

Blueberry Lemon Trifle

2 eggs
1 cup sugar
1 cup flour
1/2 teaspoon salt
1 teaspoon baking powder
1/2 cup milk
1 tablespoon butter
1/2 teaspoon vanilla extract

2 cups heavy cream
4 tablespoons powdered sugar
1/2 teaspoon vanilla extract
1 (10 ounce) jar lemon curd

16 ounces blueberries, washed and dried
Toasted slivered almonds

In a mixing bowl, whisk together the eggs and sugar. Sift together flour, salt and baking powder. Add to egg mixture and mix well. Heat the milk and butter until butter melts. Add to batter and whisk until smooth. Pour into a greased 9" square pan and bake at 350 degrees for 35 minutes. Cool cake and cut into 1/2 inch squares.

In mixing bowl, beat cream until stiff peaks form. Add powdered sugar and vanilla extract. Fold lemon curd into whipped cream.

In individual parfaits or in a trifle dish, layer the cake, blueberries and cream two or three times depending on the size of the dishes. Top with toasted almonds and a blueberry for garnish. Make at least a few hours ahead or overnight to let flavors meld.

Seasonal
Eating

UT Extension

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



June 2014
Farmers Market Opening

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

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

Warm Baby Spinach, Bacon and Green Bean Salad

1/2 pound fresh green beans, trimmed and cut into 1" lengths
3 slices bacon
8 ounces button mushrooms, sliced
1/2 cup thinly sliced red onion
1/2 cup oil and vinegar dressing (Newman's Own)
2 teaspoons sugar
1 (6 ounce package) fresh baby spinach

In a large saucepan, cook beans in boiling water for 3 minutes. Drain and pat dry with a paper towel. In a large skillet, cook bacon until crisp. Remove bacon, reserving drippings in skillet. Drain and crumble bacon. Add mushrooms and onion to skillet and cook over medium high heat for 3 minutes or until mushrooms begin to brown. Add beans and cook for 2 minutes or until warmed. Whisk together the dressing and sugar. Dress the spinach with half of the dressing. Stir the remaining half of the dressing into the vegetables and heat. Spoon vegetables over spinach and any more dressing that is needed. Sprinkle with bacon and serve immediately.

Yellow Squash, Sausage and Wild Rice Casserole

1/2 pound mild or hot pork sausage
1 small onion, chopped
1 small red bell pepper, chopped
4 stalks celery, chopped
6 small yellow squash, quartered lengthwise and sliced
1/4 cup water
4 tablespoons butter
3 tablespoons flour
2 cups milk
1/2 packet Lipton savory herb with garlic soup mix
1/4 teaspoon salt
1/4 teaspoon black pepper
1 (8 1/2-ounce) package Uncle Ben's Ready Rice Whole Grain Medley Brown and Wild
1 (4-ounce) can sliced water chestnut, drained and roughly chopped
6 ounces Cheddar cheese, shredded, divided
1 tube buttery round crackers, crushed
2 tablespoons butter, melted

In a large skillet, brown sausage until no longer pink and remove with slotted spoon to a bowl. Drain off all but a tablespoon of the drippings if there are any. Add the onion, celery, bell pepper, yellow squash and water to the pan. Sprinkle with a little salt and pepper. Cover and cook until tender, about 20 minutes, stirring occasionally. Meanwhile, in a saucepan, melt the butter and add the flour. Cook for a minute or two. Add the milk and whisk over medium high heat until thickened. Add the soup mix, salt and pepper. Cook the rice in the microwave as directed on package. Pour into a large bowl and add sausage, cooked vegetables, water chestnuts, half the cheese and the sauce. Stir to mix and pour into a greased 9"x13" pan. Top with remaining half of cheese. Combine cracker crumbs and butter and sprinkle over top. Bake at 350 degrees for 30 minutes until bubbly and hot.