

# Recipe Investigation #1



## Strawberry-Almond Cream Tart

By Kristina Harris, Raleigh, NC

### Crust:

- 36 honey graham crackers (9 sheets)
- 2 Tbsp. sugar
- 2 Tbsp. butter, melted
- 4 tsp. water

### Filling:

- 2/3 cup (5 ounces) cream cheese
- 1/4 cup sugar
- 1/2 tsp. vanilla extract
- 1/4 tsp. almond extract

### Topping:

- 5 cups small fresh strawberries, hulled and divided
- 1/3 cup sugar
- 1/2 Tbsp. cornstarch
- 1 Tbsp. fresh lemon juice
- 2 Tbsp. sliced almonds, toasted

1. Preheat oven to 350 degrees. Line bottom of a 9-inch tart pan with removable bottom with parchment paper.
2. To prepare crust, place crackers in food processor; process until crumbly. Add sugar, butter, and water. Stir just until moist. Place cracker mixture in tart pan, pressing into bottom and up sides of pan to 3/4 inch. Bake for 10 minutes or until lightly browned. Cool on a wire rack.
3. To prepare filling, combine cream cheese, 1/4 cup sugar, and extracts in a medium bowl; stir until smooth. Spread cream cheese mixture evenly over bottom of tart shell.
4. To prepare topping, place 1 cup strawberries in food processor and process until smooth. Combine strawberry puree, 1/3 cup sugar, and cornstarch in a small saucepan over medium heat; stir with a whisk. Bring to a boil, stirring constantly. Reduce heat to low; cook one minute. Remove glaze from heat. Cool to room temperature, stirring occasionally.
5. Combine the remaining 4 cups strawberries and lemon juice; toss to coat. Arrange berries in a circular pattern over filling. Spoon glaze evenly over the berries. Sprinkle almonds around edge. Chill 3 hours before serving.

Yield: 8 servings

Source: Cooking Light Magazine

## Recipe Investigation #2

### GOLDEN APPLE OATMEAL



1/2 C (about 1/2 medium) diced Golden Delicious apple

1/3 C each apple juice and water

1/8 t salt (optional)

Dash each ground cinnamon and nutmeg

1/3 C quick-cooking rolled oats, uncooked

Combine apples, juice, water and seasonings; bring to boil. Stir in rolled oats; cook 1 minute. Serves 1 person.

Source: Produce for Better Health Foundation

## Recipe Investigation #3

### APPLE CABBAGE SALAD



1/4 C sugar

1 t cornstarch

1/2 t celery seed

1/4 t salt

1/8 t dry mustard

3/4 C water

3 t cider vinegar

2 T salad dressing

2 T plain yogurt

6 C shredded cabbage

2 apples, cored and chopped

Combine sugar, cornstarch, celery seed, salt and dry mustard in 2 microwave safe containers or bowls.

Serves: 6 to 8 people

Source: Recipe provided by June Collins.

## Recipe Investigation #4



### Caribbean Stuffed Plantains

#### Ingredients

- 1 pound ground beef
- 3 tablespoon olive oil
- 1-1/2 cups cubed sweet potatoes
- 1 medium onion, chopped
- 1 cup chopped pepper
- 1/2 cup sliced celery
- 1 large clove garlic, minced
- 1 can (16 ounces) chopped tomatoes
- 1 tablespoon fresh or 1 teaspoon dried oregano
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon salt
- 2 tablespoon chopped parsley
- 2 plantains

#### Instructions

1. In large skillet, brown beef in 1 tablespoon olive oil; stir to break into bits.
2. Add sweet potatoes, onion, pepper, celery and garlic; sauté until vegetables are tender. Add tomatoes, oregano, red pepper, salt and parsley; simmer 10 minutes to blend flavors.
3. In skillet, heat remaining 2 tablespoons oil. Slice plantains lengthwise into 4 strips each. Sauté in hot oil until golden.
4. Remove from heat and shape into rings. Fasten ends with toothpick. Fill center with sweet potato filling. If desired, garnish with fresh sprigs of oregano, pineapple wedge and star fruit.

**Number of servings (yield): 4**

Source: [www.ncsweetpotatoes.com](http://www.ncsweetpotatoes.com)

# Recipe Investigation #5

## Individual Sweet Potato Breakfast Pizzas

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### Ingredients

- 4 medium sweet potatoes (about 2 pounds)
- 1 tablespoon plus 1 teaspoon olive oil, divided
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon paprika
- 1/8 teaspoon cayenne pepper
- Kosher salt and freshly ground black pepper, to taste
- All-purpose flour, for rolling out dough
- 1 pound whole wheat pizza dough, at room temperature, divided into 4 equal portions (4 oz each)
- 1 cup freshly-shredded Gouda cheese
- 4 large eggs
- 1/4 cup diced chives



### Instructions

1. Preheat oven to 400°F. Place one pound sweet potatoes directly on the rack and bake until very soft, about 1 hour. Remove from oven and let cool for 5-10 minutes. Peel and puree flesh until smooth; reserve 1 cup.
2. Increase oven heat to 450°F. Peel remaining sweet potatoes and cut into 1/2-inch dice. Toss 2 cups of the diced sweet potatoes with 1 tablespoon of the olive oil, the garlic powder, onion powder, paprika, cayenne, and salt and pepper to taste; place in an even layer on a baking sheet. Roast, stirring halfway, until softened but not yet crisp, about 15-20 minutes. Remove from oven.
3. Lightly flour a clean, flat work surface. Roll each ball of dough out to about 1/4-inch thickness (about 7 inches in diameter).
4. With remaining 1 teaspoon oil, lightly coat rimless baking sheet. Transfer rolled out dough to baking sheet.
5. Spread pureed sweet potato over the surface of each dough round, about 1/4 cup each, leaving about a 1/2-inch border. Top each with 1/4 cup shredded Gouda. Add 1/2 cup of the roasted sweet potato cubes, leaving an open space in the center of the pizza.
6. Carefully crack one egg into the center of the sweet potato cubes on each pizza; bake for 8 minutes. Carefully remove the baking sheet from underneath the pizzas, and continue to cook directly on the oven rack until the crusts are golden brown on the bottom, the cheese is melted, and the egg whites are fully set, about 2-4 additional minutes. Carefully remove pizzas from oven. Season to taste with salt and pepper; top each pizza with 1 tablespoon diced chives.

**Number of servings (yield): 4**

Source: [www.ncsweetpotatoes.com](http://www.ncsweetpotatoes.com) Adapted from *Healthy Food for Living* blog, Finalist in 2012 No More 'Mallows Contest.

## Recipe Investigation #6

### Asian Marinade

#### Ingredients:

½ cup reduced sodium teriyaki sauce

¼ cup brown sugar

1 tablespoon salt-free lemon-pepper seasoning

¼ cup wine vinegar

¼ cup oil

1-½ teaspoons garlic powder

1-teaspoon ground ginger

Combine all ingredients & mix well. Great with any pork cut.



Servings: 4

Source: [www.ncpork.org](http://www.ncpork.org)

# Recipe Investigation #7

## Carolina Barbeque



### Ingredients:

1 5-pound Boston roast  
1 1/2 cups water  
2 teaspoons vegetable oil  
1 can (8 ounces) tomato sauce  
2 cup cider vinegar  
1/4 cup Worcestershire sauce  
1/4 cup brown sugar  
1/4 teaspoon celery seeds  
1 teaspoon chili powder Dash hot pepper sauce  
Salt and pepper, to taste

### Cooking Directions:

Randomly pierce the surface of the roast with a sharp knife. In a Dutch oven, brown roast on all sides in hot oil. In a mixing bowl, combine remaining ingredients and mix well. Pour sauce over roast and bring to a boil. Reduce heat, cover and simmer 2 hours or until pork is fork-tender. Baste roast with sauce during cooking time. Remove pork from pan, cool slightly and slice or chop to serve.

Serving: 6

Source: [www.ncpork.org](http://www.ncpork.org)