

Pumpkin Angel Cake Roll

- 1 (16-ounce) box angel food cake mix
- 2 tablespoons orange zest, divided
- 1 3/4 cups + 2 Tbsp. canned or cooked and pureed pumpkin
- 3/4 cup sugar
- 1 1/2 teaspoons cinnamon
- 1 1/2 teaspoons vanilla extract
- 1/4 cup powdered sugar + more for sprinkling

Line a half sheet pan with parchment paper. Make cake mix according to box directions, adding 1 tablespoon of the orange zest during the last 30 seconds of mixing. Spread in prepared pan. Bake at 350 degrees until the cake is lightly browned on top and springs back, 15-20 minutes. In the meantime, lay out a clean kitchen towel and dust with the powdered sugar. When the cake comes out, run a knife along the edges to loosen and immediately turn out onto towel. Roll up cake with towel along the long edge. Let cool rolled up. In a medium bowl, combine pumpkin, sugar, cinnamon, vanilla and remaining tablespoon of orange zest. Unroll cake when cool and spread with the pumpkin filling. Roll up and dust with powdered sugar. Cut into slices and garnish with whipped cream. Store in the refrigerator.

To cook fresh pumpkin: Choose the smaller pie pumpkins. Cut in half and scoop out the seeds and strings. Place cut side down on a parchment lined baking sheet. Bake at 350 degrees until tender, 1-2 hours depending on the size. Scoop out flesh and mash while warm. If it seems a little watery, drain in cheesecloth.

Seasonal
Eating



Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



October
Pumpkins, Turnips, Winter Squash

Pork Stir Fry with Turnips and Carrots

4 tablespoons water
1 teaspoon cornstarch
3 tablespoons hoisin sauce
2 tablespoons low sodium soy sauce
2 tablespoons sherry
1 1/2 teaspoons rice wine vinegar
1 teaspoon sugar

4 tablespoons peanut or vegetable oil, divided
1/2 pork tenderloin, cut into 1/4" matchsticks
1/2 turnip, peeled and cut into 1/4" matchsticks
6-7 baby carrots, cut into 1/4" matchsticks
1/2 small onion, sliced into quarter moons
2 cloves garlic, pressed
1/4 teaspoon red pepper flakes, or to taste
2 tablespoons, roughly chopped cilantro
Cooked medium grain white rice

In a small bowl, dissolve the cornstarch in the water. Add the hoisin sauce, soy sauce, sherry, vinegar and sugar. Set aside. Heat 2 tablespoons oil over high heat in a large frying pan or wok. Add 1/2 of the pork strips and stir until just cooked through. Remove to a bowl. Heat the oil again and add the remainder of the pork. Add to bowl when done. Add remaining 2 tablespoons oil to the pan and heat. Add turnips, carrots and onion. Cook until tender to a fork but still just slightly crisp, stirring often over medium high heat. Add garlic and red pepper and cook until fragrant, about a minute. Add the sauce mixture and return the meat to the pan. Cook until sauce is slightly thickened and everything is coated. Stir in cilantro just before serving. Serve over rice.

Creamy Butternut Squash Soup with Toasty Onion Sticks

1/4 cup butter
6 tablespoons chopped onion
6 cups peeled and cubed butternut squash
3 cups water
4 teaspoons chicken bouillon granules
1/8 teaspoon cayenne pepper
1/4 teaspoon black pepper
3/4 teaspoon dried rubbed sage
16 ounces cream cheese

In a large saucepan, sauté onions in butter until tender. Add squash, water, bouillon, cayenne, black pepper and sage. Bring to a boil and cook 20 minutes or until squash is tender. Puree the squash mixture and cream cheese in a blender or food processor in batches until smooth. Return to saucepan and heat through. Do not allow to boil. If it needs thinning, combine 1 teaspoon bouillon to 1 cup hot water and add gradually until desired consistency is reached.

Toasty Onion Sticks:

1 envelope Lipton onion soup mix
1 cup butter
1 loaf white bread

Mix onion soup and butter. Spread over pieces of bread. Cut each slice into 5 strips. Place bread on ungreased cookie sheet. Place in preheated 375 degree oven and bake until bread is toasted on the bottom.