

Hot Brandied Fruit

- 1 (20-ounce) can pineapple tidbits
- Water
- 1 (20-ounce) can cherry pie filling
- 12 ounces pitted prunes, cut in half
- 12 ounces dried apricots, cut in half
- 3/4 cup peach brandy

Drain the pineapple tidbits, reserving the juice. Add water to the juice to make 2 cups. Stir together the pineapple, pie filling, prunes, apricots, brandy and water mixture. Pour into a large casserole dish and bake, uncovered, at 350 degrees until dried fruit is tender, about 1 hour.

Seasonal
Eating

UT Extension

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



January 2013
Winter Comfort

Sweet Potato Pork Chop Supper

- 2 teaspoons dried thyme
- 2 teaspoons salt
- 1 teaspoon black pepper
- 8 boneless, center cut boneless pork chops
- 2 tablespoons vegetable oil
- 1/2 cup butter
- 1 onion, thinly sliced into half rounds
- 4 sweet potatoes, peeled and cut into 1/2" thick slices
- 1 cup orange juice
- 1/4 teaspoon salt

In a small bowl, combine thyme, salt and pepper. Season pork chops on both sides with half of the thyme mixture. Heat oil in large skillet. Add seasoned chops and brown on both sides. Add to slow cooker. Add butter to same pan with remaining thyme mixture. Cook for a minute then add sliced onions. Cook until slightly softened, about 3 minutes. Spoon onions over chops, leaving butter in pan. Add sweet potato slices over the onions. Pour in orange juice and butter in skillet. Sprinkle with salt. Cook on high for 3 hours or until pork and potatoes are tender.

Spinach Rolls

- 1 (10-ounce) box frozen chopped spinach, thawed
- Water
- 5 tablespoons butter, divided and melted
- 2 envelopes yeast (or 4 1/2 teaspoons)
- 1 egg, beaten
- 1 tablespoon sugar
- 1/8 teaspoon black pepper
- 1 1/2 teaspoons salt
- 3 1/4 cups flour
- 1/2 cup freshly grated parmesan cheese, divided

Press the spinach through a strainer and squeeze to remove liquid, reserving liquid. Chop the spinach finely. Measure the liquid and add water to make 1 cup. Add 4 tablespoons melted butter and heat to lukewarm in the microwave or in a saucepan. Pour into a large bowl and add yeast, egg, sugar, pepper and chopped spinach. Stir the salt into the flour and add to the liquid with 1/4 cup of the parmesan cheese. Mix until dough comes away from the sides of the bowl. Using your hands, form the dough into a ball and knead a couple of times. Lightly coat a bowl with vegetable spray and place the dough in the bowl, turning the dough to coat with spray. Cover with a clean towel and let rise in a warm place until doubled in size, about 1 hour. Spray 12 muffin cups with vegetable spray. Punch down the dough and divide into 12 pieces. Roll each piece into a ball and place in the muffin cups. Brush with remaining tablespoon of melted butter and sprinkle with remaining 1/4 cup parmesan cheese. Let rise in a warm place until doubled, about 30 minutes. Bake the rolls at 375 degrees for 15-17 minutes, until golden brown. Serve warm.