

## UTAH STATE FAIR - Cooking With Fall Produce

WEBER CO. EXTENSION



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### CARMELIZED ROASTED VEGETABLES

*This recipe separates the vegetables into two or three baking dishes to help them become crispy and brown. In glass dishes they will take a little over an hour. If using cast-iron it will take around 50 minutes.*

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|---|---|
| 1 sweet potato, peeled, 1/2-inch thick slices             | 2 yellow onions, cut into 8 wedges              |
| 1 russet potato, peeled, 1/2-inch thick slices            | 1 fennel bulb, trimmed, sliced into wedges      |
| 2 green zucchini, 3/4-inch thick slices                   | 1 red bell pepper, seeded, 1/2-inch wide strips |
| 2 yellow zucchini or summer squash, 3/4-inch thick slices | 1/2 cup extra-virgin olive oil                  |
| 1 eggplant, cubed, salted, drained (pat dry)              | Salt and freshly ground pepper to taste         |
| 1 head garlic, unpeeled, broken into cloves               | 2 fresh rosemary sprigs or 1 T. dried rosemary  |

Preheat oven to 400 degrees F. Arrange all the vegetables in three or more pans, drizzle with olive oil; sprinkle with salt and pepper. Hand toss vegetables to coat evenly. Break up one of the rosemary sprigs; distribute over vegetables. Roast until vegetables are brown and tender. Transfer to a large platter; serve immediately with sprig of rosemary on top. Serves 6-8.

### GOLDEN HARVEST MUFFINS

- 2 1/3 cups all-purpose flour
- 2 cups whole wheat flour
- 2 cups sugar
- 4 teaspoons baking soda
- 4 teaspoons cinnamon
- 1 teaspoon salt
- 1/2 teaspoon cloves
- 4 cups (5 med.) apples, shredded
- 1 cup carrots, shredded
- 1 cup coconut, optional
- 1 cup raisins
- 1 cup nuts, chopped
- 1 1/4 cups oil
- 1/2 cup milk
- 4 teaspoons vanilla
- 3 eggs, beaten

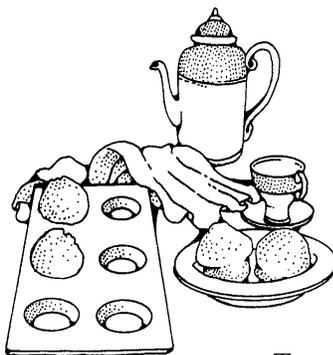
Combine flours, sugar, baking soda, cinnamon, salt and cloves. Add apples, carrots, coconut, raisins and nuts; mix well. Add oil, milk, vanilla and eggs; stir just until moistened. Fill muffin cups 3/4 full; bake at 350 degrees F. for 20-25 minutes. Makes 36.

### DELICATE PEAR MUFFINS

- 1 3/4 cups all-purpose flour
- 1/3 cup sugar
- 3 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon nutmeg
- 2 cups (2 medium) cubed peeled pears
- 1/2 cup skim milk
- 3 tablespoons oil
- 1 egg

*Topping:* 3 tablespoons sugar  
1 teaspoon finely grated lemon peel

Heat oven to 400 degrees F. Line 12 muffin cups with paper baking cups and spray lightly with nonstick cooking spray, or spray 12 muffin cups. Lightly spoon flour into measuring cup; level off. In large bowl, combine flour, 1/3 cup sugar, baking powder, salt and nutmeg; mix well. Add pears; toss to coat. In small bowl, combine milk, oil and egg; beat well. Add to dry ingredients; stir just until moistened (do not over mix). Divide batter among muffin cups. In small bowl, combine topping ingredients; mix well. Sprinkle over batter; bake for 15 to 20 minutes or until golden brown. Makes 12.



## **PIZZA-STUFFED ZUCCHINI**    *Microwave Recipe*

¾ cup uncooked instant rice  
¾ cup water  
⅓ cup chopped fresh mushrooms  
⅓ cup chopped reduced-fat (2 oz) Canadian bacon  
2 tablespoons thinly sliced green onions  
½ teaspoon dried Italian seasoning  
½ cup pizza sauce  
2 medium (7-inch) zucchini  
¼ cup shredded reduced-fat (1 oz) mozzarella cheese

Combine rice and water in microwave-safe casserole dish; cover on cook on HIGH for 2 minutes. Remove from microwave; let stand 5 minutes. Fluff rice with fork. Add mushrooms, bacon, onions, Italian seasoning and pizza sauce; mix well. Cut zucchini in half lengthwise; scoop out seeds, leaving ¼-inch shell. Fill each half with one quarter of rice mixture. Place zucchini in ungreased 8-inch square microwave-safe dish. Add 2 tablespoons water to bottom of dish; cover with plastic wrap. Cook on HIGH for 8-14 minutes or until tender. Carefully remove plastic wrap. Sprinkle cheese over top; cook on HIGH for 30-60 seconds or until cheese is melted. Serves two.

## **PUMPKIN CASSEROLE**

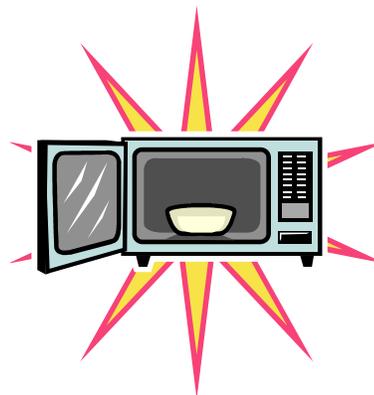
6 cups pumpkin, peeled and cut into ½-inch cubes  
2 cups water  
¼ cup onion, chopped  
1 teaspoon salt  
1 can cream of chicken soup  
1 cup sour cream  
1 cup shredded carrots  
6 oz herb stuffing mix  
½ cup butter or margarine

Combine pumpkin, water, onion and salt in large saucepan; bring to a boil. Simmer for 7 minutes; remove from heat and drain. Combine soup, sour cream and carrots in medium mixing bowl; fold into pumpkin mixture. Combine stuffing mix and melted butter; place half in bottom of greased 9x12" baking dish. Top with vegetable mixture; add remaining stuffing mix. Bake at 350 degrees for 25-30 minutes. Serves 6-8.

## **COMPANY CARROTS**

5 cups carrots, sliced  
1 cup sour cream  
1 package (3 oz) cream cheese  
3 tablespoons green pepper, minced  
2 tablespoons green onion, minced  
½ teaspoon grated lemon peel  
½ teaspoon salt  
⅛ teaspoon pepper

Cook carrots in boiling salted water until tender; drain. Combine with remaining ingredients; stir to blend. Heat thoroughly. Serves 6.



## **MICROWAVE BRUSSELS SPROUTS**

1 ½ pounds brussels sprouts  
¼ cup water  
¼ teaspoon celery salt  
Pinch pepper  
½ cup shredded cheddar cheese  
⅓ cup finely crushed cornflakes  
1 tablespoon butter or margarine, melted

Place brussels sprouts in a 1 ½ quart microwave-safe dish; add water. Sprinkle with celery salt and pepper. Cover and microwave on high for 8-10 minutes or until tender, stirring and rotating a quarter turn every 3 minutes; drain. Sprinkle with cheese microwave on high for 1-2 minutes or until cheese begins to melt. Combine cornflakes and butter; sprinkle over sprouts. Serves 8.

## SWEET POTATO APPLE BAKE

6 medium tart apples, peeled,  
thinly sliced  
2 medium sweet potatoes,  
peeled, halved  
1 cup quick-cooking oats  
½ cup packed brown sugar  
¼ teaspoon *each* ground  
cinnamon, ginger and nutmeg  
½ cup maple syrup  
2 tablespoons butter or margarine, melted



In a greased shallow 2 ½ quart baking dish, combine apples and sweet potatoes. Combine remaining ingredients; sprinkle over apple mixture. Cover and bake at 350 degrees F. for 40 minutes. Uncover; bake 15-20 minutes longer or until apples and potatoes are tender. Serves 6-8.

## SWEET POTATO CHICKEN SALAD

3 cups cooked chicken, cubed  
1 pound small red potatoes, cooked, cubed  
1 pound sweet potatoes, cooked, peeled, cubed  
1 package (16 oz) frozen cut green beans, cooked  
½ cup mayonnaise  
½ cup plain nonfat yogurt  
2 tablespoons milk  
2 teaspoons dill weed  
½ teaspoon salt  
⅛ teaspoon pepper  
Toasted pecans, optional

In a large bowl, combine chicken, potatoes and green beans. In another bowl, combine mayonnaise, yogurt, milk, dill weed, salt and pepper. Pour mayonnaise mixture over chicken mixture; stir gently to coat evenly. Cover and refrigerate at least 30 minutes. Sprinkle with pecans if desired. Serves 4.

## CRANBERRY-STUFFED ACORN SQUASH

4 medium acorn squash  
1 cup fresh or frozen cranberries, coarsely chopped  
1 medium tart apple, coarsely chopped  
1 medium orange, peeled and diced  
⅔ cup packed brown sugar  
¼ cup chopped walnuts  
¼ cup butter or margarine, melted  
1 teaspoon grated orange peel  
Pinch salt

Cut squash in half; discard seeds. Place squash, cut side down, in a 10x15x1-inch baking pan. Fill pan with hot water to a depth of ½-inch. Bake, uncovered, at 350 degrees F. for 30 minutes. Meanwhile, combine cranberries, apple, orange, brown sugar, walnuts, butter and orange peel. Drain water from pan; turn squash cut side up. Sprinkle with salt. Stuff with cranberry mixture. Bake 25 minutes longer or until squash is tender.

## ZUCCHINI EGG BAKE

3 cups zucchini, peeled, chopped  
1 large onion, chopped  
2 garlic cloves, minced  
¼ cup butter or margarine  
4 eggs  
½ cup grated Parmesan cheese  
¼ cup minced fresh parsley  
1 ½ teaspoons minced fresh basil  
*or* ½ teaspoon dried basil  
1 ½ teaspoons minced fresh marjoram  
*or* ½ teaspoon dried marjoram  
½ teaspoon salt  
½ cup shredded Monterey Jack cheese

In a large skillet, sauté the zucchini, onion and garlic in butter until tender; set aside. In a large bowl, whisk the eggs, Parmesan cheese, parsley, basil, marjoram and salt. Stir in zucchini mixture and Monterey Jack cheese. Pour into greased 1-quart baking dish. Bake at 350 degrees F. for 20-25 minutes or until a knife inserted near the center comes out clean. Let stand for 5 minutes before serving; serves 6.

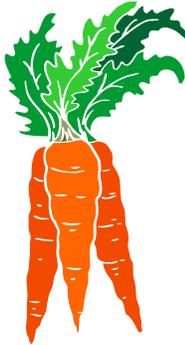
## AZTEC VEGETABLES

1 cup onion, chopped  
1 tablespoon vegetable oil  
1 small zucchini, halved lengthwise, sliced ¼" thick  
1 small yellow squash, halved lengthwise, sliced ¼" thick  
1 cup frozen cut green beans  
1 medium green pepper, diced  
2 cups fresh or frozen corn  
1 can (14 ½ oz) Mexican stewed tomatoes  
½ teaspoon dried oregano

In a large skillet over medium heat, cook onions in oil until almost tender. Add squash, beans and pepper. Cook 5 minutes, stirring often. Add remaining ingredients and simmer 10 minutes, stirring occasionally. Serves 6-8.

## CARROT ZUCCHINI BREAD

1 cup unsweetened applesauce  
¾ cup shredded carrots  
¾ cup shredded peeled zucchini  
½ cup sugar  
2 eggs or ½ cup egg substitute  
1 ½ teaspoons pumpkin pie spice  
1 teaspoon ground nutmeg  
3 cups all-purpose flour  
1 tablespoon baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
¾ cup orange juice



In a bowl, combine the first eight ingredients. Combine flour, baking powder, baking soda and salt; add alternately with orange juice to carrot mixture. Pour into two greased and floured 4x8x2-inch loaf pans. Bake at 350 degrees F. for 45 minutes or until bread tests done. Cool for 10 minutes; remove from pans to a wire rack to cool completely. Makes 2 loaves.

*Courtesy of:* USU Extension, Weber County  
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Ogden, UT 84404-3100  
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## APPLE WALNUT SQUARES

½ cup butter, softened      ½ teaspoon baking soda  
1 cup sugar                      ½ tsp. ground cinnamon  
1 egg                                1 medium tart apple,  
1 cup all-purpose flour              peeled, chopped  
½ tsp. baking powder              ¾ cup walnuts, chopped

In a mixing bowl, cream butter and sugar; add egg and mix well. Combine flour, baking powder, baking soda and cinnamon; gradually add to the creamed mixture, beating until just combined. Stir in apples and walnuts. Pour into greased 8-inch baking dish. Bake at 350 degrees F. or 35-40 minutes or until a toothpick inserted near the center comes out clean. Cool on wire rack. Serves 16.

## MAPLE PUMPKIN CHEESECAKE

1 ¼ cups graham cracker crumbs  
¼ cup sugar  
¼ cup butter or margarine, melted  
3 packages (8 oz each) cream cheese, softened  
1 can (14 oz) sweetened condensed milk  
1 can (15 oz) pumpkin  
3 eggs  
1 cup maple syrup, divided  
1 ½ teaspoons ground cinnamon  
1 teaspoon ground nutmeg  
1 cup whipping cream  
½ cup pecans, chopped

In a small bowl, combine crumbs, sugar and butter; press firmly on bottom of a 9-inch springform pan. In a large mixing bowl, beat cream cheese until fluffy. Gradually beat in condensed milk until smooth. Add pumpkin, eggs, ¼ cup syrup, cinnamon and nutmeg; mix well. Pour into springform pan. Bake at 300 degrees F. for 1 hour and 15 minutes or until center is almost set. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool one hour longer. Refrigerate overnight; remove sides of pan. In a saucepan, combine cream and remaining syrup. Boil rapidly for 15-20 minutes or until thickened, stirring occasionally. Stir in pecans; cool. Spoon over cheesecake before serving. Serves 20.

## **HERBED GREEN BEAN CASSEROLE**

¾ cup dried bread crumbs  
2 teaspoons dried basil  
½ teaspoon salt  
½ teaspoon pepper  
½ teaspoon dried thyme  
1 teaspoon dried oregano  
2 teaspoons chopped fresh parsley  
1 teaspoon garlic powder  
1 cup shredded Parmesan cheese  
½ cup vegetable oil  
2 cans (14 oz each) cut green beans, drained or 1  
package (16 oz) frozen cut green beans, cooked to  
crisp-tender, drained

In a large bowl, combine the first nine ingredients.  
Reserve 2 tablespoons crumb mixture. Add beans and  
oil to remaining crumb mixture; toss to coat. Place in a  
1 ½ quart baking dish and sprinkle with the reserved  
crumb mixture. Bake at 350 degrees F. for about 30  
minutes or until the top is golden and crispy. Serves 8.