

Broccoli and Ham Braid

- 1 box hot roll mix or two tubes crescent rolls
- 1 tablespoon Dijon style mustard
- 1 teaspoon lemon juice
- 1 1/2 cups roughly chopped broccoli florets
- 1 cup chopped fully cooked ham
- 1 1/2 cups shredded Cheddar or Swiss cheese
- 2 green onions, sliced
- 1-2 tablespoons butter, melted (if using roll mix)

Make the roll dough according to the package. While it is resting, in a medium bowl, combine the mustard and lemon juice. Stir in the broccoli, ham, cheese and green onions, stirring to mix well.

Turn dough onto a lightly floured surface; roll into a 14x9 inch rectangle. Spread filling down center third of rectangle. On each long side, cut 1 inch wide strips about 2 1/2" into center. Starting at one end, fold alternating strips at an angle across filling. Pinch ends to seal. Transfer to a greased or silpat lined baking sheet. Cover and let rise until doubled, about 30 minutes. Brush braid with melted butter. Bake at 350 degrees for 25-30 minutes or until golden brown. Let cool slightly and serve.

You can also use 2 (8 ounce) tubes of crescent rolls. Place the crescent roll triangles down the center of the pan with the wide bases back to back and tips facing the edges of the pan, overlapping each set slightly to create a base of dough down the center. (Make 2 braids if too long for your pan.) Spoon the filling down the center and pull the points over the top to cover. Bake at 350 degrees for 25-30 minutes.

Seasonal
Eating



Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



May
Broccoli and Strawberries

Strawberry Meringue Pie

4 egg whites
1/2 teaspoon baking powder
1 cup sugar
10 saltine crackers, crushed
1/2 cup chopped pecans
1 pint heavy cream
1 teaspoon vanilla extract
Powdered sugar, to taste (about 1/4 cup)
1 quart strawberries, washed, hulled and cut in half

Grease a pie plate. In mixing bowl, whip egg whites and baking powder until frothy. Gradually add sugar and whip until stiff peaks form. Fold in crackers and pecans. Spread meringue into pie plate coming up sides to form a thick crust. Bake at 300 degrees for 35 minutes. Cool. In mixing bowl, whip cream until soft peaks form. Add vanilla and powdered sugar to taste and whip until stiff peaks form. Fold in strawberries and pour into crust. Serve soon, chill leftovers.

For individual meringue shells:

Using a pastry bag and large tip (or a heavy plastic bag with corner snipped off), pipe flat circles about 3 inches in diameter onto a silpat or parchment paper lined baking sheet. Around the outer edge of each disk, pipe a rim about 3 times around so it stands about 1" high. Bake at 300 degrees F. for 35 minutes. Remove from oven and let cool (they may fall a little bit). One recipe makes 8 shells.

Strawberry Fruit Compote

1 (11-ounce) can mandarin oranges, drained
1 (20-ounce) can pineapple chunks, drained
1 1/2 cups green seedless grapes, halved
2 1/2 cups halved strawberries, divided
1 (8-ounce) container whipped cream cheese
1 (7-ounce) jar marshmallow crème
Whole strawberries for garnish

Combine oranges, pineapple chunks, grapes and 2 cups of strawberries. In food processor or blender, puree remaining 1/2 cup strawberries. In small bowl, combine cream cheese, marshmallow crème and strawberry puree. Pour dressing over fruit and toss gently. Garnish with whole strawberries.

Broccoli Slaw

2 packages chicken flavored ramen noodles
1/2 cup vegetable oil
1/2 cup sugar
1/4 cup cider vinegar
1 package broccoli slaw mix
1 cup dried cranberries
4 green onions, sliced
1/4 cup sunflower seeds
1/2 cup slivered almonds, toasted

Cook ramen noodles in water, not seasoning package, until just barely cooked. Drain and cool. Mix together seasoning packets from ramen noodles, oil, sugar and vinegar. In large bowl combine noodles, slaw mix, and onions. Pour dressing over the top and chill in refrigerator for several hours. Before serving stir in sunflower seeds and almonds.