

Dirty Rice Stuffed Collards

2 tablespoons vegetable oil
1 large onion, chopped
1 (28-ounce) can tomato sauce
1/4 cup brown sugar
1/4 cup cider vinegar
3/4 pound bulk pork sausages
2 cloves garlic, minced or pressed
1 large onion, chopped
2 stalks celery, chopped
1 medium green bell pepper, chopped
1 cup chicken broth
1/4 teaspoon cayenne pepper
2 cups cooked long grain rice
1/4 cup chopped fresh parsley
1 bunch collard greens

For Sauce: In a saucepan, sauté onion in vegetable oil over medium-high heat, until softened. Stir in the tomato sauce, sugar and vinegar. Simmer 15 minutes.

For Filling: In a sauté pan, brown sausage. Add the garlic, onion, celery and green bell pepper. Cook until softened, about 5 minutes. Add the chicken broth and cayenne. Stir in the cooked rice and parsley, mixing thoroughly and letting the broth reduce until there is no moisture left in the pan. Season with salt and pepper to taste.

Bring a large pot of salted water to a boil. Add collard greens and cook until tender, about 5 minutes. Drain and lay out on cutting board. Cut out tough stems. Divide filling among the leaves at one end. Fold the sides over and roll into a cylinder. Pour a 1/2" layer of sauce in the bottom of a 9"x13" glass dish. Arrange the collard rolls, seam sides down, on top of the sauce. Pour the remaining sauce over the stuffed collards and cover with foil. Bake at 350 degrees for 30-40 minutes.

Seasonal
Eating

UT Extension

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



April
Asparagus and Collard Greens

Spicy Grits Cakes with Collards

4 cups chicken broth
1/2 teaspoon black pepper
1/4 teaspoon cayenne pepper
1 cup quick cooking grits
1/2 cup shredded Monterey Jack cheese

2 tablespoons vegetable oil
1 onion, chopped
2 cloves garlic, minced
1/2 teaspoon red pepper flakes
4 cups water
2 packets Goya powdered ham seasoning
1 bunch collard greens, washed, stemmed and sliced thinly
1 teaspoon cider vinegar
Flour for dredging
Vegetable oil

For the Grit Cakes: Butter a 9"x13" pan, line with parchment paper and butter the parchment. In a medium saucepan bring chicken broth, black pepper and cayenne to a boil. Slowly whisk in the grits. Reduce heat to simmer and cook until thickened, about 5 minutes, stirring constantly. Add the cheese and stir until melted. Spread in an even layer in the prepared pan and refrigerate until set and firm, at least 1 hour.

For the Greens: In a large saucepan, heat the vegetable oil and sauté onion, garlic and red pepper flakes until tender, about 5 minutes. Add water and ham seasoning and bring to a boil. Add collard greens and reduce to a simmer, cooking until greens are tender and liquid has evaporated, about 1 hour. Add cider vinegar.

When grits are set and firm, turn out onto a clean cutting board. Cut into small cakes. Coat with flour. Heat about 1/8" of vegetable oil in a non-stick skillet. Add cakes and fry until golden brown, about 3-4 minutes per side. Remove and drain on a paper towel lined plate. Top with greens.

Asparagus with Orange Dijon Vinaigrette

2 bunches asparagus spears
1/4 cup extra virgin olive oil, plus more for roasting
Salt and pepper
1/4 cup orange marmalade
1 tablespoon Dijon style mustard
1 teaspoon Worcestershire sauce
1 1/2 tablespoons red wine vinegar

Cut the bottom couple of inches off the asparagus spears and discard. Drizzle a little olive oil over the spears of asparagus and toss to coat. Lay in a single layer on a baking sheet and sprinkle with salt and pepper. Bake in a 400 degree oven for about 15 minutes or until the spears are tender and slightly browned. Meanwhile, in a medium bowl, whisk together the marmalade, mustard, Worcestershire and red wine vinegar. Slowly drizzle in the olive oil while whisking. Season with salt and pepper. Pour dressing over roasted asparagus just before serving.

Cheesy Asparagus Tart

1 pound fresh asparagus spears, trimmed
1 sheet frozen puff pastry, thawed
1/2 pound baby Swiss or fontina cheese, shredded, divided
1 teaspoon grated lemon zest
2 tablespoons fresh lemon juice
1 tablespoon olive oil
1/4 teaspoon each salt and pepper

In a large skillet, bring 1" of water to a boil; add asparagus. Cover and cook for 3-5 minutes or just until crisp-tender; drain. On a lightly floured surface, unfold puff pastry. Roll into a 16" x12" rectangle. Transfer to a parchment lined baking sheet. Bake at 400 degrees for 10 minutes or until golden brown. Sprinkle 1 1/2 cups cheese over pastry. Arrange asparagus on top; sprinkle with remaining cheese. Combine the lemon zest, lemon juice, oil, salt and pepper. Sprinkle over top. Bake 10-15 minutes longer or until asparagus is tender and cheese is melted. Slice and serve warm.