

Sweet Potato Bread

1 3/4 cups flour
1 teaspoon baking soda
1/4 teaspoon salt
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/8 teaspoon ground cloves
1 1/2 cups sugar
1/2 cup vegetable oil
2 eggs
1/3 cup water
1 cup cooked and mashed sweet potato
1/2 cup chopped pecans, toasted

In a medium bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg and cloves. In a mixer bowl, beat sugar and oil well. Add eggs and beat. Add the flour mixture alternately with the water. Add the sweet potatoes and nuts and mix. Pour into a greased 9"x5" loaf pan. Bake at 350 degrees for 1 hour or until toothpick comes out clean. Cool a few minutes then turn out onto a rack to cool completely.

Seasonal
Eating

UT Extension

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



April 2014
Rainy Day Dishes

<https://bedford.tennessee.edu>
Seasonal Eating Market Blog:

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

Roasted Pork Tenderloin with Sweet Carrot Chutney

2 teaspoons kosher salt
2 teaspoons dried thyme
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon ground cumin
1 teaspoon ground sage
1/4 teaspoon ground red pepper
1/2 teaspoon black pepper
2 pork tenderloins, silverskin removed
2 tablespoons butter
4 carrots, cut into 1/4" dice
1/2 onion, diced
1/2 teaspoon dried thyme
1/8 teaspoon salt
1 (8-ounce) can pineapple tidbits
1/2 teaspoon chicken base
1/4 cup orange marmalade

In a small bowl, combine salt, thyme, onion powder, garlic powder, cumin, sage, red pepper and black pepper. Spread half the spice mixture over each of the pork tenderloins. Place in a baking dish so they don't touch each other. Bake at 350 degrees until they reach 145 degrees on an instant read thermometer, about 45-60 minutes. Remove and let rest, tented with foil for about 5 minutes.

Meanwhile, in a medium skillet, melt the butter and sauté the carrot, onion, thyme and salt until onion is translucent and carrots are starting to get tender, about 15-20 minutes. Add the pineapple with juice, chicken base and orange marmalade. Cover and simmer until carrots are tender. Uncover and reduce until there is just a little juice left. Slice pork and spoon chutney over the top.

Asparagus and Radish Salad with Dill Vinaigrette

3/4 pound asparagus spears, tough ends trimmed
1 cup thinly sliced radish
1 cup fresh or frozen peas, thawed
1/4 cup fresh lemon juice
1 tablespoon chopped fresh dill weed
1 tablespoon Dijon style mustard
2 tablespoons honey
1/8 teaspoon salt
1/8 teaspoon black pepper
1/2 cup vegetable oil
8 cups spinach and arugula mix

Bring a large pot of salted water to a boil over high heat. Cut asparagus into thirds (about 1 1/2" pieces). Add asparagus and peas (if you are using fresh ones) to boiling water and cook for 1 minute or until desired tenderness is reached. Remove to an ice-water bath to stop cooking process. Drain and pat dry. In a large bowl, combine asparagus, radishes and peas. In a medium bowl, whisk together lemon juice, dill, mustard, honey, salt and pepper. Gradually whisk in oil. Dress spinach and arugula mix with part of the dressing and place on serving plates. Dress the asparagus mixture with more dressing and spoon over spinach. Serve immediately.