

What's Cookin'?

RECIPES TAKEN FROM THE WVDA MARKET BULLETIN



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West Virginia DEPARTMENT OF
AGRICULTURE
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Let's get cookin',



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Gluten-Free Goodness

For those with Celiac disease or gluten-sensitivity, cooking can sometimes be a chore, but it shouldn't! Here are some recipes that are not only gluten-free; they're delicious! They don't take a lot of time or extra ingredients to prepare, and best of all, you'd never know they were gluten-free. We won't tell if you don't!

Black Bean and Corn Salad



INGREDIENTS

- ½ cup olive oil
- ½ cup fresh lime juice
- 1 clove garlic, minced
- 1 teaspoon salt
- ½ teaspoon ground cayenne pepper
- 2 (15 ounce) cans black beans, rinsed and drained
- 1 ½ cups frozen corn kernels
- 1 avocado - peeled, pitted and diced
- 1 red bell pepper, chopped
- 2 tomatoes, chopped
- 6 green onions, thinly sliced
- ½ cup chopped fresh cilantro



DIRECTIONS

Step 1

Place olive oil, lime juice, garlic, salt, and cayenne pepper in a small jar. Close the lid tightly and shake the jar until the dressing is well combined.

Step 2

Combine in a salad bowl beans, corn, avocado, bell pepper, tomatoes, green onions, and cilantro.

Step 3

Shake dressing again, pour over salad and toss to coat.

Tip:

For a complete meal, grill a few chicken breasts and throw chicken and salad on baked corn tortillas.



Blueberry Muffins



INGREDIENTS

- 2 cups finely ground almond flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¼ cup coconut oil, melted and cooled
- ¼ cup pure maple syrup
- 3 large eggs
- 1 tablespoon lemon zest
- 1 teaspoon vanilla extract
- 1 cup frozen blueberries
- Powdered sugar (optional)



DIRECTIONS

Step 1

Preheat the oven to 350 F. Line a 12-cup muffin tin with paper liners.

Step 2

Whisk almond flour, baking soda and salt together in a large bowl. Add coconut oil, maple syrup, eggs, lemon zest and vanilla; mix until combined. Fold in frozen blueberries and spoon into the prepared muffin cups.

Step 3

Bake in the preheated oven until tops spring back when lightly pressed, 18 to 20 minutes. Cool in the tin for 5 minutes. Transfer to a wire rack to cool completely.

Tip:

If you do not have coconut oil available, avocado oil can be used as a substitute. This also may help with keeping muffins moist.



Zucchini Lasagna



INGREDIENTS

- cooking spray
- 1 ½ large zucchinis, thinly sliced lengthwise
- 1 tablespoon olive oil
- 1 lb. ground beef
- 1 ½ cups low-carb marinara sauce
- 2 teaspoons salt, divided
- 1 teaspoon dried oregano
- ½ teaspoon ground black pepper
- 1 (8 ounce) container ricotta cheese
- 1 large egg
- ½ teaspoon ground nutmeg
- 2 cups shredded mozzarella cheese
- ¼ cup grated Parmesan cheese
- aluminum foil



DIRECTIONS

Step 1

Preheat oven to 375 F. Grease an 8-inch baking dish with cooking spray.

Step 2

Pat dry zucchini slices with a paper towel to remove excess moisture. Set aside.

Step 3

Heat olive oil in pan over medium-high heat. Add ground beef; cook until browned. Add marinara sauce, 1 teaspoon salt, oregano and pepper; simmer for 10 minutes. Set aside.

Step 4

Combine ricotta cheese, egg, 1 teaspoon salt, and nutmeg in a bowl; mix. Set aside.

Step 5

Arrange one layer of zucchini slices in baking dish. Cover with ½ of the sauce. Add another layer of zucchini slices. Spread ricotta mixture on top. Sprinkle with ½ of the mozzarella cheese. Add another layer of zucchini slices; cover with remaining sauce and top with remaining mozzarella cheese and Parmesan cheese. Cover the baking dish with aluminum foil.

Step 6

Bake in the oven for 30 minutes. Remove aluminum foil and bake until top is golden, about 15 minutes more.





Mmm, Mmm Maple

To celebrate Mountain State Maple Days, we're featuring recipes from *Appalachian Maple Recipes & Stories from the Mountains* cookbook. Native Americans were making maple syrup long before settlers arrived on U.S. shores. They shared their techniques, and now centuries later, the tradition continues. Mountain State maple makers pride themselves on their syrup and stress it's important to use the real thing when making these recipes (not maple-flavored corn syrup you find on store shelves)! For more maple recipes, order the cookbook at: www.future.edu/maple-recipes/.

Maple Bacon Cinnamon Rolls



INGREDIENTS

- 2 large cans of cinnamon rolls
- 1½ cups WV maple syrup
- 1 package of bacon
- 1½ cups chopped nuts



DIRECTIONS

Step 1

Unroll cinnamon rolls and place them on a baking sheet. Place one strip of bacon onto each cinnamon roll. Cover cinnamon rolls with 1 cup maple syrup and roll back into cinnamon roll form.

Step 2

Bake according to package and until golden brown. Remove from oven and cover with more maple syrup.

Step 3

Put the cinnamon rolls back into the oven for about 4-5 minutes.

Step 4

Cover with cinnamon roll topping from the package. Top with chopped nuts and remainder of maple syrup.

Note:

This recipe by Samantha Hicks from Fayette County, WV took second place in the 2019 WV State Fair Savory Maple Contest.



Baked Maple Pork Loin



INGREDIENTS

- ¼ cup WV maple syrup
- ¼ cup ketchup
- ¼ teaspoon garlic powder
- 1-2 lb. pork loin
- Flour, enough to coat loin



DIRECTIONS

Step 1

Preheat oven to 350 F. Heat oil in a skillet and turn meat to brown on all sides. Lay into a deep baking dish.

Step 2

Mix together syrup and ketchup, then pour over loin and sprinkle with garlic powder. Cover and bake in preheated oven for 45 minutes to one hour.

Step 3

Check the internal temperature to make sure it has reached 170 F.

Note:

This recipe by Kathy Hughart from Greenbrier County, WV took first place in the 2019 WV State Fair Savory Maple Contest.



Citrus Maple Soba Noodle Salad



INGREDIENTS

- 1 ten ounce package soba noodles (thickness is your preference)
- 1 bunch green onions
- 1 cup toasted coconut
- 1 orange worth of orange juice and zest
- 1 lime, juiced
- 2 tablespoons sesame seeds
- 4 tablespoons WV maple syrup
- ⅓ cup sesame oil
- ¼ cup tahini
- ½ cup coconut milk
- Sea salt



DIRECTIONS

Step 1

Preheat oven to 350 F. Prepare soba noodles according to package directions. Drain noodles and run cold water over them until they are cool to the touch.

Step 2

Lay coconut on a sheet pan. Toss the coconut in olive oil (or oil of choice) and place the pan in the oven to toast 10-12 minutes.

Step 3

In a separate bowl, whisk together maple syrup, coconut milk, tahini, sesame oil, orange juice and zest, lime juice and sea salt. Once noodles are ready, combine toasted coconut, sesame seeds and sliced green onion in a large mixing bowl. Drizzle sauce over the noodles and combine well.

Step 4

(Optional – add chicken or butternut squash for a hardier meal.)





The Humble Potato

Let's just admit it...potatoes are often the unsung heroes of a meal. Who doesn't like to dig into a pile of mashed potatoes with a pat of butter dripping down the sides? But there's more to the potato than meets the eye. They are actually a tuber and fall into the "starchy vegetable" category. Potatoes are a good source of potassium and vitamin C. On top of that, they're just plain tasty. Here are three recipes to enjoy.

Skins-On Mashed Potatoes



INGREDIENTS

- 2 lb.s Russet baking potatoes, cubed (leave the skins on)
- ½ cup butter
- ¼ cup milk
- 2 tablespoons sour cream
- 2 teaspoons chopped garlic
- 2 teaspoons dried basil
- Salt and ground black pepper to taste



DIRECTIONS

Step 1

Preheat the oven to 400 F. Butter a 1-quart casserole dish. Layer ½ of the potatoes in the bottom of the prepared casserole dish; season with salt and pepper. Layer onion slices over top, then top with remaining potatoes. Season again with salt and pepper.

Step 2

Melt butter in a medium saucepan over medium heat. Gradually whisk in flour and salt and cook, whisking constantly until raw flour flavor has cooked off, about 1 minute. Gradually add milk, about ¼ cup at a time, whisking well after each addition to incorporate; the gradual addition and whisking of milk will help avoid lumps in your sauce. Cook, whisking constantly, until the mixture has thickened, 3 to 5 minutes. Stir in cheese all at once; continue stirring until melted, 30 to 60 seconds.

Step 3

Pour cheese sauce over the potatoes, and cover the dish with aluminum foil.

Step 4

Bake in the preheated oven until potatoes are tender and sauce is bubbly, about 1 ½ hours.

Red Potato Home Fries



INGREDIENTS

- 4 red potatoes
- 3 tablespoons olive oil, divided
- 1 onion, chopped
- 1 green bell pepper, seeded and chopped
- 1 teaspoon salt
- ¾ teaspoon paprika
- ¼ teaspoon ground black pepper
- ¼ cup chopped fresh parsley



DIRECTIONS

Step 1

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain, cool and cut into ½-inch cubes.

Step 2

Heat 1 tablespoon oil over medium-high heat. Add onion and green pepper. Cook, stirring often, until soft; about 5 minutes. Transfer to a plate and set aside.

Step 3

Pour remaining 2 tablespoons oil into the skillet over medium-high heat. Add potato cubes, salt, paprika and black pepper. Cook, stirring occasionally, until potatoes are browned; about 10 minutes.

Step 4

Stir in onion-green pepper mix and parsley. Cook for another minute. Serve hot.



Au Gratin Potatoes



INGREDIENTS

- cooking spray
- 1 ½ large zucchinis, thinly sliced lengthwise
- 1 tablespoon olive oil
- 1 lb. ground beef
- 1 ½ cups low-carb marinara sauce
- 2 teaspoons salt, divided
- 1 teaspoon dried oregano
- ½ teaspoon ground black pepper
- 1 (8 ounce) container ricotta cheese
- 1 large egg
- ½ teaspoon ground nutmeg
- 2 cups shredded mozzarella cheese
- ¼ cup grated Parmesan cheese
- aluminum foil



DIRECTIONS

Step 1

Preheat oven to 375 F. Grease an 8-inch baking dish with cooking spray.

Step 2

Pat dry zucchini slices with a paper towel to remove excess moisture. Set aside.

Step 3

Heat olive oil in pan over medium-high heat. Add ground beef; cook until browned. Add marinara sauce, 1 teaspoon salt, oregano and pepper; simmer for 10 minutes. Set aside.

Step 4

Combine ricotta cheese, egg, 1 teaspoon salt, and nutmeg in a bowl; mix well. Set aside.

Step 5

Arrange one layer of zucchini slices in prepared baking dish. Cover with ½ of the sauce. Add another layer of zucchini slices. Spread ricotta mixture on top. Sprinkle with ½ of the mozzarella cheese. Add another layer of zucchini slices; cover with remaining sauce and top with remaining mozzarella cheese and Parmesan cheese. Cover the baking dish with aluminum foil.

Step 6

Bake in the preheated oven for 30 minutes. Remove aluminum foil and bake until top is golden, about 15 minutes more.





APRIL

Veggie Delights

If you're lucky enough to have a late winter/early spring farmers market near you, it's time to enjoy West Virginia grown vegetables once again! High tunnel production gives farmers the opportunity to get plants in the ground weeks before they could in a traditional garden. That means veggies like kale, peas, Swiss chard, carrots, onions and leafy greens are now available. And we can't forget that April is prime ramp season in Appalachia. If you enjoy vegetables as much as we do, you'll love this month's recipes.

Kale, Potato and Sausage Soup



INGREDIENTS

- 1 lb. Italian sausage
- 4 cups half-and-half
- 3 cups cubed potatoes
- 2 cups low-sodium chicken broth
- 2 cups whole milk
- 1 medium onion, chopped
- ½ teaspoon dried oregano
- ½ teaspoon red pepper flakes, or more to taste
- ½ teaspoon ground black pepper
- ½ teaspoon salt, to taste
- 2 cups kale, torn into bite-sized pieces



DIRECTIONS

Step 1

Heat a large soup pot over medium-high heat. Crumble sausage into the pot; cook and stir until browned, about 10 minutes. Drain and discard grease.

Step 2

Stir half-and-half, potatoes, chicken broth, milk, onion, oregano, and pepper flakes into sausage, and bring to a boil. Reduce heat to low and simmer until potatoes are tender, about 30 minutes.

Step 3

Season with black pepper. Stir in kale; simmer until kale is tender, 10 to 15 minutes.



Mexican Carrots



INGREDIENTS

- 6 carrots, peeled and sliced
- 1 (16 ounce) jar sliced jalapeño peppers, with liquid
- 2 onions, thinly sliced
- 1 cup vinegar
- Cilantro for garnish



DIRECTIONS

Step 1

Place carrots in a saucepan with enough water to cover and cook over medium heat until nearly boiling, 7 to 10 minutes. Immediately drain carrots and set aside to cool.

Step 2

Divide cooled carrots into two 1-quart glass jars. Alternate layers of onion and jalapeño peppers atop carrots until the jars are full.

Step 3

Mix the liquid from jalapeño peppers and vinegar in a saucepan; bring the mixture to a rolling boil.

Step 4

Remove from heat and pour the liquid into the jars until full. Seal the jars with lids. Place the jars in the refrigerator until cold, at least 8 hours.

Tip

Plastic packaging takes its toll on fresh vegetables. Carrots packaged in bags or plastic wrap tend to “sweat” more quickly. Remove the carrots from plastic packaging same day of purchase for optimum taste and quality!



Ramp Pasta



INGREDIENTS

- 3 medium tomatoes, chopped
- 1 cup ramps - leaves washed, dried, and finely chopped
- 1 teaspoon capers
- 3 tablespoons extra-virgin olive oil, divided
- salt and freshly ground black pepper to taste
- 1 lb. penne pasta
- 4 slices bacon, finely chopped
- 1 pinch white sugar, or to taste



DIRECTIONS

Step 1

Fill a large bowl with ice and cold water. Cut a small “x” into the bottom of each tomato.

Step 2

Bring a large pot of lightly salted water to a boil. Add tomatoes to the boiling water. Cook for 30 seconds until skin starts to peel off. Remove with a slotted spoon and drain in a colander. Immediately immerse in the ice water for several minutes to stop the cooking process. Drain, peel, and chop.

Step 3

Combine tomatoes, ramps, capers, and 2 tablespoons olive oil in a blender; blend until smooth. Season with salt and pepper.

Step 4

Bring a large pot of lightly salted water to a boil. Add penne and cook, stirring occasionally, until tender

Step 5

Meanwhile, heat remaining 1 tablespoon olive oil in a skillet. Add bacon and cook over medium-high heat, turning occasionally, until evenly browned, 5 to 10 minutes. Add tomato-ramp mixture and cook until hot, 1 to 2 minutes. Add 1 to 2 tablespoons of pasta water and mix to combine. Season with salt, pepper, and sugar. Drain penne and mix with sauce.





MAY

Time For Pie!

What's better than a slice of pie with a scoop of vanilla ice cream? Sounds delicious doesn't it! This month we're featuring pies from the WVDA Old Fashioned Cookbook. These recipes were lovingly curated over decades of submission to the Market Bulletin. In fact, there are so many wonderful recipes, we had a hard time deciding what to print. We hope you'll use these recipes to treat your family (or just yourself) to a slice of almost heaven!

Rhubarb Strawberry Pie



INGREDIENTS

- 2 cups strawberries
- 3 cups rhubarb (cut in small cubes)
- 1 ½ cups sugar
- 4 tablespoons quick cooking tapioca
- 1 prepared 9-inch pie shell
- butter



DIRECTIONS

Step 1

Preheat oven to 425 F.

Step 2

Mix the strawberries, rhubarb, sugar and tapioca together and set aside. Prepare your pie shell.

Step 3

Fill pie shell with strawberry-rhubarb mixture and dot the top with pats of butter.

Step 4

Roll remaining dough into a rectangle, about 12x9 inches; cut into 11 strips, 12 inches long and ¾ inches wide. Moisten the rim of the pie plate with water. Twist and weave a criss-cross using 8 strips (4 each way); trim ends and press to moist rim and seal.

Step 5

Twist remaining strips (one at a time) around rim of pie to form a spiral edge. Bake 35 minutes or until rhubarb is tender when tested with a fork. For best flavor, cool pie before serving.



Angel Food Pie



INGREDIENTS

- 4 egg whites
- ½ cup sugar
- 1 teaspoon vanilla
- Salt
- Unbaked pastry shell
- Berries (strawberry, red raspberries, blackberries)



DIRECTIONS

Step 1

Preheat oven to 300 F.

Step 2

Beat egg whites until light but not stiff. Add sugar, 2 tablespoons at a time, beating well between additions. Add vanilla and a pinch of salt.

Step 3

Pour mixture into pastry shell and bake in a slow oven until filling is set, about 30-40 minutes.

Step 4

Cool thoroughly and top with your choice of slightly sweetened berries.

Tip

Make sure your egg whites are at room temperature when you whip them. If you forget to take the eggs out of the refrigerator, you can immerse them in room-temperature water for five minutes. Additionally, any yolk left in the egg whites will prevent your whites from whipping.



Molasses Pie



INGREDIENTS

- ½ cup flour
- ½ cup brown sugar
- ½ teaspoon allspice
- ½ teaspoon cinnamon
- ½ teaspoon salt
- 1 teaspoon soda
- 1 cup sour milk
- ¾ cup molasses
- 2 eggs
- 2 tablespoons melted butter
- Flaky pastry



DIRECTIONS

Step 1

Preheat oven to 375 F.

Step 2

Sift all dry ingredients together except soda. Dissolve soda in sour milk; mix in the molasses and add to dry ingredients. Add beaten eggs, then melted butter. Beat until smooth.

Step 3

Line a pie pan with flaky crust; pour in filling and bake until pie begins to brown.

Step 4

Reduce heat to 350 F and bake until crust is brown and filling is firm. (Egg whites may be reserved for meringue, if desired.)





JUNE

A Taste of Honey

What's the buzz about honey? While most sweeteners are highly processed, honey is an all-natural food. It has a higher sweetening power than other sweeteners, thus less is needed in cooking. And unlike other sweeteners, honey has the nutritional benefit of trace amounts of vitamins, minerals, amino acids and antioxidants. Dark honey is best for baking because it typically has a lower moisture content. Many people prefer to cook with lighter honey because it has a more predictable flavor. We hope you enjoy these bee-approved recipes!



Honey Apple Dumplings



INGREDIENTS

- 3 flaky pie crusts
- 6 medium tart apples
- 1 cup honey
- 1 ¼ teaspoon cinnamon
- 5 tablespoons butter or margarine
- 1 ½ cup boiling water
- 3 tablespoons lemon juice
- 1 tablespoon grated lemon rind
- 1 egg white
- ½ cup granulated sugar



DIRECTIONS

Step 1

Roll pastry out and cut into six 7" squares. Pare and core apples reserving skins, and place one apple in the center of each square.

Step 2

Fill center of apples with ½ cup of honey and 1 teaspoon of cinnamon. Dot the apples with 1 tablespoon of the butter. Moisten the edges of the pastry squares with water and then bring points up over apples, sealing seam edges of pastry by pressing together with the fingers. Put into a greased dish and chill in refrigerator.

Step 3

Pour boiling water over peelings and simmer covered for 20 minutes. Drain off liquid and combine with remaining honey, 4 tablespoon of butter, ¼ teaspoon cinnamon, the lemon juice and lemon rind, and stir. Pour into bottom of dumpling dish.

Step 4

Brush dumplings with slightly beaten egg white and sprinkle with granulated sugar. Bake in oven at 450 F for 10 minutes then reduce heat to 350 F and continue baking until apples are tender.

Sweet & Sour Cabbage



INGREDIENTS

- 4 cups shredded cabbage
- ½ cup diced bacon
- 3 tablespoons flour
- ¼ cup honey
- ¼ cup vinegar
- ½ cup water
- ½ cup onion, chopped



DIRECTIONS

Step 1

Cook shredded cabbage until tender, then drain.

Step 2

Dice bacon. Fry until well done. Drain and place on cabbage.

Step 3

Blend bacon drippings with flour. Add honey, vinegar, water and chopped onion. Cook until thickened.

Step 4

Pour over cabbage and bacon. Season to taste. Heat thoroughly. Serve warm.



Honey Mustard Chicken Pie



INGREDIENTS

- 2 - 9 inch crusts
- 1 lb. boneless, skinless chicken breast
- ¼ cup soy sauce
- 2 tablespoons vegetable oil
- ¼ cup finely chopped onion
- 1 clove garlic minced
- 1 cup chicken broth
- 1 cup carrots, cut in matchsticks
- 4-6 tablespoons honey
- 1 tablespoon prepared Dijon mustard
- Parsley
- Salt and pepper, to taste
- 1-2 tablespoons cornstarch
- 2-3 tablespoons water



DIRECTIONS

Step 1

Cut chicken into bite size chunks and marinate in soy sauce. Pour enough oil in saucepan to coat bottom of pan.

Step 2

Sauté garlic and onion over medium heat until onion is soft. Add chicken and sauté until white.

Step 3

Stir in chicken broth, carrots, honey mustard, parsley, salt and pepper. Mix cornstarch in a few tablespoons of water to make a paste.

Step 4

Bring chicken mix to boil and stir in cornstarch mix. Cook, stirring constantly until thick.

Step 5

Pour into pie shell and top with crust, cutting small slits to let steam escape.

Step 6

Bake at 425 F. for 15 minutes. Reduce heat to 350 F. and bake for 30 minutes more or until crust is golden brown. Garnish with basil if desired.



JULY

Red, White and Blue

It's time to celebrate summer! And what better way to do it than with some tasty recipes. Our tomato/onion pie (red and white) will pair perfectly with these (blue)berry bars. It's a feast fit for Uncle Sam. Now is the time to start shopping for fresh produce, meats, dairy and value-added products at West Virginia's 300-plus (and counting) farmers markets and farm stands. When you buy West Virginia grown/produced products, not only are you getting the freshest food possible; you're supporting West Virginia-owned businesses. The money you spend with them goes right back into the local economy. When you use fresh food, straight from the farm (or garden), you can taste the difference. For a list of farmers markets/stands in West Virginia, go to agriculture.wvda.gov, find "Farmers Market Search" and click.

Tomato Pie



INGREDIENTS

- 4 tomatoes, chopped
- 1 medium onion, chopped
- 10-12 leaves fresh basil, chopped
- 9-inch pie crust, baked
- 1 cup mozzarella cheese, shredded
- 1 cup cheddar cheese, shredded
- 1 cup mayonnaise
- ½ cup grated Parmesan cheese



DIRECTIONS

Step 1

Preheat oven to 350 F. degrees.

Step 2

Layer half of tomatoes, onions and basil in pie shell; repeat layers.

Step 3

Mix mozzarella and cheddar cheese with mayonnaise. Spread mixture over top of pie, top with Parmesan cheese.

Step 4

Bake for 50-60 minutes. Let stand 15 minutes before cutting. Makes 6 servings.

Tip

This recipe is perfect if you have ripe tomatoes and just-picked onions from the garden. Make sure that you rinse your produce well before you start prepping.



Blueberry Bars



INGREDIENTS

- 3 cups all-purpose flour
- 1½ cups white sugar
- 1 teaspoon baking powder
- ¼ teaspoon salt (Optional)
- 1 pinch ground cinnamon
- 1 cup shortening
- 1 egg
- 4 cups fresh blueberries
- 3 teaspoons cornstarch



DIRECTIONS

Step 1

Preheat oven to 375 F. Grease a 9x13-inch pan.

Step 2

Mix flour, 1 cup sugar, and baking powder together in a medium bowl; add in salt and cinnamon. Use a fork or pastry cutter to blend in shortening and egg. Dough will be crumbly. Pat half of dough into the prepared pan.

Step 3

Stir ½ cup sugar and cornstarch together in another bowl; gently mix in blueberries.

Step 4

Sprinkle blueberry mixture evenly over prepared crust. Crumble remaining dough over berry layer.

Step 5

Bake in the oven until the top is slightly brown, about 45 minutes. Cool completely before cutting into squares.

Tip

To maximize taste and quality, the absolute best way to keep berries of all kinds fresh is to avoid rinsing or washing them until you're ready to eat or bake them.



White Sauce with Chicken



INGREDIENTS

- 1 cup mayonnaise
- ⅓ cup apple cider vinegar
- 3 teaspoons water
- 1 teaspoon Worcestershire sauce
- ½ teaspoon kosher salt
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon hot sauce
- 4 skinless, boneless chicken breast halves
- 1 green bell pepper
- 1 red bell pepper
- 1 zucchini



DIRECTIONS

Step 1

Stir together mayonnaise, vinegar, water, Worcestershire sauce, salt, garlic powder, onion powder, pepper and hot sauce in a small bowl.

Step 2

Place washed chicken breasts in large sealable bag. Add 1 cup of white BBQ sauce and close. Let marinate for 5 to 10 minutes.

Step 3

Cut up peppers into big chunks and zucchini into big slices. Put into another sealable bag. Coat with leftover sauce.

Step 4

Grill chicken and veggies over medium heat. Serve warm. Sauce can be refrigerated up to three days.





AUGUST

Simply Summer

The month of August is awesome! It's the return of football season. And the very best part - your garden (or the farmers market) is filled with fruits and vegetables at their peak. It's time to kick off your shoes, head out to the back deck and fire up the grill. This month's recipes are all about taking advantage of seasonal foods. Whether you prefer chicken, beef, or pork, our BBQ sauce will pair perfectly. The roasted veggies are almost a meal in themselves. Finish it off with old-fashioned peach cobbler. That's summer living at its best!

Roasted Veggies



INGREDIENTS

- 8 zucchini, peeled and chopped
- 1 eggplant, peeled and diced
- 1 cup of Brussel sprouts
- 8 carrots, diced
- 16 cherry tomatoes
- 2 red onions, sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- ½ cup olive oil
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 2 bay leaves, crushed
- 1 teaspoon dried oregano
- 2 cloves garlic, minced
- 2 tablespoons fresh lemon juice
- 1 teaspoon grated lemon zest
- salt and pepper to taste



DIRECTIONS

Step 1

Preheat oven to 400 F. In a large bowl mix the zucchini, eggplant, Brussel sprouts carrots, tomatoes, onions and peppers with the oil, rosemary, thyme, bay leaves, oregano, garlic, lemon juice, lemon zest, salt and pepper.

Step 2

Cover and chill for at least 2 hours, preferably overnight.

Step 3

In a large roasting pan, roast the vegetables, uncovered, for 20 minutes, or until the tomatoes have split and the edges of some of the vegetables are starting to crisp.

Step 4

Remove from the oven and stir before returning to the oven for another 20 minutes.

Step 5

Reduce heat to 200 F and continue cooking until vegetables are tender, turning every 20 minutes.

Tip:

Use recently purchased or fresh vegetables for a richer, crisper flavor.

Peach Cobbler



INGREDIENTS

- 1 cup sugar (depending on peach sweetness)
- 1 tablespoon corn starch
- 1 cup water
- 3 cups fresh peaches
- ½ teaspoon butter
- 1 cup flour
- 1 tablespoon sugar
- 1 teaspoon baking powder
- 3 tablespoons shortening
- ½ cup milk



DIRECTIONS

Step 1

Preheat oven to 400 F.

Step 2

Mix $\frac{2}{3}$ cup sugar (add more depending on sweetness of fruit), cornstarch and water into a pan. Bring to a boil for one minute. Add fruit and butter and pour into an 8x8 pan.

Step 3

Combine flour, 1 tablespoon sugar and baking powder. Cut shortening into flour mixture and add milk. Stir. Drop the batter, a teaspoon at a time, over the fruit mixture. Sprinkle sugar on top if desired.

Step 4

Bake for 30 minutes then serve warm.



Blackberry Habanero BBQ Sauce



INGREDIENTS

- 1 quart fresh blackberries
- 1 (46 fluid ounce) bottle ketchup
- 2 cups blackberry jelly
- 2 cups white sugar
- 1 cup raspberry balsamic vinegar
- 1 cup light corn syrup
- 1 (6 ounce) can tomato paste
- ½ cup frozen limeade concentrate
- ½ cup cider vinegar
- 2 tablespoons finely ground sea salt
- 2 tablespoons bourbon whiskey
- 1 tablespoon garlic powder
- 2 teaspoons liquid smoke flavoring
- 1 tablespoon ground ginger
- 1 tablespoon ground dried chipotle pepper
- 1 tablespoon red pepper flakes
- 1 tablespoon finely ground black pepper
- 1 teaspoon teriyaki sauce
- 1 teaspoon hot pepper sauce
- 3 habanero peppers



DIRECTIONS

Step 1

Combine blackberries, ketchup, blackberry jelly, sugar, raspberry balsamic vinegar, corn syrup, tomato paste, limeade concentrate, cider vinegar, salt, bourbon, garlic powder, liquid smoke, ginger, ground chipotle pepper, red pepper flakes, black pepper, teriyaki sauce, and hot pepper sauce in a large pot. Bring to a simmer over medium-high heat.

Step 2

Reduce heat to medium-low and simmer blackberry mixture for 10 minutes. Add whole habanero peppers and continue to simmer until sauce is thickened, about 20 minutes more. Remove and discard peppers.

Step 3

Pour barbecue sauce into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth

Tip:

Serve sauce on crackers, toast or use it as a glaze on your meat of choice. Whether using jars or tubberware for storage, make sure containers are sterilized and sealed properly so your jam stays fresh for a longer time.



How Do You Like Them Apples?

They say an apple a day keeps the doctor away. The old adage isn't far from the truth. Apples are good for you. They're high in fiber and vitamin C, low in fat and carbs. And to top it all off – they're delicious! Whether you're using Golden Delicious (first discovered in Clay County!) or a Granny Smith, each variety of apple (7,500-plus varieties worldwide and counting) has its own unique taste.

Oinks and Apples



INGREDIENTS

- 1 tablespoon vegetable oil
- 4 (6 ounce) pork chops, 1½ to 2-inches thick
- ½ teaspoon salt
- ½ teaspoon sage (optional)
- 2 medium tart apples, cored and sliced
- ¼ cup brown sugar
- 2 tablespoons all-purpose flour
- 1 cup hot water
- 1 tablespoon white vinegar
- ½ cup raisins



DIRECTIONS

Step 1

Preheat the oven to 350 F. Heat the oil in a large skillet over medium-high heat. Fry pork chops on each side until browned, about 3 minutes per side.

Step 2

Transfer to a baking dish, reserving the drippings in the skillet. Cover pork chops with apple slices and sprinkle with sugar.

Step 3

Stir the flour into the fat in the skillet until smooth. Whisk in the water and vinegar. Simmer over medium-high heat, stirring constantly, until thick.

Step 4

Add raisins to skillet and pour over the pork chops. Cover the baking dish with a lid or aluminum foil.

Step 5

Bake in the preheated oven for 1 hour. Remove the aluminum foil for the last 20 minutes of cooking.

Step 6

Let cool for 10 minutes. Serve warm.

Waldorf Salad



INGREDIENTS

- ½ cup mayonnaise
- 1 tablespoon white sugar
- 1 teaspoon lemon juice
- ⅛ teaspoon salt
- 3 apples - peeled, cored and chopped
- 1 cup thinly sliced celery
- ½ cup chopped walnuts
- ½ cup raisins (optional)



DIRECTIONS

Step 1

Whisk mayonnaise, sugar, lemon juice, and salt together in a serving bowl.

Step 2

Stir in apples, celery, walnuts, and raisins. Cover and chill in the refrigerator until ready to serve.

Tip:

If time allows, let marinade sit for 1-2 hours before mixing with apples, celery walnuts and raisins. This gives time for ingredients to settle thoroughly producing an enriched flavorful marinade sauce.



Squashed Apples



INGREDIENTS

- 2 buttercup squash, halved and seeded
- 3 cups red apples, peeled and cut into small chunks
- ½ lemon, juiced
- ½ cup chopped pecans, divided
- 2 tablespoons brown sugar
- ½ teaspoon ground cinnamon
- 2 tablespoons butter
- ½ cup of chopped walnuts or pecans



DIRECTIONS

Step 1

Preheat oven to 350 F. Place buttercup squash halves in a baking dish.

Step 2

Place apples in a large bowl; cover with lemon juice. Stir in all but 1 tablespoon of the pecans, brown sugar, and cinnamon.

Step 3

Spoon apple mixture into the buttercup squash halves. Sprinkle remaining pecans on top. Dot 1½ teaspoon butter over each squash.

Step 4

Bake in the preheated oven until squash is tender, about 45 minutes.

Step 5

If desired, sprinkle chopped nuts over dish before serving. Serve warm.

Tip:

For more tenderness, bake in a cast iron roast pan covered with lid. Poke a couple of holes in squash and microwave for 3-5 minutes for easier peeling.





OCTOBER

Cast Iron Chef

Now that fall has officially arrived, it's time to bring out your cast iron cookware. Did you know cast iron was first made in China around the 6th century BC, but it wasn't used widely for cooking until 200 BC? Today, cast iron is essential in most West Virginia kitchens. Chances are your grandmother made some mean meals in those skillets and pans. But you don't have to cook like you're living in the 20th century. Cast iron is perfect for modern meals. All of this month's recipes come from the WVDA's Cast Iron Cookbook Vol. II. We hope you enjoy them!

Fancy West Virginia Cornbread



INGREDIENTS

- 2 cups cornmeal, self-rising
- 1 8 ounce container of sour cream
- 1 tablespoon sugar
- ½ cup vegetable oil
- ½ teaspoon salt
- 3 eggs (beaten)
- 15 ounce can of creamed corn (drained)



DIRECTIONS

Step 1

Preheat oven to 350 F.

Step 2

Mix all ingredients together in a medium bowl. Grease 8-inch cast iron pan and heat.

Step 3

Pour mixture into heated pan. Bake for 35-40 minutes.

Note:

This recipe is from WVDA's Cast Iron Cookbook Vol. II by Addie Keaton in Leager, West Virginia.



Chicken Fajitas



INGREDIENTS

Marinade

- 1 clove garlic (minced)
- 1 ½ teaspoons season salt
- 1 ½ teaspoons ground cumin
- ½ teaspoon chili powder
- ½ teaspoon crushed red pepper
- 1 tablespoon olive oil
- 2 tablespoons lime juice
- 1 ½ lb.s chicken (sliced into strips)

Fajita

- ½ cup sliced onion
- ½ cup green onion (chopped)
- 1 cup sliced red bell pepper
- 3-4 tablespoons olive oil
- 8 large tortillas (flour or gluten-free)

Toppings (optional)

- 1 sliced avocado
- 1 16 ounce jar salsa
- 1 16 ounce container sour cream
- 1 16 ounce package cheddar cheese (shredded)
- ¼ cup of chopped cilantro
- Red pepper flakes



DIRECTIONS

Step 1

Combine all marinade ingredients. Marinate chicken for at least 2 hours.

Step 2

In cast iron skillet, sauté onions and peppers in oil until lightly brown; remove from pan. Sauté chicken until well coated with glaze, about 10 min. Toss in vegetables and heat until hot.

Step 3

Spoon mixture into warmed tortillas. Serve with desired toppings.



Pear Walnut Upside Down Cake



INGREDIENTS

- 1 cup all-purpose flour
- ¼ cup brown sugar
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- ¼ teaspoon cloves
- 1 peeled, cored and sliced lengthwise pear
- ½ cup buttermilk
- 2 eggs
- ¼ cup butter
- ¼ cup molasses
- 1 tablespoon butter
- ½ cup brown sugar
- 3 tablespoons walnuts



DIRECTIONS

Step 1

Preheat oven to 375 F. Combine and mix first seven ingredients.

Step 2

In a separate bowl, combine buttermilk, eggs, butter, and molasses; mix well. Mix both bowls together and stir until smooth.

Step 3

Melt 1 teaspoon butter in 9-inch cast iron skillet. Stir in brown sugar and cook over medium heat for 1 minute. Remove from heat; sprinkle with walnuts.

Step 4

Place pear slices in bottom of skillet. Pour batter over pears and bake for 30 minutes. Let cool 10 minutes. Remove from skillet and place on plate.

Note:

This recipe is from WVDA's Cast Iron Cookbook Vol. II by Margaret C. Stone in Lewisburg, West Virginia.





Slow and easy!

It's time to get that slow cooker (better known as a Crock Pot) out of the cupboard and start serving up some delicious meals. With families going in a dozen different directions during the day, it's a breeze to toss all your ingredients into a slow cooker and not have to worry about dinner until you're ready to serve it up at the end of the day. This month's recipes have been taste-tested by many and given enthusiastic thumbs up.

Bison Chili



INGREDIENTS

- 1 lg. can of tomato juice
- 1-1½ lb.s ground bison
- 2 - 15 ounce cans chili beans
- 1 - 15 ounce can diced tomatoes
- ½ medium onion
- ½ medium pepper
- 1 tablespoon sugar
- 1 package chili mix
- ¼ cup of chopped chives (optional)



DIRECTIONS

Step 1

Finely chop onion and pepper and toss into a slow cooker. Brown bison meat and drain.

Step 2

Drain beans and add rest of ingredients into the slow cooker, putting the chili mix in last. Stir thoroughly.

Step 3

Set slow cooker at low and let cook for six hours.

Note:

You can substitute bison with ground beef and chili beans for any variety you like. Garnish with chives.



Potato Soup



INGREDIENTS

- 8 pieces bacon
- 2 lb.s potatoes, peeled and cubed
- 4 cups chicken broth
- 2 teaspoons fresh thyme leaves
- 1 ½ cup milk
- ¼ cup all-purpose flour
- ½ cup heavy cream
- ½ cup sour cream
- 1 ½ cups shredded cheddar cheese
- Salt
- Pepper
- Chopped chives for garnish



DIRECTIONS

Step 1

In a large skillet over medium heat, cook bacon until crispy. Drain on a paper towel-lined plate. When cool, crumble into pieces.

Step 2

In a slow cooker, combine potatoes, bacon, chicken broth and thyme. Season with salt and pepper. Cover and cook until potatoes are tender (4-6 hours on low or 2-3 hours on high).

Step 3

Using a slotted spoon, remove about half of the potatoes. Using a potato masher, mash remaining potatoes in the slow cooker and add reserved potatoes back in.

Step 4

In a large bowl, whisk together milk and flour. Add milk, heavy cream, sour cream and cheese to slow cooker. Cover and cook on high 30 minutes more or until cheese is melty and everything is warmed through.

Step 5

Garnish with more cheese, chives and leftover bacon bits. Serve warm.



Slow Cooker Minestrone



INGREDIENTS

- 32 ounce vegetable or chicken stock
- 3 cups V-8 or tomato juice
- 2 cups water
- 2 medium potatoes, peeled and chopped
- 2 celery ribs, chopped
- 2 medium carrots, chopped
- 1 can (14 ½ ounce) diced tomatoes, drained
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 2 bay leaves
- 1 tablespoon Italian seasoning
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 can (16 ounce) kidney beans, drained and rinsed
- 1 can (16 ounce) cannellini beans, drained and rinsed
- 1 can (14 ½ ounce) green beans, drained
- 1 small zucchini, chopped
- 1 cup uncooked ditalini or other small pasta
- Grated Parmesan cheese
- ¼ cup of fresh parsley for garnish



DIRECTIONS

Step 1

Combine first 13 ingredients in a 5-6 qt. slow cooker. Cook covered on low until vegetables are tender, 6-8 hours.

Step 2

Stir in remaining ingredients. Cook, covered, on high until pasta is tender (about 30 minutes).

Step 3

Discard bay leaves. Top with grated Parmesan cheese and parsley. Serve warm.





Ho, Ho, Homemade!

Are you in the mood to bake? Christmas is a great time to preheat the oven and mix up something delicious. Here at the WVDA, we got an early jump on the holidays with our Wellness Committee's Baked Goods Challenge. Our employees whipped up some truly delicious goodies. Jennifer Zagata was our winning baker with her Apple Cider Donut Cake. She chose that recipe because, in her words, "Who doesn't like apples, cinnamon and sugar!" We definitely do! The other recipes were also employee favorites. We hope you have time to bake up one (or all) of these recipes this holiday season.

Texas Sheet Cake



INGREDIENTS

Cake:

- 1 large 2 sticks oleo
- 1 cup water
- 4 tablespoons cocoa
- 2 cups flour
- 2 cups sugar
- 2 eggs
- ½ cup sour cream
- 1 teaspoon baking soda
- ½ teaspoon salt

Topping:

- 1 stick oleo
- 6 tablespoons milk
- 4 tablespoons cocoa
- 1 tablespoon vanilla
- 1 box of powdered sugar



DIRECTIONS

Step 1

Boil oleo, water and cocoa; remove from heat.

Step 2

Mix together flour, sugar, eggs, sour cream baking soda, and salt. Pour mixture into a large, greased cookie sheet or pan.

Step 3

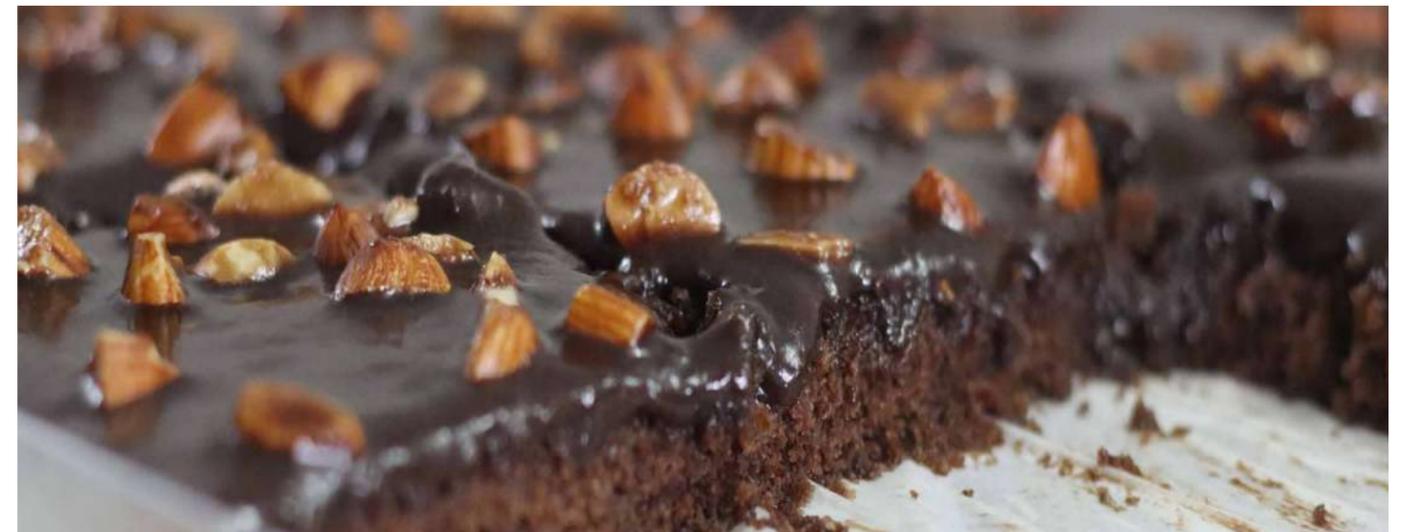
Bake for 22 minutes at 375 F. degrees.

Step 4

Mix icing as soon as cake is done. Do not let cake cool, put on immediately.

Note:

This recipe is from WVDA's Agritourism Specialist, Maggie Blankenship.



Apple Cider Donut Cake



INGREDIENTS

Cake:

- 1 box yellow cake mix
- ¾ cup apple cider
- ½ cup sweetened apple sauce
- 3 large eggs
- 2 tablespoons melted butter
- 1 tablespoon brown sugar
- 1 teaspoon vanilla

Topping:

- ½ cup sugar
- 1 teaspoon cinnamon
- ¼ cup butter



DIRECTIONS

Step 1

Preheat oven to 350 F. In a large mixing bowl, use a hand mixer on low to combine cake mix, apple cider, apple sauce, eggs, and 2 tablespoons melted butter. Add in brown sugar, vanilla, and mix well.

Step 2

Grease and flour a 10 or 12-cup bundt pan. Pour batter into the prepared pan. Bake for 40-50 minutes or until a toothpick comes out clean. Remove from the oven and let cool on a cooling rack for 15 minutes.

Step 3

After 15 minutes, turn the bundt pan over onto a cooling rack or parchment paper. Mix the cinnamon and sugar for the topping. Brush butter over cake and sprinkle cinnamon and sugar topping on top and sides of cake.

(I used my hands to get the cinnamon and sugar mixture to stick to the sides of the cake. Also, there is no such thing as too much cinnamon and sugar!)

Note:

This recipe is from WVDA's Executive Administrative Assistant, Jennifer Zagata.



Mini Raspberry Pastry



INGREDIENTS

Pastry:

- 1 package of refrigerated crescent rolls
- ½ block of cream cheese
- 3 tablespoons of powder sugar
- ½ teaspoon vanilla
- Raspberry jam (or your jam of choice)
- Fresh raspberries

Glaze:

- ½ cup powdered sugar
- 1-2 tablespoons of water
- ½ teaspoon vanilla



DIRECTIONS

Step 1

Preheat oven to 375 F. Cut crescent rolls into 12 slices and flatten center.

Step 2

Mix cream cheese, powdered sugar, and vanilla together. Put in plastic bag and pipe into the center of each round. Add jam to top of the cream cheese.

Step 3

Bake 10 minutes or until the pastry starts to turn a golden color. Let cool.

Step 4

Mix powder sugar, vanilla and water a little at a time until it is glaze-consistency. Add fresh raspberries on top and drizzle glaze over pastry.

Note:

This recipe is from WVDA's Regulatory and Environmental Affairs Microbiologist, Kriston Stickler.

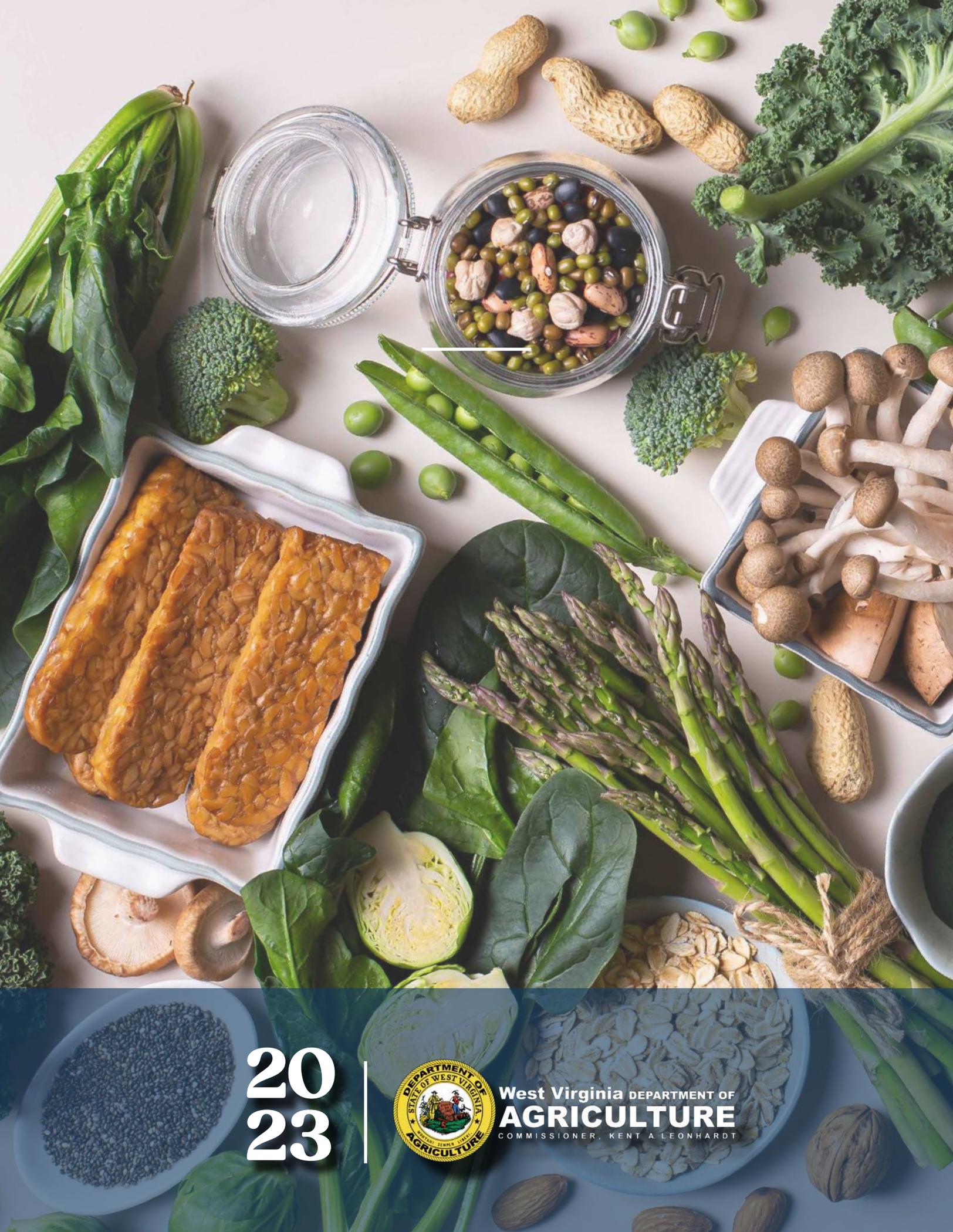




Cooking Notes



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