

Date Nut Tart

1 1/2 cups flour
1/2 teaspoon salt
1/2 cup vegetable shortening
4-5 tablespoons cold water
1 1/2 cups coarsely chopped walnuts
1 cup pitted dates, chopped
2/3 cup dark corn syrup
1/2 cup sugar
1 teaspoon vanilla extract
1/2 teaspoon salt
2 eggs

In a medium bowl, stir together flour and salt. Cut in shortening. Add cold water around edge of bowl and stir together with a fork until it comes together in a ball. Turn out onto a floured counter and roll out to about 1/8" thick. Place in 9" tart pan, easing into bottom and up sides. Trim off excess dough. Sprinkle nuts and dates into pie shell. In a medium bowl, whisk together corn syrup, sugar, vanilla, salt and eggs. Gently pour over nuts and dates. Bake at 350 degrees for 50 minutes or until puffed and browned. Cool in pan on a wire rack at least 15 minutes before serving.

Seasonal
Eating

UT Extension

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



February 2013
Dinner from the Pantry

<https://utextension.tennessee.edu/bedford/Pages/Seasonal-Eating.aspx>

Chicken Cakes with Spicy Tomato Sauce

1 cup finely diced onion
1/2 cup finely diced celery
4 tablespoons butter, divided
2 cups cooked and chopped chicken (or 2 10 oz. cans, drained)
2 1/2 cups panko bread crumbs, divided
1 tablespoon dried parsley
1/2 teaspoon dried sage
1 teaspoon dried thyme
1 1/2 teaspoons kosher salt
1/2 teaspoon black pepper
4 eggs, beaten
2 tablespoons olive oil
1 tablespoon minced garlic
1/2—1 teaspoon red pepper flakes
1 (28-ounce) can diced tomatoes
Salt to taste
Vegetable oil

Sauté onion and celery in 3 tablespoons butter until softened. Transfer to a large bowl and let cool slightly. Add chicken, 1 1/2 cups bread crumbs, parsley, sage, thyme, salt and pepper. Stir in the eggs. Form 10 cakes on a parchment lined baking sheet using a biscuit cutter to make a mold (mixture will be very moist). Chill for 15 minutes.

In meantime, sauté garlic and red pepper flakes in 2 tablespoons olive oil in a medium sauce pan for 1 minute. Add tomatoes and simmer at least 10 minutes to evaporate some of the liquid. Season with salt.

Heat 1/4" vegetable oil with remaining tablespoon of butter. Coat cakes with remaining 1 cup of bread crumbs. Fry half of cakes in oil for about 4 minutes or until golden brown. Flip over and fry another 1-2 minutes. Remove and keep warm in a 200 degree oven. Repeat with remaining chicken cakes.

To serve, place a spoon of tomato sauce on the plate and top with 2-3 chicken cakes.

Asparagus and Pea Casserole

1 1/2 cups shredded sharp Cheddar cheese
1 (5-ounce) can evaporated milk (small can)
1 (10 3/4-ounce) can cream of mushroom soup
2 (12-ounce) cans asparagus spears, drained
3 eggs, hard cooked, sliced
1 (12-ounce) can peas, drained
Salt and pepper to taste
1 cup crushed potato chips or cornflakes

Mix cheese, milk and mushroom soup. Spread half of mixture on the bottom of a 9x9 inch baking dish. Layer asparagus, eggs and peas on top of mixture. Sprinkle with salt and pepper. Spread on the other half of cheese mixture. Top with crushed potato chips or cornflakes. Bake at 350 degrees for 30 minutes.