

Happy Dairy Month!

By Jean Smith, Director, Marketing and Development Division

This month is devoted to thanking our nation's dairy farmers for their hard work in supplying our nation with a wonderfully safe supply of milk and of course great dairy products! Hats off also to our West Virginia Dairy Princess, Whitney Henry of Hedgesville, W.Va. Whitney is the official ambassador to the West Virginia dairy industry and will spend

this month and a great deal of additional time visiting various parts of the state promoting this great industry!

Enjoy this month's recipes as they promote not only the dairy industry, but in addition, one of West Virginia's favorite spring fruits – the strawberry.

– Happy Cooking!

Recipes

Strawberry-Pecan Bread

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| 2 eggs | ½ teaspoon salt |
| 1 cup sugar | 1½ cups sliced strawberries |
| ½ cup vegetable oil | 2 tablespoons water or strawberry syrup |
| 1½ cups all-purpose flour | 1 cup chopped pecans |
| 2 teaspoons ground cinnamon | |
| 1 teaspoon baking soda | |

In large bowl, beat together eggs, sugar and oil until well mixed. Add flour, cinnamon, baking soda and salt. Beat until well blended (batter should be thick).

Stir in strawberries, water or syrup and nuts. Pour batter into greased 9x5x3" loaf pan.

Bake at 350°F for 55-65 minutes. Let cool in loaf pan for 10 minutes. Remove from pan and cool completely on wire rack.

Recipes

Colby Cobb Salad

Source: www.3aday.org – American Dairy Association

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 black 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 cooked 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 blender or food processor. Cover and pulse until smooth (dressing will be green in color). Pour yogurt mixture into medium bowl; stir in remaining yogurt and mayonnaise until just blended, add salt and pepper to taste; refrigerate until ready to serve.

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

Salad:

Place lettuce at the bottom of bowl; sprinkle tomatoes, onion, cucumber, turkey, bacon bits, egg and cheese on top. Just before serving, pour dressing over salad and toss lightly.

Visit the Mountain State Art & Craft Fair, July 2-4

• Music & Entertainment • Heritage • Family Fun • Great Food • Artisans
Cedar Lakes, Ripley, W.Va.

For more information, visit www.msacf.com or call 304-372-3247.

WHAT'S COOKIN'

June 2009

Recipes

Strawberry-Rhubarb Compote

- 3 cups chopped rhubarb
- ¼ cup sugar
- ½ cup water
- 1 cup chopped strawberries

Combine rhubarb, sugar and water in heavy-bottomed saucepan. Bring to simmer, turn heat down very low and cook for 3-4 hours. When rhubarb is very soft, add strawberries and cook for 1 hour longer. Stir gently. Add more sugar if needed, according to taste.

This compote is great served over ice cream or pound cake.

Recipes

Skinny Hazelnut Café au Lait

Source: www.3aday.org
American Dairy Association

- 2 tablespoons sugar-free hazelnut syrup
- 1 cup fat-free milk
- ⅔ cup brewed coffee
- Cinnamon

Pour syrup into 20-ounce chilled stainless steel pitcher. Add cold milk.

If using a stovetop, heat syrup and milk in saucepan over medium-low heat, do not boil. If using a microwave, heat milk and syrup in large, shallow bowl for 2-3 minutes. Whisk rapidly until milk is airy and frothed. Blend in coffee, dust with cinnamon; serve in bowl or mug.

Firecracker Chili Cookoff

at the Mountain State Art & Craft Fair
Saturday, July 4
11 a.m.-4 p.m.

Red Chili: 1st, \$350; 2nd, \$150; 3rd, \$50; Peoples Choice, \$100
Verde & Salsa categories: 1st, \$50; 2nd, \$35; 3rd, \$15
Combread: 1st, \$50; 2nd, \$35; 3rd, \$15.

For complete competition rules and registration, visit www.msacf.com.