

# From The "Delmarva Cooks" public access series Produced by Creig Twilley

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## Contents

From The "Delmarva Cooks" public access series Produced by Creig Twilley.....	1
Vinegar Pie.....	3
Heather's Veggie Lasagna.....	4
A Complete Meal with Veal .....	5
Veal Cutlets w/ Mushrooms, Plum Tomatoes and Shallots.....	5
Garlic Smashed Potatoes.....	5
Green Bean, Watercress, Walnut Salad w/ Fresh Prosciutto Ham .....	5
Chocolate Bread Pudding .....	5
Fresh Whipped Crème .....	5
10 Layer Smith Island Cake.....	6
Nanna LaPorta's Duta' Dominiqua Sugu .....	7
Chicken Pie .....	9
Creig's Quick Kid Pleasing Shakes.....	10
BBQ Shrimp Kabobs and Steamed Corn on the Cob .....	11
B.B.Q. Shrimp Kabobs .....	11
Corn on the Cob .....	11
Deer Tenderloin Kabobs .....	12
Whole B.B.Q. Chickens.....	13
Maryland Crab Cake Recipe.....	14
Deer Tenderloins and Steamed Clams.....	15
Grilled whole deer tenderloins.....	15
Steamed Clams.....	15
Clams Casino .....	15
Brenda's Hot Broccoli Dip and Strawberry Brownie Moose Torte .....	16
Hot Broccoli Cheese Dip .....	16
Strawberry Brownie Mousse Torte.....	16
Helga's Oyster Quiche .....	17
St. Patty's Day Corned Beef & Cabbage .....	18
Galette De Crabe "Le Bec-Fin" .....	19
Parson's "Fresh Dough" Pizza.....	20
Flounder Francaise.....	21
Kelly Benzin's Apple Dumplings & Apple Crepes .....	22
Apple Dumplings .....	22
Apple Crepes.....	22
Cookin' Local Produce with Laura & Suzanna.....	24
Maple Glazed Salmon.....	24
Roasted Asparagus.....	24
Greens .....	24

Chocolate Angel Food Cake .....	24
Orange Grand Marnier Sauce .....	24
Crab Salad in Cantaloupe and more! .....	25
Crab Salad in Cantaloupe.....	25
Grilled Vegetable Sandwich .....	25
Grilled Vegetable Salad .....	26
American Bounty Cobbler .....	26
Deep Fried Turkey and Seasoning Rub .....	28
Soft Crab and Vegetable Boil .....	29
Pan Fried Soft Shell Crabs & Seafood Boil.....	29
Sautéed Crab Meat.....	29
Healthy U Recipes .....	30
Creamy Coleslaw .....	30
Baked Crabmeat.....	30
Farmstand Frittata .....	30
Seasoning Shake .....	31
Brownies .....	31
Chilled Edamame Salad & Roasted Edamame.....	32
Chilled Edamame Salad.....	32
Roasted Edamame.....	32
New Orleans Barbeque Shrimp .....	33
New Orleans Barbeque Shrimp .....	33
Grilled Romaine Lettuce.....	33
Baked Rum Pears.....	33
Healthy U "Kids Recipes" .....	35
No-Bake Brownie Pops.....	35
Chewy Granola Squares.....	35
KATZ FLAX CRISPS .....	36
Dan Parsons "Oyster Po' Boys" .....	38
Peaches - Peaches - Peaches!.....	39
Peach Conserve.....	39
Spinach Salad with Peaches and Pecans .....	39
Pan-Grilled Salmon Steaks with Warm Fruit Sauce.....	39
Peach Cobbler.....	40
HEALTHY U OF DELMARVA .....	41
Asian Salad .....	41
Tropical Blueberry Smoothie.....	41
Green Treasure Salad.....	41
Fresh Fruit Dip.....	42

## Vinegar Pie

This is an old recipe that was used before lemons were household items that could easily be picked up at the grocery store. Vinegar was used as a substitute to give this pie the perfect tartness.

¼ cup butter	1 tsp vanilla
1 ¼ cups sugar	⅓ cup currants
2 tbsp vinegar	½ cup pecans, chopped
3 beaten eggs	1 pie crust, bottom only

Cream together the butter and sugar until light and fluffy. Add the vinegar, eggs and vanilla and beat well. Sprinkle currants and pecans evenly in pie crust. Pour in the filling mixture.

Bake in Dutch oven or modern oven at 350 degrees for about 45 minutes or until a knife blade inserted in the center comes out clean.

Recipe from Sue Latini's book, *At the Hearth: Early American Recipes*. 1995 American Literary Press, Inc., p. 135.

## Heather's Veggie Lasagna

1 box Lasagna noodles (uncooked)  
6 cups Mozzarella cheese (2 cups per layer)  
16 oz Ricotta cheese (approx 1 tbsp per noodle)  
3/4 cup Parmesan cheese-shredded

1 lb Spinach (frozen-chopped or leaf-thawed)  
4 hearts Artichokes (chopped into small pieces)  
6 lb Spaghetti sauce of your choice

Layer starting with sauce - dry noodle covered w/ ricotta - vegetables - Mozzarella - sauce - then start again. Top layer - omit vegetables and add a sprinkle of Parmesan.

## **A Complete Meal with Veal**

### ***Veal Cutlets w/ Mushrooms, Plum Tomatoes and Shallots***

4 tbsp virgin olive oil	6 oz chopped shallots
3 large cloves of garlic	1 lb thinly sliced veal cutlets (¼ inch thick)
½ tsp white pepper	All purpose flour
½ tsp salt	1 cup chicken broth
¾ tsp chopped fresh rosemary	½ cup dry white wine
12 oz sliced mushrooms	2 eggs (for egg wash)
12 oz Plum tomatoes	

(Make sure you salt and pepper cutlets to taste BEFORE you egg wash and generously flour them)

### ***Garlic Smashed Potatoes***

2 lb of new or red potatoes	2 tsp white pepper
5-6 cloves of roasted garlic	1 cup half and half
2 tbsp salted butter	½ cup freshly chopped chives
1 tbsp olive oil	2 tbsp coarsely chopped leeks
Salt (to taste)	10 strips of crisp bacon

### ***Green Bean, Watercress, Walnut Salad w/ Fresh Prosciutto Ham***

12 oz green beans	4 bunches watercress, trimmed and chopped
¼ cup red wine vinegar	1 ½ cups toasted chopped walnut
2 ¼ tbsp Dijon Mustard	½ lb fresh prosciutto ham
1 tbsp fresh minced Italian parsley	2 cups grape or cherry tomatoes
½ cup virgin olive oil	Season to taste with white pepper and salt

### ***Chocolate Bread Pudding***

2 tbsp unsalted butter	¼ cup Orange flavored liqueur
4 large eggs	2 cups of half and half
1 cup firmly packed brown sugar	8 slices of fresh baked Vienna or Italian bread (crusts removed)
½ tsp cinnamon	Cut into ½ inch cubes (about 4 cups)
¼ tsp nutmeg	2 cups semi-sweet chocolate chips
1 tbsp vanilla	
10 oz favorite chocolate (fine chunk chocolate to be melted)	

### ***Fresh Whipped Crème***

1 quart heavy crème	¼ granulated sugar
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Let bread soak for about 30 minutes before baking at 350 for 55 minutes.

# 10 Layer Smith Island Cake

(Recipe from the Daily Times)

Preparation time: 45 minutes

## Frosting

2 sticks butter	8 heaping tbsp unsweetened Cocoa
2 cans of evaporated milk (12 oz.)	2 lbs 10x Sugar

Melt butter. Stir in evaporated milk (off heat). Whisk in Cocoa until smooth. Return to heat and cook for approx. 10 minutes. DO NOT BOIL or Scorch. Remove from heat and whisk in 10x Sugar slowly. Cook slowly until thickened and will stick to back of a spoon or to the whisk (Will form a ribbon when you drizzle a spoonful onto mixture while cooking).

## Cake

2 boxes Dunkin Hines butter cake mix	1 can of evaporated milk (12 oz.)
2 sticks butter	1 ½ cups whole milk
8 eggs	2 tsp vanilla

Preheat oven to 350. Mix evaporated milk and enough whole milk to make 2 ¾ cups. Place cake mixes, eggs, butter, vanilla and half of the milk mixture in large mixing bowl. Stir very slowly to blend. Mix on low speed for approx. 5 min. add the rest of the milk and blend on med high for 10 minutes or until a smooth cake consistency. (10 min....will form ribbon) Spray 9" cake pans. Spread 1 cup cake batter into pans evenly. Bake 10 minutes (will slightly brown and begin to release from the sides of pan) Repeat this until you have 10 layers.

To ice the cake: Take one slightly cooled layer and spread with cooled frosting. Add crushed candy randomly on layer (optional). Add next layers, frosting, candy, and repeat process till the 10th layer. Do not add candy to final layer. Finish frosting the cake and sides. May have to ice around the sides until the icing cools. Slice into 1 cm - 1 ½ cm slices and enjoy!

## Nanna LaPorta's Duta' Dominiqua Sugu

(Grandma LaPorta's Every Sunday Sauce)

### Meatballs

2 lb ground beef	Chopped parsley to taste (approx 2-3 tbsp)
2 cups, bread crumbs	2 eggs
1 large onion (optional)	Salt & pepper (approx 2 tbsp salt, 1 tbsp pepper)
¼ - ½ cup, grated Romano cheese	Dash of garlic powder

### For Pork & Other Meat

Pork- Mom uses just about any pork product (except bacon or scrapple of course!)

Spare ribs (I like country style ribs better)

Pork butt

Thick chops

If you use pork butt, or another cut of pork with little bone in, cut pork into pieces about the size of my mother's fist (she's a small woman, you figure the right size!) Also, if you don't have lots of meat with bone, use pork necks to further enrich the sauce . . . it is the bone and fat that gives the sauce the flavor.

Note: You can also use Chicken Seafood (Clams, shrimp, calamari squid for those who like David don't know Italian), etc. Veal Any meat you like the flavor of, just remember to use plenty of bone or fat.

### Mixing the Meatballs:

Smush (technical term) all ingredients in a large mixing bowl.

Roll into balls the size of golf balls.

### Sauce

1 large can of tomato puree (16 oz.)	1 large onion (chopped)
1 large can of tomato paste (12 oz.)	2 cloves garlic
1 large can of crushed tomatoes	Basil to taste (approx 2 tbsp)
or	Salt & pepper (approx 2 tbsp salt, 1 tbsp pepper)
1 large can of tomato sauce (12 oz)	

### Mixing the Sauce:

Pour all tomato sauce, paste and canned "stuff" into a large pot

Add one can of water for each can of "stuff"

Add other sauce ingredients (onions, garlic, basil, etc.)

Heat, stirring frequently until it comes to a boil (Remember don't boil it hard because if you burn the sauce on the bottom of the pot, the entire sauce will be ruined . . . just pitch it out and start over. Trust me, I did this once and didn't throw it out . . . I should have!)

Add pork and allow it to come to a boil again.

Add meatballs

Cook slowly, about 2 ½ - 3 hours.

Stir occasionally, covered about ½ the time (the longer uncovered the thicker the sauce. David likes his sauce a little thicker than I do . . . 6 of one, ½ dozen another)

Skip grease off the top as it collects.

A good rule of thumb, when the grease stops coming to the top . . . the sauce is done.

**The LaPorta secret ingredient!**

(Please don't tell my Uncle Vinny I gave out this family secret.)

Once the sauce is done, add:

3 tbsp grated Romano cheese

2 tsp sugar

Cover sauce, let stand 30 minutes . . . Bon Appetite!

## Chicken Pie

### Ingredients:

1-1 ½ cups of cooked diced chicken	1-1 ½ cups of mixed veggies (canned or cooked frozen)
1 can of cream of chicken soup	1 frozen deep-dish pie crust
1 can of cream of mushroom soup	1 fresh pie crust
1 can of cream of potato soup	

Pre-heat oven to 350 degrees

Remove the frozen pie crust and allow crust to thaw for 10-15 minutes.

In a large bowl mix the 3 cans of soup by hand until consistent.

Add the veggies and chicken and continue mixing.

Pour the mixture into the deep-dish pie crust and spread evenly. (It will fill the crust, so keep lower around the edges.)

Place the fresh crust on top of the pie and press the edges around the pan so the 2 crusts are tightly bound (The upper crust is larger than the pan, so tuft the edges together as you press the two crusts. This will allow ample room in the center of the upper crust for expansion as the mixture cooks)

Cut 4-5 slits in the top crust to allow for steam to escape.

Place in the center of the oven and bake 45 minutes to 1 hour. It is done when the crust appears golden brown.

This is a great recipe to experiment with. The soups can be replaced by other soups such as cream of broccoli, or leave out the cream of potato and use last night's boiled potatoes or a cup of steamed rice. The mixed veggies can be replaced by steamed broccoli or your favorite vegetable.

## **Creig's Quick Kid Pleasing Shakes**

1 - 2 Cups Yogurt (any flavor)  
1 Ripe Banana  
5 - 6 Frozen Strawberries

Honey to Sweeten  
Crushed Ice

### Options:

Use Whipping Cream, Ice Cream, or Milk instead of Yogurt.

Try freezing fruit drink boxes, then peel away container and add to blender instead of ice.

Put all contents in a blender and blend at high speed until smooth.

## **BBQ Shrimp Kabobs and Steamed Corn on the Cob**

Cream

### ***B.B.Q. Shrimp Kabobs***

Shrimp

Bacon

Pineapple Chunks

Green Pepper Chunks

Onion pieces

B.B.Q. Sauce

Peel shrimp & wrap bacon around shrimp (1 layer) Place on skewer. Place pineapple, green peppers, and onions on skewer, then repeat this until skewer is full. Cook over hot charcoal or gas. Brush while cooking w / B.B.Q. sauce once or twice. Do not overcook. Texture of shrimp when done will be like steamed shrimp. You can also add cherry tomatoes, cooked potatoes chunks or any other vegetables you like.

### ***Corn on the Cob***

Soak the number of corn you want to cook into clean water for 3-5hrs. Have grill hot. Leave corn in husk; don't drain water from the corn. Put on grill right from the water, DON'T shake water off. Cook 45mins-1hour under medium heat. If corn starts to burn, turn heat back.

Add salt and butter and enjoy!

## **Deer Tenderloin Kabobs**

Deer Tenderloin cubes (or chicken, beef, pork)  
1-bottle Zesty Italian Dressing  
Pineapple Chunks

Green Peppers Chunks  
Onion Pieces

Cut meat into chunks and marinade in bowl w/zesty Italian dressing for 24-48hrs. Place meat on skewers with pineapple, green peppers, and onions. Repeat this until all items are on skewers. Cook over hot charcoal or gas but do not overcook. Cook until medium or until texture of meat is obtained.

I do not cook this item with BBQ sauce because meat has been marinated. Can also add cherry tomatoes, cooked potato chunks or any other vegetables you care to add.

## **Whole B.B.Q. Chickens**

1(2-4 lbs) Chicken

Your choice of BBQ Sauce

I have only cooked these chickens this way with charcoal and wood.

Place chickens on grill thawed, not frozen, breast down. For 1 ½ hours over very low heat with a lot of smoke. If the chickens starts to burn, then the fire is too hot.

These chickens are cooked mostly by the smoke. After 1 ½ hours, turn whole chickens over and cook breast up. Do not turn chickens anymore. The last hour brush with BBQ sauce two- three times. Cook until thighs start to separate from the chicken. Leg bones should almost pull off the meat when their done.

# Maryland Crab Cake Recipe

By David Smith, III

1 lb lump back fin crab meat	1 tsp fresh lemon juice
2 tbsp Mayonnaise	1 tbsp fresh chopped parsley
1 egg	½ tsp white pepper
1 tbsp half and half	½ tsp sea salt
1 tsp horseradish sauce	few drops of Tabasco or hot sauce
½ tsp dry mustard	2 cups finely crumbled escort crackers
½ tsp Worcestershire sauce	season to taste with Old Bay

1. Spread your back fin out on cookie sheet
  2. In a big mixing bowl, mix your mayonnaise, egg, ½ and ½ and horseradish sauce together, until you achieve a smooth texture.
  3. In a separate bowl, incorporate the white pepper, sea salt, dry mustard, old bay and the chopped parsley.
  4. Combine wet mixture with dry.
  5. Add to the combined mixture, lemon juice, Worcestershire sauce and drops of Tabasco sauce. Mix thoroughly
  6. Starting at one end of the cookie sheet, pour very slowly the wet mixture over the crab meat, going evenly, from one side to the other. Thoroughly coat the morsels of crab.
  7. Pour the finely crumbled cracker crumbs over top the mixture.
  8. Very gently, pick up a small handful of the mixture, pat or form into a plump ball, and place on a porcelain plate. You should be able to get 5 to 6 crab cakes on a plate. (Do not stack crab cakes on top of one another, finished product needs to set)
  9. Place plate in freezer for about 15 minutes, so cakes will set, and be very firm when put into the pan to cook. This will prevent cake from coming apart while cooking.
- IMPORTANT NOTE . . . . Remember, sauce is just a binder for those delicious plump morsels of back fin. Just enough there to hold together the cake. The tasty part of this recipe is the crab meat itself, the sauce is just the costar!!

You may now broil, fry or sauté these wonderful delmarvalous treats!

IF you broil . . . . . Place cakes on top rung of oven, so cakes are just an inch or so away from the broiler unit. Keep an eye on them, and flip them ONLY once, when they become golden brown on one side!

If you fry . . . . . Use a good skillet (cast iron is always best) place one and a half to two inches of cooking oil in pan (Vegetable oil is the best) Fry until cakes are light brown in texture. Do not overcook!

If you sauté . . . . . Try using some variations from time to time, like raspberry cooking wine with your oil, or how about butter, garlic and herb oils, or just plain old butter and balsamic vinegar. Remember, because the cost of back fin is pretty steep, you may wish to experiment with different tastes before you decide on which gourmet route to travel!

Bon appetite!!!!!!

## **Deer Tenderloins and Steamed Clams**

### ***Grilled whole deer tenderloins***

Marinate tenderloins in zesty Italian for 2-3 days. Cook on grill until meat is medium done or until just pink in middle. Serve with very soft bread or roll.

### ***Steamed Clams***

Place cherry stone and nick clams in metal container, (be sure to wash all sand off good) Place over clams 1- stick unsalted butter, and 1/2 cup water. Cover pan with tin foil, place on grill or in oven, cook for 45 minutes to 1 hour, or until all clams are opened. Set oven at 350. Cook your favorite pasta noodles until done on the stove, drain and rinse with cold water. Take steamed clams pour over noodles until covered with clam juice, stir and sprinkle with parsley or chives. Serve and enjoy!

### ***Clams Casino***

Chowder clams, open clams and cut up clams with scissors. Take clam shells and pull in half and wash shells well. Place clam shells on cooking sheet pan, place generous amount of cut-up clams in shells. Place small amount of prepared store bought horseradish on clams, place favorite cheese on top of the horseradish and clams. Place almost done bacon on top of the cheese. Place on grill or oven set at 375 cook 20-25 minutes.

# Brenda's Hot Broccoli Dip and Strawberry Brownie Moose Torte

Brenda Stanley Recipes  
Delmarva Cooks  
December 6, 2001

## *Hot Broccoli Cheese Dip*

1 pkg. (8 oz.) cream cheese, softened	2 cups finely shredded Cheddar cheese
1 cup sour cream	1 envelope Italian Dressing Salad mix (dry)
1 pkg. (10 oz.) frozen chopped broccoli, thawed & drained	Specialty crackers or cocktail bread slices

Preheat oven to 350 degrees F. Blend cream cheese, sour cream, broccoli, cheddar cheese and salad mix in large bowl until well incorporated. Transfer mixture to a 9-inch, un-greased pie plate. Spread evenly and place in oven for 15 minutes or until cheese is melted (brown and bubbly). Remove from oven and serve immediately with the crackers or bread slices.

## *Strawberry Brownie Mousse Torte*

### **Base**

1 pkg. Pillsbury Rich & Moist Fudge Brownie Mix	¼ cup water
½ cup miniature semisweet chocolate chips	2 large eggs
½ cup vegetable oil	

### **Topping**

2 tbsp. water	1½ cups heavy whipping cream
1 tbsp. unflavored gelatin (1 packet)	½ cup powdered sugar
1 pkg. (16 oz.) frozen whole strawberries, thawed	

### **Garnish**

Fresh whole strawberries, chocolate curls

Preheat oven to 350 degrees F. Grease the bottom of a 10-inch spring form pan only. In large mixing bowl, combine base ingredients. Blend by hand until well blended (approximately 50 strokes). Spread brownie mix into pan and bake for 30-35 minutes. Remove from oven and let torte cool completely (at least 1 hour). Meanwhile, in small saucepan, add 2 tbsps of water. Sprinkle gelatin over water and let stand for 1 minute or until gelatin softens. Place strawberries in blender or food processor with metal blade and blend until smooth. Transfer strawberries to softened gelatin and cook over medium heat until gelatin has completely dissolved. Place in bowl, cover and refrigerate for at least 1 hour or until mixture is slightly thickened. Once strawberry mix has reached desired consistency, place whipping cream in mixing bowl. Add the powdered sugar. Blend with wire whisk on high speed until stiff peaks start to form. Fold strawberries into cream, mixing well. Spread mousse over cooled brownie torte and

refrigerate for 2 hours or until set. Before serving, remove torte from pan and plate on serving platter. Garnish with whole strawberries dipped in milk or white chocolate or chocolate curls.

## **Helga's Oyster Quiche**

Step 1: Use a large Pyrex rectangular dish 9x12 spray with Pam.

Step 2: In a separate large bowl mix the following:

- 1 quart of drained oysters
- 1 large can of drained sliced mushrooms
- 1 small jar of drained diced pimentos.
- 1/3 bag or 2/3 cup of diced frozen peppers
- 2 sliced small to medium onions or
- 1 bunch of chopped scallions. Including stems
- 1 9 ounce piece of Swiss cheese - shredded

Method: Toss all of the above in step #2 in your bowl. Sprinkle it with a little McCormick's Lemon Herb seasoning (to taste). Toss it again. Place all of the ingredients and spread it evenly in your Pyrex Pam sprayed dish.

Step 3: Mix the following in a blender or mixer.

- 2 cups of milk
- 1 cup of Bisquick - no substitutions
- 4 large eggs
- add 1 to 1 1/2 tsps of Worcestershire sauce to taste

Method: Pour all of Step 3 over ingredients from step 2.

Top with a decorative assortment of onion rings (Durkee French Fried in a can) then sprinkle with paprika. Bake at 300 degrees for 45 to 50 minutes or until bubbly and golden brown. Test it with a knife. If the knife comes out clean and dry - It is now done!!!

Enjoy!!!

Author: Helga C. Melvin

Special thanks to my mother Helga K. Morrow who created this recipe with me when I was 15 years old. Because of her I love to cook.

## St. Patty's Day Corned Beef & Cabbage

- 1 - 3 to 4 lb cut of raw corned beef
- 1 - Cup of Your favorite red wine
- 3/4 - Cup Dark Brown Sugar
- 1 - tbsp White Pepper
- 1 - Tsp Celery Salt
- 1 - Medium head of cabbage
- 8-10 - small red potatoes
- 1 - medium yellow onion
- 1 - 12 oz. Dark beer
- 18 - Beef broth
- 1 - cup water

Pour wine over brisket, turn over and let both sides absorb liquid. Mix dry ingredients (rub) together, then, rub mixture on brisket. Generously coat both sides, put brisket in shallow roasting pan, flat side down. Add enough water to pan, so water level will come up to about 1/4 inch level. Double wrap with aluminum foil and slow roast in oven for about three to four hours, at 350 degrees, or until fork tender. Check on brisket every 15 minutes or so, after the 2 1/2 hour mark. Prod with fork, until tender.

Meanwhile, on your stove top . . . . .

Quarter 1 - medium head of cabbage, shave 8-10 small red potatoes and quarter 1 - medium yellow onion. Set aside, In a Dutch kettle, add one 12 - ounce dark beer and 18 oz of beef broth, with 1- cup of water. Place the cabbage quarters upwards in the pot, along with the potatoes. Let simmer over medium heat for 25 - 30 minutes.

(Timing is important, you may not want to start this until the brisket is almost finished cooking)

## Galette De Crabe “Le Bec-Fin”

### Crab Cakes

14 oz large shrimp, peeled and de-veined	2 tbsp Dijon mustard
1 bunch scallions, sliced into thin rings	1 tbsp Worcestershire sauce
3 tbsp butter	1 tbsp hot sauce
2 whole eggs, cold	1 lb jumbo lump crabmeat, picked clean
1 ½ to 2 cups heavy cream, icy cold (add slowly)	2 tbsp olive oil

### The Sauce

1 egg yolk	1 ½ cups olive oil
1 tbsp sherry vinegar	2 tbsp whole-grain mustard
2 tbsp Dijon mustard	Pinch of salt and white pepper
½ cup chicken stock	

### Preparation

Chill the shrimp along with the bowl and blade of food processor in the freezer for about 30 minutes. Sauté the scallions in 1 tbsp butter until just wilted. Set aside to cool.

Place the shrimp in the processor and puree on high until smooth and shiny. Using a rubber spatula, scrape down the sides of the bowl, and then add the eggs. Process again until mixture is smooth and shiny...about 2 minutes. Scrape bowl again. With processor running, slowly pour in the heavy cream. Scrape bowl and process again to make sure the cream is completely incorporated. Remove the mixture and place in bowl. Stir in mustard, Worcestershire, and hot sauce. Gently fold in the cooked scallions and the crabmeat.

Place four to five 3 inch ring molds into a lightly oiled nonstick pan. Fill each mold with the mixture, smoothing off the tops with a spoon. Over medium heat, cook crab cakes until golden brown, about 2-3 minutes on each side. Once the cakes have browned, push down on the ring molds to cut off any excess crab mixture and remove rings. The crab cakes may be made up to 1 day in advance.

### The Sauce

Place egg yolks, vinegar, Dijon mustard, and chicken stock into a blender. Blend until smooth, about 30 seconds. Drizzle in the olive oil until the sauce emulsifies. Add the whole-grain mustard and season with salt and pepper.

## Parson's "Fresh Dough" Pizza

### Pizza Dough

2-1/4 tsp. yeast  
1 cup warm(110 F.) water  
4 tsp. olive oil

+ tsp salt  
Approximately 2-1/2 Cups Flour

In a six-quart mixing bowl, dissolve yeast in the water. Add the remaining ingredients, working them into dough.

Turn the dough onto a lightly floured surface and knead for 6 to 7 minutes, until the dough is smooth, elastic, and somewhat glossy.

Return the dough to the mixing bowl, cover with a towel and let rise in a warm place for about 40 minutes, or until doubled in bulk,

Roll out the dough to your desired size, lightly cover with olive oil and place in a preheated oven (400 degrees without stone, or on broil with stone) for ten minutes to brown. Remove from oven, add toppings and bake an additional 20-25 minutes.

### Pizza Sauce

1 medium onion, chopped  
4 tsp. olive oil  
1 can(12 oz.) tomato sauce  
1 can(12 oz.) diced tomatoes  
2 tsp. oregano  
2 tsp. sugar

1 tsp basil  
1 tsp salt  
1 bay leaf  
1/4 tsp pepper  
2 cloves garlic, minced

Sauté the chopped onion in oil, with garlic, salt and pepper until they are transparent. Add the remaining ingredients and simmer for about fifteen minutes, stirring occasionally.

Layer pizza sauce and fresh ingredients of your choice on top, then layer a healthy portion of your favorite cheeses over the top. Complete in oven until golden brown.

## Flounder Francaise

### Ingredients:

1 pound flounder fillets  
1 cup flour  
½ cup vermouth  
juice half lemon  
salt  
pepper

½ cup Pecorino Romano cheese  
1 stick of butter  
½ cup chicken stock  
2 eggs  
water  
parsley

### Directions:

### Flounder

- > first season flour with 1 tsp salt & half a tsp pepper
- > mix well 2 eggs with 1/4 cup of water - add 1/4 cup of cheese
- > drag fillet through flour then into egg wash
- > place in medium high skillet, sauté 2-3 minutes each side  
one or two fillets at a time set aside fillets in warm oven

### Sauce

- > deglaze pan with half cup vermouth reduce by half
- > add chicken stock reduce by half
- > add lemon juice
- > add half a stick of butter to thicken sauce
- > add parsley

### Finish

- > pour sauce over fillets & sprinkle remaining cheese over fish

# Kelly Benzin's Apple Dumplings & Apple Crepes

## *Apple Dumplings*

Serves : 4

2 Granny Smith apples  
lemon slice  
¼ c. brown sugar.

¼ c. granulated sugar  
¼ tsp. cinnamon  
Butter

For the sauce:

1 c. water  
1/2 c. butter

1 c. granulated sugar  
2 tsp. vanilla

For the Pastry:

2 ½ c. Flour  
¾ c. Shortening  
½ c. milk

½ tsp. salt  
2 t. baking powder

mix flour, salt, baking powder together and cut in shortening to a coarse crumb. Add milk all at once and stir to form a ball. Do not over mix. Turnout onto a floured surface and knead 3-4 times. Roll out to 1/8 " thickness and cut into four squares.

Peel the apples, cut in half, core and rub with lemon juice slice.

Combine sugars and cinnamon in a bowl and stir till mixed. Roll apples in mixture and pack sugar mixture into the core. Top with a slice of butter.

Place apple butter side down onto pastry square and bring all sides together on top to seal. Place in baking dish seam side down. (core and butter side up) repeat until all four pieces complete.

To make the sauce melt butter with the water, vanilla and the sugar. Once all the sugar is dissolved and butter is melted pour over the dumplings to 3/4 from the top.

Bake 425 \* for 30 - 35 minutes or until golden brown.

Serve with cinnamon or vanilla ice cream.

## *Apple Crepes*

Serves: 6-8

2-3 Granny Smith apples  
Granulated sugar  
Brown sugar

Cinnamon  
¼ c. Butter

Crepe batter:

2 T. vegetable oil  
1 egg  
¼ c. water  
1 tsp baking soda

1 c. milk  
1c. flour  
1 tsp. vanilla  
¼ tsp. salt

To make the batter:

Add baking soda to the water and allow to dissolve.

In a bowl add all the ingredients together and whisk until smooth. This batter should be very light. If it is too thick you may add more milk.

Heat sauté pan to hot but not "smoking" lower heat to lowest high setting.

Add approx. ¼ c. batter and move pan around to form circle. (You should have little bubbles and it will be about as thin as a few pieces of paper...if not add a bit more milk to your batter)

Allow to cook and the edges will begin to "turn in" Flip the crepe and cook for another few seconds.

Stuff crepes with a generous portion of ice cream. I used Butter Pecan. Wrap and place in freezer.

Melt ¼ c. butter in sauté pan. Peel core and slice apples and place in sauté pan. Cover with sugar (¼ c. each) and some cinnamon.

Cook apples for approx 5 minutes and serve over the stuffed crepes.

"NOW THAT'S MIGHTY FINE DEE-SERT" - Quote from PAC 14 staff.

"BUT YOU GOTTA' TRY THE 10-LAYER CAKE, IT'S TO DIE FOR" - Raves one staff member.

Delmarva Cooks "Local Produce" May 2003

## **Cookin' Local Produce with Laura & Suzanna**

Menu

Maple Glazed Salmon

Roasted Asparagus

Braised Greens with shallots, mandarin oranges, sweetened dried cranberries and pecans

Mescalín salad

Fresh Strawberry Trifle with chocolate angel food cake and Grand Marnier Cream

### ***Maple Glazed Salmon***

(Cooking Light, May 2003)

4-4 oz salmon fillets	1 tsp ancho chili powder
Coat with spice mix:	½ tsp ground cumin
2 tsp paprika	½ tsp brown sugar
1 tsp chili powder	1 tsp kosher salt

Before grilling, drizzle with maple syrup. Grill til done!

### ***Roasted Asparagus***

Preheat oven to 450, coat asparagus with olive oil, salt and fresh ground pepper. Roast for 7-10 minutes, tossing one time during roasting.

### ***Greens***

Wash greens and set aside. Mince shallots and sauté in pan coated with olive oil for 3-5 minutes. Add greens and sauté until limp. Add salt, pepper, oranges, raisins and nuts. Serve.

### ***Chocolate Angel Food Cake***

1 box Betty Crocker Angel Food Cake	1 tsp cinnamon
1 ¼ cup cold water	½ cup cocoa
2 tsp ground instant coffee or espresso	

Mix together according to directions on box. Cool completely, cut into 2" cubes.

### ***Orange Grand Marnier Sauce***

3 cups plain non-fat yogurt	2 tbsp grand Marnier
2/3 cup thawed orange juice concentrate	

Blend together in a blender or food processor.

Slice strawberries into a bowl, tossing with 2 tsp sugar and 1 tbsp Grand Marnier. Let macerate for 1 hour.

To layer trifle:

Place 1/2 of cubed cake in bottom of a flat bottomed glass bowl. Layer half of strawberries, followed by half of cream sauce. Grate chocolate on top. Repeat layer. Chill until ready to serve.

## **Crab Salad in Cantaloupe and more!**

### ***Crab Salad in Cantaloupe***

Makes 4 servings

1/4 cup + 2 tbsps plain fat-free yogurt	1/2 pound crabmeat or surimi, picked over and flaked
2 tbsps reduced-calorie mayonnaise	1 celery stalk, thinly sliced
1 tbsp chopped parsley	2 small cantaloupes, halved and seeded
1 tbsp chopped tarragon	1/2 bunch watercress, stemmed (about 2 cups)
1 scallion, sliced	4 cherry tomatoes, halved
1 tbsp tarragon vinegar	

Puree the yogurt, mayonnaise, parsley, tarragon, scallion, and vinegar in a food processor or blender. Combine the crabmeat and celery in a bowl. Pour in the dressing; toss to coat. Scoop the salad into the cantaloupe halves. Line 4 plates w/ watercress & place cantaloupe on top. Garnish w/ the cherry tomatoes.

Per serving: 3 POINTS, 176 Calories, 4g Fat, 1g Saturated Fat, 60mg Cholesterol, 256mg Sodium, 22g Carbohydrates, 3g Fiber, 15g Protein, 158mg Calcium. Recipe from Weight Watchers Cook it Quick © 2002

### ***Grilled Vegetable Sandwich***

Makes 6 servings

1 small zucchini, quartered lengthwise	1/2 tbsp oregano leaves
1 small crookneck squash, quartered lengthwise	1/2 tbsp thyme leaves
1 Portobello mushroom, cut into 6 pieces	1 garlic clove, peeled
1 (7-ounce) jar roasted red peppers, rinsed and drained	1 (8-inch) prebaked pizza crust or focaccia shell, halved horizontally
1 tbsp reduced-fat mayonnaise	4 slices provolone cheese

1. Preheat the broiler. Arrange the zucchini, squash, mushroom in a single layer on a baking sheet & spray w/ non-stick spray. Broil until browned, about 9 minutes. Remove, set vegetable aside. Reduce oven to 450°F.

2. Puree roasted peppers, mayonnaise, oregano, thyme, & garlic in a food processor. Place one half of crust on baking sheet. Spread roasted pepper puree over it and layer w/ vegetables, then the cheese. Top w/ other half. Bake until cheese melts & sandwich is heated through, about 5 minutes. Cut into 6 wedges and serve.

Per serving: 4 POINTS®, 183 Calories, 5 g Fat, 2 g Saturated Fat, 10 mg Cholesterol, 466 mg Sodium, 27 g Carbohydrates, 2 g Fiber, 8 g Protein, 100 mg Calcium. Recipe from Weight Watchers Cook It Quick! 2002

## ***Grilled Vegetable Salad***

(Our version of sandwich recipe)

Makes 6 servings

1 small zucchini, quartered lengthwise	1 tbsp reduced-fat mayonnaise
1 small crookneck squash, quartered lengthwise	1/2 tbsp oregano leaves
1 Portobello mushroom, cut into 6 pieces	1/2 tbsp thyme leaves
1 (7-ounce) jar roasted red peppers, rinsed and drained	1 garlic clove, peeled
	Bag of masculine greens

Preheat the broiler. Arrange the zucchini, squash, and mushroom in a single layer on a baking sheet and spray with non-stick spray. Broil until well browned, about 15 minutes. Remove and set the vegetable aside.

Puree the roasted peppers, mayonnaise, oregano, thyme, and garlic in a food processor. Arrange the veggies on a platter along with greens. Spread the roasted pepper puree over it and layer with the vegetables.

Per serving: 2 POINTS®, 90 Calories, 6 g Fat, 4 g Saturated Fat, 20 mg Cholesterol, 326 mg Sodium, 2 g Carbohydrates, 0 g Fiber, 6 g Protein, 100 mg Calcium. Recipe from Weight Watchers Cook It Quick! 2002

## ***American Bounty Cobbler***

Makes 6 servings

3 cups peeled, pitted and sliced fresh peaches (about 4 peaches)	1 tsp baking powder
1/2 cup sugar	1/2 cup fat-free milk
1/8 tsp ground nutmeg	1 large egg
3/4 cup all-purpose flour	1 tsp vanilla extract
	1 tsp grated lemon rind

1. Preheat the oven to 350°F. Spray an 8-inch square baking dish with non-stick spray.
2. Combine the peaches with 1/4 cup of the sugar and the nutmeg in a medium bowl; toss until evenly coated. Let the peaches sit for at least 20 minutes while preparing the batter topping.
3. In a large bowl, stir together the flour, baking powder and remaining 1/4 cup sugar. In a medium bowl, blend the milk, egg, vanilla, and lemon rind. Stir the milk mixture into the flour mixture until the dry ingredients are evenly moistened and the batter is smooth.
4. Transfer fruit to the baking dish. Spread the batter over the fruit. Bake until the topping is brown and springs back when touched, about 30 minutes. Let the cobbler rest 30 minutes. Serve warm or at room temperature.

Per serving (1/6 of cobbler): 2 POINTS®, 98 Calories, 1 g Fat, 0 g Saturated Fat, 52 mg Cholesterol, 158 mg Sodium, 21 g Carbohydrates, 2 g Fiber, 2 g Protein, 78 mg Calc. Recipe from Weight Watchers Entertains with the Chefs from The Culinary Institute of America. 2002

## **Deep Fried Turkey and Seasoning Rub**

### **Injection seasoning**

Liquid Butter (like used for popcorn)

Vinegar

Minced Dried Onion

Seasoned Salt

Black Pepper

White Pepper

Cayenne Pepper

### **Rub Seasonings**

Salt

Pepper

Onion Powder

Garlic Powder

Paprika

Old Bay

And any other seasoning you enjoy. Shake on turkey & rub in. (not to heavy with it though)

Cook your turkey 3 1/2 minutes for per pound of weight of your turkey.

Check your turkey with a meat thermometer in thigh area until reads 175 degrees.

## **Soft Crab and Vegetable Boil**

### ***Pan Fried Soft Shell Crabs & Seafood Boil***

Ingredients:

asparagus, green beans, red potatoes, 1 LB shrimp, soft crabs, sweet corn, old bay, flour, 2 eggs, oil, yellow mustard

Boil 3 quarts of water with old bay to taste. After water boils add red potatoes (they take about 12 mins to cook). Add soft crabs for 3-4 mins or until crabs have a red color around the edges. Remove crabs. Dip crabs in beaten eggs. Dip crabs in flour. Put crabs in hot oil (just enough to cover the bottom of the frying pan). Fry 3 mins on each side adding a little yellow mustard to the top of the crabs before flipping. Remove from heat and place on paper towel.

After potatoes have boiled for 7 mins, add shucked corn to pot. After another 2 mins, add asparagus and green beans. After another minute, add shrimp. Shrimp take about 2 1/2 mins and after that everything will be done at the same time. Strain, present and enjoy. Clams, lobster and oysters may also be added if desired.

### ***Sautéed Crab Meat***

Ingredients:

1 LB crab meat, 1 1/2 TBS oil, old bay to taste, 1 TBS butter

Heat oil, add butter and old bay in small frying pan. Add crab meat and toss. Heat on stove over medium/low heat for 3 mins. Transfer ingredients to small oven-safe casserole dish. Put in preheated 350 degree oven and bake for 12 mins. Broil for 3 mins. to brown the top.

## Healthy U Recipes

### *Creamy Coleslaw*

1/3 cup nonfat plain yogurt	4 -5 cups shredded cabbage
1/3 cup reduced calorie sour cream	1 medium carrot, grated
3 tbsp vinegar	½ green pepper (can mix), thinly sliced
1 tbsp sugar	salt and pepper to taste

Combine yogurt, sour cream, vinegar and sugar until smooth

Stir in remaining ingredients and mix well  
Chill several hours or overnight

Nutritional Content Per serving: 1 cup  
Calories: 49  
Total Fat: 1.8 gm  
Carbohydrate: 2.4 gm  
Protein: 1.1 gm

### *Baked Crabmeat*

Nonstick cooking spray	2 tbsp Dijon mustard
1 tsp light margarine	1 tsp Worcestershire sauce
¼ cup finely chopped onion	Whites of 4 large eggs, stiffly beaten
1 pound crabmeat, all cartilage removed	2 tbsp grated or shredded Parmesan cheese

Preheat oven to 350 degrees F  
Spray 9 x 9 inch ovenproof casserole dish with vegetable oil spray. Set aside.

In a small saucepan, melt margarine over medium-high heat. Add onion and sauté for 2 -3 minutes or until soft.

Transfer onions to a medium bowl and stir in crabmeat, mustard, and Worcestershire sauce. Gently fold in beaten egg whites. Pour mixture into casserole dish and sprinkle with cheese.

Bake for 25 minutes or until puffed and lightly browned. Remove from oven and cut into rectangles. Serve immediately. Serves 5.

Nutritional Content Per Serving:  
Calories: 120  
Total Fat: 3 gm  
Saturated Fat: 1 gm  
Cholesterol: 86 mg  
Protein: 21 gm  
Carbohydrate: 2 gm  
Sodium: 411 mg

### *Farmstand Frittata*

Nonstick cooking spray	½ cup chopped onion
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1 medium red bell pepper (or mix green and yellow for more color), seeded and cut into thin strips.  
1 cup broccoli florets, blanched and drained  
1 cup cooked, quartered, unpeeled red potatoes  
6 egg whites

1 cup cholesterol-free egg substitute  
1 tbsp chopped fresh parsley  
½ tsp salt  
¼ tsp black pepper  
½ cup (2 oz) shredded reduced-fat cheddar cheese

> Spray large nonstick ovenproof skillet with cooking spray; heat over medium heat until hot. Add onion and pepper; cook and stir 3 minutes or until crisp and tender.

> Add broccoli and potatoes; cook and stir 1 to 2 minutes or until heated through.

Whisk together egg whites, egg substitute, parsley, salt and black pepper in medium bowl.

> Spread vegetables into even layer in skillet. Pour egg white mixture over vegetables; cover and cook over medium heat 10 to 12 minutes or until egg mixture is set.

> Meanwhile, preheat broiler. Top frittata with cheese. Broil 4 inches from heat 1 minute or until cheese is bubbly and golden brown. Cut into wedges. Makes 4 servings

#### Nutritional Content Per Serving

Calories: 163

Total Fat: 2 gm

Saturated Fat: 1 gm

Cholesterol: 8 mg

Carbohydrate: 19 mg

Protein: 17 gm

Sodium: 686 mg (400 mg without salt)

### ***Seasoning Shake***

1 tbsp. Onion powder 1 ½ tsp. dry mustard  
1 ½ tsp. basil leaves ½ tsp. ground celery seed  
½ tsp. paprika ½ tsp. chili powder

In a small bowl, blend all ingredients together well. Spoon into glass screw top jar. Cover tightly & store in a cool, dry place. Contains 3.1 mg sodium per serving (1 tsp.). In contrast, regular table salt contains 2,000 mg. sodium per (1tsp.)

### ***Brownies***

1/3 cup unsweetened cocoa powder  
½ cup all purpose flour  
1 cup brown sugar packed  
½ cup baby food prunes

3 tbsp low fat margarine, melted  
2 egg whites  
1 tsp Vanilla  
¼ cup chopped walnuts

Preheat oven to 325 degrees

In a small bowl, combine cocoa and flour. Set aside

Blend together brown sugar, prunes, margarine, egg whites and vanilla using a wooden spoon or electric mixer at low speed. Gradually add flour and blend after each addition. Stir in walnuts.

## **Chilled Edamame Salad & Roasted Edamame**

### ***Chilled Edamame Salad***

1-16 oz package Frozen Edamame, (shelled)	¼ cup Athenos crumbled feta cheese with Basil and Tomato
¼ cup onion, chopped	
¼ cup celery, chopped	¼ cup Kens Light Olive Oil Vinaigrette
2 medium tomatoes, chopped	1 tbsp. Chopped fresh basil or tarragon

Cook soybean according to package, drain and rinse under cool running water to cool. Drain. Combine all ingredients and serve on a bed of romaine.

### ***Roasted Edamame***

1-16 oz package Frozen Edamame, (shelled)	¼ tsp onion salt
2 tsp olive or vegetable oil	¼ tsp ground cumin
½ tsp chili powder	1/8 tsp paprika
¼ tsp dried basil, crushed	1/8 tsp black pepper

Preheat oven to 375 degrees F

In a small bowl, stir together oil and spices. Drizzle mixture over soybeans and toss to coat well. Arrange beans in a single layer in a shallow baking dish. Roast, uncovered for 12-15 minutes stirring once until soybeans begin to brown. Serve hot or as a vegetable side dish or cooled as a snack. Refrigerate any leftovers.

## **New Orleans Barbeque Shrimp**

### ***New Orleans Barbeque Shrimp***

6 lemons - sliced	3 tbsps of black pepper
6 oranges - sliced	4 sticks of butter
½ cup Worcestershire sauce	3 lbs. large shrimp (heads on!)
1 cup Sake	fresh basil (1 cup chopped)
¾ tsp of paprika	thyme (¼ cup leaves only)
3 Shallots	oregano (½ cup of leaves)
6 pods of garlic (not toes)	Preheat oven 375 degrees

Put oranges and lemons in layers in a Dutch oven or covered baking pan, add garlic, shallots, herbs, wine, butter, paprika, and pepper. Bake without shrimp for 45 minutes to an hour. Remove from oven. Place shrimp in another baking pan and pour the hot contents of first pan over shrimp. Continue to bake for 15 minutes at the same temperature.

Serve shrimp in sauce in large bowls with lots of fresh bread (Italian or french).

### ***Grilled Romaine Lettuce***

Lettuce:

3 Romaine lettuce hearts sliced in half, lengthwise  
½ cup Balsamic vinegar  
¼ cup olive oil

Place lettuce in a gallon freezer bag with oil and vinegar.  
Marinate for at least 30 minutes, turning bag every 5 minutes.  
Grill on low heat until edges are crisp, but spines are firm

Dressing:

2 large ripe tomatoes or 4 ripe vine tomatoes cut into ½ inch chunks  
1 bunch scallions finely chopped (White and light green mostly, a few dark green only)  
1 cup basil cut in ribbons  
1 cup Tarragon chopped  
1 jar ranch dressing (12-14 oz)

Mix tomatoes, scallions, basil, tarragon, and ranch dressing in a large bowl. Let mixture set for 30 minutes before using.

Preparation: set a half of grilled romaine on a plate and place a large scoop of dressing mixture on the wide part of the lettuce.

### ***Baked Rum Pears***

¼ tsp ground cinnamon

¼ tsp ground nutmeg  
¼ tsp allspice  
1 cup spiced rum  
three D'anjou or Bosc pears peeled, halved with stems left on.  
Fresh mint sprigs

Marinate pears in rum and spices in a clear glass baking pan for one hour.  
Bake pears in an oven pre-heated to 350 degrees for 45 minutes to 1 hour, until pears are soft. Avoid overcooking, as pears will break down.  
Serve with mint sprigs and a scoop of vanilla ice cream.

## Healthy U "Kids Recipes"

### *No-Bake Brownie Pops*

These no-bake power pops are Dynamite! They look like big chocolate lollipops on a colorful stick. They are crunchy and chewy at the same time. But, make no mistake, the chocolate is really only a diversion, the inside is where the power resides. Raisins (you can also make these with dried apricots, dates or figs), hempseeds nuts, and 2 different types of grains-puffed brown rice, and rolled oats-- provide a rich combination of fiber, healthy oils and protein with a great blend of flavors. These power pops are a perfect treat for a quick boost of energy after a particularly exhausting soccer practice, NOW THAT'S COOL!

Ingredients: Ingredients for the finishing touch:

1 cup raisins (or dried apricots, or dates, or figs )

2 oz bittersweet chocolate

1/2 cup raw shelled Hempseeds 3 tbsp skim milk

1 1/2 cups low fat nutty granola (no added oils)

3/4 cup rolled oats

3 cups crispy organic brown rice cereal 1/3 cup chopped almonds

1/3 cup honey

1/3 cup natural peanut butter

Place raisins (dried fruit of your choice) hempseeds, nutty granola & 2 cups of the crispy brown rice cereal in a food processor. Grind until all the raisins are broken down into tiny pieces.

Place honey and peanut butter in a small pan and heat for 3- 5 minutes. Take off the stove - stir until smooth.

Add honey/peanut butter to the raisin-cereal mixture and grind again until sticky dough forms.

Transfer the "dough" to larger bowl & stir in remaining cup of crispy brown rice cereal, until well mixed.

Scoop out small amounts (about 1 tbsp) of the paste with a melon ball scooper or just with your fingers, squeeze it then roll it in the palm of your hand into little balls and place on a baking sheet or large platter.

Meanwhile, heat milk in a pan until it boils. Turn off the stove. Break up bittersweet chocolate into pieces and stir in the hot milk until smooth. Cool off for a few minutes so you won't burn your fingers when you dip the balls in the chocolate.

Mix oats and chopped almonds in a bowl and sprinkle over an 8X12 pan lined with wax paper.

Dip and roll each ball in the melted chocolate, evenly coat, and place on top of the oats/almond mixture. Repeat until all are done.

Plant a colorful wood craft stick in each ball and place the pan in the freezer for at least 15 minutes so that the chocolate can harden.

Wrap the pops individually in a little cellophane bag and close with a colorful ribbon, or store together in a large plastic bag and FREEZE FOR A POP ON THE SPOT!

### *Chewy Granola Squares*

(makes 54 squares)

These little power squares are filled with nutrients with no added fat. They provide lots of fiber and fruit and the nuts and flax seeds are a nice source of healthy oils. The kids love them and they are fun to make with them. They keep well in an airtight container and are wonderful to have on hand to throw in their snack bag. They can be made with a variety of dried fruit (see variations).

Ingredients:

3 cups low fat granola	½ cup honey
½ cup chopped hazelnuts	2 tbsp brown sugar
½ cup chopped or slivered almonds	1 tbsp flax seeds
½ cup walnuts or pecans	4 organic egg whites (preferably with Omega 3)
10 dried figs (the large moist ones)	½ cup oat flour
1 ripe banana	1 cup rolled oats

Preheat the oven to 350

Toast the nuts in the oven for a few minutes to bring out their flavor.

Grind the granola, nuts and dried fruit together in a food processor until well mixed.

Grind the flax seeds in a small food processor- It is best to grind them at the last minute so they keep all their nutritional value.

Add the rest of the ingredients (except for the rolled oats) to the mixture & grind again until the consistency is that of a sticky paste.

Place rolled oats in the bottom of an 8x12 pan.

Spread the dough with a spatula dipped in water so that it will be easier to handle (it will seem as though there isn't enough dough to fill the whole pan, don't worry, just keep on dipping that spatula in water and gently spread, it will fill the pan perfectly, honest!).

Finish off the corners with wet fingers, if needed (the kids especially love to help with this!)

Bake in oven for 15-20 minutes. Let cool and cut in 54 little squares (6 columns and 9 rows)

### GRANOLA SQUARES VARIATIONS

Banana Squares: Reduce the number of figs to 5 and add 4 dried, whole bananas instead.

Apricot Squares: Replace the figs with 14 small dried apricots.

Date Squares: Reduce the number of figs to 5 and add 10 pitted dried dates

Blueberry Squares: Reduce the number of figs to 5 and add ½ cup dried blueberries.

Cherry Squares: Reduce the number of figs to 5 and add ½ cup dried cherries.

### ***KATZ FLAX CRISPS***

(makes 54 squares)

These no-bake cookies are the healthy and nutritious version of the conventional rice crispies, which typically contain no fiber and are saturated with hydrogenated oil and marshmallow sugar goo! Instead, these little squares are filled with the healthy omega-3 fatty acid found in flax seeds and, together with the peanut butter\* (make sure to choose peanut butter with no added salt, oils or sugar), and the organic brown rice whole grain cereal (Erewhon) provide a great source of dietary fiber. These little fiber powerhouses are easy to make with the kids and are an absolutely delicious mouthful, pronunciation and all--just try to say it 3 times fast before you eat one!

Ingredients:

1 cup Honey

1 cup natural peanut butter

1 cup Flax seeds

5- 5 1/2 cups Crispy brown rice cereal

1/3 cup semisweet chocolate chips (optional)

Some of the natural oils of unprocessed peanut butter accumulates on top before its first use. Discard it when opening new jar and you can lower its natural fat content further. In order to benefit from all the healthy nutritional value of omega-3 fatty acids found in the flax seeds, it is best to grind them freshly but it's also OK to use ground flax meal.

Place honey in a pan over low heat, cook for 3-5 minutes. Turn stove off, stir in peanut butter until melted. Stir until smooth.

Grind flax seeds\*\* (a half cup at a time) in a coffee grinder until very fine.

Put the ground flax seeds in a large bowl along with 4 cups of the crispy rice cereal and mix gently with your (clean!) hands.

Pour the warm peanut butter /honey mixture in the bowl with the rice cereal and flax seeds and stir well with a spoon.

Add the last 1 1/2 cup of crispy brown rice cereal to it, 1/2 cup at a time (you may need to leave out 1/2 cup of the rice cereal).

Stir in chocolate chips while still warm, if using.

Pour mixture into 8X12 pan and press down to flatten with slightly damp (clean) hands until nicely compact and flat throughout.

Place in the refrigerator for 15 minutes and cut into 54 squares (6 columns X 9 rows).

## Dan Parsons "Oyster Po' Boys"

### The Bread

2-3 cups of flour  
1 cake yeast  
1 mashed potato  
2tsp sugar

1tsp salt  
2tsp oil  
1 cup milk (110 degrees)  
1 egg lightly beaten

Dissolve yeast in milk, then add remaining ingredients.

Mix in bowl until the dough becomes elastic and begins to pull from the side of the bowl.

Place on a floured surface, knead for about 4-5 minutes until the dough is less sticky & glossy. Place back into the bowl and let rise until double in bulk, about 40 minutes.

Shape dough into loaves, place on a greased baking sheet, let rise again about 45 mins.

Bake at 375 degrees for about 25 minutes.

### The Oyster batter

Combine oysters, 1/2 cup of milk and two eggs in a mixing bowl

Dip oysters in:

2 cups flour  
1/4 cup old bay  
2tsp pepper  
parsley

Fry in oil until wonderfully golden brown.

Place oysters on bread and add whatever condiments make you happy! Oh man, SO GOOD!

## **Peaches - Peaches - Peaches!**

### ***Peach Conserve***

7 Cups sliced peeled peaches	1 lemon peeled, quartered and sliced thin
2 tbsps whole allspice tied in a cheesecloth bag	1 orange peeled, quartered and sliced thin
4 cups sugar	1 cup coarsely chopped walnuts
3 ½ cups raisins	

Wash jars and lids in hot soapy water, rinse well. Place in a pot with a cloth or rack on bottom. Fill with hot water, heat to a boil and boil for 15 minutes. Keep glass in hot water until ready for use.

Prepare fruit as directed above. In a large pot, stir together all ingredients except the walnuts; heat to a boil. Stirring frequently, boil gently for 20-25 minutes. Remove the allspice in cheesecloth bag. Stir in walnuts. Fill jars to ¼ inch from top. Wipe top of jar with a clean cloth, add cap and screw on hand tight. Invert jar for a minute.

Store in a cool dark place for up to 6 months.

### ***Spinach Salad with Peaches and Pecans***

¾ cup pecans	4 cups baby spinach, rinsed and dried
2 ripe peaches	¼ cup poppy seed salad dressing

1 Preheat oven to 350 degrees F (175 degrees C). Arrange pecans on a single layer on a baking sheet and roast in preheated oven for 7-10 minutes, until they just begin to darken. Remove from oven and set aside.

2 Peel peaches (if desired) and slice into bite-sized segments. Combine peaches, spinach and pecans in a large bowl. Toss with dressing until evenly coated, adding a little additional dressing, if necessary.

### ***Pan-Grilled Salmon Steaks with Warm Fruit Sauce***

1 (15.5 ounce) can sliced peaches, drained and coarsely chopped or 2 cups of fresh peaches, peeled and sliced	1 tbsp cornstarch
1 (8 ounce) can pineapple chunks, un-drained	1 tsp grated fresh ginger
2 tbsps white sugar	2 tbsps lemon juice
	4 (6 ounce) salmon steaks
	¼ cup sliced almonds, toasted (optional)

1 In medium saucepan, combine peaches, pineapple with juice, sugar, cornstarch and ginger; bring to a boil over medium-high heat. Cook and stir 1 minute or until mixture thickens. Stir in lemon juice; set aside.

2 Meanwhile, grill salmon over medium-hot coals (or broil on rack of broiler pan 3 to 4 inches from heat) 7 to 11 minutes or until fish is cooked to desired doneness, turning once.

3 Serve salmon with sauce and sprinkle with almonds, if desired.

### ***Peach Cobbler***

1 1/2 Tbs. Cornstarch

1/4-1/3 cup brown sugar

1/2 cup cold water

4 cups sliced peaches

1 Tbs. butter

1 Tbs. lemon juice

mix 1st 3 ingredients together, add peaches, cook until thickened. Add butter, lemon juice. Pour into an 8" baking dish. Add biscuit topper.

Biscuit topper:

Sift together: 1 c flour, 1 Tbs. sugar, 1 1/2 tsp. baking powder and 1/4

salt. Cut in 1/4 C butter until mixture resembles coarse crumbs. Mix

1/4 milk and 1 slightly beaten egg, add all at once to dry ingredients.

Stir to moisten. Drop by spoonfuls atop HOT fruit. sprinkle top with

sugar. Bake at 400 degrees for 20 minutes. Serves 6.

Healthy U "Delicious ways to add fruits and vegetables to your diet"- PDF Format

# HEALTHY U OF DELMARVA

Cooking show 2006

Delicious ways to add fruits and vegetables to your diet

## *Asian Salad*

Preparation Time 15 minutes

Makes 4 servings

2 ½ cups cooked chicken, cut into bite size pieces  
1 (10 oz) bag shredded cabbage  
1 cup sliced mushrooms  
2 carrots, shredded  
2 tbsps chopped cilantro  
1 cucumber, thinly sliced

3 green onions, thinly sliced  
1 tangerine, divided into sections  
½ cup non fat Asian or Oriental style salad dressing  
Black pepper

In a large bowl, combine chicken, cabbage, mushrooms, carrot, cilantro, cucumber, and dressing. Toss well. Top with green onions and tangerine sections.

### **Nutrition Information Per Serving**

220 calories

7 g Fat (2g Saturated Fat)

70 mg Cholesterol

367mg Sodium

16 g Carbohydrate

27 g Protein

## *Tropical Blueberry Smoothie*

Preparation Time: 10 minutes

Makes Three servings

1 can (8oz) crushed pineapple, drained  
1 ripe banana, sliced

1 cup milk  
1 cup fresh or frozen blueberries

Combine pineapple, banana, milk and blueberries in blender. Cover; blend until thick and smooth. Serve immediately. Garnish with banana, strawberry, and mint kabob if desired.

### **Nutrition Information Per Serving**

139 calories

2 g Fat (1 g Saturated Fat)

6 mg Cholesterol

43 mg Sodium

29 g Carbohydrate

4 g Protein

## *Green Treasure Salad*

Preparation Time 10 minutes

Makes: 4 servings

1 cup green-skinned apple  
1 cup green seedless grapes  
½ cup miniature marshmallows  
½ cup lemon flavored yogurt  
2 tbsps slivered almonds

Cut the apple into four pieces and remove the core and seeds. Cut into pieces. Mix together the apple pieces, grapes, marshmallows, yogurt, and almonds. Serve in small bowls

**Nutrition Information Per Serving:**

124 Calories

3 g Fat (1 g Saturated Fat)

3 mg Cholesterol

22 mg Sodium

23 g Carbohydrate

2 g Protein

***Fresh Fruit Dip***

One 8-ounce package low fat or fat free cream cheese

4 oz. Low fat or fat free sour cream

¼ cup skim milk

½ box sugar-free vanilla instant pudding

Mix cream cheese and sour cream together. Blend vanilla pudding into skim milk. Combine with the cream cheese/sour cream mixture. Refrigerate until serving. If too thick, thin with a little skim milk. Serve with assorted fresh fruits.