

Sweet Potato Rolls

2 teaspoons yeast
1/4 cup warm water
1/4 + 1/8 cup plus 1 teaspoon sugar, divided
6 tablespoons butter, plus more for brushing tops
1/2 cup milk
1 teaspoon salt
1 cup mashed sweet potato (1-2 potatoes baked, peeled and mashed)
1 egg
3 1/2 - 4 cups flour, divided plus more for rolling

In a small bowl, combine the yeast, water and 1 teaspoon sugar. Stir and set aside. In a small saucepan, melt butter. Add 1/4 cup + 1/8 cup sugar, milk and salt. Stir over low heat until dissolved. Let cool to lukewarm and add yeast mixture. In mixer bowl, beat sweet potato and egg with paddle attachment. Add milk mixture and beat to combine. Add 1 cup flour and beat until well mixed. Add another 2 1/2 cups flour and mix just until incorporated. Switch to the dough hook and knead for a few minutes until dough is smooth. You may need to add a little more flour, but try to add as little as possible as the dough will be sticky. Remove to a greased bowl and turn to coat. Cover with greased plastic wrap and place in refrigerator overnight to double in size and firm up. On a WELL floured surface, turn out dough and roll to about 1/2" thick. Cut small rounds with a biscuit cutter and place on a parchment lined baking sheet, fairly close together. Brush the tops with melted butter. Cover with a clean towel and let rise until doubled, about 30 minutes or so. Uncover and bake at 400 degrees for 14-16 minutes or until lightly browned on the bottom and gently firm to the touch. Serve warm.

Seasonal
Eating

UT Extension

Cooking Demonstration

New Ideas to
Use Seasonal Fruits and Vegetables



**November 2013
Harvest Thanks**

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

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

Butternut Squash Lasagna

Squash Mixture:

8-10 cups peeled and cubed butternut squash, (2 small)
1/2 onion, chopped
1 1/2 tablespoons chopped fresh sage
3 tablespoons olive oil
1 teaspoon salt
1/4 teaspoon black pepper

Toss squash, onion, sage, olive oil, salt and pepper together. Spread in a single layer on a baking sheet lined with parchment paper and roast for 10 minutes at 425 degrees. Toss and roast another 10 -15 minutes until tender. Remove squash mixture to a bowl and reduce oven heat to 350 degrees. Mash into a chunky mixture.

Ricotta Mixture:

30 ounces part skim ricotta cheese
2 cups shredded mozzarella cheese
2 eggs
3/4 teaspoon salt
1/4 teaspoon black pepper

In another bowl, mix together the ricotta, mozzarella, egg, salt and pepper.

Béchamel Sauce:

4 tablespoons butter
2 teaspoons chopped fresh sage
1 teaspoon chopped fresh thyme
1 teaspoon salt
1/4 teaspoon black pepper
2 tablespoons flour
2 cups milk
2 tablespoons white wine
1 cup grated Parmesan cheese

In a saucepan, melt butter and add sage, thyme, salt and pepper. Let cook for a minute then add flour and cook another minute. Add milk and wine and whisk while cooking until boiling and thickened. Add Parmesan cheese.

9 lasagna noodles, cooked al dente
1 1/2 cups shredded mozzarella cheese, divided
1/2 cup grated Parmesan cheese, divided

In a greased 9x13 inch baking dish, cover bottom of pan with a layer of three noodles. Spread with half of the squash mixture and then half of the ricotta mixture. Sprinkle with 1/2 cup mozzarella and 1/4 cup Parmesan. Top with another layer of noodles, remaining squash and remaining ricotta mixture. Sprinkle with another 1/2 cup mozzarella and 1/4 cup Parmesan. Cover with remaining noodles and sprinkle with remaining 1/2 cup mozzarella cheese. Spread the Béchamel Sauce over the top. Bake at 350 degrees for 45 minutes until bubbly and browned. Let rest 5-10 minutes before serving.

Apple Spinach Salad with Red Currant Cider Dressing

1 tablespoon red currant jelly
1 tablespoon maple syrup
1 1/2 tablespoons cider vinegar
2 tablespoons apple cider
1 teaspoon Dijon style mustard
1/8 teaspoon salt
Dash black pepper
1/2 cup extra virgin olive oil
1 bag fresh spinach
1/2 bag baby kale or arugula
2 apples, cored and diced
1/2 cup toasted pecans

In a medium bowl, whisk the red currant jelly to break it up. Whisk in the syrup, vinegar, cider, mustard, salt and pepper. Drizzle in the oil while whisking. Taste and adjust seasoning. Toss the spinach and kale together and add desired amount of dressing. Divide onto plates. Toss the apples with a little of the dressing mixture and sprinkle over greens. Top with toasted pecans.