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Using South Dakota Grown Fruits & Vegetables In Your Recipes

Cooperative Extension Service
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Quick and Easy Pumpkin Cake Dessert

Beat 4 eggs.
Add: 1 cup sugar
2 tsp. pumpkin pie spice
½ tsp. salt
2 cups pumpkin
1 cup evaporated milk
Pour into a greased 9x13 inch pan.
Top with one package dry white or yellow cake mix.
Slice 2 sticks margarine (or butter) into thin slices and layer over dry cake mix.
Top with ¼ cup chopped nuts.
Bake for 50 minutes in a 350° oven.
Source: Sue's Recipe Box

Don't toss those pumpkin seeds! Toast or roast pumpkin seeds in your oven in no time at all. They can be salted or spiced to suit your taste. The shells are edible and are a good source of fiber. You can use this method with other seeds such as acorn squash and butternut squash.

Oven Toasted Pumpkin Seeds

Rinse pumpkin seeds. Use fingers to remove all the pulp. Drain seeds and discard pulp. Spread out on paper towels on a cookie sheet to dry overnight.
Preheat oven to 250ºF. Line a baking sheet with non-stick oil.
Toss pumpkin seeds in olive oil, butter or spray with cooking spray.
Sprinkle with either salt, garlic powder, onion powder, seasoned salt, cayenne pepper, or your choice of seasonings. Toss to coat.
Bake about one hour tossing every 15 to 20 minutes, until golden brown.
Cool pumpkin seeds before eating. Store in an airtight container at room temperature up to three months or refrigerate up to one year.
If you like your seeds extra salty, soak overnight in a solution of ¼ cup salt to 2 cups water. Dry an additional day, then proceed as above.
Source: Sue's Recipe Box
Developed by
Laurie Tangen, FCS Extension Educator,
Brookings County Extension;
and
Susan Vander Wal, Support Staff
Brookings County Extension.

Brookings County Extension
826 32nd Avenue Suite 101
Brookings, SD 57006
(605) 696-8280

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Zucchini Rounds

½ cup biscuit mix
1/8 tsp. pepper
¼ cup grated parmesan cheese
2 eggs lightly beaten
2 cups grated unpeeled zucchini
3 T. olive oil

Lightly beat eggs and pepper in a bowl. Add grated zucchini. Combine biscuit mix and cheese and stir into wet ingredients and slightly blend. Melt 2 T. butter and vegetable oil in skillet. Heat to medium-hot and drop zucchini mixture by tablespoons full and spread each into a round shape. Fry or grill on medium heat 8-10 minutes, turning to brown on each side.

Source: Garden Recipes A to Z, 2008

Spinach Dip

1 pkg. (10 oz.) baby spinach, chopped, or 1 pkg. (10 oz.) frozen spinach, thawed and squeezed dry
1—16 oz. container sour cream
1 cup low-fat mayonnaise
1 pkg. Knorr’s® vegetable recipe mix
1 oz. can water chestnuts, drained and chopped (optional)
3 green onions, chopped (optional)

Combine all ingredients and chill about 2 hours. Serve with favorite vegetables.

Source: The Seven Secrets of Magic Eating, Reader’s Digest adapted for CYFAR, 2008

Sweet Potatoes

Sweet potatoes can be sliced and eaten raw and then dipped in your favorite vegetable dip. Sweet potatoes can also be grilled. Slice them in ¼-inch slices and dip in olive oil, and then grill until golden brown. Use an outdoor grill or an electric griddle. Microwave baked potatoes and serve with margarine and brown sugar.
Oven Fries

4 medium potatoes  
1 T. oil

½ tsp. salt or salt substitute  
Paprika (optional)

Cut potatoes into strips ½-inch thick. While cutting potatoes, drop strips into a bowl of ice water to crisp. Drain and pat dry on paper towels. Toss potato strips in a bowl with oil as if making a salad. Spread the strips in a single layer on a cookie sheet and place in a pre-heated oven. As they bake, turn frequently so all sides brown. For a crisper potato, brown a minute or two under broiler. Sprinkle with salt, lite salt, or paprika, if desired.

Bake at 450° for 30-40 minutes.

Source: Cooking With Kids, CYFAR, February 2008

Zesty Salsa

10 cups chopped cored peeled tomatoes
5 cups chopped seeded green bell peppers
5 cups chopped onions
2½ cups chopped seeded chili peppers
1¼ cups cider vinegar
3 cloves garlic, finely chopped
2 T. finely chopped cilantro
1 T. salt
1 tsp. hot pepper sauce (optional)

Prepare canner, jars, and lids.
In a large stainless steel saucepan, combine tomatoes, green peppers, onions, chili peppers, vinegar, garlic, cilantro, salt, and hot pepper sauce, if using. Bring to a boil over medium-high heat, stirring constantly. Reduce heat and boil gently, stirring frequently, until slightly thickened, about 10 minutes.

Ladle hot salsa into hot jar, leaving ½-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot salsa. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to finger-tip tight.
Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process both 8 ounce and pint jars for 15 minutes. Remove canner lid. Wait 5 minutes, then remove jars, cool, and store.

Source: Ball’s Complete Book of Home Preserving

Fresh Fruit

Without a doubt, fruit is most often enjoyed in its unaltered state. The apple eaten out of hand, the wedge of sweet melon, the bowl of fragrant berries—all are delicious just as they are! Fruits can also be eaten in a cooked recipe.

With many fruits, fragrance is the best indication of quality and ripeness. The most important point to remember in selecting fruit is to follow the seasons. Enjoy rhubarb in early spring, berries in late spring, melons at the height of summer, and crisp apples in early fall.

Sunrise Smoothie

1 cup orange juice
1 cup plain fat-free yogurt
1 cup fresh or unsweetened frozen strawberries
2 medium bananas, peeled, cut up, and frozen
1 tsp. ground flax seed (optional)
6 to 8 ice cubes fresh strawberries (optional)

In a blender, combine juice, yogurt, 1 cup strawberries, bananas, and flax seed, if you like. Cover. Blend until pureed. Add ice, one cube at a time, until desired consistency. If you like, garnish with strawberries.

Source: Smoothies, Lavonne Meyer, Turner County FCS Educator

Pure Magic in a Glass

¾ cup apple juice
½ cup plain yogurt
1 banana, sliced and frozen
1 cup frozen berries (your choice of berries)

Pour the apple juice into a food processor. Add the yogurt, and process until smooth. Add the banana and half of the berries and process well, then add the remaining berries and process until smooth. Pour the mixture into tall glasses and add straws.
Decorate with whole berries and serve.

Source: Smoothies and Juices, 2004
Apple Banana Smoothies
1 cup apple juice
½ tsp. powdered cinnamon
2 bananas, sliced and frozen

Pour the apple juice into a food processor. Add the cinnamon and process gently until combined. Add the banana and process until smooth. Pour the mixture into tall glasses and decorate with slices of fresh banana on toothpicks. Serve immediately.
Source: Smoothies and Juices, 2004

Summer Medley Smoothie
4 T. orange juice
1 tsp. lime juice
Scant ½-cup sparkling water
4 ice cubes, crushed
2-1/3 cups frozen summer fruits (such as blueberries, raspberries, blackberries, and strawberries).

Pour the orange juice, lime juice and sparkling water into a food processor and process gently until combined. Add the summer fruits and ice cubes and process until a slushy consistency has been reached. Pour the mixture into glasses, then decorate with whole berries on toothpicks and serve.
Source: Smoothies and Juices, 2004

Caramel Apple Salad
8 oz. can crushed pineapple, drained
3½ oz. pkg. butterscotch instant pudding
8 oz. container whipped topping
1 cup dry roasted peanuts
1 c. miniature marshmallows
4 cups unpeeled chopped apples

Drain pineapple. Mix pineapple, pudding mix, whipped topping, peanuts, marshmallows, and apples in a bowl. (Best if served chilled and peanuts added right before serving.)
Source: Sue’s Recipe Box

Cucumber Salad
7 cups sliced cucumbers (not peeled)
2 T. salt
1 cup green pepper (chopped)
1 T. celery seed
1 cup onion (sliced or chopped)
½-¾ cup sugar
1 cup vinegar (brown)

Sprinkle salt and celery seed over cucumbers, peppers and onion. Mix well and let stand 10-15 minutes. Mix separately sugar and vinegar until sugar is dissolved. Rinse and drain cucumber mixture. Pour vinegar liquid over cucumber mixture. Store in refrigerator, will keep in refrigerator for a month of more. You can make smaller quantities very easily. Add more vinegar if cucumbers aren’t covered.
Source: Country Cooking, Kingsley United Methodist Women, 1999

Carrot Salad
1 8-ounce can crushed pineapple
2 T. lite mayonnaise
1 ½ cups shredded carrot
¼ cup coconut
1 T. sugar ½ cup raisins

Drain pineapple, reserving juice. In a jar or small bowl, combine juice and mayonnaise; shake or mix until smooth. Combine all other ingredients in a salad bowl. Pour in juice mixture and toss gently to coat. Chill before serving. Yield: 4 servings
Source: Green Thumbs in the Kitchen, 1996
Fantasy Cinnamon Applewiches

4 raisin bread slices  
1/3 cup reduced-fat cream cheese  
1 tsp. sugar  
1/4 cup finely chopped unpeeled apple  
1/8 tsp. ground cinnamon  

Toast bread. Cut into desired shapes using large cookie cutters. Combine cream cheese and apples in small bowl; spread onto toast. Combine sugar and cinnamon in another small bowl; sprinkle evenly over cream cheese mixture. (Makes 4 servings.)

Source: Cooking With Kids, CYFAR, February 2008

Raspberry Cake

1 box white Jiffy cake mix  
1 small box raspberry Jello  
1 cup sugar  
2 quarts raspberries  
3 T. cornstarch

Bake cake mix according to package directions in a 9x13 inch pan OR in two 9x9 inch pans. In a saucepan, cook water, sugar, and cornstarch over medium heat until thick. Add the Jello powder and stir in well. Let cool about 1 hour. Gently fold berries into sauce. Pour onto baked and cooled cake. Refrigerate until Jello berry topping sets up.

Source: Sue’s Recipe Box

Fresh Rhubarb Cake

1 cup brown sugar  
½ cup shortening  
1 cup sour milk OR buttermilk  
1 ½ tsp. cinnamon  
1 cup white sugar  
1 egg  
2 cups flour  
1 ½ cups finely cut rhubarb

Cream sugars, shortening and egg. Add in milk alternately with flour and cinnamon; mix after each addition. Fold in rhubarb. Bake in a 9x13 greased and floured pan. (You can make this recipe into cupcakes.) Sprinkle cake with a sugar/cinnamon mixture just before baking. Bake at 350°F for 35-40 minutes (less time for cupcakes). Serve with whipped cream or plain.

Source: Sue’s Recipe Box

Tips for Picking and Preparing Perfect Cucumbers

- Select only fresh, firm, high-quality cucumbers with no signs of deterioration.  
- Use cucumbers within 24 hours of harvesting. Store them in the refrigerator before using, as pickling cucumbers deteriorate rapidly at room temperature.  
- Use only pickling cucumbers, such as Kirbys. Other varieties, such as field or English cucumbers, are better used in relishes or chutneys.  
- Field cucumbers are usually peeled, unless the recipe specifies this type of cucumber.  
- Do not use waxed cucumbers; the pickling brine will not be able to penetrate the wax coating.

Fresh Vegetables

Vegetables cooked in a microwave oven is a simple process that will preserve color and nutrients and enhance flavor. Some vegetables, such as corn, onions, or peas, cook in their own natural moisture. Others need only a few tablespoons of butter, margarine, or water to cook tender crisp. 

Corn on the cob cooked in the microwave oven comes to the table tender, sweet, and piping hot. You can prepare it in several ways: With fresh corn, strip back the husk, remove silk, bring the husk back up over the corn, and microwave. Husked corn may be arranged in a baking dish with a small amount of water and covered with plastic wrap. Individual ears may be wrapped in waxed paper or a paper towel and arranged on the oven floor. To cook 2 ears of corn, put corn in open glass dish. Pour melted butter over corn. Turn ears 2 or 3 times during cooking. Cook 4-6 minutes on high. Let stand covered for 3 minutes before eating.
Kitchen Safety for EVERYONE in the Family

1. Hands carry lots of germs. Always wash your hands before making or eating any snack. Wash at least 20 seconds in warm water and with soap. Scrub the back and front of your hands, between your fingers, and don’t forget your fingernails! Then rinse under running water and dry with a clean towel.

2. Wash all fruits and vegetables with clear clean water just before eating. You do not need to use soap. See Cleaning Fruits and Vegetables for more information, link http://agbiopubs.sdstate.edu/articles/ExtFCS105.pdf

3. When using a knife to cut your food, always cut away from your body.

4. Microwave cooking is fast, but can cause serious burns. Never turn on an empty oven. This can cause the oven to break. Read package directions carefully. Make sure you know how to run the microwave. Use only microwave-safe cookware. Food coming out of the microwave can be very hot. Allow the food to cool before eating.

5. Hot liquids, not fire, are the most common cause of burns to children. If you get burned working in the kitchen, go to the sink and hold the burned area under cool, running water. If the burn begins to blister, cover it loosely with sterile gauze or a clean cloth. If the burn is severe seek medical assistance.

6. Germs grow quickly in foods that are not stored properly. Put these foods back in the refrigerator as soon as you have fixed your snack.

7. Throw away foods like bread, cheese, jelly, fruits and vegetables, or any other foods that have mold spots or look bad.

8. If you spill something, take the time to clean it up properly.

9. Keep the toaster away from curtains or towels or other things that could catch fire. Unplug toasters and other kitchen appliances when not using them. If toast gets stuck, unplug the toaster. DO NOT use any object to remove the toast from the toaster. Toasters can catch on fire. If you see flames from any kitchen appliance, call 911 immediately.

10. Keep things that will burn away from the stove. Towels, pot holders, plastics, and paper towels can all catch fire quickly when near direct heat or flames. Turn pan handles away from the front so someone can’t knock them off while walking by. Always turn off the stove when you are done cooking.

11. If something on the stove catches fire:
   A. Smother the fire with a lid.
   B. Turn off the burner.
   C. Once the fire is out, tell an adult there was a fire.
   D. Leave the house and call 911 if the fire has leaping flames.

   DO NOT THROW BAKING SODA, SALT, WATER OR FLOUR ON A FIRE. DO NOT CARRY A BURNING OBJECT TO ANOTHER ROOM.

12. Do not allow electrical cords to dangle over the edge of counter or table.