlic, onion, spices and wine or water in a non-aluminum dish or pan. Add sliced pork tenderloin; turn slice to coat well with marinade, cover and refrigerate for at least 1 hour. This works well if done the day before too.

Remove tenderloin slices from marinade; grill or broil until cooked thoroughly. Heat tortillas for 5 minutes. Divide cooked pork tenderloin among the warmed tortillas. Place shredded cabbage and chutney over each, wrap and enjoy.

Dried Cherries and Apple Pie

- 1 cup dried cherries
- 4 cups thinly sliced apples
- 1 cup sugar
- $\frac{1}{4}$ cup flour
- $\frac{1}{2}$ teaspoon ground cinnamon
- 1 tablespoon butter
- Pastry for 9" double crust pie

Combine cherries and apple slices in large bowl. Stir together sugar, flour and cinnamon; mix well with fruit. Let stand 15 minutes.

Spread fruit mixture into pastry lined 9" pan. Dot with butter. Cover with top crust; seal and flute edges. Cut slits in crust to allow steam to escape.

Bake at 425°F for 40-50 minutes, or until the edges of the crust are golden brown and apples are tender.

Creamy Black Walnut Soup

with Sour Cherries

- 2 tablespoons butter
- 2 tablespoons flour
- Salt to taste
- Cayenne pepper to taste
- 5 cups chicken or beef stock
- ½ cup black walnuts, chopped
- 1 bay leaf
- ¾ cup heavy cream
- 3 tablespoons sour cream
- ¼ teaspoon thyme
- ½ cup tart, red cherries, pitted and drained

Melt butter in large saucepan. Stir in flour, salt and cayenne pepper; continue stirring into a roux. Pour in stock; whisk until it boils and becomes slightly thickened. Stir in black walnuts and bay leaf; simmer, partly covered for 15 minutes. Add heavy cream, sour cream and thyme. Simmer for additional 2 minutes.

Just before serving, remove bay leaf, add cherries and heat for 1 minute. Ladle into bowls; serve immediately.

Cherry Chicken Stir Fry

- | | |
|---|--|
| 2 tablespoons vegetable oil | 1 tablespoon honey |
| 1 tablespoon fresh ginger, minced | 1½ cups carrots, shredded |
| 1¼ pounds boneless chicken, cut into strips | ½ cup green onion, chopped |
| 2 tablespoons rice vinegar | ¾ cup almonds, sliced and toasted |
| 2 tablespoons teriyaki sauce | 1 pound dark sweet cherries, pitted and halved |

Heat 1 tablespoon oil in large skillet over medium heat. Add ginger and chicken; sauté for 7-10 minutes. Add remaining tablespoon oil, rice vinegar, teriyaki sauce, honey, shredded carrots and chopped green onion; sauté for additional 5 minutes, adding cherries and almonds for last 2 minutes of cooking time. Serve with your favorite rice or as side dish.

Cherry Salsa

- | | |
|--|---------------------------------|
| 1 cup dark, sweet cherries (fresh or frozen) | 1 teaspoon lemon juice |
| 2 tablespoons fresh basil, chopped | ¼ teaspoon Worcestershire sauce |
| 1 tablespoon green pepper, finely chopped | ¼ teaspoon lemon peel, grated |
| | ½ teaspoon salt |
| | ½ teaspoon hot sauce |

Pit and chop fresh cherries or frozen dark, sweet cherries. Combine with remaining ingredients. Cover; refrigerate for at least 1 hour. Delicious with pork, chicken or turkey.

Eggs Anytime!

Eggs are nature's fast food, so it's not necessary to make drastic lifestyle changes in order to take advantage of eggs. One large egg contains 70 calories and is a good source of protein, Vitamin A, the B vitamins, lutein, zexanthin, and choline. The latest research indicates that lutein and zexanthin, which are antioxidants, accumulate in the eye lens and the macular region of retina and may significantly reduce the risk of cataracts and age-related macular degeneration. Choline is an es-

essential nutrient for the normal functioning of all cells. It assures the structural development and signaling functions of cell membranes. Research shows that taken during pregnancy, the vitamin may be the key factor in the development of infants' memory capacity later in life.

In October 2000, the American Heart Association announced new guidelines that al-

low up to one egg per day within a daily intake of 300 mg of cholesterol. Eggs are versatile! They are great when paired with fruits and vegetables and are definitely not just a breakfast food. Enjoy the following egg dishes as you prepare for the first day of spring and the Easter holiday.

One Skillet Burrito Meal

- | | |
|------------------------------------|--------------------------------|
| 1 tablespoon butter | 3/4 cup chopped ham |
| 1 cup shredded hash brown potatoes | 3 cups lettuce, shredded |
| 1/2 cup chopped onion | 2 tablespoons chopped tomatoes |
| 8 eggs | 6 10" tortillas, warmed |
| 1/2 cup milk | 3/4 cup salsa* |
| | 3/4 cup shredded cheese |

In 12" skillet, heat butter over medium heat. Add potatoes and onions. Cook, stirring frequently until tender, approximately 5 minutes. In medium bowl, beat together eggs and milk until well blended. Stir in ham; pour egg mixture into skillet. As mixture begins to set, gently draw an inverted metal spatula completely across bottom and sides of skillet to form curds. Continue cooking until eggs are thickened and no visible liquid egg remains. Sprinkle 1/2 cup shredded lettuce and tomatoes over each tortilla. Evenly divide egg mixture over vegetables on each tortilla. Top with 2 tablespoons each of salsa and cheese. Fold one end of tortilla over the egg/vegetable mixture. Fold in sides and roll up.

*West Virginia has several companies who make excellent salsas.

Egg Salad Pizza

- COOKIE PLACEMENT**
- 1/2 cup mayonnaise
 - 1 teaspoon dry mustard
 - 1/2 teaspoon garlic salt
 - 1/4 teaspoon pepper
 - 6 hard-cooked eggs
 - 1 9-ounce package frozen asparagus, cooked and drained
 - 1/4 cup chopped onion
 - 3 tablespoons green or red pepper, diced
 - 3 tablespoons water chestnuts, diced
 - 1 12" Italian bread shell
 - 1/4 cup cheddar cheese, shredded

Preheat oven to 450°F. In medium bowl, stir together mayonnaise and seasonings until well blended. Stir in remaining ingredients, except shredded cheese and bread shell, stirring until evenly coated. Heat bread shell in oven for 3 minutes. Remove bread from oven. Evenly spread mixture over bread; sprinkle with cheese. Bake until cheese is melted, approximately 3-4 minutes. Slice and serve. Serves 6.

March, continued

Caramel Apple Flan

- ½ cup sugar
- 1 14-ounce can sweetened condensed milk
- 1 13-ounce can evaporated milk

- 6 egg yolks
- 1 teaspoon vanilla
- ½ teaspoon ground cinnamon
- 1 cup finely chopped apple

Preheat oven to 350°F. In small heavy saucepan, cook sugar over medium heat, stirring until sugar starts to melt. As sugar begins melting, stir constantly until mixture becomes golden brown. NOTE: Caramelized sugar is very hot and will harden quickly. Pour immediately into bottom of 10" flan dish or pie plate. Tilt dish to cover bottom with caramel mixture. Place prepared pan in larger baking pan or broiler pan.

In large bowl, beat together remaining ingredients, except apple, until well blended. Stir in apples. Pour into caramel coated pan. Pour very hot water into larger baking or broiler pan to within ½" of the top of custard mixture. Bake for approximately 45-50 minutes or until a knife inserted in the center of the custard comes out clean. Remove dish from hot water. Cool on rack for 5-10 minutes. Refrigerate for at least 3 hours. To serve, run a knife around top edge and invert onto serving plate.

Quick and Easy Skillet Meal



- Cooking spray
- ½ cup chopped onion
- ½ cup chopped green pepper
- 1 clove garlic, minced
- 8 eggs
- ¼ cup milk

- 1 teaspoon celery salt
- ½ teaspoon Italian seasoning
- ¼ teaspoon pepper
- 3 ounces cream cheese, cubed
- 1 medium tomato, chopped
- ¼ cup bacon, cooked and crumbled

Coat a 12" nonstick skillet with cooking spray. Over medium heat, cook onions, green pepper and garlic until tender. In medium bowl, beat together eggs, milk and remaining seasonings; pour over vegetables. Sprinkle with cheese, tomato and bacon. Gentle push a pancake turner across bottom and sides of skillet as the mixture cooks, forming large curds. Cook until eggs are thickened thoroughly and no visible liquid egg remains. Serves 4.

VERSATILE CHICKEN DISHES

Everyone seems to love chicken! For some their favorite is fried, while others prefer grilled and/or baked. Regardless of your choice, chicken is nutritionally packed and easy to prepare.

When buying chicken remember the following:

- Check the sell by date, which indicates the least day the product should be sold. The product should be fresh and wholesome if prepared and eaten within two days of this date.
- Select packages of chicken that have very little or no visible liquid in the bottom of the wrap or tray.
- Choose carefully! Avoid packages that are stacked too high in the refrigerated case . . . it is likely that these packages are not being kept cold enough.
- Check for a fresh odor. If you have any doubt, don't buy!
- Skinless, boneless chicken should look plump and moist.
- The cut ends of chicken bones should be pink to red in color; if they look gray that is an indication that the product is not fresh.
- To prevent packages of chicken from possible contamination of other products in your shopping cart — place packages in plastic bag.

- Store tray packed chicken in the original packaging in the coldest part of your refrigerator. Refrigerate no longer than two days before preparing.
- Remember to thaw frozen chicken in the refrigerator — this should take between three and nine hours depending on the weight and pack of the package.

Remember the following when handling raw chicken:

- Do not use wooden cutting boards for raw chicken. Hard plastic cutting boards are less porous and are more easily cleaned and sanitized. It is a good idea to sanitize cutting boards with a solution of two tablespoons of chlorine bleach and one gallon of water before using again.
- Use paper towels when working with or cleaning up after preparing fresh poultry. If you must use cloth towels, launder before using again.
- Avoid cross contamination, never use utensils or plates for cooked foods that have been previously used for raw chicken before washing in hot, soapy water.
- Marinades and sauces left over from use with raw poultry must be heated to boiling and boiled for one minute before using.

The following recipes may just become family favorites!

CHICKEN BLT SANDWICHES

- | | |
|--------------------------------------|------------------------|
| 2 teaspoons vegetable oil | 4 sandwich buns |
| 4 skinless, boneless chicken breasts | 8 slices of tomato |
| ¼ cup Thousand Island salad dressing | 4 slices bacon, cooked |
| | 4 lettuce leaves |

Heat vegetable oil in 10" skillet. Add chicken breasts; cook for 20 minutes, turning once, until juices of chicken are no longer pink. Spread dressing on cut sides of sandwich buns. Layer chicken, tomato, bacon and lettuce on bottom halves of buns. Top with tops of buns. Enjoy!

LEMONADE-GINGER CHICKEN

- | | |
|--|---|
| 3/4 cup water | 2 cloves garlic, finely chopped |
| 2 tablespoons gingerroot, finely chopped | 1 6-ounce can frozen lemonade concentrate, thawed |
| 2 tablespoons vegetable oil | 1 tablespoon cornstarch |
| 1 1/2 teaspoons fennel seed | 1 tablespoon water |
| 1/2 teaspoon salt | 3 pounds chicken breasts |
| 1/4 teaspoon pepper | Nonstick cooking spray |

Mix all ingredients except cornstarch, 1 tablespoon water and chicken in saucepan. Heat to boiling, reduce heat. Simmer 5 minutes, stirring frequently. Mix cornstarch and 1 tablespoon water together; stir into lemonade mixture. Heat to boiling and reduce heat. Simmer uncovered for 1 minute, stirring frequently, until sauce is thickened; remove from heat.

Place chicken in glass pan or dish. Pour lemonade mixture over chicken. Cover; refrigerate for at least 1 hour, but not longer than 24 hours, turning occasionally.

Heat oven to 325°F. Prepare broiler pan by lining with aluminum foil and spraying broiler rack with nonstick cooking spray. Remove chicken from lemonade mixture and reserve the lemonade mixture. Place chicken on broiler rack/pan and bake for 1 hour, basting occasionally with reserved lemonade mixture. Chicken is done when juices of the chicken are no longer pink.

Heat remaining lemonade mixture to boiling, boil for 1 minute. Serve with chicken.

CHICKEN-RICE CASSEROLE

- | | |
|------------------------------|------------------------------------|
| 1/4 cup butter | 1 1/2 cups cooked rice |
| a cup flour | a cup green pepper, finely chopped |
| 1/2 teaspoon salt | 1/4 cup slivered almonds |
| c teaspoon pepper | 2 tablespoons diced pimento |
| 1 cup chicken broth | 3 ounces sliced mushrooms |
| 1 1/2 cups milk | |
| 2 cups cooked chicken, cubed | |

Heat oven to 350°F. Heat butter in saucepan over low heat until melted. Stir in flour, salt and pepper. Cook, stirring constantly, until mixture is smooth and bubbly; remove from heat. Stir in broth and milk. Heat to boiling, stirring constantly. Boil 1 minute. Stir in remaining ingredients.

Pour into an ungreased 1 1/2-quart sauce pan. Bake uncovered for 40-45 minutes.

CHICKEN PIZZA

- 1 tablespoon vegetable oil
- 1 pound chicken tenders, cut into 1" pieces
- 1/2 cup onion, finely chopped
- 1/2 cup red bell pepper, finely chopped
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 3/4 cup chopped tomato
- 1 12" prepared pizza crust
- 1/2 cup salsa
- 1/2 cup guacamole
- 1/2 cup sour cream
- * may substitute an Italian bread shell

Heat oven to 400°F. Heat oil in 10" skillet. Add chicken, onion, red bell pepper, chili powder and salt. Cook for 8 minutes, stirring occasionally.

Sprinkle chopped tomato over pizza crust or bread shell. Top with chicken mixture. Place on ungreased cookie sheet or pizza pan. Bake for 12-15 minutes. Top with salsa, guacamole and sour cream.

May *Strawberry Dishes*

Strawberries are considered to be a food for the health conscious, but unless you are one of the unfortunate folks who are allergic to them, I think they are a favorite fruit of many people. Like many other foods, strawberries have many legends associated with them.

In France, strawberries were regarded as an aphrodisiac of the highest quality. Newlyweds traditionally were served a soup of thinned sour cream, strawberries, borage (a

European herb whose flavor is reminiscent of cucumber) and powdered sugar.

The strawberry is recognized as being the representative of perfection in the Victorian language of flowers. Early stonemasons carved strawberry designs on altars and on the tops of pillars in churches and cathedrals, which symbolized perfection and righteousness. Strawberries were also served at important state occasions and festivals to ensure peace and prosperity.

Nutritionally, strawberries are an excellent source of Vitamin C, folate, fiber and potassium. One cup of strawberries contains 50 calories and has no cholesterol or saturated fat.

How many should you buy? One quart of strawberries will provide 4-5 servings, and it takes approximately 1½ quarts of strawberries for a nine-inch pie.

The following recipes are sure to become "berry" favorites!

Strawberry Salad

- | | |
|---|---------------------------------|
| 1 cup boiling water | 3 ounces cream cheese, softened |
| 1 3-ounce package strawberry flavored gelatin | a cup nuts, finely chopped |
| ½ cup cranberry juice cocktail | 1 tablespoon sugar |
| ¼ cup cold water | 2 cups strawberries |

Pour boiling water over gelatin in bowl; stir until dissolved. Stir in cranberry juice cocktail and cold water. Chill until slightly thickened but not set.

Roll cream cheese into 18 balls; roll each in finely chopped nuts. Sprinkle sugar over strawberries; mix gently. Pour a cup of the slightly thickened gelatin into 6-cup ring mold.

Arrange cheese balls evenly over gelatin. Spoon sweetened strawberries over the cheese balls and gelatin. Pour remaining thickened gelatin carefully over the berries. Chill until firm. Unmold and serve on a serving platter, garnish as you wish.

Festive Strawberry Dessert

- | | |
|--------------------------|--|
| 2 pints strawberries | 1 baked, pie shell or graham cracker crust |
| ½ cup sugar | Whipped cream (optional) |
| 3 tablespoons cornstarch | |

Crush 1 pint of strawberries and place in saucepan. Add sugar and cornstarch. Stir; bring to boil. Boil for 1 minute. While mixture cools, slice remaining pint of strawberries and place in pie shell or crust. Pour cooked berries on top; refrigerate. May be served with whipped cream.

Strawberry Butter

- 1 pint strawberries **OR**
- 1 10-ounce package of frozen strawberries, thawed and drained
- ½ pound butter, softened
- 1 cup Confectioner's sugar **OR**
- ½ cup if using frozen berries

Place ingredients in food processor or blender; process until smooth and creamy. Chill. This is very good on fresh toast or freshly toasted bagels or English muffins.



Strawberry Apple Cobbler

- 1 cup apple juice
- 1 tablespoon lemon juice
- ½ teaspoon ground cinnamon
- 2 tablespoons flour
- 6 cups tart apples, peeled, cored and sliced
- 3 egg whites

- ½ cup frozen apple juice concentrate, thawed
- 1 cup whole wheat flour
- a cup nonfat dry milk
- a cup rolled oats
- 3 cups strawberries

Preheat oven to 425°F. Whisk apple and lemon juices with cinnamon and flour. Place sliced apples in 13"x9" baking dish. Pour juice-flour mixture over sliced apples; bake for 25 minutes.

Beat egg whites until soft peaks are formed. Add thawed frozen apple juice concentrate; beat again until egg whites stand in stiff peaks. Mix together whole wheat flour, dry milk and rolled oats; gently fold into the stiff egg whites. The batter will fall somewhat but don't overmix.

Reduce oven temperature to 350°F.

Stir in strawberries. Drop batter by large spoonfuls over the fruit and bake for an additional 25 minutes, or until browned.

Strawberry Torte

- 3 egg whites
- 1 cup sugar
- 1 teaspoon vanilla
- ¼ teaspoon baking powder
- c teaspoon salt
- c teaspoon baking soda

- 1 cup nuts, chopped
- 10 saltine crackers, crushed
- 1 pint strawberries, sliced
- ½ pint heavy cream, whipped and sweetened to taste

Preheat oven to 300°F. Beat egg whites until soft peaks form. Add sugar; beat until stiff. Add vanilla, baking powder, salt and baking soda. Fold in nuts and saltines. Spread in greased 9" or 10" pie pan. Bake for 30 minutes. Cool. Add strawberries and whipped cream. Refrigerate until serving time.



Strawberry Shortcake

- 1 quart strawberries
- 1 cup sugar plus 2 tablespoons
- 2 cups flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- a cup shortening
- 1 cup milk
- Whipped cream, milk or ice cream (optional)

Slice strawberries; sprinkle with 1 cup sugar. Heat oven to 450°F. Grease round layer pan. Place flour, 2 tablespoons sugar, baking powder and salt in bowl. Cut in shortening, using two knives, until mixture resembles meal. Stir in milk; mix until just blended. Pat mixture into prepared pan. Bake for 15-20 minutes or until golden brown. Split shortcake in half, horizontally, while warm. Place ½ of the sliced berries between the layers of shortcake. Place top layer on berries; top with remaining sliced berries. Delicious with whipped cream, milk or ice cream.

June — June is Dairy Month —

What a great way to kick off the summer months!

Milk provides more than a plus in the protein department. It also offers important other nutrients. Calcium is one of them, along with phosphorus. One won't function well without the other in the formation of healthy bones, for example. Both need the

delicate balance, which milk provides naturally. Add to them Vitamins A, D and B-12, thiamin, niacin and riboflavin all supplied by milk, and it becomes easy to understand why milk is an important food, regardless of one's age. Dairy foods are complete proteins and contain the essential amino acids. Regardless of the kind of milk one chooses to drink or cook with — it does a body good!

Congratulations to the reigning West Virginia Dairy Princess, Angelle Raines of Cameron. Angelle will be traveling throughout West Virginia during the summer months and reign over the 2002 West Virginia Dairy Show promoting West Virginia's dairy farmers and their great products.

This month's recipes are sure to become family favorites!

Stuffed Baby Red Potatoes

- 10-15 small red potatoes
- ½ cup chopped ham
- ¼ cup sliced mushrooms
- ½ cup bacon, cooked and crumbled
- 1 3-ounce package cream cheese
- 1 cup cheddar cheese, shredded
- ½ cup sour cream

Preheat oven to 350°F. Scrub potatoes and arrange on baking sheet. Bake 45 minutes until tender. Remove from oven. While potatoes are baking, combine ham, mushrooms, bacon, cream cheese and ½ cup cheddar cheese in small bowl. Mix well.

Let potatoes cool for 15 minutes. Slice ¼ off the top of potato. Scoop out a few teaspoons of flesh. Fill cavity of each potato with cream cheese mixture. Sprinkle tops of potatoes with remaining cheddar cheese. Return to oven for approximately 10-15 minutes. Serve with sour cream.

Chicken Almond Rotini Bake

- | | |
|--|-------------------------------|
| ½ cup carrots, diced | 1 cup milk |
| ½ cup celery, diced | ¼ teaspoon salt |
| ¼ cup onion, diced | ¼ teaspoon pepper |
| ½ cup butter, divided | 1 tablespoon parsley, chopped |
| 2 whole chicken breasts, cut into strips (about 1 pound) | 3 cups rotini, cooked |
| 1 cup mushrooms, sliced | 1 cup fresh bread crumbs |
| 1 10¾-ounce can cream of chicken soup | ½ cup almonds, slivered |

Saute carrots, celery and onions in a cup butter. Add chicken strips and mushrooms; cook until tender. Add chicken soup, milk, salt and pepper, 1 teaspoon of chopped parsley and cooked rotini. Place in 2-quart buttered casserole. Melt remaining a cup butter and mix with bread crumbs and remaining parsley. Spread over casserole. Garnish with almonds. Bake in 350°F oven for 30 minutes.

Neutralizing Burnt Odor

To neutralize burnt food odors in the house . . . mix ½ cup whole cloves with 2 cups water in a sauce pan and bring to a boil. Simmer cloves for 15-30 minutes. The house smells wonderful and the burnt odor is gone.

taken from cdkitchen.com

Red, White and Blue Cookies

- 1 cup butter, softened
- 3 ounces cream cheese, softened
- ½ cup sugar
- 1 teaspoon vanilla
- 2 cups flour
- 36 small blueberries
- 18 small strawberries, hulled and halved

Preheat oven to 350°F. In mixing bowl, combine butter with cream cheese until well blended. Beat in sugar and vanilla. Add flour; mix again until well mixed.

Shape mixture into small balls and place 2 inches apart on ungreased cookie sheet. Make small dent in the top of each cookie and carefully place a blueberry and strawberry half, cut side down, in each indentation.

Bake cookies for 12-18 minutes or until very lightly browned. Cool on racks.

Cream Cheese Rhubarb Delight

Crust:

- 1 cup flour
- ½ cup powdered sugar
- ½ cup butter

Filling:

- 3 cups rhubarb, cut into 1" pieces

- 2 tablespoons cornstarch

Pinch of salt

- 1½ cups sugar, divided

- 6 ounces cream cheese

- 1 large egg

- 6 cup sour cream

Almonds and maraschino cherries for garnish

Crust:

Mix ingredients together with pastry blender; press in bottom and up sides of 9" pie plate. Bake in preheated 350°F oven for 10 minutes. Remove and cool.

Filling:

Cook rhubarb, cornstarch, salt and 1 cup sugar in saucepan over medium heat. Stir often until mixture boils and thickens.

Pour rhubarb mixture into crust.

Combine cream cheese, egg and ½ cup sugar in small bowl. Using mixer, beat until smooth. Pour over rhubarb mixture. Bake for 25-30 minutes until set. Cool on wire rack.

To serve, spread sour cream on top and garnish with almond and cherries.

Choosing Potatoes

Potatoes can be divided into two general categories: mealy and waxy. Brown-skinned russets are the mealy type while white, red and new potatoes are waxy. Mealy potatoes cook up light and fluffy and are good for baking, mashing and frying. Waxy potatoes hold their shape during cooking, when sliced, diced and boiled whole. Knowing this will help you choose the right potato.

taken from cdkitchen.com



With it comes the sunshine and many fresh fruits and vegetables. Fruits and vegetables are a great way to reduce your risk of cancer, heart disease, hypertension, diabetes and stroke. They are a tasty, low-fat, low-sodium snack, high in Vitamins A and C, nutrients, minerals and fiber.

In addition, they are a fun food that can be arranged in beautiful displays and then eaten.

The recommended serving size for fruits and vegetables is:

- 1 medium-sized piece of fruit.
- ½ cup of cut up fresh fruit or canned fruit.

- ¾ cup (6 fluid ounces) 100% fruit juice.
- ¼ cup dried fruits.
- 1 cup raw, leafy vegetables.
- ½ cup cooked vegetables
- ¾ cup (6 fluid ounces) 100% vegetable juice.
- ½ cup cooked or canned beans, peas or lentils.

If you do not have a home garden, you can still enjoy the fresh fruits and vegetables of summer! Visit the local farmers' market or farm stand. Not only will you be able to purchase some great foods, but you will meet many nice people too!

The following recipes feature nutritious fruits and vegetables!

Fruiteroni Pizza

- 1 12" pre-baked thin pizza crust or 12" regular pizza crust
- ½ cup pasta sauce or pizza sauce
- 1½ cups shredded Mozzarella or Jack cheese
- 1 large (or 2 small) fresh California peaches, thinly sliced
- 2 ounces sliced pepperoni
- Diced green peppers

Preheat oven to 425°F. Spread pizza crust with sauce. Sprinkle with half of cheese. Top with fruit slices and pepperoni; sprinkle with remaining cheese and green pepper. Bake on cookie sheet at 425°F for 15 minutes or until heated through. Cut into wedges.

Breakfast Pasta

- | | |
|---------------------------|--------------------------------------|
| 8 ounces spaghetti | ½ cup finely grated Parmesan cheese |
| 2 cloves garlic, pressed | 1½ teaspoons fresh basil, chopped |
| 6 fresh mushrooms, sliced | 2 tablespoons fresh parsley, chopped |
| 3 tablespoons olive oil | 2 roma tomatoes, diced |
| 4 green onions, sliced | Fresh ground black pepper |
| 6 eggs | |
| 1 tablespoon butter | |

While pasta is cooking, saute garlic and mushrooms in 1 tablespoon olive oil. Before mushrooms are thoroughly cooked, add green onions, remove from heat and reserve for later use.

Crack eggs into bowl; lightly beat.

When pasta is cooked, drain.

In large skillet, melt butter with 1 tablespoon olive oil, add pasta to skillet; stir briefly. Add eggs and half of Parmesan cheese, stir until eggs begin to form curds on pasta. Then add garlic, mushrooms, green onions, basil and chopped parsley. Lastly, add chopped tomatoes, stirring briefly to incorporate. Immediately place on serving plates and sprinkle with fresh ground black pepper.

Stir-Fried Summer Squash and Broccoli

- | | | | |
|---|---|---------------|--|
| 1 | tablespoon cooking oil | 2 | teaspoons snipped fresh basil or $\frac{3}{4}$ teaspoon dried oregano, crushed |
| 2 | small zucchini, thinly bias-sliced (2 cups) | $\frac{1}{4}$ | teaspoon salt |
| 2 | small yellow summer squash, thinly bias-sliced (2 cups) | C | teaspoon pepper |
| 2 | cups broccoli flowerets | 1 | medium tomato, chopped |
| | | 1 | tablespoon butter or margarine |

Cleaning Wood Cutting Blocks

Once a week, clean, disinfect and deodorize wood cutting blocks. Rub them with baking soda, then spray on full strength White House Distilled White Vinegar. Let sit for 5 minutes, then rinse in clear water. It will bubble and froth as these two natural chemicals interact.

Pour cooking oil into wok or large skillet (add more oil as necessary during cooking.) Preheat over medium-high heat. Stir-fry zucchini and yellow squash in hot oil for 3-4 minutes or until crisp-tender. Remove vegetables from wok. Add broccoli, basil, oregano, salt and pepper to hot wok. Stir-fry for 2-3 minutes or until crisp-tender.

Return cooked zucchini and yellow squash to wok. Add tomato and butter or margarine. Stir-fry just until butter is melted. Serve immediately.

Cucumber Dill Dip

- 1 medium cucumber
- $\frac{1}{4}$ teaspoon white pepper
- 2 tablespoons fresh dill, chopped or 2 teaspoons dried dill, crushed
- $1\frac{1}{2}$ cups mayonnaise
- $\frac{3}{4}$ cup sour cream
- $\frac{1}{4}$ cup green bell pepper, diced

Peel, seed and finely dice cucumber. Using a colander, squeeze out any excess water from cucumber chunks. Place in bowl; blend well with the pepper and dill. Blend in remaining ingredients; mix thoroughly. Cover and chill. Makes about 3 cups of dip.

Dipper suggestions: broccoli, cauliflower, radishes, carrots.

Spicy Grilled Corn

- a cup butter or margarine, softened
- 3 tablespoons taco seasoning mix or 3 tablespoons lemon pepper
- 12 ears of corn with husks

Heat coals or gas grill. Mix butter and taco seasoning. Carefully pull back husk of each ear of corn; remove silk. Spread butter mixture over corn. Pull husks back over ears; tie husks securely with thin piece of husk or string.

Grill corn uncovered 4-6" from medium heat 20-30 minutes, turning frequently, until tender.

Summer's Bounty

For some parts of our state, the fresh fruits and vegetables are abundant, while in others, folks will need to be patient for just a bit longer. This summer appears to be a bountiful season for both commodities and I hope that you will enjoy your fa-

vorites while they are at their peak. If you plan to freeze or can your favorite fruits or vegetables, and have questions, please feel free to check with us at the West Virginia Department of Agriculture or your local WVU Extension Office.

Macaroni Salad Surprise

- 2 cups uncooked elbow macaroni
- 5 green onions, finely chopped
- 1 large tomato, chopped
- 1¼ cups celery, diced
- 1¼ cups mayonnaise
- 5 teaspoons white vinegar
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 pound bacon, cooked and crumbled

Cook macaroni according to package directions; drain and rinse in cold water. In large bowl, combine macaroni, green onions, tomato and celery. In small bowl, combine mayonnaise, vinegar, salt and pepper. Pour over macaroni mixture; mix well. Chill for 2 hours. Just before serving, add crumbled bacon.

Cabbage and Grape Salad

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|--------------------------------|-------------------------------------|
| 2 cups finely shredded cabbage | 2 tablespoons chopped fresh parsley |
| 1 cup halved red grapes | ¼ cup Italian salad dressing |
| ½ cup chopped green pepper | 2 tablespoons water |
| | 1 tablespoon cider vinegar |

In bowl, combine cabbage, grapes, green pepper and parsley. In another bowl, whisk together Italian dressing, water and vinegar. Toss to coat. Cover and refrigerate overnight.

Pasta with Fresh Tomatoes Deluxe

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|------------------------------|------------------------|
| 4 fresh tomatoes, diced | ¼ cup fresh mint |
| ½ cup fresh cucumbers, diced | 1 teaspoon salt |
| 1 clove garlic, minced | ½ teaspoon pepper |
| ¼ cup fresh basil | 1 pound favorite pasta |

In large bowl, combine tomatoes, cucumber, garlic, basil, mint, salt and pepper; let stand at room temperature for 2 hours.

Cook pasta in boiling, salted water until tender but firm. Drain well and toss with tomatoes deluxe.

Creamy Summer Vegetable Salad

- 4 medium tomatoes
- 2 large cucumbers, seeded and chopped
- 1 medium onion, chopped
- 10 radishes, sliced
- 2 cups sour cream
- ¼ cup lemon juice
- 1 teaspoon seasoned salt
- ½ teaspoon pepper
- ¾ teaspoon celery seed

In large bowl, combine tomatoes, cucumbers, onion and radishes. In small bowl, combine the remaining ingredients. Add to vegetables; toss to coat. Cover and refrigerate.

Celery, Quick Crisping

To make celery crisper, put it in a bowl of water and add ice. Leave it in the refrigerator a few hours.

Peach Cheesecake Squares

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|---------------------------------|----------------------------|
| 1½ cups graham cracker crumbs | 2 tablespoons lemon juice |
| 2 tablespoons white sugar | 1 teaspoon almond extract |
| ¼ cup melted butter | ½ teaspoon vanilla extract |
| 2 8-ounce packages cream cheese | ¼ cup peach jam |
| ½ cup granulated sugar | 1 tablespoon water |
| 3 eggs | 2 fresh peaches |

In small bowl, combine graham cracker crumbs, sugar and melted butter. Press into bottom of 9" square pan. Refrigerate while preparing the topping.

In large bowl, beat cream cheese until smooth. Beat in sugar until well blended. Beat in eggs, one at a time, beating well after each addition. Beat in lemon juice, almond extract and vanilla extract. Pour over crust. Bake at 350°F for 35-40 minutes, until mixture is set and golden brown around the edges. Run knife around edge of cake pan. Refrigerate at least two hours before cutting into squares.

In small saucepan, melt jam and water over low heat. Peel and slice fresh peaches. Place fresh peaches on top of the squares and brush with the melted jam mixture.

Beef for Dinner

There's no doubt about it . . . beef tastes great! It is good for us too! Beef is the number one food source for protein, zinc and Vitamin B12 and a great source of iron. Iron is used to produce energy and zinc helps boost the immune system and aids wounds healing quickly. Protein builds and maintains strong muscles and the B Vitamins help our body turn the foods we eat into energy. Beef is a good meal choice regardless of the season and in many homes it is the number one choice for holiday meals. The following recipes will help in deciding "what's for dinner!"

Beef Taco Wraps

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|---------------------------------------|--------------------------------------|
| ½ cup black bean dip | ¾ cup chopped tomato |
| 4 10" large flour tortillas | 1 cup taco seasoned cheese, shredded |
| ¾ pound thinly sliced deli roast beef | Salsa (optional) |
| 1 cup shredded lettuce | |

Spread black bean dip over one side of each tortilla. Layer deli roast beef over bean dip, leaving a ½" border around edges. Sprinkle equal amounts of lettuce, tomato and cheese over each tortilla. Fold right and left sides to center of tortilla, overlapping edges. Fold bottom edge of tortilla up over filling and roll closed.

Hint: Cut each tortilla roll in half for ease in serving. Serve with salsa if desired.

Beef and Veggie Skillet

- 1¼ pounds boneless, beef sirloin steak
- 2 teaspoons dark sesame oil
- 2 cloves garlic, minced
- 1 medium red pepper, cut into thin strips
- 3 tablespoons soy sauce
- 2 tablespoons water
- ½ cup green onions, sliced
- 3 cups pea pods
- 3 tablespoons ketchup
- 2 cups hot cooked rice

Cut steak into ¼" strips. Toss with sesame oil and garlic. Heat non-stick skillet over medium heat until hot. Add ½ of beef, stir fry until the outside surface of the beef is no longer pink. Repeat process with the remaining beef strips. Remove from skillet; keep warm.

In same skillet, add red pepper strips, 2 tablespoons soy sauce and water; cook for 2-3 minutes or until peppers are crisp, but tender. Add sliced green onions and pea pods; cook for an additional 5 minutes or until vegetables have reached the desired degree of doneness. Stir in ketchup, remaining tablespoon of soy sauce and beef strips. Heat thoroughly. Serve over hot rice.

Beef Spaghetti Pie

7 ounces spaghetti, uncooked
1 egg
a cup Monterey Jack cheese,
shredded
½ teaspoon salt
¼ teaspoon garlic powder
1 pound ground beef

1 teaspoon garlic powder
½ teaspoon salt
½ teaspoon ground cumin
1 can (10 ounces) diced tomatoes
with green chillies, undrained
¾ cup dairy sour cream
1 cup cheddar cheese, shredded

Heat oven to 350°F. Cook spaghetti according to package directions; drain. Whisk together egg, shredded Monterey Jack cheese, salt and garlic powder. Add spaghetti; toss to coat. Arrange in 9" pie dish, press spaghetti into bottom and sides of pie dish to form a shell; set aside.

Brown ground beef in large nonstick skillet over medium heat until beef is no longer pink. Pour off drippings and season with 1 teaspoon garlic powder, salt and ground cumin. Add tomatoes to beef mixture; bring to boil. Reduce heat to medium, cook 3-5 minutes or until liquid has evaporated, stirring occasionally. Reserve 2 tablespoons of beef mixture for garnish. Stir sour cream into remaining beef mixture; add beef mixture to spaghetti shell. Sprinkle 1 cup shredded cheddar cheese on beef mixture. Place reserved beef mixture in the center of the cheese. Bake in 350°F oven for 15 minutes. Cut into wedges to serve.



Fall Flavors & Beef Contest Winners

Fall has arrived and it is my favorite season! I truly enjoy seeing Mother Nature work her magic with the beautiful colors that the leaves become. Another piece of Mother Nature's fall magic is the many, many wonderful varieties of apples that we have to choose from. Many wonderful fall festivals take place to honor this

magical fruit, including our West Virginia Golden Delicious Apple Festival!

This month's recipes include some wonderful new apple recipes, as well as the three top recipes from the *Quick and Easy Beef Contest* at the 2002 State Fair of West Virginia.

First-Place Quick and Easy Beef Contest

Quick and Easy Fajita Pizza

Sandra Perry, Ronceverte, W.Va.

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|---|----------------------------|
| 2 tablespoons yellow cornmeal | 1 small onion, sliced |
| 1 tube refrigerated pizza crust | 1 package fajita seasoning |
| 1½ cups salsa | 8 ounces shredded cheese |
| 1½ pounds flank steak, thinly sliced | Tomato for garnish |
| 1 tablespoon vegetable oil | Green onion for garnish |
| 1 cup sliced sweet bell peppers
(mixed colors are the prettiest) | |

Sprinkle 1 tablespoon cornmeal on greased pizza pan. Roll out pizza crust; top with remaining tablespoon cornmeal. Bake at 400°F for 10 minutes or until golden brown.

Spread crust with salsa.

In large skillet, sauté steak, oil, peppers and onions. Add fajita seasoning. Simmer until steak is done, approximately 10 minutes. Top salsa with steak/pepper mixture.

Sprinkle pizza with cheese and garnish with tomatoes and green onion.

Apple Smoothies

- 2 cups applesauce
- 1 cup apple cider
- 1 cup orange juice
- 2 tablespoons maple syrup
- ½ teaspoon nutmeg
- ½ teaspoon cinnamon

Combine all ingredients in blender; blend until smooth. Pour into glasses; serve.

European Apple Pie

Crust:

- 1/2 cup butter
- 1/4 cup pure maple syrup
- 1/2 cup cream cheese
- 1 egg
- 1 tablespoon orange rind
- 1 teaspoon vanilla
- 2 1/4 cups flour
- 1/2 teaspoon baking powder

Filling:

- 2 pounds tart apples

Topping:

- 1/2 cup sour cream
- 1/4 cup pure maple syrup
- 2 tablespoons lemon juice
- 1/4 teaspoon nutmeg

Pie Crust: Blend together butter, maple syrup, cream cheese, egg, orange rind and vanilla. Add flour and baking powder. Roll out crust on floured surface with floured rolling pin. This dough will be very soft. Roll to a 1/8" thickness. Pat dough into 7" pie pan.

Filling: Cut apples into 1/2" slices; arrange in circular pattern on dough in pie plate. Refrigerate for 1/2 hour. Combine sour cream, maple syrup and lemon juice. Spoon over chilled apples. Sprinkle nutmeg on top. Bake at 350°F for 30 minutes.



Caramel Apple Pie

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|---------------------------------|---------------------------|
| 30 caramel candies | 2 tablespoons sugar |
| 1 tablespoon milk | 1/2 cup chunky applesauce |
| 1 graham cracker pie crust | 2 teaspoons vanilla |
| 1/2 cup nuts, chopped | 1/2 teaspoon cinnamon |
| 8 ounces cream cheese, softened | 8 ounces whipped topping |
| 1/2 cup sour cream | 2 apples, sliced |

Melt 24 caramels with milk in small microwave bowl on high for 60-90 seconds. Stir mixture until smooth. Pour into pie crust. Sprinkle with chopped nuts; set aside to cool.

Beat cream cheese, sour cream and sugar until smooth. Stir in applesauce, vanilla and cinnamon. Fold in half of whipped topping.

Cover caramel mixture with sliced apples. Spread cream cheese-whipped topping mixture over sliced apples and caramel mixture. Chill pie for 4 hours.

Melt remaining 6 caramels in microwave. Garnish pie with remaining whipped topping and apple slices. Drizzle melted caramels over pie. Store leftover pie (if any) in the refrigerator.

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Second-Place Quick and Easy Beef Contest

Beef Ragout in Mushroom and Wine Sauce with Garden Vegetables

Harry Lynch, Summersville, W.Va.

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|--|----------------------------------|
| 1 pound precooked deli roast beef | ½ teaspoon dried thyme |
| 1 tablespoon butter mixed with | 1 cup heavy cream |
| 1 tablespoon olive oil | 2 tablespoons cornstarch |
| 1 15-ounce can new potatoes, cut in half | dissolved in 2 tablespoons water |
| 1 8-ounce can sliced carrots, drained | 1 4-ounce can sliced mushrooms, |
| 1 small onion, coarsely chopped | drained |
| 1 8" stalk of celery, sliced on the bias | Salt and pepper to taste |
| ½ cup beef broth | 2 cups instant rice, cooked |
| ¼ cup dry red wine | |

Cut precooked beef into ¾"-1" cubes. Melt butter and oil over medium high heat in 10" nonstick skillet. Add vegetables (except sliced mushrooms) and sauté 8-10 minutes or until onions begin to wilt. Remove vegetables from skillet; cover with foil to keep warm. Add beef cubes, broth, wine, thyme and heavy cream, bring to boil; simmer for 10 minutes. Thicken with cornstarch-water mixture. Add mushrooms; cook for another 5 minutes. Add salt and pepper to taste.

Place cooked rice in the center of serving platter, top with beef and gravy mixture. Arrange vegetables around edge of rice. Serves 4.



Third-Place Quick and Easy Beef Contest

Mushroom Gravy Burgers

Darlene Killen, Alderson, W.Va.

- 1 pound ground chuck
- 1 package onion soup mix
- 1 small bell pepper, finely chopped
- 1 tablespoon Worcestershire sauce
- 1 teaspoon garlic salt
- 1 teaspoon meat tenderizer
- 1 egg
- Salt and pepper to taste

Gravy:

- 2 tablespoons butter
- 1 4-ounce can mushrooms, sliced
- ¼ cup onion, sliced
- 3 beef bouillon cubes
- 1½ cups water
- ¼ cup milk
- 1½ tablespoons cornstarch dissolved in ¼ cup hot water

Mix all ingredients together, shape into patties; fry until done. While patties are cooking, prepare gravy.

Gravy: Heat butter in saucepan. When butter is melted, add mushrooms and onions. Saute' until onions are translucent. Add bouillon cubes, water and milk. Bring mixture to a boil, add dissolved cornstarch mixture; cook until thickened.

Drain burger patties; add to gravy mixture. Simmer for 10 minutes. Serves 4.

Pumpkins Help Bring on the Holiday Season

It seems impossible to me that the Holiday Season is upon us! Time certainly seems to move at a faster pace with each birthday that I celebrate. Don't forget to watch grocery ads to stretch your holiday meal dollars. If the store is temporarily out of an item and it is a store that you patronize, request a rain check or the item.

If you have a favorite winter casserole recipe that you would like to share, please send it to me at: Jean Smith, Marketing and Development Division, West Virginia Department of Agriculture, 1900 Kanawha Blvd., E., State Capitol Building, Charleston, WV 25305.

I will be happy to include them in upcoming columns.

This month's recipes are from the *Bake-Off Contest* at the West Virginia Pumpkin Festival, which is always held the first weekend in October in Milton, W.Va. They are perfect for upcoming holiday meals.

First-Place Pumpkin Pie

Mary Adkins, Ona, W. Va.

- : cup sugar
- 2 teaspoon salt
- 1 teaspoon cinnamon
- Ginger
- 3 teaspoon cloves
- 2 eggs
- 1 can (15 ounces) pumpkin
- 1 can (12 ounces) evaporated milk
- 1 9" deep dish pie shell



Mix sugar, salt, cinnamon, ginger and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar/spice mixture. Gradually add evaporated milk, stirring well. Pour into pie shell.

Bake in preheated 425°F oven for 15 minutes. Reduce temperature to 350°F; bake for an additional 40-45 minutes or until knife inserted near center comes out clean. Cool and serve. Refrigerate any leftovers.

First-Place Pumpkin Cookies Pumpkin Spice Bars

Mary McClure, Barboursville, W. Va.

- 4 large eggs
- 2 cups sugar
- 1 cup vegetable oil
- 1 can (16 ounces) pumpkin
- 2 cups flour
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon

- 1 teaspoon baking soda
- 2 teaspoon salt
- 2 teaspoon ground ginger
- 3 teaspoon ground cloves
- Cream Cheese Frosting**
- 2 cup chopped walnuts

Heat oven to 350°F. Grease bottom and sides of 15x10x2x1" jelly roll pan lightly with shortening.

Beat eggs, sugar, oil and pumpkin large bowl until smooth. Stir in flour, baking powder, cinnamon, baking soda, salt, ginger and cloves. Spread in prepared pan. Bake for 25-30 minutes or until light brown. Cool completely in pan on wire rack. Frost with *Cream Cheese Frosting**; top with walnuts. Cut into 2x2" bars. Refrigerate any leftover bars.

Cream Cheese Frosting*

- 1 package (3 ounces) cream cheese, softened
- 1 teaspoon vanilla
- 1/2 cup stick margarine or butter, softened
- 2 cups Confectioner's sugar

Mix cream cheese, butter or margarine and vanilla in medium bowl. Gradually beat in Confectioner's sugar until smooth. Spread evenly over cake.

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First-Place Sugar-Free Pumpkin Pies

Equal® Pumpkin Pie

Mary McClure, Barboursville, W.Va.



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|--|----------------------------|
| Pastry for 9" pie | 3/4 cup Equal Spoonful® |
| 1 can (16 ounces) pumpkin | 3 teaspoon salt |
| 1 can (12 ounces) evaporated skim milk | 1 teaspoon ground cinnamon |
| 3 eggs | 2 teaspoon ground ginger |
| 5/2 teaspoons Equal® for recipes or | 3 teaspoon ground nutmeg |
| 18 packets Equal® sweetener | 1/2 teaspoon ground cloves |

If not using a prepared pie crust, roll pastry on floured surface to a circle 1" larger than an inverted pie pan. Ease pastry into pan, trim; flute edge. Beat pumpkin, evaporated milk and eggs in medium bowl, beat in remaining ingredients. Pour mixture into pastry shell. Bake in preheated 425°F oven for 15 minutes, reduce oven temperature to 350°F; bake until knife inserted near center comes out clean, about 40 minutes. Cool on wire rack. Makes about 8 servings.

First-Place Pumpkin Fudge

Creamy Pumpkin Walnut Fudge

Carolyn Blakemore, Fairmont, W.Va.

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|--------------------------------|---|
| Butter | 3 teaspoon salt |
| 3 cups granulated sugar | 4 cups miniature marshmallows |
| 1 1/2 cups evaporated milk | 2 10-ounce packages vanilla
baking chips |
| 1 cup cooked pumpkin | 1 cup chopped walnuts |
| 4 tablespoons butter | 2 teaspoons vanilla extract |
| 1 tablespoon Pumpkin Pie Spice | |

Line a 13x9" baking pan with aluminum foil, extending over side of pan. Grease foil. Butter sides of large heavy saucepan. Combine sugar, milk, pumpkin, butter, Pumpkin Pie Spice and salt in buttered pan. Stirring constantly, bring to a boil over medium heat. Remove from heat; add marshmallows, vanilla chips, walnuts and vanilla. Stir until dissolved. Pour into greased pan. Chill until firm. Keep refrigerated when not serving.

First-Place Pumpkin Cake

Pumpkin Roll

Mary Adkins, Ona, W. Va.

- 1 cup pumpkin
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 3 eggs
- $\frac{3}{4}$ cup flour
- 1 cup sugar
- 1 teaspoon soda



*Pumpkin Roll Filling**

Confectioner's sugar

Mix all ingredients together; bake at 325° F in greased 15x10" jelly roll pan for about 20 minutes. Turn cake onto a hand towel that has been sprinkled with Confectioner's sugar. Sprinkle cake with Confectioner's sugar, roll in towel. Cool; gently unroll cake. Add filling (recipe follows).

Pumpkin Roll Filling*

- 1 cup Confectioner's sugar
- 1 package (8 ounces) cream cheese
- 1 teaspoon vanilla
- $\frac{1}{2}$ cup chopped nuts (your choice)

Combine ingredients; beat until smooth. Spread over cake. Roll cake again; wrap in plastic wrap or place in airtight container. Chill until served. Refrigerate any leftovers.

Pumpkin, an Autumn Harvest Bounty

Pumpkin Facts and Trivia

- Fresh pumpkins are available in the fall and winter. There are two types of pumpkins available commercially. **Sugar pumpkins** are usually the smaller, deep orange variety. **Field pumpkins**, also known as jack o' lanterns, are larger, a brighter shade of orange and more suitable for carving. Although both varieties are edible, sugar pumpkins have sweeter flesh and are better for cooking. The flesh from the smaller ones are more tender and less stringy than the larger variety. Pumpkin has a mild, sweet flavor and the seeds, husked and roasted, are deliciously nutty.
- Select pumpkins that are between five to eight pounds, free from blemishes and heavy for their size. Store whole pumpkins at room temperature up to a month or refrigerate up to 3 months. Pureed pumpkin is also available canned. Pumpkin may be prepared in almost any way suitable for winter squash. It's a good source of vitamin A.
- Pumpkin is highly perishable and must be cooked the same day it is cut open. Otherwise, the flesh will develop a feathery black mold. Cooked pumpkin should be refrigerated immediately. Pureed pulp should be used within 36 hours, or freeze for later use.
- Did you know the pumpkin pie was introduced to the holiday table at the Pilgrim's second Thanksgiving in 1623? The new Americans found the Indians growing and using this large and cumbersome fruit. They soon adapted it to their households as a much loved food.

taken from Cooksrecipes.com

Holiday Recipes and Safety Tips

The Holiday Season is indeed a season of hustle and bustle and for some rush, rush, rush! Don't let that be the case when it comes to food safety. Food safety is simply a matter of common sense. There are four steps to follow to ensure safe food handling.

1. Wash hands often using hot, soapy water. Lather for at least 20 seconds — washing both the front and backs of hands, between the fingers, and under the fingernails! Rinse well with warm water and dry with a clean towel or paper towels.

- a.** This rule applies when touching raw meats, poultry and seafood. Don't forget to wash again when switching tasks (i.e. from cutting raw meat to cutting raw vegetables).
- b.** The same rule applies to cutting boards — wash with hot, soapy water between each task. When possible, use two cutting boards. Use one

strictly for raw meat, poultry and seafood and the other for ready-to-eat foods like breads, fruits and vegetables.

2. Keep raw meats and ready-to-eat foods separate.

- a.** In addition to using two cutting boards, remember to either wash plates between use with raw and cooked meats or better yet, use two.
 - b.** Place raw meats, poultry and seafood on the bottom shelf of the refrigerator to prevent juices from dripping onto other foods.
 - c.** Place washed produce into clean storage containers, not back into the original ones.
 - d.** Use separate towels for drying dishes and hands.
- 3.** Cook foods to proper temperatures.

Use a meat or cooking thermometer to ensure that hot foods are cooked to the proper

temperature. This is the only way to be sure that egg dishes, meats, poultry and leftovers are cooked thoroughly and are safe to eat. Just because it looks done — it doesn't mean that it is done.

4. Refrigerate leftovers promptly below 40°F.

- a.** Keep the temperature of your refrigerator set below 40°F. Remember, the internal temperature of your refrigerator depends on many factors such as the amount of food being stored, the number of times the door is opened and the temperature of the kitchen.

Be sure to refrigerate leftovers within two hours after serving. This includes removing the meat from the turkey carcass and storing it in small containers, allowing it to cool more quickly.

Enjoy the following holiday recipes. On behalf of the staff of the West Virginia Department of Agriculture, happy holidays and a joyous 2003.

Sweet Potato Apple Salad

6	medium sweet potatoes	1½	teaspoons poppy seeds
½	cup vegetable oil	1	teaspoon grated orange peel
¼	cup orange juice	½	teaspoon grated lemon peel
1	tablespoon sugar	2	medium Granny Smith apples, chopped
1	tablespoon cider vinegar	2	green onions, thinly sliced
1	tablespoon Dijon mustard		
1	tablespoon onion, finely chopped		

In large saucepan, cook sweet potatoes in boiling water until just tender; cool completely. While potatoes are cooling, mix together the next nine ingredients and shake well. Peel potatoes; cut in half lengthwise, then into ½" slices. In 4-quart bowl, layer ¼ of sweet potatoes, apples and onions. Drizzle with ¼ of dressing mixture. Repeat layers and dressing 3 times. Refrigerate 1-2 hours before serving. Toss just before serving.

Eggnog Cake

- ½ cup butter
- 1¼ cups sugar
- 3 eggs
- ½ teaspoon vanilla extract
- ½ teaspoon rum extract
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 cup eggnog, commercially prepared
- Nonstick cooking spray

Frosting

- ¼ cup all-purpose flour
- ¼ teaspoon salt
- 1½ cups eggnog, commercially prepared
- 1 cup butter, softened
- 1½ cups sugar
- 1½ teaspoons vanilla extract

In large mixing bowl, cream together butter and sugar. Add eggs, one at a time, beating well after each addition. Add extracts; mix well. Combine flour, baking powder and salt; add to creamed mixture alternately with eggnog. Pour into two 9" cake pans or one 13x9x2" cake pan, which have been sprayed with non-stick cooking spray. Bake at 350° for 30-35 minutes or until toothpick inserted in center comes out clean. Cool for 10 minutes before removing from pans to wire racks.

Frosting: Combine flour and salt in saucepan. Gradually stir in eggnog until smooth. Bring to boil over medium heat, cook and stir for 2 minutes. Cool to room temperature.

In large mixing bowl, cream together butter and sugar. Add eggnog mixture and vanilla extract and beat on high until fluffy. Frost cake as desired.

Holiday Quiche

- 1 pound mild sausage
- 1 pound hot sausage
- 12 eggs
- 2 cups small curd cottage cheese
- 3 cups Monterey Jack cheese, shredded
- 1 cup Mozzarella cheese, shredded
- ½ cup all-purpose flour
- ½ cup butter, melted

- 1 teaspoon baking powder
- 2 cups fresh mushrooms, sliced
- ¾ cup onion, finely chopped
- 1 can green chilies, chopped and drained

Garnish

- Grated Parmesan cheese
- Green and sweet red pepper strips

In large skillet, cook sausages until no longer pink; drain, making sure the cooked sausage crumbles are of desired size. In large mixing bowl, beat eggs, cheeses, flour, butter and baking powder. Stir in mushrooms, onion, chilies and sausage. Transfer mixture to 2 greased 9" deep dish pie plates. Sprinkle with Parmesan cheese. Bake at 375°F for 35-40 minutes or until knife inserted near center comes out clean. Garnish with pepper strips.

Granny's Special Pie

- Pastry for two 9" single-crust pies
- 1½ cups raisins
- Water
- 1 cup butter, softened
- 1 cup sugar
- 1 cup brown sugar, packed

- 6 eggs
- 2 teaspoons vanilla extract
- 2-4 teaspoons ground cinnamon
- 1 cup chopped pecans
- 1 cup flaked coconut
- Whipped topping and additional chopped nuts for garnish

Prepare pie crusts for baking according to package directions. Line crusts with double thickness of heavy-duty foil. Bake at 450°F for 10 minutes. Remove and discard foil. Cool on wire rack. Place raisins in saucepan, cover with water; bring to boil. Remove from heat; set aside. In mixing bowl, cream together butter and sugars. Beat in eggs, vanilla and cinnamon (according to taste) until smooth. Drain raisins. Stir raisins, pecans and coconut into creamed mixture (mixture will appear curdled). Pour into crusts. Bake at 350°F for 30-35 minutes or until set. Cool on wire racks. Garnish with whipped topping and chopped nuts if desired.