

from water with a spider or strainer to a large bowl to cool. Trim the ends of the green beans and cut in half, to about 1" pieces. Add to boiling water and cook for 1-2 minutes, just until bright green but still crisp. Remove and add to pasta. Add bell pepper, squash, tomatoes and green onions. When pasta and beans are cooled, pour 3/4 of the dressing over the pasta mixture and mix well. Refrigerate along with reserved dressing until ready to serve. Add remaining dressing just before serving.

Dried Cherry Oatmeal Cookies

- 1 1/2 cups flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 cup butter, softened
- 1 cup dark brown sugar
- 1/2 cup sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 cups old-fashioned rolled oats
- 2 cups dried cherries

In medium bowl, whisk together flour, cinnamon, salt, soda and powder. With electric mixer, in a large bowl, beat together, butter and sugars until light and fluffy, 1-2 minutes. Add the eggs and vanilla and beat. Add flour mixture and beat on low speed to combine. Stir in oats and cherries. Drop onto parchment lined baking sheets leaving 2" between cookies. Bake at 350 degrees about 20 minutes until edges are just turning brown. Cool 2 minutes and then remove to a wire rack to cool completely.

Seasonal
Eating

UT Extension

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



June 2013
Fresh Air Picnic

Roast Beef Spinach Wraps

- 8 ounces cream cheese, softened
- 1 tablespoon Worcestershire sauce
- 1 1/2 teaspoons prepared horseradish
- 1 teaspoon Dijon style mustard
- 4 large flour tortillas or wraps
- 1/2 bag fresh baby spinach leaves
- 8 slices Muenster cheese
- 1 jar deli-style sliced roasted red bell peppers*
- 1/2 pound thinly sliced deli style roasted beef

With electric mixer, beat together cream cheese, Worcestershire, horseradish and mustard until creamy. Lay out the tortillas on your work surface and spread 1/4 of the cream cheese mixture over each of the tortillas. Cover each with a layer of spinach, leaving about a 1/2" border around the edge. Next layer with cheese, tearing slices into smaller pieces and sprinkling over the spinach. Lay several slices of the peppers down the middle portion of the wraps. Finally layer with slices of beef. Fold the side edges toward the center and roll up from the bottom, rolling up and over the filling and keeping it as tight as you can. When you get to the top, use the cream cheese mixture to seal the edge closed. Wrap in plastic wrap and refrigerate for an hour or up to 4-5 hours. Remove plastic wrap and slice each roll diagonally into 2 sandwiches.

* You can roast your own red bell peppers by broiling on a baking sheet or holding over a gas burner with tongs until the outside is blackened, turning as needed. Place in a bowl and cover top with plastic wrap and let steam several minutes. When cool enough to handle, use a paper towel to rub the charred skin off (or rinse under running water). Slice and use in wrap.

Asian Napa Cabbage Slaw

- 3 tablespoons rice vinegar
- 1 teaspoon sugar
- 2 packages Oriental flavor ramen noodles
- 1/2 cup vegetable oil

- 1 head napa cabbage, thinly sliced
- 1/2 red bell pepper, chopped
- 1 cup frozen green peas, thawed
- 3 green onions, sliced
- 1/4 cup dry roasted sunflower seeds
- 1/4 cup slivered almonds, toasted

In a medium bowl, whisk together vinegar, sugar and seasoning packet from one package of ramen noodles. Bring 4 cups of water to a boil in a large saucepan. Add the other seasoning packet and break noodles into 3-4 sections and drop into broth. Cook just until softened and broken apart, using a fork to break up. Remove from broth with a spider or strainer to a large bowl. Add some of the dressing mixture and stir to coat. Add cabbage, pepper, peas and onions with remaining dressing and toss to coat. Don't do this more than a few hours before serving. Just before serving, stir in sunflower seeds and almonds.

Citrus Basil Farmers Market Pasta Salad

- 1/2 cup mayonnaise
- 1/2 cup sour cream
- Zest from 1/2 lemon
- 1 tablespoon fresh lemon juice
- 2 teaspoons Dijon style mustard
- 2 tablespoons finely chopped fresh basil
- 2 tablespoons finely chopped fresh Italian parsley
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 (12 ounce) box spiral pasta
- 1 bag haricot verts (thin green beans)
- 1/2 red or green bell pepper, chopped
- 1 medium yellow squash, chopped
- 2 cups cherry or grape tomatoes, cut in half
- 4 green onions, sliced

In a medium mixing bowl, stir together mayonnaise, sour cream, lemon zest, lemon juice, mustard, basil, parsley, salt and pepper. Meanwhile, bring a large pot of salted water to a boil. Add the pasta and cook until just al dente, about 9 minutes. Remove pasta