

# Zapples (apple crisp)

## Ingredients:

**For the Zapple:** 5 medium zucchini, peeled, seeded, and sliced

2 ½ cups of water

Juice of one large lemon or two small lemons

½ teaspoons Gluccie

¼ teaspoon ground cinnamon

1 ½ vanilla extract

2 tablespoons Gentle Sweet

**For the Crumble Topping:** 1 cup of trim healthy mama's baking blend or ½ golden flax meal and ½ cup coconut flour

3 tablespoons butter or coconut oil

2 pinches mineral salt

¾ teaspoons ground cinnamon

2 ½ tablespoons Gentle Sweet

Generous ½ cup unsweetened shredded coconut

¼ cup chopped walnuts or pecans

## Directions:

Preheat oven to 375°F. Spray an 8" square pan with coconut oil. Put the zucchini, water, and lemon juice in a large saucepan and bring to a quick boil over high heat. Reduce the heat to low and simmer, bubbling gently, for 12 to 15 minutes. Start whisking briskly, and slowly sprinkle Gluccie I lightly so it doesn't clump. Whisk for another minute after all Gluccie is in, then cinnamon, vanilla, and sweetener; stir for another minute. Pour into the prepared pan and set aside. Put Baking Blend, butter, salt, cinnamon, and Gentle Sweet into a food processor and process for one minute. Add the coconut and nuts, and pulse until they are chopped a bit but not completely pulverized. Sprinkle the crumble over the Zapple and bake for 25 to 30 minutes, or until golden brown. Allow dish to cool for 10 minutes before enjoying.

## Recipe Source:

Trim Healthy Mama Cookbook

## Pesto

### Ingredients:

1/3 olive oil  
2 cups firmly packed fresh basil leaves  
1/2 cup walnuts  
1/2 cup grated Parmesan cheese  
3 to 4 cloves garlic, peeled and quartered  
1/4 tsp salt  
2 tbsp olive oil



### Directions:

Put into blender or food processor and blend until smooth, adding 2 tbsp olive oil throughout to achieve desired consistency.

### Recipe Source:

Better Homes and Gardens cookbook

## Cooking Garden Fresh Beet Greens

Beet greens are the leafy tops of beets, featuring deep green leaves and scarlet stems. They have a mild, sweet, and slightly earthy flavor, similar to Swiss chard. These greens are nutritious, packed with vitamins A and K, and can be used in various dishes.

### How to Prepare Beet Greens

#### Cleaning and Trimming

- 1. Remove the Greens:** Cut the beet greens from the beets, leaving a small portion of the stem attached to the beets.
- 2. Wash Thoroughly:** Rinse the greens in cold water to remove any dirt. You may need to wash them multiple times.
- 3. Trim:** Cut away any tough or woody stems. Chop the leaves and stems into bite-sized pieces.

### Cooking Methods

#### Sautéed Beet Greens

- 1. Heat Oil:** In a large skillet, heat olive oil over medium heat.
- 2. Cook Stems First:** Add chopped stems and sauté for about 2-3 minutes until they start to soften.
- 3. Add Greens:** Toss in the chopped leaves and minced garlic. Sauté for another 2-3 minutes until the greens are wilted.
- 4. Season:** Add salt, pepper, and a squeeze of lemon juice to taste.

#### Boiled Beet Greens

- 1. Boil Water:** Bring a pot of lightly salted water to a boil.
- 2. Cook Greens:** Add the beet greens and cook for 3-5 minutes until tender.
- 3. Drain:** Drain the greens in a colander and season with butter, salt, and pepper.

### Serving Suggestions

- Serve sautéed beet greens as a side dish with proteins like chicken or fish.

- Incorporate them into pasta dishes, grain bowls, or omelets for added nutrition and flavor.
- Beet greens can be enjoyed raw in salads, sautéed, or added to smoothies for a nutritious boost.

Beet greens are versatile and can be enjoyed in many ways, so feel free to experiment with different seasonings and ingredients!

### **Health Benefits**

- **Rich in Antioxidants:** Beet greens contain antioxidants that support the immune system.
- **High in Vitamin K:** This vitamin is essential for bone health and may help protect against chronic diseases.
- **Low Calorie:** They are low in calories, making them a great addition to weight management diets.
- **Supports Digestion:** The fiber content aids in digestion and promotes regularity.

## Cooking Garden Fresh Beets

To cook garden fresh beets, you can either boil, steam, or roast them. First, scrub the beets clean, trim the tops, and then choose your cooking method: boil them in water until tender, steam them in a steamer basket, or wrap them in foil and roast in the oven until fork-tender.

### Preparing Beets for Cooking

Before cooking, it's essential to prepare the beets properly:

- **Wash:** Scrub the beets under running water to remove dirt.
- **Trim:** Cut off the stems and leaves, leaving about 2 inches of the stems to prevent bleeding.
- **Peeling:** It's not necessary to peel beets before cooking; the skins can be removed easily after cooking.

### Cooking Methods

Beets can be cooked using several methods. Here are three popular techniques:

#### Boiling

1. Place whole beets in a pot and cover with water.
2. Add a splash of vinegar or lemon juice to help retain color.
3. Bring to a boil, then reduce to a simmer.
4. Cook until fork-tender, about 30-45 minutes depending on size.
5. Cool under running water and peel.

#### Steaming

1. Fill a pot with water and place a steamer basket inside.
2. Bring the water to a boil.
3. Add the beets to the steamer basket and cover.
4. Steam until tender, about 30-40 minutes.
5. Cool and peel under running water.

#### Roasting

1. Preheat the oven to 400°F (200°C).

2. Wrap washed beets in aluminum foil with a drizzle of olive oil, salt, and pepper.
3. Place on a baking sheet and roast for about 45-60 minutes, until fork-tender.
4. Allow to cool, then peel.

## **Serving Suggestions**

Cooked beets can be enjoyed in various ways:

- **Salads:** Toss in salads for added color and nutrition.
- **Sides:** Serve warm as a side dish.
- **Dips:** Blend into hummus for a vibrant dip.

## **Health Benefits**

### **Heart Health**

- Beets are rich in nitrates, which can help lower blood pressure and improve blood flow.

### **Digestive Health**

- High in fiber, beets support digestive health and can help regulate blood sugar levels.

### **Athletic Performance**

- The nitrates in beets may enhance exercise performance by improving oxygen use in muscles.

### **Antioxidant Properties**

- Beets contain betalains, which have antioxidant and anti-inflammatory effects.

### **Nutrient-Rich**

- Beets provide a variety of vitamins and minerals, including folate, potassium, and vitamin C, contributing to overall health.

Incorporating beets into your diet can be beneficial due to their rich nutritional profile and associated health benefits.

## Cajun Style Black-eyed Peas

### **Ingredients:** (per pound of peas)

16oz pkg Garden Fresh Black-eyed Peas  
3 cup water  
1 cup white onion (finely chopped)  
1/2 cup bell pepper (finely chopped)  
1 cup celery (finely chopped)  
1 bay leaf  
1 tsp salt  
1/2 tsp ground red pepper  
1 clove garlic (minced)

### **Directions:**

If using dried peas, rinse and let soak overnight.

In a large saucepan over high heat, bring the peas and water to a boil. Reduce heat to medium and add the onion, bell pepper and celery; cover and cook for 30min, stirring often. Reduce heat to simmer and stir in all the remaining ingredients. Continue cooking, covered, for 30 minutes longer. Remove bay leaf and serve.

### **Recipe Source:**

Enola Prudhommes Low-Calorie Cajun Cooking

## Butternut Squash Mac and Cheese

### Ingredients:

1 butternut squash, peeled and spiralized with blade B

Olive oil cooking spray

2 tbsp vegan butter

1 tbsp coconut flour

1/3 cup plain almond milk

1/2 cup grated sharp cheddar cheese

1/4 cup grated parmesan cheese

### Directions:

Preheat oven to 400°F. Take your spiralized butternut squash and cut with scissors if not in half moon shape. Lay the squash noodles on a baking tray coated in cooking spray. Bake in oven for 5–7 minutes, and then set aside. In a large saucepan, add the vegan butter and let melt. Once melted, add in coconut flour and whisk together until flour absorbs butter and becomes thick. Then, add in the almond milk and whisk constantly until mixture thickens. Once the mixture thickens, add in squash noodles and stir to combine. Once combined, stir in cheese. If it is too thick, add in more almond milk. Once the cheese has melted into the noodles and you like the consistency, serve and enjoy!

## **Skillet Cabbage**

### **Ingredients:**



1/2 stick butter or margarine  
(reduced from 1 stick) 1 small head of cabbage, chopped 1 small onion, chopped 3-5 jalapeno's chopped (optional) 1 pound smoked sausage, sliced into round pieces

1 (15 ounce) can diced tomatoes 1 (12 ounce) can hot rotel tomatoes

1/2 teaspoon salt 1/2  
teaspoon pepper

### **Directions:**

Melt butter in large skillet. Add cabbage, onion, and cook on medium high for about 5 minutes stirring to keep from sticking to pan. Add remaining ingredients, cover and simmer for 20 – 25 minutes. Makes about 8 servings.

# Southern Coleslaw

This Southern coleslaw recipe has been passed down the generations and is great for any occasion. It has the perfect balance of sweet and tangy. I've even been told it is reminiscent of KFC coleslaw. You be the judge!

Recipe by **Kristina** | Updated on April 27, 2023

**Prep Time:** 20 mins

**Additional Time:** 2 hrs

**Total Time:** 2 hrs 20 mins

## Ingredients

1 head cabbage, finely shredded

2 carrots, finely chopped

2 tablespoons finely chopped onion

½ cup mayonnaise

~ cup white sugar

¼ cup milk

¼ cup buttermilk

2 tablespoons lemon juice

2 tablespoons distilled white vinegar

½ teaspoon salt

~ teaspoon ground black pepper

## Directions

### Step 1

Mix cabbage, carrots, and onion in a large salad bowl. Whisk mayonnaise, sugar, milk, buttermilk, lemon juice, vinegar, salt, and black pepper in a separate bowl until smooth and sugar has dissolved.

### Step 2

Pour dressing over cabbage mixture and mix thoroughly. Cover bowl and refrigerate slaw at least 2 hours (the longer the better). Mix again before serving.

## Tips

To speed things up, I sometimes buy a bag of shredded cabbage with carrots in it and then chop it a little finer.

## Nutrition Facts

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Per serving:    calories;    total fat 11g ; saturated fat 2g; cholesterol 6mg; sodium 274mg ; total carbohydrate 20g; dietary fiber 4g; total sugars 15g ; protein 3g; vitamin c 57mg ; calcium 85mg; iron 1mg ; potassium 342mg

## **EGGPLANT LASAGNA**

### **Ingredients:**

- 2 med. eggplant cut into very thin slices, 1 1/2 lb.
- 1 tbsp. veg. oil
- 1/2 c. chopped onion
- 1 lb. mushrooms sliced
- 2 lasagna noodles
- 3 (15 1/2 oz.) jar spaghetti sauce
- 4 oz. part skim ricotta cheese
- 5 oz. shredded part skim Mozzarella cheese, 1 cup
- 6 tbsp. grated Parmesan cheese

### **Directions:**

In large non stick skillet sprayed with nonstick cooking spray, brown eggplant slices; set aside. In same skillet in hot oil, cook onion 3 minutes, stirring occasionally. Add mushrooms; cook about 5 to 7 minutes, or until mushrooms are tender, stirring frequently.

Cook lasagna noodles as label directs, omitting salt. Preheat oven to 350 degrees.

In a 11 x 7 inch baking dish, spoon 1/4 cup of sauce. Arrange three alternate layers of noodles, ricotta, mushroom mixture, Mozzarella cheese, eggplant slices, sauce, and Parmesan cheese. Cover and bake about 30 to 40 minutes until heated through.

Makes 8 servings.

### **Recipe Source:**

COOKS.COM

## Egg Plant Meatballs

### Ingredients:

Cooking spray

½ tbsp olive oil

1 ¼ lbs unpeeled eggplant, cut into 1-inch pieces

Kosher salt

¼ tsp black pepper

2 garlic cloves, crushed

2 tbsp chopped basil, plus leaves for garnish if desired

1 ½ cups Italian seasoned breadcrumbs

1 large egg, beaten

2 oz pecorino Romano cheese and more for serving

1 tbsp chopped flat leaf parsley

1 25.25 oz jar Delallo Pomodoro sauce

(optional) part skin ricotta cheese for serving

### Directions:

Heat oven to 375°F. Spray a large rimmed baking sheet with cooking spray. Place 1½ tbsp olive oil in a large non-stick skillet over medium high heat. When hot add eggplant and ¼ cup water. Season with salt and pepper to taste and cook, stirring occasionally until tender, 10 to 12 minutes. Transfer to the bowl and add bread crumbs, beaten egg, Romano Cheese, parsley, garlic, and chopped basil into the eggplant season with ½ tsp kosher salt and 1/8 teaspoon of pepper. Form the eggplant mixture into 24 balls about 1 1/8 oz each, rolling tightly and transferred to the baking sheet. Bake until firm and browned, or 20 to 25 minutes. Heat the sauce in a large deep skillet to warm it. Add the meatballs to the sauce and simmer for 5 minutes. Garnish with basil leaves and ricotta cheese.

### Recipe Source:

<http://www.skinnytaste.com>

# Fresh Fig Cake

SUBMITTED BY: Karin Christian PHOTO BY: [SunFlower](#)

"A moist cake made with fresh figs."



## INGREDIENTS ([Nutrition](#))

- 1/4 cup butter, softened
- 1 cup white sugar
- 1 egg
- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1 cup evaporated milk
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1 cup chopped fresh figs
- 1/4 cup packed brown sugar
- 1/4 cup water
- 2 cups chopped fresh figs
- 1 tablespoon lemon juice

## DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C). Spray two 8-inch round cake pans with vegetable oil spray.
2. In a medium bowl, sift together flour, salt and baking powder. Set aside.
3. In a large mixing bowl, cream butter with the sugar until fluffy. Add egg and beat well. Add flour mixture alternately with the evaporated milk. Fold in vanilla and almond extracts and chopped figs.
4. Divide into two prepared 8 inch round cake pans. Bake at 350 degrees F (175 degrees C) for 30 minutes, or until a toothpick inserted into the center comes out dry.
5. To make the filling: In a saucepan, combine 2 cups figs, brown sugar, water and lemon juice. Bring to a boil. Reduce heat to a simmer and cook until thickened, about 20 minutes. Spread thinly between layers of cake and on top.



## Cajun Smothered Green Beans With Sausage

A hearty side dish or light one-skillet meal, this Cajun Smothered Green Beans With Sausage is naturally ketogenic, low carb and gluten free. (Easily Paleo adaptable.)

One Pot Meal or Side Dish

Cajun

15 minutes

1 hour 15 minutes Total

30 minutes Servings:

A

~sprinkling of Cayenne

### Ingredients

- 1 tablespoon olive oil
- 1 onion chopped
- 1 green bell pepper chopped
- 3 stalks celery chopped
- 1 pound sausage
- 1 cup chicken broth or water
- 1 stick salted butter
- 24 ounces frozen green beans
- 5 minced garlic cloves
- 3 teaspoons garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- liberal shakings of salt, black pepper, and cayenne pepper

### Instructions

1. Heat the oil over medium heat in a 12-inch cast iron skillet.
2. Pour the Cajun trinity of chopped onion, bell pepper, and celery into the skillet, and cook down for 10 minutes. Add the sausage, and cook until slightly browned, about 5 minutes.
3. Add the remaining ingredients to the skillet. Combine ingredients thoroughly.
4. Cover, and cook over medium low heat for 1 to 1 ½ hours, stirring often, or until the green beans darken in color, and most of the liquid cooks out.

## Notes

I sprinkle salt, black pepper, and cayenne pepper liberally over the green beans a few times throughout the cooking process. I feel that this really brings out the natural flavors of the green beans throughout the cooking process, so to duplicate my results you would add SP&C to the green beans roughly every 15 to 20 minutes.

Keeps in refrigerator for up to 2 days.

Easily make this dish for holiday and/or family gatherings by transforming it into Gluten Free Cajun Smothered Green Bean Casserole.

I always use Manda smoked green onion chicken sausage. It comes in 12-ounce packages, so I use 1 ½ packages in each batch.



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The information shown is an estimate provided by a third-party, online computer-generated nutrition calculator, not a registered dietitian or certified nutritionist. Actual nutritional content will vary based upon brands used, measuring methods and individual portion sizes, along with other factors.

See our full nutrition disclaimer [here](#).

*Cajun Smothered Green Beans With Sausage*

*<https://asprinklingofcayenne.com/cajun-smothered-green-beans-with-sausage/>*  
2017



# Southern Collard Greens Recipe



These authentic Soul Food Collard Greens are braised in a savory meat flavored and perfectly spiced pot liquor resulting in an amazing tender silky texture. Serve with cornbread or candied yams for a true downhome meal. Looking for the real deal? This is a true Southern's dream!

## Course Side Dish

**Cuisine** soul food, Southern collard greens, soul food collard greens, Southern collard

**Keyword** greens recipe

**Prep Time** 30 minutes

**Cook Time** 2 hours 45 minutes

**Total Time** 3 hours 15 minutes

**Servings** 8 servings

**Calories** 88kcal

**Author** Jocelyn (Grandbaby Cakes)

## Equipment

- Large Pot

## Ingredients

- 6 small bunches collard greens
- 1 extra large smoked ham hock make sure it is meaty!
- 2 tbsp granulated sugar
- 1 tbsp bacon grease
- 1 tbsp seasoned salt
- 2 tsp worcheshire sauce
- 2 tsp apple cider vinegar
- 1 tsp crushed red pepper flakes you can go down on this to 1/2 teaspoon if you like less heat.
- 1/4 tsp garlic powder
- 1/4 tsp paprika
- 1/4 cup finely chopped onion

## Instructions

1. Start by pulling and tearing greens away from stems. Take a hand full of greens, roll them up and cut the rolls horizontally into small pieces. We personally remove the stems but this is a personal decision.
2. Next, add greens to empty clean sink and wash them removing all grit, sand and debris thoroughly with cold water until water becomes clear.
3. Next rinse the ham hock very well then add to a large pot along with enough water to fully submerge the ham hock then cover with a lid. Cook over medium high heat for about 45 minutes or until ham hock is near being tender.

4. Once ham hock is almost tender, add greens and about 4-5 additional cups of water or enough to just barely cover greens to the pot. This will become your pot likker.
5. Add along the rest of the ingredients to the pot and cook while covered for at least 2 hours or until completely tender. Most water should have evaporated by this point just having enough to barely cover the greens.

## Notes

To pick wonderful greens at your local grocery store or farmer's market, be sure to pay close attention to the leaves. They shouldn't be too tough. You want to make sure that the leaves are easy to pull away from the stem and tear/cut later when preparing them to cook.

You can scale back the spice to 1/2 teaspoon if 1 teaspoon of red pepper flakes is too much.

You will need some liquid left for the pot likker but it shouldn't be way more water than what tops the greens. You should continue to cook down.

## Nutrition

Calories: 88kcal | Carbohydrates: 4g | Protein: 5g | Fat: 6g | Saturated Fat: 2g | Cholesterol: 19mg | Sodium: 936mg | Potassium: 100mg | Fiber: 1g | Sugar: 3g | Vitamin A: 485iu | Vitamin C: 3.2mg | Calcium: 22mg | Iron: 0.4mg

## Bacon-Wrapped Jalapeno Poppers



### Ingredients

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1/2 cup cream cheese

1/2 cup shredded sharp Cheddar cheese or hot pepper jack cheese

2 tablespoons finely grated onion or onion flake equivalent (optional addition)

2 oz. Feta cheese (optional addition)

12 jalapeno peppers, halved lengthwise, seeds and membranes removed

12 slices bacon (Thin sliced bacon works best)

½ teaspoon ground cumin

½ teaspoon cayenne pepper

### Directions

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1. Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper or aluminum foil.
2. Mix cream cheese, Cheddar cheese, cumin, cayenne pepper, and any optional ingredients together in a bowl until evenly blended. Fill each jalapeno half with the cheese mixture. Put halves back together and wrap each stuffed pepper with a slice of bacon. Arrange bacon-wrapped peppers on a baking sheet (parchment paper will best prevent peppers from sticking).
3. Bake in the preheated oven until bacon is crispy, about 15 minutes.

# Mulberry Pie



By [Hallmark staff](#) on August 7, 2017

Looking for mulberry recipes? This easy Mulberry Pie is sure to become one of your new fall favorites. Mulberries are mixed in a simple filling and then topped with a cinnamon-sugar oatmeal crumb topping to bring out their fresh-picked flavors. Serve this delicious mulberry fruit dessert warm with a scoop of vanilla ice cream for an extra-special treat.

## Ingredients:

### For the pie

3 cups mulberries  
1 cup white sugar  
 $\frac{1}{2}$  cup all-purpose white flour  
Pastry for 9-in. crust

### For the oatmeal crumb topping

1 cup brown sugar  
 $\frac{3}{4}$  cup flour  
 $\frac{3}{4}$  cup oatmeal  
 $\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{2}$  cup butter

## Directions

1. Preheat oven to 400°F. In a large bowl, mix mulberries with sugar and flour. Pour into piecrust.
2. In a bowl, mix all the oatmeal topping ingredients together except for the butter. Cut butter into the mixture with a pastry blender until mixture resembles coarse bread crumbs.
3. Sprinkle oatmeal crumb topping over mulberry mixture.
4. Let pie rest in refrigerator for 30 minutes.
5. Bake for 15 minutes. Then lower oven temperature to 350°F, and bake for an additional 30 minutes.
6. Remove pie from oven and let sit on wire rack to cool.

## AMEN Gardens

### Okra and Tomatoes Recipe

#### Ingredients:

2 cup Okra sliced  
2 can diced Tomatoes (14.5oz cans)  
1 can Tomato Sauce (8oz can)  
1 Bell Pepper chopped (optional)

1 Onion chopped (optional)  
3 TBSP Olive oil or margarine  
1 TBSP Sugar  
1 TBSP Vinegar  
Salt and Pepper to taste

#### Directions:



Sauté on low heat the Bell Pepper, and Onion in Olive Oil in a medium sauce pan until tender. Add Okra and sauté until tender. Add diced Tomatoes with liquid from can and simmer 10 minutes. Add Tomato Sauce, Sugar, Salt, Pepper, and Vinegar. Finish cooking until all ingredients are heated through.

**Tip:** Can be frozen and reheated later.

## OKRA PATTIES

Recipe is also good without making patties, just coat okra with batter and fry, stirring lightly till batter is crispy and golden.

### Ingredients:

1 lb fresh okra or 1 (18 ounce) bag frozen cut okra  
1/2 cup onion (chopped)  
1 teaspoon salt  
1/4 teaspoon pepper  
1 large egg  
1/2 cup water  
1 teaspoon baking powder  
1 pinch garlic powder (optional)  
1/2 cup flour  
1/2 cup cornmeal  
oil (for frying)

### Preparation:



Combine cut okra, onion, salt, pepper, water and egg. Mix well. Combine flour, baking powder, corn meal and garlic powder. Add to okra mixture, stirring well. Drop about 1/4 cup portions into about 1/2" hot oil. Fry over medium heat until well browned on both sides. Drain on paper towels.

## Southern Fried Okra

### Ingredients:

2 cup Okra sliced	½ cup Vegetable Oil
½ cup Yellow Corn Meal	½ Tsp Salt
1 TBSP Flour	¼ Tsp Black Pepper

### Directions:



Begin by adding vegetable oil to a cast iron skillet and heat over medium. Add okra to a colander and rinse with water.

Slice okra. If you happen to come across an okra pod that the knife doesn't want to slice easily through (you'll know when you get one), discard that pod. It will not be worth chewing a tough piece of okra.

In a small bowl add cornmeal, flour, salt and pepper. Toss sliced okra into the cornmeal mixture and toss to coat. Add the dredged okra pieces to the skillet. Cook while turning occasionally 5-7 minutes until the coating browns.

# Plum Fabulous! Stuffed Peppers

**Ingredients:**

2 pounds mini bell peppers or gypsy peppers  
1 pound sausage  
1 package cream cheese  
1 cup Parmesan cheese

**Directions:**

Brown sausage. Add cream cheese and Parmesan cheese.

Take tops, seeds and membranes out of peppers. Stuff with filling.

Bake at 450° for 15 minutes. Let cool 5 minutes and serve!

[www.PlumFabulousFoods.com](http://www.PlumFabulousFoods.com)



# Persimmon Cobbler

## Ingredients

- 1 Cup Sugar
- 1 Cup Flour
- 1 Tsp Baking Powder
- 1 Cup Pulp from 3 or 4 ripe (soft) Persimmons
- Pinch Salt
- 1 Cup Milk
- 3 Tbsp. Butter
- Cinnamon & Sugar for Topping

## Directions

- Preheat oven to 350 degrees F. Melt butter in 8" x 8" baking pan or 9" deep dish Pyrex Pie baking dish.
- Mix together sugar, flour, baking powder, salt, and milk – Don't overbeat.
- Pour mixture over butter in baking dish – don't stir.
- Add teaspoons of the Persimmon Pulp randomly to the center of the baking dish – don't stir.
- Sprinkle top with cinnamon and sugar.
- Bake 45–55 minutes.

# Persimmon Cookies

*From the Kitchen of Doris  
Cerrvenka*

**Ingredients:**

- 1 Cup Persimmon Pulp (3 or 4)
- $\frac{1}{2}$  Cup Shortening
- $1\frac{1}{2}$  Cup Sugar
- 2 Cup sifted Flour
- Pinch of Salt
- $\frac{1}{2}$  Tsp. Baking Soda
- $\frac{1}{2}$  Tsp Cinnamon
- 1 Egg beaten
- 1 Tsp Vanilla

**Directions:**

Cream shortening and sugar. Combine Flour, salt, baking soda, and cinnamon. Add to creamed mixture. Stir in persimmon pulp, egg, and vanilla. Drop from teaspoon onto greased cookie sheet. Bake at 375 F for 13 to 15 minutes. Makes about 3 dozen.

# Persimmon



## Ingredients

- 1 9-inch pie crust
- 2 eggs
- 1/2 teaspoon ground cinnamon
- 1/2 cup white sugar
- 1/4 teaspoon salt
- 7/8 cup half-and-half cream
- 1 1/2 cup persimmon pulp (4 large persimmons)
- 2 tablespoons butter, melted
- 1 teaspoon lemon juice

## Directions

- Preheat oven to 450 degrees F. Place a sheet pan on the lowest oven rack to preheat.
- Combine eggs, cinnamon, sugar, and salt. Whisk in cream, persimmon pulp, melted butter, and lemon juice. Pour into unbaked pie shell.
- Bake for 10 minutes on preheated sheet pan. Reduce heat to 350 degrees F (175 degrees C), and bake an additional 30 minutes, or until center is almost set but still slightly jiggly. Cool completely before slicing. Serve with whipped cream, if desired

# Baked Squash Casserole from Black-Eyed Pea

## Ingredients

- 5 lbs. medium yellow squash, chopped
- 2 eggs, beaten
- 2 cups breadcrumbs
- $\frac{1}{2}$  cup butter, melted
- $\frac{1}{4}$  cup sugar
- 2 onions, chopped
- salt
- pepper

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## Directions

1. Preheat oven to 350 degrees.
2. Bring a large saucepan of water to boil.
3. Add Squash. Return to a boil for 3 minutes. Reduce heat and cook until tender.
4. Drain and mash.
5. Stir in eggs, crumbs, butter, sugar, salt, onion, and pepper.
6. Spoon mixture into greased casserole dish.
7. Sprinkle a light layer of bread crumbs on top.
8. Bake 30 to 40 minutes or until lightly browned.

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## **San Antonio Squash Casserole**

(Serves 12)

### **Ingredients:**

1 Tbsp. Canola or other vegetable oil

2 Tbsp. Butter or margarine

2 cups Yellow Onion diced

4 pounds yellow squash sliced 3/8 -inch thick (zucchini and or marrow squash can be mixed in)

8 ounces processed American cheese, such as Velveeta, cut in  $\frac{1}{4}$  inch cubes

10  $\frac{1}{2}$  ounce can cream of celery soup

7 ounce can diced green chilis

$\frac{3}{4}$  cup bread crumbs

Parsley for garnish (optional)

### **Directions:**

Preheat oven to 350 degrees.

Oil 13 x 9 casserole dish with Canola oil and set aside.

In a 14-inch pan, sauté Onion in butter.

Add Squash and cook until slightly softened. Drain off water from cooking

Add Cheese, Soup, and Green Chilis to Squash and stir gently till cheese begins to melt

Pour into 13 x 9 casserole dish and cover with breadcrumbs

Bake 30 minutes.

Garnish with parsley and serve

# Sweet Potato

## Ingredient

(based on 2 potatoes)

- 1 sweet potato per person
- 1/2 cup of gluten-free panko
- 1/4 cup freshly grated parmesan
- 2 garlic cloves, finely chopped
- 4 or 5 leaves sage, finely chopped
- 1 Tablespoon olive oil
- Sea salt and pepper to taste

## Direction

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Preheat oven to 450 degrees Fahrenheit.

Cut potatoes in half and then in 1/4-inch steak fry slices.

Place in a large mixing bowl, add the oil and toss until all are well coated (add more if needed).

Season with salt and pepper and toss.

Mix together the panko, parmesan, sage and garlic and place on a plate or leave on the cutting board.

Dip each fry into the mixture on both sides. Press the mixture down with your hands to help it stick.

Place fries in a single layer on a baking sheet that's been lightly coated with olive oil or place a sheet of parchment paper on the tray and then layer.

Bake for about 20 minutes or until cooked through.

## **Recipe Source:**

<http://www.mindbodygreen.com/0-11138/the-best-sweet-potato-fries-youll-ever-make.html>  
Pauline Ott

## Egg Pie

### Ingredients:

6-8 eggs  
1/2 c. milk  
1/4 c. oil or butter  
2 T. flour  
1/4 t. ea. salt & pepper  
3/4 c. cheese  
1 T. fresh basil or oregano or 1 t. dried & crushed (1/4 t. ground herbs)  
1 1/2 c. Swiss Chard (rinsed, de-stemmed and chopped)

### Directions:

Mix all ingredients and bake in an 8" x 8" greased pan at 375 degrees for about 35 min. or until eggs are set.



### Recipe Source:

[www.plumfabulousfoods.com](http://www.plumfabulousfoods.com)

## **Italian Style Swiss Chard**

### **Ingredients**

- 1 bunch Swiss chard
- 1 cup water
- 1 tablespoon salt
- 2 tablespoons olive oil
- 4 cloves garlic, coarsely chopped
- 1/8 teaspoon crushed red pepper flakes
- salt to taste

### **Directions**

1. Wash the Swiss chard and cut into 1 inch strips. Separate the thick and tough stalk sections from the upper leafy strips.
2. Bring the water and 1 tablespoon of salt to a boil in a large saucepan.
3. Cook the stalk sections in the salted boiling water for 2 minutes. Stir in the leafy strips and cook until the leaves are wilted and the stalks are fork tender, about 6 minutes. Drain and set aside.
4. Heat the olive oil, garlic, and red pepper flakes in a large skillet over medium heat until aromatic, about 3 minutes. Add the drained Swiss chard, cook and stir for 2 minutes; season with salt to taste.
5. Serve over linguini or spaghetti. Garnish with parsley or sweet basil

## Swiss Chard Bars

### Ingredients:

- 5 oz. fresh spinach, Swiss chard or beet greens, rinsed, de-stemmed and chopped
- 1 cup flour
- 1/2 tsp. salt
- 2 eggs
- 3/4 c. milk
- 1/4 butter (I like to use coconut oil)
- 1 onion, chopped
- 1 8 oz. package shredded mozzarella (I use about half that and it's still good. Occasionally, I also love to use a blend of feta, parmesan and mozzarella. I love the combination of feta and greens!)

### Directions:

Put it all in a bowl and mix well. Bake in a greased 9 x 13 pan at 375 degree oven for 35-45 minutes. Technically, you should let it cool before cutting and serving, but I love it still warm – even if I do burn my tongue!



### Recipe Source:

[www.plumfabulousfoods.com](http://www.plumfabulousfoods.com)

# Swiss Chard Salad With Candied Pecan Toppings

## Ingredients:

**Dressing:**  $\frac{1}{2}$  cup olive oil

$\frac{1}{4}$  balsamic vinegar

1 T. mustard

2 t. dried oregano

A little salt & pepper to taste

I added a little stevia to mine to balance the balsamic vinegar. You could add sugar, maple syrup or the sweetener of your choice, but be sure to add it a VERY little at a time and taste it. Sometimes I don't add it at all.

Candied Pecans: 1 large egg white

3 cups pecan pieces

1 T. cinnamon

2 t. vanilla

$\frac{1}{3}$  sugar

$\frac{1}{4}$  t. salt

## Directions:

Preheat oven to 300 degrees. Whisk egg white in a cup. Place nuts in a bowl and pour egg white over them. Mix until well coated. In a small bowl, mix cinnamon, vanilla, sugar and salt. Add the cinnamon mixture to nuts and stir very well. Spread nuts on an ungreased cookie sheet. Bake for 20 minutes. Allow to cool and break apart.

Salad: 6 ounces fresh Swiss chard, spinach, kale, lettuce or all of it.

$\frac{1}{4}$ - $\frac{1}{3}$  cup of dressing

1 cup pecan pieces

2  $\frac{1}{2}$  cups diced grapes

$\frac{1}{2}$  cup blue cheese pieces

Pour dressing onto leaves. If using Swiss chard, spinach or kale, you will want to massage the dressing into the leaves. This will help soften them a little. You DON'T want to massage loose leaf lettuce as it is too delicate.

Add pecan pieces, grapes and blue cheese. I like to leave it layered on top, and not mix it in. The heavy toppings seem to fall to the bottom if you do that and you don't get a good mixture of all of it.

## Fried Green Tomatoes

### Ingredients

- 1 large egg, lightly beaten
- 1/2 cup buttermilk
- 1/2 cup all-purpose flour, divided
- 1/2 cup cornmeal
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 medium-size green tomatoes, cut into 1/3-inch slices
- Vegetable oil
- Salt to taste

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### How to Make It

#### Step 1

Combine egg and buttermilk; set aside.

#### Step 2

Combine 1/4 cup all-purpose flour, cornmeal, 1 teaspoon salt, and pepper in a shallow bowl or pan.

#### Step 3

Dredge tomato slices in remaining 1/4 cup flour; dip in egg mixture, and dredge in cornmeal mixture.

#### Step 4

Pour oil to a depth of 1/4 to 1/2 inch in a large cast-iron skillet; heat to 375°. Drop tomatoes, in batches, into hot oil, and cook 2 minutes on each side or until golden. Drain on paper towels or a rack. Sprinkle hot tomatoes with salt.

# Green Tomato Casserole

I love the tangy taste of fried green tomatoes, but they are, well...fried! And messy to make. I developed this recipe to help assuage my hunger for fried green tomatoes, and yes, it does the job quite well. Without all the grease and batter, the tangy taste of the tomato can really shine through!

Recipe by **Kevin Andrews** | Published on March 5, 2020

**Prep Time:** 15 mins

**Cook Time:** 45 mins

**Total Time:** 1 hrs

## Ingredients

6 green tomatoes, cut into 1-inch cubes

3 stalks celery, cut into 1/2-inch pieces

16 green onions (white and pale green parts only), chopped

1 bunch cilantro, chopped

5 tablespoons soy sauce

¼ cup olive oil

1 tablespoon brown sugar

1 tablespoon apple cider vinegar

½ teaspoon ground black pepper

½ teaspoon salt

½ teaspoon red pepper flakes

## Directions

### Step 1

Preheat oven to 350 degrees F (175 degrees C).

### Step 2

Mix green tomatoes, celery, green onions, and cilantro together in a 2-quart casserole dish. Whisk soy sauce, olive oil, brown sugar, vinegar, black pepper, salt, and red pepper flakes together in a bowl; pour over vegetable mixture. Toss to coat.

### Step 3

Bake in the preheated oven until vegetables are tender, about 45 minutes; stir about 20 minutes into cooking to redistribute sauce.

## Cook's Note:

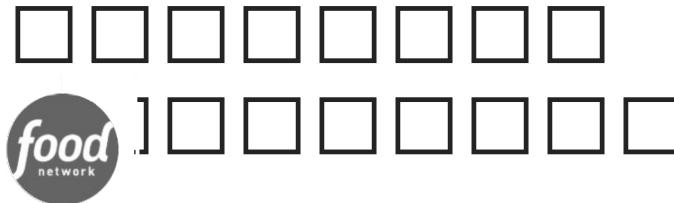
If you don't have a garden, finding green tomatoes can be tricky. Ask the produce person at your grocery store. Tomatoes

o~ en arrive at the store green and are allowed to ripen before being put out on display. They may have some in the back or if you ask, they can hold some for you. You can also substitute tomatillos, but they really aren't the same thing.

## Nutrition Facts

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Per serving:    calories;    total fat 14g ; saturated fat 2g; sodium 1484mg ; total carbohydrate 21g ; dietary fiber 5g; total sugars 13g ; protein 5g; vitamin c 60mg; calcium 98mg; iron 3mg; potassium 755mg

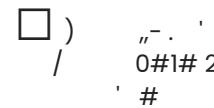


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