

Massaged Kale Salad

- 1/2 bunch kale, stalks removed and leaves thinly sliced
- 1/2 lemon, juiced
- Kosher salt
- 2 tablespoons olive oil + extra for drizzling
- 1 teaspoon honey
- Black pepper
- 1 (15-ounce) can mandarin orange segments, drained
- 1/4 cup dry roasted sunflower seeds

In a large bowl, combine the kale with half the lemon juice, a sprinkle of kosher salt and drizzle of oil. Massage the kale until it starts to soften and wilt, about 2-3 minutes. Set aside while you make the dressing. In a small bowl, whisk together the remaining half of lemon juice, honey and black pepper. Drizzle in the 2 tablespoons olive oil. Season with salt as needed. Stir dressing into kale and fold in oranges. Refrigerate until ready to serve. Sprinkle with sunflower seeds just before serving.

Seasonal
Eating



Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



November
Cabbage, Kale, Cranberries

Southern Style Cabbage

- 4 slices bacon (more if your cabbage is large)
- 1 small head green cabbage, cored and sliced
- 1 small onion, thinly sliced
- 1 tablespoon sugar
- 1/2 teaspoon salt
- Black pepper to taste
- 1/2 cup water

In a large Dutch oven, cook bacon until browned and crispy. Remove bacon to a paper towel, leaving drippings in pan. Add cabbage and onion and toss to coat with drippings. Add sugar, salt, pepper and water. Cover, turn heat to medium low and cook for about 35-40 minutes or until cabbage is very tender. Crumble bacon over the top.

Cranberry Apple Casserole

- 3 small apples, peeled, cored and chopped
- 1 (16-ounce) can whole cranberry sauce
- 1 (20-ounce) can pineapple tidbits, well-drained
- 1 cup rolled oats
- 1 cup chopped walnuts
- 1/2 cup brown sugar
- 1/2 cup butter, melted

Stir together apples, cranberry sauce and pineapple. Place in bottom of an 8" x 8" casserole dish. Stir together the oats, walnuts, brown sugar and butter. Sprinkle mixture over the fruit. Bake at 350 degrees for 30 minutes until bubbly and slightly browned.

Brandied Cranberries Over Cream Cheese

- 3 (12-ounce) bags cranberries
- 3 cups sugar
- 1/2 cup brandy
- 8 ounces cream cheese
- crackers

Place washed cranberries in a single layer in 2 lightly greased jelly roll pans. Pour sugar over cranberries and cover tightly with aluminum foil. Bake at 350 degrees for 1 hour. Spoon into bowl and stir in brandy. Cool. Store in refrigerator for up to a week. Makes 5 cups (a lot!). When ready to serve, place cream cheese on serving plate. Spoon cranberries over the top and serve with crackers.