

Eggplant Caponata

4 tablespoons olive oil, divided
1 large eggplant (or 2 small - about 1 1/2 lbs. total), peeled and cut into 1/2" cubes
1/2 onion, chopped
3/4 teaspoon salt, divided
1 large clove garlic, minced
1 (15-ounce) can diced tomatoes
1/3 cup chopped roasted red bell pepper
1/4 cup chopped kalamata olives
2 tablespoons drained and chopped capers
1 1/2 tablespoons chiffonade of fresh basil
1 1/2 tablespoons red wine vinegar
2 teaspoons balsamic vinegar
1/4 teaspoon crushed red pepper

Heat 2 tablespoons of olive oil in a large nonstick skillet over medium-high heat. Add the eggplant and onion and sprinkle with 1/2 teaspoon of the salt. Cook, stirring often, until the eggplant is tender and nicely caramelized, 8-10 minutes. Add the remaining 2 tablespoons oil, remaining 1/4 teaspoon salt, garlic, diced tomatoes, bell pepper, olives, capers, basil, red wine vinegar, balsamic vinegar and red pepper to pan and cook down until the juices have reduced by about half.

If using over pasta, stir in cooked pasta to coat well. Top with grated Parmesan cheese.

If using on crostini, cook down until most of the juices evaporate, spread on crostini and top with Parmesan cheese.

**Seasonal
Eating**

UT Extension

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



**October 2014
Harvest Ending**

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

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

Savory Bread Pudding with Bacon and Kale

1/2 pound challah or white mountain bread, cut into 1/2" cubes
(about 1/2 - 3/4 loaf)
2 tablespoons butter
3 tablespoons maple syrup
Kosher salt
1 bunch (about 10 oz.) kale, ribs removed and chopped into 1"
pieces
5 slices bacon
1 cup sliced green onion, white and green parts
8 eggs
2 cups milk
1 cup heavy cream
1/2 teaspoon cider vinegar
1/4 teaspoon black pepper
1 teaspoon salt
1 cup grated Parmesan cheese

Arrange the bread cubes in a single layer on a rimmed baking sheet and bake at 375 degrees until lightly toasted, 8-10 minutes. Let bread cool for a few minutes and then transfer to a large bowl. In a small saucepan, melt the butter over medium low heat and continue cooking until the milk solids turn nutty brown. Remove from the heat and add 2 tablespoons of the maple syrup. Drizzle the mixture over the bread cubes, stirring as you drizzle. Sprinkle with a little salt and toss again. Bring a large pot of salted water to a boil. Add the kale and start timing immediately. After 4 minutes, taste a leaf and if it is still tough and rubbery, cook another 1-2 minutes until tender. Drain and rinse then squeeze out excess moisture and fluff to separate the leaves. In a medium skillet, cook the bacon until crisp and remove to a paper towel to drain. Pour off half of the bacon fat in the pan and then add the scallions to the skillet and cook until softened and beginning to brown, about 2 minutes. Add the kale and stir well to coat. Remove from heat. In a large mixing bowl, whisk together the eggs, milk, cream, remaining 1 tablespoon of maple syrup, vinegar, pepper and salt. In a greased 9"x13" pan, arrange half of the bread cubes in a single layer. Top with half of the bacon, half of the kale mixture and one third of the cheese. Repeat with the remaining bread, bacon and kale and another third of the cheese.

Pour the egg mixture evenly over the top. Gently press with a spatula to allow the custard to coat everything. Top with the remaining cheese. Let sit for about 20 minutes (or up to 2 hours in the refrigerator) and gently press again. Bake at 375 degrees about 40-45 minutes, until set in the middle and golden. Let rest for a few minutes and then serve hot.

Spiced Butternut and Cranberry Bread

3 1/3 cups flour
1 teaspoon baking powder
1 teaspoon baking soda
1 1/2 teaspoons salt
1 teaspoon ground ginger
1 teaspoon ground nutmeg
1 teaspoon ground cinnamon
1 teaspoon ground cloves
3 cups sugar
4 large eggs
1 cup vegetable oil
1 teaspoon vanilla extract
2 cups roasted, mashed butternut squash
1 (12-ounce) bag fresh cranberries

In a medium bowl, combine the flour, baking powder, baking soda, salt, ginger, nutmeg, cinnamon and cloves. Whisk well. In the bowl of an electric mixer, combine the sugar, eggs, oil and vanilla. Mix on medium speed until creamy, 2 minutes. Add the roasted squash and mix until combined. With the mixer running on low, gradually add the flour mixture until just combined. Remove the bowl from the mixer and stir in the berries by hand. Transfer the mixture to three 8"x4" greased loaf pans. Bake at 325 degrees for 60-70 minutes or until a toothpick comes out with just a few crumbs. Let cool for a few minutes and then remove from pans to a cooling rack.