

Citrus Beet Salad

- 1 pound beets, about 4 medium
- Olive oil
- Salt
- 1/4 cup orange juice
- 2 tablespoons white wine vinegar
- 2 tablespoons honey
- 2 tablespoons minced shallots
- 1 tablespoon poppy seeds
- 1 teaspoon grated orange zest
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/3 cup olive oil
- 10 ounces arugula and/or spinach, rinsed and spun dry
- 2 1/2 ounces crumbled blue cheese
- 1/4 cup toasted chopped pecans

Trim stems to 1" from the beets and wash and dry. Coat with a little olive oil and place on a large sheet of foil. Sprinkle with a little salt. Wrap up in foil and place on baking sheet. Roast at 350 degrees for about 1 1/2 -2 hours or until just tender when poked with a fork. Remove and let cool enough to handle. Peel beets and dice into 1/8 - 1/4" squares. Whisk together orange juice, vinegar, honey, shallot, poppy seeds, orange zest, salt and pepper in a small bowl. Slowly whisk in olive oil. Pour 2/3rds of the vinaigrette over the beets. In a large bowl, toss the arugula with the remaining vinaigrette. Divide arugula among six plates and mound the beets on top of the greens. Sprinkle with blue cheese and pecans. Serve immediately.

Seasonal
Eating

UT Extension

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



October 2012
Roots and Greens

Pasta with Italian Sausage and Kale

- 4 links Italian sausages
- 1 cup elbow macaroni
- 1 onion, chopped
- 3 cloves garlic, pressed
- 2 (15 1/2-ounce) cans diced tomatoes, undrained
- 3/4 -1 bunch kale, stems removed and chopped
- 1/4 teaspoon black pepper
- 1/2 cup grated parmesan cheese

Place sausages in a skillet, cover and cook until caramelized on the outside and cooked through. Remove to a cutting board and slice. Cook macaroni in boiling, salted water until just tender. Drain and set aside. Meanwhile add onion and garlic to drippings in the sausage pan and sauté until translucent. Add tomatoes, kale and pepper. Turn heat to medium high and reduce the liquid. Add the macaroni and sausages and heat together. Pour into serving bowl and sprinkle with parmesan cheese.

Kale Chips

Wash, stem and tear kale leaves into 2-3" pieces. Pat dry and toss with a little olive oil, salt and pepper. Lay in a single layer on a parchment lined baking sheet. Bake at 350 degrees for about 10 minutes or until crispy and just slightly browned. Cool and serve.

Ginger Glazed Parsnips and Pears

- 1 tablespoon butter
- 1 tablespoon sherry
- 1/4 cup chicken broth
- 1 teaspoon minced ginger root
- 1/4 teaspoon dried thyme
- 1/2 pound parsnips, cut into 1" sticks
- 1 pear, cored and cut into 1" long slices
- Salt and pepper to taste
- 1/2 teaspoon lemon juice
- 2 tablespoons toasted slivered or sliced almonds

In a medium skillet combine butter, sherry, broth, ginger root and thyme. Heat until butter is melted. Add parsnips in single layer, cover and cook over medium heat for about 5-6 minutes, until barely fork tender. Uncover and add pears, turn heat to high and cook another 3-4 minutes until juices are reduced to a glaze. Sprinkle with a little salt and pepper and the lemon juice. Transfer to serving dish and top with almonds. Serve immediately.