

Baked Pear and Blue Cheese Salad

- 3 ripe pears (Anjou or Bartlett)
- Juice of 1/2 lemon
- 1 1/2 ounces blue cheese, crumbled
- 2 tablespoons dried cranberries
- 2 tablespoons coarsely chopped walnuts
- 1/2 cup apple cider (or juice)
- 3 tablespoons port wine
- 1/3 cup brown sugar
- Arugula leaves

Peel the pears and cut in half lengthwise. Using a melon baller, scoop out the core and seeds. Dip into lemon juice and place in a pie plate or small baking dish (if they don't sit up well, cut a small slice off the bottom). In a small bowl combine the cheese, cranberries and walnuts. Spoon into the centers of the pears. In another bowl, combine the cider, wine and brown sugar. Pour over and around the pears. Bake at 375 degrees, basting occasionally with the liquid, for 30 minutes or until tender. Set aside and let cool to warm or room temperature. Place a mound of arugula on the serving plate and place a pear on top. Drizzle with the basting liquid onto the pear and greens.

**Seasonal
Eating**



Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



**September
Eggplant, Pears, Lima Beans**

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

Eggplant Parmesan

1 egg
2 tablespoons water
1/2 cup panko bread crumbs
1/2 cup grated parmesan cheese
1/2 teaspoon dried oregano
1 teaspoon dried basil
Salt and pepper
1 large eggplant, sliced into 1/2 inch rounds
1/2 cup chopped onion
1 clove garlic
2 tablespoons olive oil
1 jar basil and tomato sauce (Classico is good)
1/4 cup red wine
1 pound mushrooms, quartered and sautéed in olive oil
2 cups shredded mozzarella cheese

In a flat pan or bowl, beat together the egg and water. In another flat pan or bowl, combine bread crumbs, parmesan, oregano and basil and season with salt and pepper. Dip eggplant slices in egg and then in the crumb mixture. Place in a single layer on a parchment lined baking sheet. Bake at 375 degrees for 25 minutes, turning once until golden on both sides. Meanwhile, to make the sauce, sauté the onion and garlic in the olive oil in a saucepan until translucent. Add the tomato sauce and red wine and simmer 10-15 minutes, stirring occasionally. When eggplant is done, remove from oven. Spray a 9x13 inch pan with vegetable spray and pour a little tomato sauce in the bottom. Place a layer of baked eggplant slices on top. Layer with part of the mushrooms, mozzarella cheese and sauce. Repeat until all of the eggplant is used and end with sauce and cheese on top. Bake at 400 degrees for about 20 minutes until bubbly and melted.

Brunswick Stew

1 cup chopped onion
2 tablespoons bacon drippings
1 package boneless, skinless chicken breasts (about 2 pounds)
Salt and pepper
3 cups water
2 (14 1/2-ounce) cans diced tomatoes
1/4 cup sherry
2 tablespoons Worcestershire sauce
1 pound frozen baby lima beans
1/2 cup frozen or fresh sliced okra
1 1/2 cups frozen or fresh corn kernels
2 tablespoons butter

In a large stockpot or Dutch oven, cook onion in the bacon drippings. Cut up the chicken into about 1" cubes. Sprinkle with salt and pepper. Add the chicken to the drippings and brown on all sides. Pour off excess fat. Add the water, tomatoes, sherry and Worcestershire sauce. Cook slowly over low heat for 1/2 hour. Add the lima beans, okra and corn. Simmer 1 hour. Add the butter and season with salt and pepper to taste. Let it simmer about another 1/2 hour.