

Crispy Thyme Cheese Rounds

- 1 cup butter
- 2 cups flour
- 2 cups shredded sharp cheddar cheese
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 1 tablespoon thyme leaves
- Dash Tabasco sauce
- 1 cup crispy rice cereal
- 1 egg white, slightly beaten
- Pecan halves or green olives cut in half

Cut butter into flour. Blend in cheese, cayenne, salt, thyme and Tabasco. Mix in cereal. Roll into marble size balls, place on silpat lined baking sheet and flatten. Brush with egg white and top with pecan or olive. Bake at 350 degrees for 15 minutes. Let cool.

You can substitute savory, marjoram, rosemary or chives for the thyme.

Seasonal
Eating



Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



March
Mushrooms and Herbs

Pizza Stuffed Portobello Mushrooms

- 1/2 pound hot bulk pork sausages
- 4 ounces mushrooms, chopped
- 1/4 cup finely chopped onion
- 2 tablespoons sherry
- 1 cup grated parmesan cheese
- 1/4 cup olive oil
- 2 cloves garlic, pressed
- 4 portobello mushrooms
- 1/2 cup pizza sauce
- 2 cups shredded mozzarella cheese

In a medium skillet, brown the sausage, mushrooms and onion until no longer pink and the vegetables are tender. Add the sherry to the pan and cook until almost dry. Take off heat and stir in parmesan cheese. In a medium bowl, combine the oil and garlic. Turn the mushrooms gill side up and scrape out the gills with a spoon and discard. Dip the mushrooms in the garlic oil and place on a baking sheet with the cup side up. Sprinkle with a little salt and pepper. Spread about 2 tablespoons of pizza sauce in the mushroom cap, fill with sausage mixture and top with mozzarella cheese. Bake at 375 degrees for about 15-20 minutes or until the cheese is browned on top and the mushroom is tender.

Chicken Cacciatore

- 1/4 cup olive oil
- 3 cloves garlic, pressed or finely chopped
- 1 large onion, diced
- 1 teaspoon dried oregano, divided
- 1 teaspoon salt, divided
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon chopped fresh rosemary
- 1/2 teaspoon red pepper flakes
- 4 boneless chicken breasts, trimmed
- 1/2 cup red wine vinegar
- 32 ounces canned, whole tomatoes, pulsed in food processor
- 1/4 cup roughly chopped fresh basil
- 1/4 cup dry white wine
- 1/2 cup pitted kalamata olives
- 1/2 green bell pepper, chopped in one inch squares
- 4 ounces fresh mushrooms, sliced
- Fettuccini pasta, cooked

Warm the olive oil in a large skillet over medium heat. Add the garlic, onion, 1/2 teaspoon oregano, 1/2 teaspoon salt, the parsley, rosemary and red pepper. Cook, stirring often, until the onion is translucent but not browned. Add the chicken and cook, turning occasionally until browned on both sides, about 30 minutes. Add the vinegar and cook until reduced by half, 10-12 minutes. Add the tomatoes, remaining 1/2 teaspoon oregano and remaining 1/2 teaspoon salt. Cook, stirring often, until the tomatoes have reduced and slightly thickened, about 20 minutes. Add the basil, wine, olives, bell peppers, and mushrooms. Cook until the peppers have softened and the chicken is very tender, about 15 minutes. Serve over fettuccini.