

Teriyaki Pineapple Kebabs

1/4 cup brown sugar
1/4 cup low sodium soy sauce
2 tablespoons honey
2 tablespoons water
1 1/2 teaspoons sesame oil
1/2 teaspoon garlic powder
1/4 teaspoon ground ginger
1 fresh pineapple
3 packages fully cooked, thick cut bacon, slices cut in half

In a medium bowl, whisk together brown sugar, soy sauce, honey, water, sesame oil, garlic powder and ginger.

Cut the top and bottom off the pineapple. Cut down the sides to remove the skin from the outside. Cut down the center, through the core, dividing the pineapple in half vertically and then in half again into quarters. Divide each quarter into spears about 1" wide. Lay each spear down and cut at an angle to remove the hard core. Cut into 1/2" slices. Dip pineapple chunks into teriyaki sauce and remove to plate. Wrap each pineapple chunk with a half piece of bacon. Thread about 3 or 4 onto a skewer. Place on a baking sheet and broil until browned, about 5 minutes. Turn over and broil other side.

Seasonal
Eating

UT Extension

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



**March 2014
Transition Meals**

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

<https://utextension.tennessee.edu/bedford/seasonaleatingblog/default.aspx>

Lemon Pepper Chicken Pasta

8 ounces bow tie pasta (farfalle)
3 tablespoons butter, divided
1 package boneless skinless chicken breast, cut into 1/2" pieces
1 teaspoon lemon pepper seasoning
Salt
1 onion, chopped
8 ounces mushrooms, sliced
8 ounces fresh sugar snap peas, cut into thirds
8 ounces cream cheese, softened
3/4 cup milk
1/4 cup ranch salad dressing
1/2 cup grated parmesan cheese
2 tablespoons capers, drained and rinsed

Bring a large pot of salted water to a boil and cook pasta for 11 minutes, until al dente. In meantime, melt 1 tablespoon of the butter in a large skillet. Add chicken and sprinkle with lemon pepper and salt. Cook over medium heat until browned and cooked through. Remove to a bowl. In the same skillet, melt remaining tablespoon of butter and cook onions and mushrooms until tender. Add peas and cook just until tender with a little crunch. Remove to bowl with chicken. Melt the remaining tablespoon of butter in skillet with cream cheese. Add the milk and ranch dressing and whisk until smooth. Add Parmesan cheese and capers and stir until melted. Return vegetables and chicken to pan along with the drained, cooked bow ties. Toss together with sauce and serve.

Vegetable Stir Fry with Rice Noodles

4 ounces rice noodles
6 tablespoons ponzu sauce
1 1/2 tablespoons hoisin sauce
3 tablespoons orange marmalade
1 tablespoon Szechuan spicy stir fry sauce
3 tablespoons water
1 1/2 teaspoons cornstarch
2 tablespoons vegetable oil
1/2 onion, sliced
2 carrots, thinly sliced
8 ounces mushrooms, sliced
2 stalks celery, sliced
2 cloves garlic, minced
1 tablespoon ginger root, minced
1/2 (8-ounce) can water chestnuts, sliced
3/4 cup cocktail peanuts

Place noodles in a large bowl and cover with very hot water. Give them a stir to separate and let soak for 30 minutes (don't over-soak). In meantime in a small bowl combine ponzu sauce, hoisin, orange marmalade, Szechuan sauce, water and cornstarch. In large skillet, heat oil. Add onion, carrot, mushrooms and celery and stir fry until slightly tender. Add garlic, ginger root and water chestnuts. Stir fry until tender with a little crunch. Drain the noodles and add to vegetables with sauce mixture and peanuts and cook until heated and slightly thickened.