



What's Cookin'?

2021

WEST VIRGINIA
DEPARTMENT OF AGRICULTURE

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January

Bold Breakfast

They say breakfast is the most important meal of the day. Instead of the typical bacon and eggs, why not try something new! The PB and J French toast is a twist on the classic breakfast fare. The other two recipes you can make ahead of time and then enjoy a no-fuss breakfast. So before you head out on that cold morning commute, make sure to fill up on one of these tasty treats!

TOMATO & BASIL QUICHE



INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, sliced
- 2 tomatoes, peeled and sliced
- 2 tablespoons all-purpose flour
- 2 teaspoons dried basil
- 3 eggs, beaten
- ½ cup milk
- Salt and pepper to taste
- 1 (9 inch) unbaked deep dish pie crust
- 1 ½ cups shredded Colby-Monterey Jack cheese, divided

DIRECTIONS

1. Preheat oven to 400 degrees F. Bake pie shell in preheated oven for 8 minutes.
2. Meanwhile, heat olive oil in a large skillet over medium heat. Saute onion until soft; remove from skillet. Sprinkle tomato slices with flour and basil, then saute 1 minute on each side. In a small bowl, whisk together eggs and milk. season with salt and pepper.
3. Spread 1 cup shredded cheese in the bottom of pie crust. Layer onions over cheese, and top with tomatoes. Cover with egg mixture. Sprinkle top with remaining 1/2 cup shredded cheese.
4. Bake in preheated oven for 10 minutes. Reduce heat to 350 degrees F, and bake for 15 to 20 minutes, or until filling is puffed and golden brown. Serve warm.



MONKEY BREAD

INGREDIENTS

- 3 (12 ounce) packages refrigerated biscuit dough
- 1 cup white sugar
- 2 teaspoons ground cinnamon
- ½ cup margarine
- 1 cup packed brown sugar
- ½ cup chopped walnuts (Optional)
- ½ cup raisins

DIRECTIONS

1. Preheat oven to 350 degrees F. Grease one 9 or 10 inch tube/Bundt® pan.
2. Mix white sugar and cinnamon in a plastic bag. Cut biscuits into quarters. Shake 6 to 8 biscuit pieces in the sugar cinnamon mix. Arrange pieces in the bottom of the prepared pan. Continue until all biscuits are coated and placed in pan. If using nuts and raisins, arrange them in and among the biscuit pieces as you go along.
3. In a small saucepan, melt the margarine with the brown sugar over medium heat. Boil for 1 minute. Pour over the biscuits.
4. Bake at 350 degrees F for 35 minutes. Let bread cool in pan for 10 minutes, then turn out onto a plate. Do not cut! The bread just pulls apart.

PB&J FRENCH TOAST



INGREDIENTS

- 6 tablespoons peanut butter
- 6 tablespoons mixed berry jam
- 12 slices challah bread
- 1 cup milk
- 4 eggs
- ¼ cup white sugar
- 2 tablespoons of raspberry-flavored liqueur
- ½ teaspoon vanilla extract
- 1 tablespoon vegetable oil, or as needed

DIRECTIONS

1. Spread 1 tablespoon peanut butter and 1 tablespoon jam onto one side of each of six bread slices; top each with another bread slice to make 6 sandwiches.
2. Whisk milk, eggs, sugar, raspberry-flavored liqueur, and vanilla extract together in a bowl until smooth. Dip each sandwich into egg mixture, turning to coat both sides.
3. Heat oil in a skillet over medium heat; cook sandwiches, working in batches, until golden brown, 3 to 4 minutes per side.

February

Cold Weather Cooking

Are you tired of your own cooking during the pandemic? Been making the same recipes time and time again? Here are three new comfort food recipes to try this month! They'll hit the spot on cold winter days.

STUFFED CABBAGE ROLLS

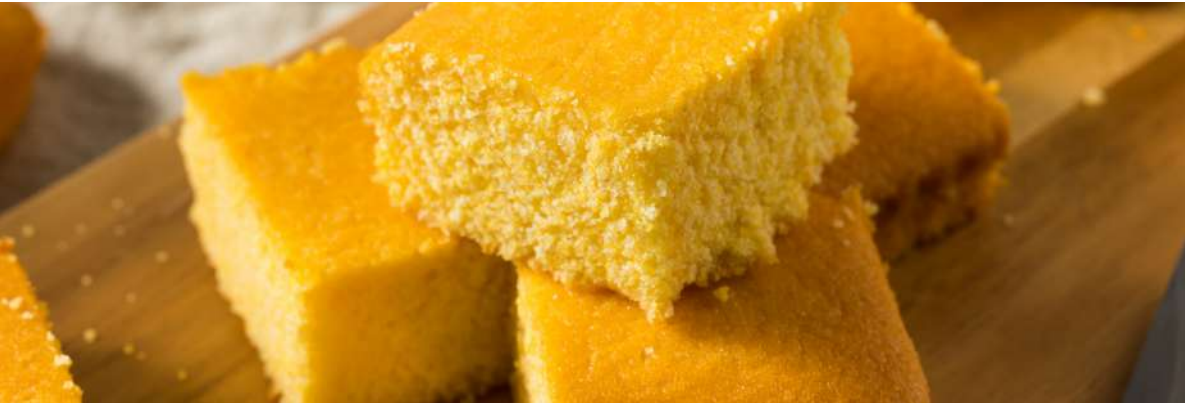


INGREDIENTS

- $\frac{2}{3}$ cup water
- $\frac{1}{3}$ cup uncooked white rice
- 8 cabbage leaves
- 1 pound lean ground beef
- $\frac{1}{4}$ cup chopped onion
- 1 egg, slightly beaten
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 1 (10.75 ounce) can condensed tomato soup

DIRECTIONS

1. In a medium saucepan, bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
2. Bring a large, wide saucepan of lightly salted water to a boil. Add cabbage leaves and cook for 2 to 4 minutes or until softened; drain.
3. In a medium mixing bowl, combine the ground beef, 1 cup cooked rice, onion, egg, salt and pepper, along with 2 tablespoons of tomato soup.
4. Divide the beef mixture evenly among the cabbage leaves. Roll and secure them with toothpicks or string.
5. In a large skillet over medium heat, place the cabbage rolls and pour the remaining tomato soup over the top. Cover and bring to a boil. Reduce heat to low and simmer for about 40 minutes, stirring and basting with the liquid often.



BUTTERMILK CORNBREAD

INGREDIENTS

- ½ cup butter
- ⅔ cup white sugar
- 2 large eggs
- 1 cup buttermilk
- ½ teaspoon baking soda
- 1 cup cornmeal
- 1 cup all-purpose flour
- ¼ teaspoon salt

DIRECTIONS

1. Preheat oven to 375 degrees F. Grease an 8 inch square pan.
2. Melt butter in large skillet. Remove from heat and stir in sugar. Quickly add eggs and beat until well blended. Combine buttermilk with baking soda and stir into mixture in pan. Stir in cornmeal, flour and salt until well blended and few lumps remain. Pour batter into the prepared pan.
3. Bake in the preheated oven for 30 to 40 minutes, or until a toothpick inserted in the center comes out clean.



STEW MEAT CHILI

INGREDIENTS

- 1 ½ tablespoons vegetable oil
- ¾ pound cubed beef stew meat
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 2 tablespoons all-purpose flour
- 1 (28 ounce) can diced tomatoes
- 1 (16 ounce) can black beans, rinsed and drained
- 1 (16 ounce) can kidney beans, rinsed and drained
- 1 ¾ cups beef broth, divided
- 1 large onion, chopped
- 1 small green or red bell pepper, chopped
- ¼ cup chopped fresh parsley
- 2 tablespoons barbeque sauce
- 1 ½ tablespoons brown sugar
- 2 cloves garlic, or more to taste, minced
- ¾ teaspoon salt
- 1 cup scallions (optional)

DIRECTIONS

1. Heat oil in a large skillet over medium-high heat. Add stew meat and brown for 2 minutes, stirring often. Add chili powder and cumin; cook and stir until fragrant, about 1 minute. Stir in flour and cook for 1 minute more. Transfer meat to a large slow cooker.
2. Add diced tomatoes, black beans, kidney beans, 1½ cups beef broth, onion, bell pepper, parsley, barbecue sauce, brown sugar, garlic, and salt to the slow cooker; stir until combined.
3. Cover and cook on Low, stirring occasionally, until beef is tender, 6 to 8 hours. Thin the chili with remaining beef broth as it cooks, if consistency is too thick.
4. Garnish with scallions if desired.

March

Minute Saving Meal

Preparing a hot, satisfying meal for dinner can seem like a big chore some days. There's the meal prep, the time it takes to cook the dish and then the clean-up. But this month we have three recipes you can cook in 45 minutes or less. An added bonus is you don't have to mess up the whole kitchen to make a delicious meal! If you buy your ingredients ahead of time, dinner will seem like a snap!

SHEET PAN SALMON



INGREDIENTS

- 2 tablespoons olive oil
 - 4 (3 ounce) salmon fillets
 - 2 red bell peppers, chopped
 - 1 yellow bell pepper, chopped
 - 1 onion, sliced
- SAUCE:**
- 6 tablespoons lemon juice
 - 3 tablespoons olive oil
 - 2 tablespoons water
 - 1 tablespoon maple syrup
 - 5 cloves garlic
- 1 ½ teaspoons salt
 - 1 ½ teaspoons red pepper flakes
 - 1 teaspoon ground cumin
 - ½ bunch fresh parsley, chopped

DIRECTIONS

1. Preheat oven to 400 degrees F. Bake pie shell in preheated oven for 8 minutes.
2. Meanwhile, heat olive oil in a large skillet over medium heat. Sauté onion until soft; remove from skillet. Sprinkle tomato slices with flour and basil, then sauté 1 minute on each side. In a small bowl, whisk together eggs and milk. Season with salt and pepper.
3. Spread 1 cup shredded cheese in the bottom of pie crust. Layer onions over cheese, and top with tomatoes. Cover with egg mixture. Sprinkle top with remaining ½ cup shredded cheese.
4. Bake in preheated oven for 10 minutes. Reduce heat to 350 degrees F, and bake for 15 to 20 minutes, or until filling is puffed and golden brown. Serve warm.



EASY LASAGNA

INGREDIENTS

- 1 pound lean ground beef
- 1 (32 ounce) jar spaghetti sauce
- 32 ounces cottage cheese
- 3 cups shredded mozzarella cheese
- 2 eggs
- ½ cup grated Parmesan cheese
- 2 teaspoons dried parsley
- Salt to taste
- Ground black pepper to taste
- 9 lasagna noodles
- ½ cup water

DIRECTIONS

1. In a large skillet over medium heat brown the ground beef. Drain the grease. Add spaghetti sauce and simmer for 5 minutes.
2. In a large bowl, mix together the cottage cheese, 2 cups of the mozzarella cheese, eggs, half of the grated Parmesan cheese, dried parsley, salt and ground black pepper.
3. To assemble, in the bottom of a 9x13 inch baking dish evenly spread ¾ cup of the sauce mixture. Cover with 3 uncooked lasagna noodles, 1 ¾ cup of the cheese mixture, and ¼ cup sauce. Repeat layers once more: top with 3 noodles, remaining sauce, remaining mozzarella and Parmesan cheese. Add ½ cup water to the edges of the pan. Cover with aluminum foil.
4. Bake in a preheated 350 degree F oven for 45 minutes. Uncover and bake an additional 10 minutes. Let stand 10 minutes before serving.



ONE POT CHICKEN

INGREDIENTS

- 2 tablespoons vegetable oil
- 4 potatoes, thinly sliced
- 1 pound boneless skinless chicken breasts, cut into cubes
- 1 (10.75 ounce) can condensed cream of chicken soup
- ½ cup milk
- 1 onion, chopped
- ¼ teaspoon garlic powder
- 2 cups frozen broccoli, carrots and cauliflower combination
- ½ teaspoon dried parsley
- ¼ teaspoon dried marjoram
- ¼ teaspoon dried basil
- ⅓ cup grated Parmesan cheese

DIRECTIONS

1. Heat oil in large frying pan over medium high heat. Cook potatoes, stirring frequently until tender-crisp. Stir in chicken, and cook until no longer pink. Reduce heat to medium. Stir in condensed soup, milk, onion, and garlic powder. Arrange vegetables on top, and sprinkle with parsley, marjoram and basil. Cover, and simmer over low heat until chicken is cooked through, and vegetables are tender. Remove from heat, and stir in Parmesan.

April

Baking Up a Treat

The WVDA loves to hear your recipes! Whether it's a family cookie recipe you make with your grandchildren or a soup recipe that's been passed down through the generations, we're always excited to hear what you're cooking in your kitchens. For April, month we're featuring three recipes that have been family favorites and passed on to us.

BREAD PUDDING

Willa Hood – Fairmont, WV



INGREDIENTS

- 2 loaves of bread
- 2 cans canned milk
- 2 cans water
- 1 cup sugar
- 1 can sliced peaches, drained
(use any canned fruit)
- 2 cups raisins
- 1 tsp cinnamon
- 1 tsp vanilla
- 1 tsp baking powder

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Shred bread than add milk and water. Let the bread soak for 30 minutes. Add sugar, raisins, peaches, cinnamon, vanilla and baking powder.
3. Grease a 9x13 pan. Pour in pudding and bake until golden brown, about an hour and a half. Test with toothpick.



BLONDE BROWNIES

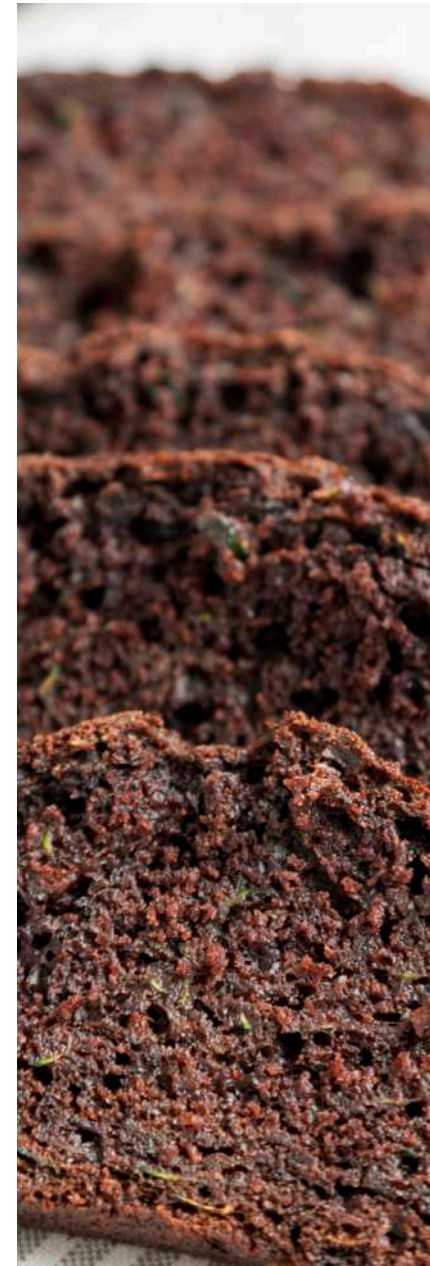
Janet Chittum – Fairmont, WV

INGREDIENTS

- 1 cup oleo
- 2 cups brown sugar, firmly packed
- 2 eggs, slightly beaten
- 2 tsp. vanilla extract
- 2 cups flour
- 1 tsp. salt
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 cup nuts
- 1 package chocolate chips

DIRECTIONS

1. Preheat oven to 350 degrees
2. Melt oleo in saucepan, add brown sugar and mix well. Cool. Add eggs and vanilla.
3. Add dry ingredients and nuts, mix well.
4. Pour into 9x13 greased pan. Put chips on top of batter. Bake for 35 minutes.



CHOCOLATE ZUCCHINI BREAD

Cathy Childress Busch – Charleston, WV

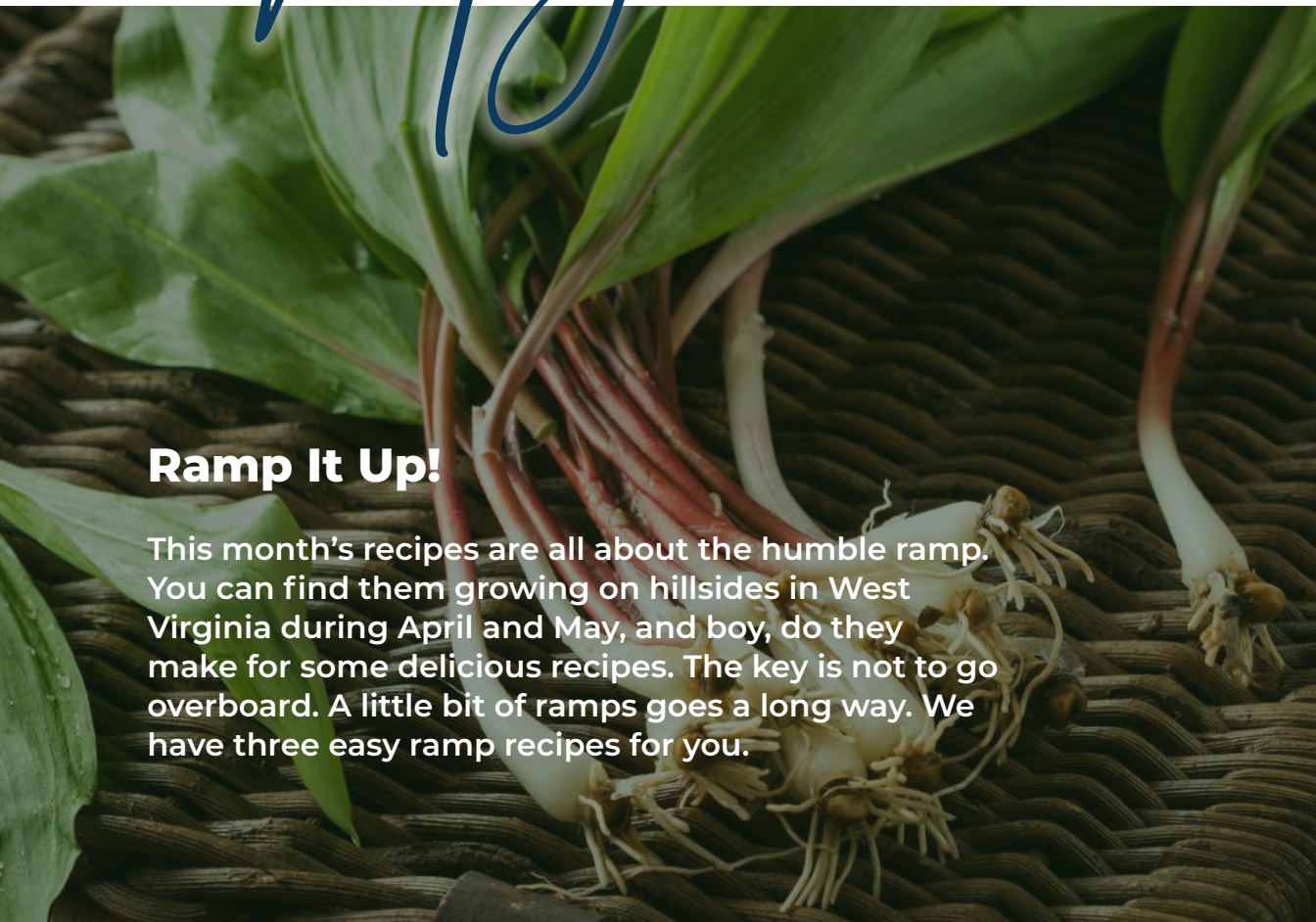
INGREDIENTS

- $\frac{2}{3}$ cup softened butter
- $2\frac{2}{3}$ cups sugar
- 4 eggs
- 3 cups shredded zucchini
- $3\frac{1}{2}$ cup whole wheat flour
- $\frac{1}{3}$ cup cocoa powder
- 2 tsp baking soda
- 2 tsp cinnamon
- 1 tsp cloves
- $\frac{2}{3}$ cup chopped pecans
- $\frac{2}{3}$ cup water
- 2 tsp vanilla
- $\frac{1}{2}$ cup mini milk chocolate chips

DIRECTIONS

1. Heat oil in large frying pan over medium high heat. Cook potatoes, stirring frequently until tender-crisp. Stir in chicken, and cook until no longer pink. Reduce heat to medium. Stir in condensed soup, milk, onion, and garlic powder. Arrange vegetables on top, and sprinkle with parsley, marjoram and basil. Cover, and simmer over low heat until chicken is cooked through, and vegetables are tender. Remove from heat, and stir in Parmesan.

May



Ramp It Up!

This month's recipes are all about the humble ramp. You can find them growing on hillsides in West Virginia during April and May, and boy, do they make for some delicious recipes. The key is not to go overboard. A little bit of ramps goes a long way. We have three easy ramp recipes for you.

RAMP QUICHE



INGREDIENTS

PIE CRUST:

- 1 cup all-purpose flour
- 3 tablespoons all-purpose flour
- 1 teaspoon baking powder
- 2 tablespoons 2% milk

- 2 tablespoons vegetable oil
- 1 pinch salt
- 1/3 cup plain fat-free Greek yogurt

TOPPING:

- 1 cup low-fat sour cream

- 1/2 cup heavy cream
- 2 large eggs
- 1 bunch ramps leaves, rinsed and dried
- 1 teaspoon salt
- Freshly ground black pepper to taste

DIRECTIONS

1. Preheat the oven to 375 degrees F. Grease a 10-inch tart pan.
2. Combine 1 cup plus 3 tablespoons flour, baking powder, Greek yogurt, milk, oil and salt in a bowl with a wooden spoon until a ball forms. Add more milk or Greek yogurt, 1 tablespoon at a time, if dough is dry and crumbly.
3. Transfer dough to a lightly floured countertop and knead with your hands until smooth. Roll out to fit the tart pan. Line the bottom and sides of the tart pan with the dough. Trim any overhang or crimp it. Prick the bottom of the pie crust several times with a fork.
4. Whisk sour cream, heavy cream, and eggs together in a bowl. Finely chop ramps. Stir chopped ramps into the filling and season with salt and pepper. Pour mixture into the crust.
5. Bake in the preheated oven until the crust is golden and pulls away from the pan and the filling is set, about 30 minutes. Remove from the oven and let stand for 10 to 15 minutes before cutting.



RAMP POTATOES

INGREDIENTS

- 5 large potatoes, peeled and sliced
- 2 tablespoons bacon drippings
- 6 ramps, thinly sliced
- 5 slices cooked bacon, chopped
- salt and ground black pepper to taste

DIRECTIONS

1. Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until beginning to soften, about 10 minutes; drain.
2. Heat bacon drippings in a large skillet over medium-high heat; cook and stir potatoes in the hot drippings until golden brown, about 15 minutes. Stir ramps and bacon with the potatoes; season with salt and black pepper. Continue cooking until the ramps are soft, about 5 minutes.

RAMP MAYONNAISE

INGREDIENTS

- 1 large egg
- 2 large egg yolks
- 1 teaspoon Dijon mustard
- Salt to taste
- $\frac{3}{4}$ cup light olive oil
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons freshly squeezed lemon juice, or more to taste
- Minced ramps, to taste

DIRECTIONS

1. Combine egg and egg yolk in a food processor and start processing. Slowly pour in light olive oil and extra virgin olive oil until mixture becomes thick and creamy. Add lemon juice and salt.
2. Transfer mayonnaise to a small bowl and stir in ramps. Spoon into a jar with a lid and refrigerate until serving.



June

Fresh Fixings

June is a great month to get in the kitchen and start cooking up recipes with fresh ingredients! You can find all the main ingredients (kale, strawberries and rhubarb) at your local farmers' market this month or perhaps in your own garden. These recipes are not only easy, they are also delicious.

RHUBARB BREAD



INGREDIENTS

- 1 cup milk
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- 1 ½ cups brown sugar
- ⅓ cup vegetable oil
- 1 egg
- 2 ½ cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 ½ cups chopped rhubarb
- ½ cup chopped walnuts
- ¼ cup brown sugar
- ½ teaspoon ground cinnamon
- 1 tablespoon butter, melted

DIRECTIONS

1. Preheat oven to 325 degrees F. Lightly grease two 9x5 inch loaf pans. In a small bowl, stir together milk, lemon juice and vanilla; let stand for 10 minutes.
2. In a large bowl, mix together 1 1/2 cups brown sugar, oil and egg. Combine the flour, salt and baking soda, stir into sugar mixture alternately with the milk mixture just until combined. Fold in rhubarb and nuts. Pour batter into prepared loaf pans.
3. In a small bowl, combine 1/4 cup brown sugar, cinnamon and butter. Sprinkle this mixture over the unbaked loaves.
4. Bake in preheated oven for 40 minutes, until a toothpick inserted into center of a loaf comes out clean.



BAKED KALE CHIPS

INGREDIENTS

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

DIRECTIONS

1. Preheat an oven to 350 degrees F. Line a non insulated cookie sheet with parchment paper.
2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.
3. Bake until the edges brown but are not burnt, 10 to 15 minutes.

STRAWBERRY PIE

INGREDIENTS

- 2 (9 inch) unbaked pie crusts
- 1 ¼ cups white sugar
- ⅓ cup all-purpose flour
- ½ teaspoon ground cinnamon
- 4 cups fresh strawberries
- 2 tablespoons butter

DIRECTIONS

1. Preheat oven to 425 degrees F. Place one crust in a nine inch pie pan.
2. Mix together sugar, flour and cinnamon. Mix lightly through the berries. Pour filling into pastry lined pan and dot fruit with butter or margarine. Cover with top crust and cut slits in the top. Seal and flute the edges.
3. Bake for 35 to 45 minutes, or until the crust is slightly browned.



July

Cold Weather Cooking

Fire up the BBQ! It's time to start grilling! July is the perfect time to grill out and enjoy the fruits of your labor in the garden (or from the farmers' market). West Virginia has more than a hundred farmers' markets spread across the state. To find one near you, log on to the WVDA website at <https://agriculture.wv.gov/farmers-market-search/>, type in your location and you'll find one near you.

GRILLED PEACHES



INGREDIENTS

- 4 fresh peaches - peeled, pitted and sliced
- 1 tablespoon lemon juice
- 2 tablespoons brown sugar
- 1 teaspoon ground cinnamon
- 1 tablespoon butter
- 8 mint leaves (optional)
- 6 ounces chevre (goat cheese) (optional)

DIRECTIONS

1. Preheat an outdoor grill for medium heat and lightly oil the grate.
2. Place peach slices in the center of large sheet of heavy duty aluminum foil. Sprinkle with lemon juice, brown sugar, and cinnamon. Dot with butter. Fold edges of foil up and over to seal.
3. Close grill and cook over medium heat until peaches are tender, about 15 to 20 minutes.
4. If desired, fill each peach half with 1 tablespoon of chevre (goat cheese). Garnish with a mint leaf and serve warm.



WATERMELON SALAD

INGREDIENTS

- 1 large seedless watermelon, cut into 1-inch cubes
- 2 cucumbers, thinly sliced
- 12 leaves fresh mint, thinly sliced
- ¼ cup olive oil
- 2 tablespoons apple cider vinegar
- Coarse salt and ground black pepper to taste
- 1 cup crumbled feta cheese

DIRECTIONS

1. Gently mix watermelon, cucumbers, and mint in a large bowl. Whisk olive oil, vinegar, salt and pepper together in a small bowl. Drizzle over salad and gently toss to coat. Add feta cheese and gently mix.



SHISH KABOBS

INGREDIENTS

- ⅓ cup vegetable oil
- ½ cup soy sauce
- ¼ cup lemon juice
- 1 tablespoon prepared mustard
- 1 tablespoon Worcestershire sauce
- 1 clove garlic, minced
- 1 teaspoon coarsely cracked black pepper
- 1 ½ teaspoons salt
- 1 ½ pounds lean beef, cut into 1-inch cubes
- 16 mushroom caps
- 8 metal skewers, or as needed
- 2 green bell peppers, cut into chunks
- 1 red bell pepper, cut into chunks
- 1 large onion, cut into large squares

DIRECTIONS

1. Whisk the vegetable oil, soy sauce, lemon juice, mustard, Worcestershire sauce, garlic, black pepper and salt together in a bowl; pour into a resealable plastic bag. Add the beef, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator 8 hours or overnight.
2. Add the mushrooms to the bag, coat with the marinade, squeeze out excess air, and reseal the bag; marinate in the refrigerator another 8 hours.
3. Preheat an outdoor grill for high heat, and lightly oil the grate.
4. Remove the beef and mushrooms from the marinade, shaking off any excess liquid. Pour the marinade into a small saucepan and bring to a boil over high heat. Reduce heat to medium-low, and simmer for 10 minutes; set aside for basting.
5. Thread pieces of green bell pepper, beef, red bell pepper, mushroom and onion onto metal skewers, repeating until all ingredients are skewered.
6. Cook the skewers on the preheated grill, turning frequently and brushing generously with the reserved marinade until nicely browned on all sides and the meat is no longer pink in the center, about 15 minutes.

August

Bold Breakfast

What's more terrific than a tomato? August is peak season for fresh-from-the-garden tomatoes. Whether you're growing the cherry variety or a West Virginia 63, tomatoes are an excellent addition to your summer menu and filled with lots of good things like Vitamin C, potassium and fiber. According to the USDA, the average American eats 22 to 24 lbs. of tomatoes a year! Just a reminder, tomatoes keep longer if you store them with their stem down.

FRIED GREEN TOMATOES



INGREDIENTS

- 4 large green tomatoes
- 2 eggs
- ½ cup milk
- 1 cup all-purpose flour
- ½ cup cornmeal
- ½ cup bread crumbs
- 2 teaspoons coarse kosher salt
- ¼ teaspoon ground black pepper
- 1 quart vegetable oil for frying

DIRECTIONS

1. Slice tomatoes 1/2 inch thick. Discard the ends.
2. Whisk eggs and milk together in a medium-size bowl. Scoop flour onto a plate. Mix cornmeal, bread crumbs and salt and pepper on another plate. Dip tomatoes into flour to coat. Then dip the tomatoes into milk and egg mixture. Dredge in bread crumbs to completely coat.
3. In a large skillet, pour vegetable oil (enough so that there is 1/2 inch of oil in the pan) and heat over a medium heat. Place tomatoes into the frying pan in batches of 4 or 5, depending on the size of your skillet. Do not crowd the tomatoes, they should not touch each other. When the tomatoes are browned, flip and fry them on the other side. Drain them on paper towels.



TOMATO PIE

INGREDIENTS

- 1 (9 inch) deep dish pie crust
- 4 large tomatoes, peeled and sliced
- ½ cup chopped fresh basil
- 3 green onions, thinly sliced
- ½ pound bacon - cooked, drained and chopped
- ½ teaspoon garlic powder
- 1 teaspoon dried oregano
- ½ teaspoon crushed red pepper
- 2 cups shredded Cheddar cheese
- ¼ cup mayonnaise

DIRECTIONS

1. Preheat oven to 375 degrees.
2. In alternating layers, fill pastry shell with tomatoes, basil, scallions, bacon, garlic powder, oregano, and red pepper. In a small bowl, mix cheese with mayonnaise. Spread mixture over top of pie. Cover loosely with aluminum foil.
3. Bake in preheated oven for 30 minutes. Remove foil from top of pie and bake an additional 30 minutes. Serve warm or cold.



FRESH GAZPACHO

INGREDIENTS

- 4 large fresh tomatoes, peeled and diced
- ½ cucumber, peeled and finely diced
- ½ cup finely diced red bell pepper
- ¼ cup minced green onion
- 1 large jalapeno pepper, seeded and minced
- 2 cloves garlic, minced
- 1 teaspoon salt
- ½ teaspoon ground cumin
- 1 pinch dried oregano
- 1 pinch cayenne pepper, or to taste
- Freshly ground black pepper to taste
- 1 pint cherry tomatoes
- ¼ cup extra-virgin olive oil
- 1 lime, juiced
- 1 tablespoon balsamic vinegar
- 1 teaspoon Worcestershire sauce
- Salt and ground black pepper to taste
- 2 tablespoons thinly sliced fresh basil

DIRECTIONS

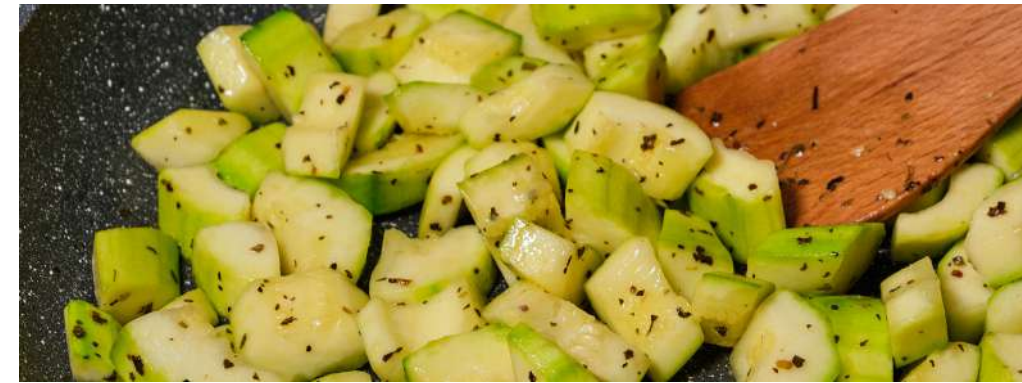
1. Combine diced tomatoes, cucumber, bell pepper, green onion, jalapeno, and garlic in a large bowl. Stir in salt, cumin, oregano, cayenne pepper, and black pepper.
2. Place cherry tomatoes, olive oil, lime juice, balsamic vinegar and Worcestershire sauce in a blender. Cover and puree until smooth. Pour pureed mixture through a strainer into the tomato-cucumber mixture; stir to combine.
3. Place 1/3 of the tomato mixture into the blender. Cover, turn blender on and puree until smooth. Return pureed mixture to the remaining tomato-cucumber mixture. Stir to combine. Cover and chill in refrigerator for 2 hours.
4. Season cold soup with salt and black pepper to taste. Ladle into bowls and top with basil.

September

A Zest for Zucchini

If you're up to your ears in zucchini from your garden or if you just have a craving for some, we've got a few recipes for you to try. Whether you're looking for something light and fresh or a sweet treat, zucchini is the star of these recipes. The word zucchini comes from the Italian word for squash. A zucchini also has more potassium than a banana and is low in calories. So, treat yourself this month to one of these mouthwatering dishes!

MARINATED ZUCCHINI



INGREDIENTS

- 1 pound zucchini
- ½ cup vegetable oil
- 3 tablespoons white vinegar
- 2 tablespoons honey
- 1 tablespoon chopped fresh parsley, or to taste
- 1 tablespoon chopped fresh dill, or to taste
- 1 tablespoon chopped fresh basil, or to taste
- 3 cloves garlic, minced, or more to taste
- ½ teaspoon salt
- ½ teaspoon ground black pepper

DIRECTIONS

1. Slice zucchini with a vegetable peeler and place in a bowl.
2. Mix oil, vinegar, honey, parsley, dill, basil, garlic, salt, and pepper together in another bowl.
3. Cover zucchini with marinade and refrigerate for at least 2 hours. Serve cold.



ZUCCHINI BREAD

INGREDIENTS

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 tablespoon ground cinnamon
- 3 eggs
- 1 cup vegetable oil
- 2 ¾ cups white sugar
- 3 teaspoons vanilla extract
- 2 cups grated zucchini
- 1 cup chopped walnuts

DIRECTIONS

1. Grease and flour two 8 x 4 inch pans. Preheat oven to 325 degrees F.
2. Sift flour, salt, baking powder, soda, and cinnamon together in a bowl.
3. Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans.
4. Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan, and completely cool.



ZUCCHINI SLIPPERS

INGREDIENTS

- 6 zucchini, ends trimmed
- 4 ounces cottage cheese, drained
- 4 ounces shredded Colby Jack cheese
- 1 small red bell pepper, seeded and chopped
- 1 large egg
- 2 tablespoons chopped fresh parsley
- 1 pinch salt
- 1 pinch cayenne pepper
- 6 sprigs fresh parsley

DIRECTIONS

1. Place zucchini into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 10 minutes. Remove zucchini from water and cut in half lengthwise; cool slightly.
2. Preheat oven to 350 degrees F. Grease a baking sheet.
3. Scoop the flesh from each zucchini half, leaving a narrow margin of flesh on the skin to form a shell. Invert each shell (or “slipper”) onto a paper towel to drain, reserving scooped flesh.
4. Chop scooped zucchini flesh and mix with cottage cheese, Colby cheese, red bell pepper, egg, 2 tablespoons chopped parsley, salt, and cayenne pepper together in a bowl until filling is evenly mixed. Spoon filling into the

“slippers.” Arrange “slippers” on the prepared baking sheet.

5. Bake in the preheated oven until filling is bubbling, about 15 minutes. Turn oven’s broiler on and broil until cheese is browned if desired, 1 to 2 minutes. Garnish with parsley sprigs.

October

Touchdown!

The leaves are changing color. The nights are getting colder. That means only one thing – fall has arrived and with it football season. Just about everyone has their own tailgate traditions. Why not add a few new foods to your day as well? These recipes are delicious and will have all your friends asking how to make them. That's a touchdown in our books!

SLOW COOKER PULLED PORK



INGREDIENTS

- 1 teaspoon vegetable oil
- 1 (4 pound) pork shoulder roast
- 1 cup barbeque sauce
- ½ cup apple cider vinegar
- ½ cup chicken broth
- ¼ cup light brown sugar
- 1 tablespoon prepared yellow mustard
- 1 tablespoon Worcestershire sauce
- 1 tablespoon chili powder
- 1 large onion, chopped
- 2 large cloves garlic, crushed
- 1 ½ teaspoons dried thyme
- 8 hamburger buns, split
- 2 tablespoons butter, or as needed

DIRECTIONS

1. Pour the vegetable oil into the bottom of a slow cooker. Place the pork roast into the slow cooker; pour in the barbecue sauce, apple cider vinegar and chicken broth. Stir in the brown sugar, yellow mustard, Worcestershire sauce, chili powder, onion, garlic and thyme. Cover and cook on high until the roast shreds easily with a fork, 5 to 6 hours.
2. Remove the roast from the slow cooker, and shred the meat using two forks. Return the shredded pork to the slow cooker, and stir the meat into the juices.
3. Spread the inside of both halves of hamburger buns with butter. Toast the buns, butter side down, in a skillet over medium heat until golden brown. Spoon pork into the toasted buns.



CHICKEN WING DIP

INGREDIENTS

- 2 (8 ounce) packages cream cheese, softened
- $\frac{3}{4}$ cup pepper sauce (such as Frank's Red Hot®)
- 1 cup Ranch-style salad dressing
- 2 cups diced cooked chicken
- 1 cup shredded Cheddar cheese

DIRECTIONS

1. Preheat the oven to 350 degrees F.
2. In a medium bowl, stir together the cream cheese and hot pepper sauce until well blended. Mix in the Ranch dressing, chicken and Cheddar cheese. Spread into a 9x13 inch baking dish.
3. Bake for 30 minutes in the preheated oven. If oil collects on the top, dab it off using a paper towel. Serve with tortilla chips.

CHOCOLATE POPCORN



INGREDIENTS

- 2 quarts popped popcorn
- 1 cup peanuts (Optional)
- $\frac{3}{4}$ cup sugar
- $\frac{1}{4}$ cup corn syrup
- $\frac{1}{4}$ cup cocoa powder
- $\frac{1}{2}$ cup butter
- 1 teaspoon vanilla

DIRECTIONS

1. Preheat oven to 250 degrees F. Oil a 10x15 inch baking pan with sides.
2. Place popcorn and peanuts into a large, metal bowl, and set aside. Stir together the sugar, corn syrup, cocoa powder and butter in a saucepan over medium-high heat until it comes to a boil. Boil for 2 minutes. Stir in the vanilla, then pour over the popcorn. Stir until the popcorn is well coated. Spread the popcorn into the prepared pan.
3. Bake in preheated oven for 30 minutes, stirring several times.
4. Remove from the oven, and allow to cool to room temperature. Break into small clumps, and store in an airtight container.

November



Thanksgiving Side Show

When it comes to Thanksgiving, the turkey takes all the spotlight. But what about all those yummy side dishes? Shouldn't they take center stage as well? These recipes will have everybody at the table talking this Thanksgiving. The best part? They are easy to make and delicious to eat! Just don't forget to make enough for holiday leftovers.

CORN PUDDING



INGREDIENTS

- 1 (15 ounce) can whole kernel corn, drained
- 1 cup milk
- 2 eggs, beaten
- 2 tablespoons all-purpose flour
- 1 teaspoon baking powder
- $\frac{1}{4}$ cup white sugar
- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup white sugar
- $\frac{1}{2}$ cup water
- 2 tablespoons all-purpose flour
- 1 teaspoon cinnamon for garnish (optional)

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. In a mixing bowl, whisk together the milk, eggs, flour, baking powder and sugar. Add corn and pour into a 9x13 inch baking dish. Bake for 40 minutes.
3. In a small sauce pan, combine butter, sugar, water and flour. Cook until clear. Once corn mixture is cooked, remove from oven, pour butter and sugar mixture over top.
4. If desired, garnish with cinnamon and serve.



MONKEY BREAD

INGREDIENTS

- 1 bunch beets with greens
- ¼ cup olive oil, divided
- 2 cloves garlic, minced
- 2 tablespoons chopped onion (optional)
- salt and pepper to taste
- 1 tablespoon red wine vinegar (optional)
- 1 tablespoons chopped parsley (optional)

DIRECTIONS

1. Preheat the oven to 350 degrees F. Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted.
2. Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet.
3. When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper.
4. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper. If desired, garnish with parsley.

BACON STUFFING



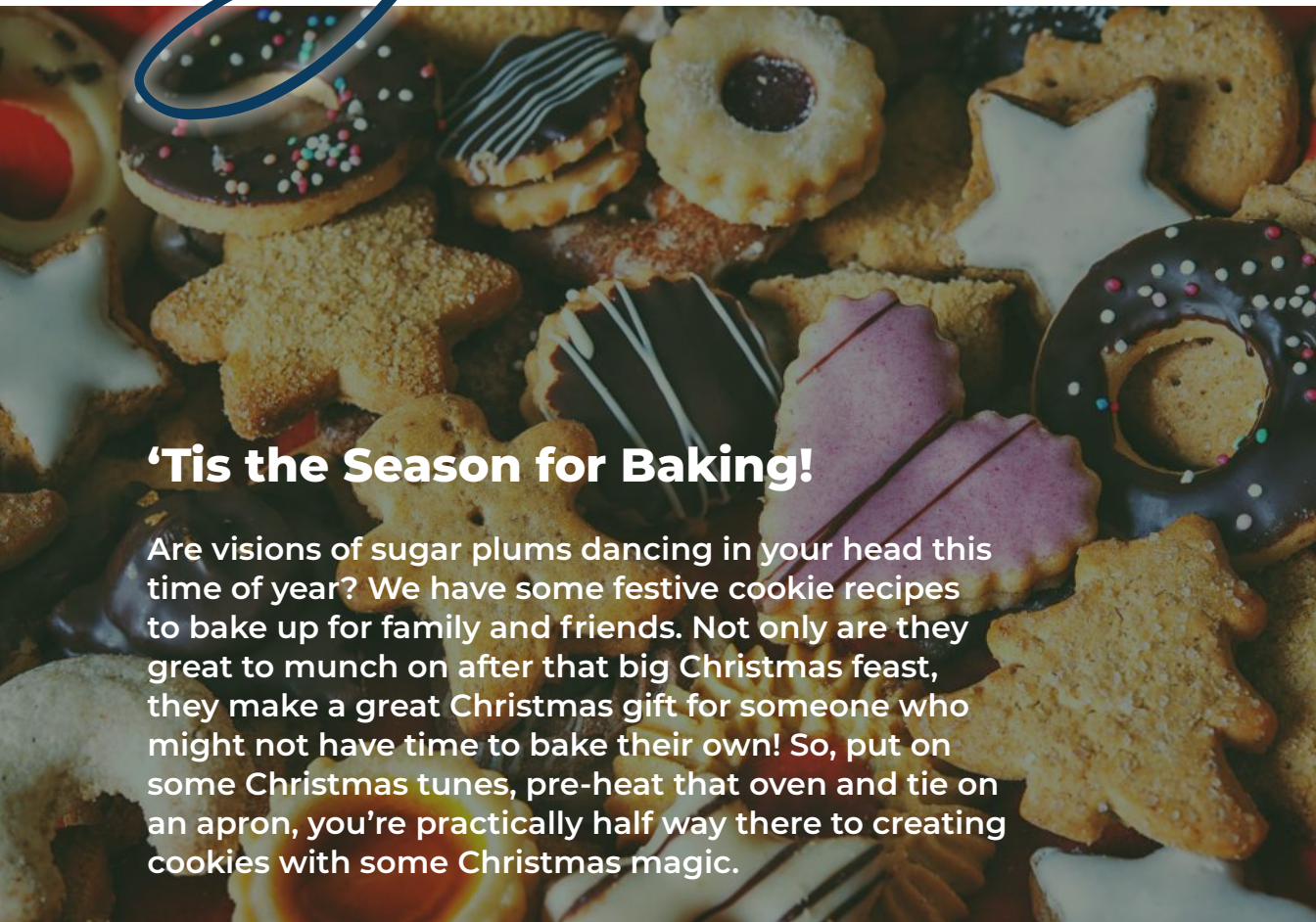
INGREDIENTS

- 1 pound bacon, cut into 1/2-inch pieces
- ½ cup butter
- 1 cup finely chopped onion
- 1 cup chopped celery
- 2 tablespoons poultry seasoning (such as Bell's®)
- 2 loaves day-old white bread, torn into small pieces
- 2 eggs, beaten

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Place bacon in a large skillet and cook over medium-high heat until cooked through but still slightly soft, 5 to 10 minutes. Drain the bacon slices on paper towels, retaining bacon drippings in the skillet.
3. Melt butter in a separate skillet over medium-high heat; saute onion and celery until softened, about 5 minutes. Stir bacon and poultry seasoning into onion mixture.
4. Mix onion-bacon mixture and bread pieces together in a large bowl; fold in eggs. Spoon bread mixture into muffin cups.
5. Bake in the preheated oven until tops are crispy, about 25 minutes.

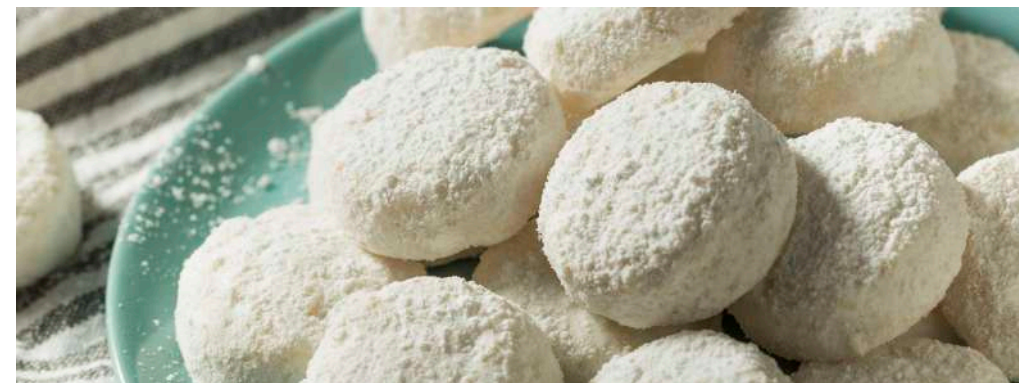
December



'Tis the Season for Baking!

Are visions of sugar plums dancing in your head this time of year? We have some festive cookie recipes to bake up for family and friends. Not only are they great to munch on after that big Christmas feast, they make a great Christmas gift for someone who might not have time to bake their own! So, put on some Christmas tunes, pre-heat that oven and tie on an apron, you're practically half way there to creating cookies with some Christmas magic.

MEXICAN WEDDING COOKIES



INGREDIENTS

- 1 cup butter
- ½ cup confectioners' sugar
- ¼ teaspoon salt
- 1 teaspoon vanilla extract
- 2 ¼ cups all-purpose flour
- 1 cup chopped pecans
- ⅓ cup confectioners' sugar for dusting, or as needed
- ¼ cup finely crushed peppermint candy canes (Optional)

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Cream the butter with 1/2 cup of the confectioners' sugar and the vanilla. Mix in the flour, pecans, and salt. Roll about 1 tablespoon or so of dough into balls and place on an ungreased cookie sheet.
3. Bake in preheated oven until bottoms are golden, about 15 minutes. Do not allow these cookies to get too brown:
4. While cookies are still hot, roll them in confectioners' sugar. Once they have cooled, roll them in confectioners' sugar once more and the crushed peppermint candy canes.



MOLASSES SUGAR COOKIES

INGREDIENTS

- $\frac{3}{4}$ cup butter flavored shortening
- 1 cup packed brown sugar
- 1 egg
- $\frac{1}{4}$ cup molasses
- 2 cups all-purpose flour
- $\frac{1}{4}$ teaspoon salt
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground ginger

DIRECTIONS

1. Cream together until light and fluffy butter flavored shortening and brown sugar. Add egg and molasses and beat well. Sift together flour, salt, baking soda, cinnamon, ground cloves and ginger. Add to creamed mixture and mix well. Chill at least 1 hour or overnight.
2. Preheat oven to 375 degrees F.
3. Roll into 1-inch balls, roll in sugar. Place balls 2 inches apart on ungreased cookie sheet. Bake for 10 minutes. Cool slightly before removing from pan.

THUMBPRINT COOKIES



INGREDIENTS

- 1 cup unsalted butter, room temperature
- $\frac{2}{3}$ cup granulated sugar
- 2 large egg yolks
- 1 $\frac{1}{2}$ teaspoons vanilla extract
- 2 cups all-purpose flour
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ cup assorted stone fruit jam such as peach, apricot or plum
- Parchment Paper

DIRECTIONS

1. Preheat oven to 450 degrees F. Line a baking sheet with Parchment Paper.
2. Beat together butter and sugar with an electric mixer until light and fluffy, about 3 minutes, stopping once or twice to scrape down the sides of bowl with a rubber spatula. Beat in egg yolks and vanilla extract. Reduce mixer speed and add flour and salt and mix until just incorporated.
3. Form dough into 1-inch balls and arrange on prepared baking sheet. Using your thumb, flatten balls slightly to make an indentation in the center of each cookie. Bake cookies for 8-10 minutes or until bottoms are just golden.
4. Remove baking sheet from oven. Fill each indentation with a heaping $\frac{1}{2}$ teaspoon of jam. Bake for an additional 5 to 6 minutes, or until the edges of cookies are lightly golden. Transfer cookies to wire racks to cool.



What's Cookin'? 2021

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