

Sausage and Apple Dressing

5 tablespoons butter, divided
8 ounces hot or regular pork sausage
1 (6-ounce) package seasoned cornbread stuffing mix
1/2 onion, chopped
1 apple, peeled, cored and chopped
1 1/2 stalks celery, chopped
1/4 teaspoon salt
1 1/2 cups chicken broth
1 egg, lightly beaten

In a skillet, melt 1 tablespoon butter over medium heat and add sausage. Cook just until it loses its pink color, but is still moist, about 5 minutes, breaking into small crumbles. Pour into a large bowl with all the juices. Add the cornbread stuffing mix. In the skillet, melt another 2 tablespoons butter and add the onion, apple, celery and salt. Cook until vegetables are soft, about 5 minutes. Add the chicken broth and bring to a boil. Pour into the bowl with stuffing and mix well. Taste for seasoning and add salt if needed. Add the egg and mix. Spoon lightly into a greased 9"x9" baking dish. Bake, uncovered, at 325 degrees for 40 minutes. Melt the remaining 2 tablespoons butter and drizzle over the top. Bake until the top is crisp and golden, about 20 more minutes.

**Seasonal
Eating**

UT Extension

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



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An Apple for the Teacher

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

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

Cider Glazed Chicken

1 cup apple cider
1 cup low sodium chicken broth
1 cinnamon stick (3" long or a couple of pinches of ground)
4 whole cloves (or a tiny pinch of ground)
4 peppercorns
1/3 cup minced shallot or onion
4 boneless, skinless chicken breasts, pounded to 1/2" thickness
2 tablespoons butter
1/4 teaspoon salt
1/4 teaspoon black pepper
1/2 teaspoon dried thyme

In a large saucepan, combine cider, broth, cinnamon, cloves, peppercorns and shallots. Bring to a boil and reduce to 1/4 cup, removing cinnamon stick, cloves and peppercorns when done. Meanwhile, in a large skillet, melt butter. Add chicken breasts and sprinkle with half the salt, pepper and thyme. Cover and cook until chicken is well browned. Turn over and sprinkle with remaining half of salt, pepper and thyme. Cover and cook until chicken is just done. Remove to a platter and keep warm. Pour the reduced cider mixture into the skillet and bring to a boil, stirring up any bits from browning the chicken. Pour sauce over chicken breasts (or slice and then pour sauce over) and serve.

Sweet and Savory Apples and Acorn Squash

1 small acorn squash, peeled, seeded and cut into 1/2" dice
1 1/2 tablespoons butter, melted
1/4 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1/4 teaspoon kosher salt, divided
1 tablespoon butter
3 tablespoons chopped onion
1/8 teaspoon black pepper
1 apple, cored and cut into 1/2" dice
1/4 cup low sodium chicken broth
1/2 teaspoon chopped fresh thyme (or 1/4 teaspoon dried thyme)

In a medium bowl, toss the squash with the melted butter, cinnamon, nutmeg and 1/8 teaspoon of the salt. Pour onto a parchment lined baking sheet and roast at 450 degrees for 15 minutes or until just fork tender and golden. Remove from oven and set aside to cool for at least 5 minutes.

In a small saucepan over medium-high heat, melt the butter. Add the onion, remaining 1/8 teaspoon salt and pepper and cook until the onion is soft, about 2 minutes. Add the apple and chicken stock (and thyme if using dried) and bring to a simmer. Cook for 5 minutes or until the apples are just barely tender - they should still retain their shape. Add the roasted acorn squash and thyme (if using fresh). Toss gently and serve warm.