

**Seasonal
Eating**

UT Extension

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



**May 2013
Tearoom Lunch**

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

Spinach Tart

1 3/4 cups flour
1/2 teaspoon kosher salt
5 tablespoons cold butter, cut into pieces
1/4 cup olive oil
1-3 tablespoons cold water
1 egg yolk

1 small onion, chopped
1/2 teaspoon dried thyme
2 tablespoons olive oil
1 large clove garlic
6 ounces fresh baby spinach
3 eggs
1/3 cup heavy cream
1/4 + 1/8 teaspoon kosher salt
1/8 teaspoon black pepper
3/4 cup freshly grated parmesan cheese
1/4 cup pine nuts, toasted

In a food processor bowl, pulse flour and salt together to combine. Add butter and pulse until mixture resembles coarse bread crumbs. Add olive oil and pulse a few more times. Add water a little at a time, pulsing to combine until dough begins to come together. Pour mixture into a 9"-10" tart pan with removable bottom and press together up sides and on bottom. Cover and chill at least 1 hour. Heat the oven to 400 degrees and bake crust for 12-15 minutes. Remove from oven and brush surface with egg yolk. Bake until the glaze is set, about another 2-3 minutes. Remove from oven and reduce temperature to 375 degrees.

While crust is baking, sauté onion and thyme in 2 tablespoons olive oil until softened, about 3-4 minutes. Add garlic and spinach and cook until wilted and most of the moisture is gone, about 5 more minutes. Let cool. In a medium bowl, whisk together eggs, cream, salt and pepper. Add spinach mixture, cheese and pine nuts. Stir to combine and pour into baked crust. Return to oven and bake for 35-40 minutes. Let cool for at least 15 minutes before serving. Serve warm or at room temperature.

Sweet and Crunchy Vegetable Salad

2 cups broccoli florets
2 cups cauliflower florets
1 cup frozen English peas, thawed
1 cup chopped celery
1/2 cup dried cherries
3/4 cup mayonnaise
2 tablespoons sugar
1 1/2 teaspoons cider vinegar
1/8 teaspoon salt
1/8 teaspoon black pepper
1/4 cup grated parmesan cheese
6 slices bacon, cooked and crumbled

In a large bowl, combine broccoli, cauliflower, peas, celery and dried cherries. In a medium bowl, whisk together mayonnaise, sugar, vinegar, salt, pepper and parmesan cheese. Stir dressing into vegetable mixture. Chill until ready to serve and stir in bacon just before serving.

Purple Lady Salad

1 (6-ounce) package black cherry gelatin
1 cup boiling water
16 ounces crushed pineapple, drained
2 cups blueberries
4 ounces frozen whipped topping, thawed

In a large bowl, dissolve the gelatin in boiling water. Add pineapple and blueberries and chill until set. Fold in whipped topping. Spread into 9" x 13" pan and chill until firm.