

Peter Pumpkin Bars with Orange Cream Cheese Frosting

4 eggs
1 2/3 cups sugar
1 cup vegetable oil
1 (15-ounce) can solid pack pumpkin
2 cups flour
2 teaspoons baking powder
1 teaspoon baking soda
2 teaspoons pumpkin pie spice

1 (3-ounce) package cream cheese, softened
1/2 cup butter, softened
2 teaspoons orange extract
2 cups powdered sugar
1-2 tablespoons milk, as needed

Line a 15 x 10 inch jelly roll pan with parchment paper. Coat with non-stick spray. To make the bars, in a large bowl, beat together the eggs, granulated sugar and oil until blended. Add the pumpkin and mix until smooth. Stir in the flour, baking powder, baking soda and pumpkin pie spice and continue stirring until smooth. Pour into the prepared pan and bake at 350 degrees until a skewer inserted into the center comes out clean, 20 to 25 minutes. Remove from the oven and let cool completely in the pan on a rack. To make frosting, with an electric mixer, beat the cream cheese, butter and orange extract in a large bowl until blended. Add the powdered sugar and beat until the mixture reaches a spreadable consistency. You may need to add a little more sugar or a little milk to make it the right consistency. Spread over cooled bars and cut into 40 two-inch bars.

Seasonal
Eating

UT Extension

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



**October 2013
Tricky Treats**

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

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

Vegetable Beef Chili Soup with Bread Spiders

1 pound ground beef
1 onion, chopped
4 stalks celery, chopped
2 carrots, chopped
1 green bell pepper, chopped
8 ounces mushrooms, chopped
2 teaspoons salt
1/2 teaspoon black pepper
2 cups water
2 teaspoons beef bouillon base
1/2 teaspoon ground coriander
2 teaspoons dried oregano
1 teaspoon dried thyme
1 teaspoon ground cumin
1/8 teaspoon ground red pepper
2 tablespoons chili powder
2 bay leaves
1 tablespoon Worcestershire sauce
8 small round potatoes, cut into six to eight pieces
1 (28-ounce) can diced tomatoes
1 (16-ounce) can crushed tomatoes
1 1/2 teaspoons sugar
1/4 cup cilantro, chopped

In a large Dutch oven, brown the ground beef. Drain all but 1-2 tablespoons grease. Add the onion, celery, carrot, bell pepper, mushrooms, salt and pepper. Sauté until the vegetables turn translucent and begin to soften, about 5 minutes. Add the water, bouillon base, coriander, oregano, thyme, cumin, ground red pepper, chili powder, bay leaves, Worcestershire sauce and potatoes. Bring to a boil and reduce to a simmer for about 20 minutes just until potatoes are tender. Add the tomatoes and sugar and simmer another 10 minutes. Adjust seasonings and add the cilantro just before serving.

Spiders: Unroll one tube of refrigerated bread stick dough and separated at perforations into 12 breadsticks. Cut 4 of the breadsticks in half lengthwise. Shape into 8 coils on ungreased cookie sheets. Cut each remaining breadstick lengthwise into 3

strips, making 24 long strips. Cut each in half crosswise, making 48 short strips. Place 3 short strips on each side of each coil, placing ends under coil and pinching to attach. Bend strips in center to resemble spider legs or place crumbled foil log under the legs on each side to make them stand up in the center. Brush the breads with beaten egg white. Place 2 olive slices on each to resemble eyes. Bake at 375 degrees for 12 to 15 minutes or until "spider body" is light golden brown and "legs" are golden brown.

Garden Garbage Dip with Fingers

8 ounces cream cheese, softened
1 cup sour cream
1/4 cup finely chopped radish
1/4 cup finely chopped green onion
1/4 cup finely chopped cucumber, drained
1/4 cup finely chopped bell peppers
1 tablespoon sugar
1 teaspoon dried dill weed
1/4 + 1/8 teaspoon salt
Dash black pepper

In large bowl with electric mixer, beat cream cheese. Gradually add sour cream, beating with each addition until smooth. Add radishes, onions, cucumber, bell pepper, sugar, salt, dill and pepper and beat on low speed until well blended. Pour into a bowl and serve with cut up vegetables.

To garnish for Halloween: Cut 5 small, fingernail shaped slices from the sides of a radish. Use a little of the dip to glue the fingernails to the ends of 5 baby carrots. Push into the dip so they look like a hand coming up from the bowl.