

**UT EXTENSION**  
INSTITUTE OF AGRICULTURE  
THE UNIVERSITY OF TENNESSEE



Information in this booklet has been provided by fce members. The use of name brands is for example only and does not indicate endorsement by UT Extension or the fce organization.

Programs in agriculture and natural resources,  
4-H youth development, family and consumer sciences,  
and resource development.

University of Tennessee Institute of Agriculture,  
U.S. Department of Agriculture and county governments cooperating.  
UT Extension provides equal opportunities in programs and employment.



## **Bedford County Family and Community Education Clubs**

# **July 2019**

## Share Fair Recipes to Share

### **Appetizer—Crab Delights Buffalo Dip**

Liberty Club

Ann Spencer and Ardis Rittenberry

### **Dessert—Chess Cake Squares**

Town and Country Club

Jane Lile

### **Salad—Orzo Salad with Spring Vegetables**

Wheel Club

Jerry Sue Boyce and Debra Jones

### **Main Dish—Lemon Artichoke Chicken**

Extension Office

Whitney Danhof

### **Side Dish—Sweet Potato Fries**

Sulphur Springs Club

Mary Ann Davis, Sabrenia Heard,

Cecelia Dougan and Betty Davis

## Sweet Potato Fries

4-6 sweet potatoes (about 2 pounds for 4-6 people)

2 tablespoons olive oil

1 teaspoon garlic powder

1 teaspoon paprika

1 teaspoon salt

1/2 teaspoon black pepper

Preheat oven to 400—425 degrees. Wash, peel and dry potatoes. Cut into 3" x 1/4" to 1/2" sticks. Toss in oil. In a small bowl, stir together garlic powder, paprika, salt and pepper. Toss seasoning mix with oiled potatoes. Spread into a single layer on a baking sheet. Bake for 15 minutes. Flip potatoes over and bake another 10-15 minutes until desired crispness. Serve warm with favorite dipping sauce.

## Lemon Artichoke Chicken

3 tablespoons olive oil, divided  
1 1/2 teaspoons lemon zest  
6 teaspoons fresh lemon juice, divided  
1 teaspoon garlic powder  
4 (6-ounce) boneless, skinless chicken breasts  
1 cup chicken broth  
2 tablespoons flour  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1/2 cup thinly sliced shallot  
1 tablespoon chopped fresh rosemary  
2 ounces pancetta, finely chopped  
1 tablespoon chopped garlic  
1/2 cup dry sherry  
1 (15-ounce) can quartered artichoke hearts  
4 teaspoons chopped fresh flat leaf parsley, divided

Whisk together 1 tablespoon of the oil, lemon zest, 4 teaspoons of lemon juice and garlic powder. Place chicken in a zip top bag and pour the lemon mixture in, close and massage to distribute marinade around chicken. Let stand for 30 minutes.

Combine chicken broth and flour, stirring with a whisk and set aside. Heat another 1 tablespoon of oil in a large skillet. Remove chicken from marinade and place in skillet. Sprinkle with salt and pepper. Cook for 5 minutes on each side or until just done. Remove to a platter.

Add the remaining 1 tablespoon of oil to the pan. Add shallots, rosemary and pancetta. Cook for 3 minutes or until shallots are tender. Add garlic and cook for 30 seconds. Add sherry to pan and cook until liquid almost evaporates, scraping any bits off the bottom of the pan. Stir in the chicken broth mixture and artichokes. Cook until mixture thickens slightly. Stir in remaining 2 teaspoons lemon juice and 2 teaspoons of parsley. If sauce is too thick, add a little water. Add the chicken back to the pan and coat with sauce. Sprinkle with remaining 2 teaspoons parsley.

## Crab Delights Buffalo Dip

1 (8 ounce) package cream cheese, softened  
1 cup sour cream  
1/2 cup crumbled blue cheese  
1/4 cup Buffalo style hot sauce  
1 (8 ounce) package flake style crab, coarsely chopped  
Salt and pepper to taste  
Baguette slices, crackers, celery sticks or carrot sticks, your choice

Preheat oven to 350 degrees. In a large bowl mix cream cheese, sour cream, blue cheese and hot sauce. Stir in crab flakes and season with salt and pepper. Pour into a 7"x11" greased baking dish. Bake until heated through, about 20-25 minutes. Serve with baguette slices, crackers or vegetables. Makes 3 cups.

## Chess Cake Squares

- 1 box yellow cake mix (or can use any other flavor—  
strawberry, chocolate, spice, orange, lemon, cherry)
- 1/2 cup butter, melted
- 1 egg

Mix together and spread into a sheet cake pan.

- 8 ounces cream cheese, softened
- 2 eggs
- 1 box confectioners sugar, reserve 2 tablespoons

Mix together until smooth and spread over the cake layer. Bake at 350 degrees for 35 minutes. Sprinkle the reserved confectioners sugar over the top when it comes out of the oven. Let cool. Cut into squares and serve.

## Orzo Salad with Spring Vegetables

### Dressing:

- 1/2 cup white wine vinegar
- 1/4 cup fresh lemon juice
- 1 tablespoon honey
- 2 teaspoons salt
- 1 teaspoon freshly ground pepper
- 1 cup extra-virgin olive oil

In lidded jar, combine vinegar, lemon juice, honey, salt and pepper. Cover and shake until blended. Add olive oil, cover and shake until emulsified.

### Salad:

- 4 cups vegetable broth
- 2 cups water
- 1 pound orzo pasta
- 1 (15 ounce) can chickpeas, drained
- 2 cups frozen peas, blanched in boiling water for 3 minutes
- 1 bunch asparagus, trimmed, cut into 1" pieces and blanched in boiling water for 3 minutes
- 1 bunch baby arugula
- 1/3 cup chopped green onion (white and green parts)
- 1 cup chopped, fresh parsley
- 1/2 cup toasted, sliced almonds
- 4 ounces feta cheese, crumbled
- Salt and ground pepper to taste

In saucepan, bring broth and water to a boil, stir in orzo. Cook until orzo is al dente, stirring frequently, about 7 minutes. Drain orzo; transfer to big serving bowl. While pasta is warm, add half the dressing and toss to coat. Let cool. Add chickpeas, peas and asparagus; toss to combine. Add arugula, onion, parsley and a bit more dressing; toss to coat. Top salad with almonds and feta. Season, to taste, with salt and pepper. Serve, refrigerating any leftovers.