

Peanut Butter Oatmeal Cookies

- 3/4 cup creamy peanut butter
- 1/2 cup butter, softened
- 3/4 cup packed brown sugar
- 1/2 cup sugar
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 2 eggs
- 1 teaspoon vanilla extract
- 1 1/4 cups flour
- 2 1/2 cups regular rolled oats
- 1 1/2 cups raisins

Lightly grease large cookie sheets. In a large mixing bowl, beat peanut butter and butter on medium speed with electric mixer for 30 seconds. Add the brown and granulated sugars, baking powder and baking soda to mixing bowl. Beat until mixture is fluffy. Add eggs and vanilla, beating to combine. Beat in the flour. With a wooden spoon, stir in rolled oats and raisins. Using 1/4 cup dough for each cookie, drop dough 3" apart on greased cookie sheets. Press into 4 inch circles. Bake at 375 degrees for 10-12 minutes or until edges are golden. Let cookies stand 1 minute on cookie sheets. Transfer to wire racks to cool.

 **Extension**

**Seasonal
Eating**

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



**September 2012
Legumes**

Spicy Sausage and Bean Casserole

- 1 pound pork sausage
- 1 medium onion, chopped
- 2 (10-ounce) cans tomatoes with chilies
- 3 (15-ounce) cans pinto beans, drained (but not rinsed)
- 1 1/2 cups shredded Cheddar cheese
- 1 cup yellow self-rising cornmeal mix
- 1 cup buttermilk

In a skillet, brown the sausage and onion until no longer pink. In a large bowl stir together tomatoes and pinto beans. Add sausage mixture. Pour into a greased 9x13 inch baking dish. Top with cheese. Stir together cornmeal mix and buttermilk and pour over the top of the cheese, spreading to cover. Bake at 350 degrees until browned on top and bubbling, about 40 minutes.

Southern Black Eyed Pea Salsa

- 1/2 cup chopped green bell peppers
- 1/2 cup chopped red bell peppers
- 1 fresh jalapeño pepper, seeded and minced
- 1/4 cup chopped green onions
- 3 tablespoons roughly chopped cilantro
- 1 clove garlic, minced
- 1 (15-ounce) can black-eyed peas, drained and rinsed
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cup corn kernels (frozen or fresh)
- 1 (14 1/2-ounce) can diced tomatoes, drained
- 1/2 cup Italian salad dressing

Mix all ingredients gently. Refrigerate 1-2 hours before serving. Bring to room temperature and serve with tortilla or corn chips.

White Chicken Chili

- 4 cloves garlic, minced
- 1 tablespoon olive oil
- 1 1/2 cups chopped green onions
- 1 (4-ounce) can chopped green chilies
- 2 teaspoons oregano
- 2 teaspoons ground cumin
- 1/2 teaspoon ground red pepper (or to taste)
- 2 (15-ounce) cans navy or great northern beans, undrained
- 2 (10 3/4-ounce) cans cream of chicken soup
- 1 (14 1/2-ounce) can chicken broth (or broth from cooking chicken)
- 1 cup water
- 2 cups chopped, cooked chicken breasts
- 1 tablespoon chopped fresh cilantro
- 2 cups shredded Monterey Jack cheese

In Dutch oven, sauté garlic in olive oil. Add onions and sauté until translucent. Add green chilies, oregano, cumin, beans, chicken soup, chicken broth, water, cooked chicken and red pepper. Heat until thoroughly hot. Five minutes before serving, add cilantro and cheese.