

FROM OUR FARMS TO YOUR TABLE

MAIN DISHES

- 2.....Beef Tenderloin with Fresh Herbs
- 3.....Chicken and Wild Rice Casserole
- 4.....Beef, Barley, and Veggies
- 5.....Scrambled Tofu with Vegetables
- 6.....Sesame Ginger Tofu Lettuce Wraps
- 7.....Rotini with Edamame and Fresh Basil
- 8.....Crab Quiche
- 9.....Lamb Chops with Cornbread Stuffing
- 10.....Lamb Chops with Cranberry-Orange Salsa
- 11.....American Lamb Loin Marinated in Guinness and Clover Honey
- 12.....Salami Strata
- 13.....Dinner Eggs
- 14.....Breakfast Casserole
- 15.....Lamb Kabobs
- 16.....Lamb Riblets Creole
- 17.....Lamb Chops Teriyaki
- 18.....Leg of Lamb
- 19.....Rack of Lamb
- 20.....Sweet and Sour Pork
- 21.....Spicy Country Ribs
- 22.....Slow Cooker Pork Roast
- 23.....Hungarian Goulash
- 24.....Pulled Pork BBQ
- 25.....Pork Chops with Sour Cream Sauce
- 26.....Crisp Oven-Fried Chicken
- 27.....Wild Rice Chicken Supreme
- 28.....Chicken Marsala
- 29.....Artichoke Chicken
- 30.....Cranberry –Onion Pork Roast
- 31.....Baked Ham with Honey-Apricot Glaze
- 32.....Noodle-Crusted Denver Quiche
- 33.....Chicken-Leek Strata
- 34.....Southern Deep Fried Turkey
- 35.....Southwestern Cheese-stuffed Chicken Roll-ups

MAIN DISHES CONTINUED

- 36.....Shake 'N Bake Chicken Nacho Nuggets
- 37.....Asian Grilled Pork Tenderloin with Pineapple
- 38.....Turkey Tetrazzini with Cheddar and Parmesan

SIDE DISHES

- 39.....Mashed “Creamy” Cauliflower
- 40.....Turkey Sausage and Apple Bread Stuffing

SOUPS, STEWS & SALADS

- 41.....Miso Soup with Shitake Mushrooms
- 42.....Chicken Fruit Salad
- 43.....Chunky Lamb and Vegetable Soup
- 44.....Irish Lamb Soup
- 45.....Minute Lamb Minestrone

DESSERTS & BEVERAGES

- 46.....Buckeye Cheesecake
- 47.....Apple Bread Pudding
- 48.....Blackberry Cobbler Steamer
- 49.....Cinnamon Raisin Bread Pudding
with Vanilla Pudding Sauce
- 50.....Baked Pears with Vanilla Yogurt & Granola
- 51.....Chai-Pumpkin Cheesecake
- 52.....Chocolate Yule Log

APPETIZERS

- 53.....Buffalo Chicken Dip
- 54.....Pomegranate Marinated American Lamb
Skewers with Persimmon Chutney
- 55.....Lamb Empadillas
- 56.....Pacific Rim Mushrooms Stuffed with Lamb

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BEEF TENDERLOIN WITH FRESH HERBS

Provided by Ohio Farm Bureau

INGREDIENTS:

3-4 pound center-cut beef tenderloin
2 tablespoons Dijon mustard
6 fresh basil leaves
6 fresh sage leaves
1 tablespoon fresh thyme leaves
3 to 6 cloves garlic, minced
fresh-ground pepper
2 tablespoons butter or margarine, at room temperature
sage, basil or thyme sprigs
salt
string

COOKING DIRECTIONS:

Preheat oven to 425 degrees.
Trim excess fat from meat and discard.
Cut through tenderloin lengthwise to within 1/2 inch of other side.
Lay meat open like a book.
Spread meat with mustard.
Lay basil and sage leaves on mustard.
Sprinkle with thyme leaves, garlic, and pepper.
Bring cut sides together and tie roast with cotton string at about 1-inch intervals to secure.
Coat surface of beef with butter and sprinkle with more pepper.
Lay roast, cut to the side, on a rack in a 12- by 17-inch pan.
Bake 40 to 50 minutes until a thermometer inserted in center of thickest part registers 130 to 135 degrees for rare.
Let rest in a warm place up to 20 minutes.
Transfer meat to a platter.
Remove strings. Garnish with herb sprigs.
Slice and add salt and pepper to taste.



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CHICKEN AND WILD RICE CASSEROLE

Provided by Ohio Farm Bureau

INGREDIENTS:

- 1½ cups cooked wild rice
- 4½ tablespoons butter
- 5 tablespoons flour
- 3½ cups chicken broth
- 3 tablespoons shallots, minced
- 1 pound mushrooms, thinly sliced
- 1 cup heavy cream
- ¼ teaspoon nutmeg
- 1½ tablespoons lemon juice
- 3 cups chicken breasts, cooked and cubed
- 1 cup dried cranberries or cherries

COOKING DIRECTIONS:

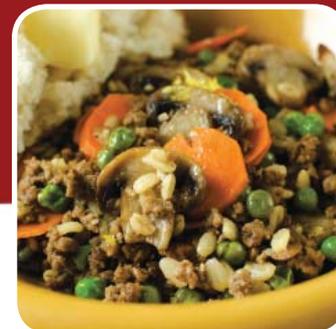
Preheat oven to 400 degrees.
In a heavy saucepan melt 3½ tablespoons of butter over moderately low heat.
Add flour and cook, whisking for 3 minutes.
Add broth, bring mixture to a boil, and simmer, whisking occasionally for 15 minutes.
While sauce is simmering, in a skillet cook shallots and mushrooms in the remaining 1 tablespoon of butter over moderate heat, stirring occasionally, until most of the liquid is evaporated.
Add mushroom mixture to sauce and stir in cream, nutmeg, lemon juice, chicken, cranberries or cherries, rice, and salt and pepper to taste.
Transfer mixture to a 13-inch by 9-inch baking dish and bake covered for 20 minutes.
Uncover, bake casserole for additional 15 to 25 minutes, or until most of the liquid has been absorbed. Garnish casserole with additional cherries or cranberries.



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Submitted by Sharon Smith Redick, Worthington

FROM OUR FARMS TO YOUR TABLE



BEEF, BARLEY AND VEGGIES

ONE PAN
DINNER

Provided by Ohio Farm Bureau

SERVES 4

INGREDIENTS:

- 1 pound lean ground beef
- 8 ounces sliced mushrooms
- ½ cup chopped onion
- 1 clove garlic, crushed
- 1 15-ounce can beef broth
- ½ cup quick cooking barley
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 cup frozen peas
- 1 cup thin sliced carrots
- 1 teaspoon grated lemon peel, fresh or frozen

COOKING DIRECTIONS:

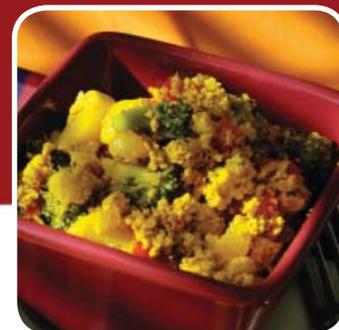
- In large skillet, brown together beef, mushrooms, onions and garlic.
- Drain off drippings.
- Stir in broth, barley, salt and pepper.
- Bring to a boil.
- Reduce heat to medium low, cover and simmer 10 to 15 minutes.
- Add peas and carrots; continue to cook about 10 minutes until barley is tender and liquid is absorbed.
- Stir in lemon peel.



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Submitted by Corinne Rickabaugh, Shreve

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SCRAMBLED TOFU WITH VEGETABLES

Provided by Ohio Farm Bureau

INGREDIENTS:

- 1-2 tablespoons olive oil
- 3 cloves garlic, pressed or chopped fine
- ½ red pepper
- 1 medium zucchini, chopped
- 1 pound firm tofu, drained and mashed
- 2 teaspoons turmeric tamari and salt to taste

Optional additional vegetables:

½ cup broccoli florets, 1 small onion, chopped

COOKING DIRECTIONS:

- Sauté vegetables in olive oil and garlic on medium-high heat until slightly browned, about 5 minutes.
- Add mashed tofu and turmeric, stir well and continue cooking until heated through, about 5 minutes.
- Add tamari and salt to taste.
- Serve with whole grain toast.

(Tofu is bland so it needs to be seasoned well. Garlic, onions, tomato sauce and tamari are a few that work well.)



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SESAME GINGER TOFU LETTUCE WRAPS

Provided by Ohio Farm Bureau

SERVES 4

INGREDIENTS:

3 tablespoons toasted sesame oil
1 carrot, quartered and sliced
1 pound firm tofu, drained and mashed
2 tablespoons fresh ginger, cut against the grain in "coins" and chopped
4 tablespoons tamari
¼ cup water
1 tablespoon sugar
2-3 tablespoons lemon juice, fresh is preferred
1 tomato chopped bibb or other tender medium leafed lettuce

COOKING DIRECTIONS:

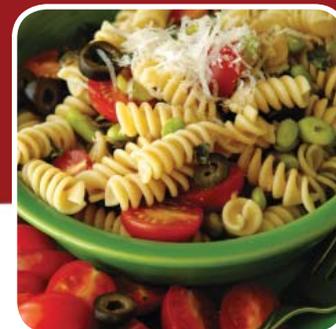
In a nonstick pan heat the sesame oil on medium; add carrots and sauté for a few minutes, add tofu then ginger. Cook and stir until slightly browned. Mix tamari, water, sugar and lemon juice in a small bowl. Pour over browned tofu. Continue cooking over medium/low heat until the liquid has evaporated. Serve the ginger tofu warm with tomato and lettuce on the side or wrap into leaves just prior to serving.

(If you like the strong flavor of toasted sesame oil and fresh ginger, you'll enjoy this appetizer.)



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ROTINI WITH EDAMAME & FRESH BASIL

Provided by Ohio Farm Bureau

INGREDIENTS:

8 ounces dry Barilla PLUS rotini
1 cup shelled edamame
2 cloves garlic, pressed
2 tablespoons olive oil
2 tablespoons lemon juice
7 large leaves chopped fresh basil
2-3 ounces black or calamata olives, sliced
1½ cups grape tomatoes, sliced in half
salt and pepper to taste
Parmesan cheese

COOKING DIRECTIONS:

Cook pasta until al dente and drain.
Boil edamame for 4 or 5 minutes and drain.
In the olive oil sauté garlic, edamame and basil for a few minutes.
Mix with the drained pasta.
Add lemon juice, black olives, grape tomatoes and salt and pepper.
Top with grated Parmesan cheese.

(This can be eaten warm, or cold as a salad.)



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CRAB QUICHE

Provided by Ohio Farm Bureau

INGREDIENTS:

9-inch unbaked pie crust
4 eggs
2 cups milk
1/3 cup onion, chopped
salt to taste
1 can (7 1/2 ounces) crabmeat, drained
1 cup mozzarella cheese, shredded
parsley

COOKING DIRECTIONS:

Preheat oven to 325 degrees.
Beat eggs; stir in milk, onion and salt.
Pat crabmeat with paper towel.
Sprinkle crabmeat and cheese in crust.
Pour egg mixture over crabmeat and cheese.
Sprinkle with parsley.
Bake 15 minutes.
Reduce oven to 300 degrees and bake an additional 30 minutes.
To test doneness, insert knife 1 inch from edge, and it should come out clean.
Let stand 10 minutes before cutting.



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Submitted by Donna Sottosanti, Seven Hills

FROM OUR FARMS TO YOUR TABLE

LAMB CHOPS WITH CORNBREAD STUFFING

Provided by The American Lamb Board

SERVES 4

INGREDIENTS:

4 **American lamb** shoulder chops, (arm or blade), 1/4- to 1-inch thick
1 package (6 ounces) cornbread stuffing mix
1-1/3 cups water
2 tablespoons butter or margarine
1 can (11 ounces) corn with red and green peppers and liquid

COOKING DIRECTIONS:

Spray a 10-inch skillet with cover with nonstick cooking spray. Brown chops over medium-high heat for 4 to 5 minutes on each side. Remove chops from pan; reduce heat to low. Add water, butter and seasoning packet from the cornbread mix; mix well. Blend in cornbread crumbs, corn and liquid. Place browned chops on top of stuffing. Cover and cook over low heat for 10 to 12 minutes or to desired degree of doneness.

NUTRITION:

426	calories
20g	protein
47g	carbohydrate
18g	total fat
38%	calories from fat
69mg	cholesterol
8g	fiber
907mg	sodium
6mg	niacin
19mg	vitamin B6
1mcg	vitamin B12
3mg	iron
3mg	zinc



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FROM OUR FARMS TO YOUR TABLE

LAMB CHOPS WITH CRANBERRY-ORANGE SALSA

Provided by The American Lamb Board

SERVES 4

INGREDIENTS:

Lamb Chops

2 tablespoons orange juice
1 teaspoon Worcestershire sauce
8 American lamb loin chops, 1-inch thick
Cranberry-Orange Salsa (recipe follows)

Cranberry-Orange Salsa

1 medium orange, peeled and chopped,
or ½ cup canned mandarin oranges, chopped
¼ cup finely chopped onion
1 can (4 ounces) chopped green chilies, drained
¼ cup dried cranberries, soaked in hot water
for 10 minutes and drained
¼ cup orange marmalade
1 tablespoon finely chopped cilantro or parsley
1 tablespoon white vinegar

COOKING DIRECTIONS:

Lamb Chops: Combine orange juice and Worcestershire sauce. Brush lamb chops with orange juice mixture.

To Grill: Cook over medium-hot coals. Grill 4 inches from coals for 5 minutes. Turn and grill 4 to 6 minutes longer or to desired degree of doneness.

To Broil: Cook chops 4 inches from heat source for 5 minutes. Turn and cook 4 to 6 minutes longer or to desired degree of doneness.

Serve chops with Cranberry-Orange Salsa.

Cranberry-Orange Salsa: Combine all ingredients. Cover and chill several hours or overnight.

NUTRITION:

431	calories
28g	protein
29g	carbohydrate
22g	total fat
46%	calories from fat
105mg	cholesterol
2g	fiber
206mg	sodium
8mg	niacin
18mg	vitamin B6
3mcg	vitamin B12
2mg	iron
4mg	zinc



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FROM OUR FARMS TO YOUR TABLE

AMERICAN LAMB LOIN MARINATED IN GUINNESS® & CLOVER HONEY

Provided by The American Lamb Board

SERVES 4

INGREDIENTS:

Lamb Loin

- 2 cans (14.9 ounces each) Guinness® beer or other dark beer
- 3/4 cup clover honey
- 2 tablespoons chopped fresh thyme
- 1 tablespoon black peppercorns
- 2 American lamb loin, trimmed of surface fat and silver skin
- 1 tablespoon olive oil
- 2 cups lamb or veal broth prepared from demi-glace
- 1/4 cup chilled butter, cut into chunks
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 bunch chervil for garnish

Braised Cipollini Onions

- 2 tablespoons olive oil
- 16 cipollini onions, peeled
- 2 cups reserved Guinness® marinade
- 2 cups chicken broth
- 2 tablespoons butter
- 1 tablespoon clover honey
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper

Roasted Yukon Gold Potatoes:

- 4-5 large Yukon Gold potatoes
- 3 tablespoons unsalted butter, divided
- Salt, to taste
- Freshly ground pepper, to taste
- 2 tablespoons chopped fresh Italian parsley

COOKING DIRECTIONS:

Lamb Loin: In saucepan, combine beer, honey, thyme and peppercorns. Cook over medium-low heat, stirring until honey dissolves; chill. Reserve 1-1/2 cups marinade for cipollini onions (recipe follows); reserve 1-1/2 cups of marinade for sauce. Place lamb in sealable plastic bag and pour remaining chilled marinade over lamb. Seal, refrigerate and marinate for 2 to 4 hours. Remove lamb from marinade; discard marinade.

Preheat oven to 400°F. In large skillet, heat oil over medium-high heat. Add lamb and quickly brown on both sides, then place in shallow roasting pan. Roast lamb in oven and cook until desired doneness (about 16 to 18 minutes for medium-rare): 145°F for medium-rare, 160°F for medium and 170°F for well-done. Cover and let stand for 5 to 10 minutes. Internal temperature will rise approximately 5 to 10 degrees upon standing.

To Make Sauce: Pour reserved marinade for sauce and juice from cooked onions into a medium saucepan and cook over medium-high heat until reduced to about 1-1/4 cups. Add the lamb broth from demi-glace and heat through; add butter, stirring until melted. Season with salt and pepper and keep warm.

Braised Cipollini Onions: In large skillet, heat oil over medium-high heat. Add onions, cook and stir until nicely browned on all sides. Using slotted spoon transfer onions to a casserole dish with cover. Pour off excess oil and deglaze the skillet with reserved 2 cups of Guinness® marinade; cook over medium-high heat until reduced by half to 1 cup. Add chicken broth and bring to a boil; pour over onions in baking dish. Cover and bake in 400°F oven until onions are tender, about 30 minutes. Remove onions from juice and keep warm. Reserve the juice for lamb sauce. Just before serving, melt butter and honey in large skillet, add onions and cook over medium-high heat until nicely glazed; season with salt and pepper.

Roasted Yukon Gold Potatoes: Cut potatoes into neat 3/4-inch squares. Melt 1-1/2 tablespoons butter in large skillet; add half of the potatoes and cook over medium-high heat, tossing gently until browned lightly on all sides. Repeat process preparing all potatoes. Spread potatoes onto large jelly roll pan and season with salt and pepper. Bake in 400°F oven until tender, about 10 minutes. Keep warm and toss with chopped Italian parsley just before serving.

To serve: Divide potatoes evenly among 4 warm plates. Carve lamb loin and fan over potatoes; top with onions. Drizzle sauce all around the plate and garnish with chervil sprigs. Serve remaining sauce on the side.

NUTRITION:

1435	calories
72g	protein
133g	carbohydrate
63g	total fat
39%	calories from fat
266mg	cholesterol
5g	fiber
2724mg	sodium
16mg	niacin
46mg	vitamin B6
4.95mcg	vitamin B7
10mg	zinc



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SALAMI STRATA

Provided by Ohio Farm Bureau

INGREDIENTS:

12 eggs, beaten
1 pound salami, sliced thin
1 pound Colby cheese, sliced thin
2 pie crusts, unbaked

COOKING DIRECTIONS:

Preheat oven to 350 degrees.
Roll out one pie crust in a 9- x 13-inch pan.
Layer the meat and cheese back and forth over the crust.
Place second pie crust on top of meat and cheese.
Pour eggs over both crusts. Bake 45 minutes.
Chill overnight.
Cut into 1-inch squares and serve at room temperature.



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Submitted by Andra Troyer, London, and Marsha Goldberg, Columbus

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DINNER EGGS

Provided by Ohio Farm Bureau

SERVES 6

INGREDIENTS:

12 slices Canadian bacon
8 ounces sliced Swiss cheese
12 eggs
1 pint heavy cream
 $\frac{3}{4}$ cup grated Parmesan cheese
 $\frac{3}{4}$ teaspoon paprika
 $\frac{1}{2}$ teaspoon pepper
2 teaspoons chopped fresh parsley
6 English muffins, split and toasted

COOKING DIRECTIONS:

Preheat oven to 400 degrees.
Place Canadian bacon in the bottom of a greased 9- x 13-inch dish.
Top bacon with Swiss cheese.
Break eggs over the cheese.
Pour cream over eggs and sprinkle with Parmesan cheese, paprika and pepper.
Bake for 12 to 15 minutes or until eggs reach desired doneness.
Sprinkle with parsley and let stand 5 minutes before serving.
Cut between each egg, and top each muffin half with an egg, a slice of bacon and a slice of cheese.



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Submitted by Tina Lust, Marion

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BREAKFAST CASSEROLE

Provided by Ohio Farm Bureau

INGREDIENTS:

1 pound sausage, fried and drained
8 eggs, beaten
2 ½ cups milk
8 slices bread, in pieces
1 ¾ cups shredded cheese
¼ teaspoon salt
¼ teaspoon pepper

COOKING DIRECTIONS:

Preheat oven to 350 degrees.
Mix all ingredients together and pour into a 9- x 13-inch pan.
Refrigerate overnight.
Bake 35 to 45 minutes.



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Submitted by Becky Cress, London

FROM OUR FARMS TO YOUR TABLE

LAMB KABOBS

Provided by Ohio Farm Bureau

SERVES 6

INGREDIENTS:

- 1 ½ pounds leg of lamb (closely trimmed, and cut into 1 1/2-inch cubes)
- 1 package medium mushroom caps
- 1 medium red onion, cut into 1-inch thick slices
- 1 small yellow zucchini squash, cut diagonally into 1-inch slices
- 1 green pepper, seeded and cut into 1-inch cubes
- 1 yellow pepper, seeded and cut into 1-inch cubes
- ½ fresh pineapple, cored and cut into 1-inch thick triangular wedges
- 12 skewers
- fresh mint sprigs for garnish

Marinade:

- 2 tablespoons extra virgin olive oil
- 1 ½ cups dry white wine
- 2 tablespoons minced garlic
- ½ cup minced fresh mint leaves
- 5 tablespoons brown sugar
- 3 tablespoons soy sauce
- 2 tablespoons lemon zest
- 1 ½ teaspoons minced fresh ginger
- 1 tablespoon coarse ground black pepper
- ½ teaspoon salt



COOKING DIRECTIONS:

- Mix marinade ingredients together.
- Divide in two. Place lamb cubes in half of marinade.
- Place vegetables in half of marinade.
- Cover both and place in refrigerator and marinate at least 2 hours.
- If using wooden skewers, place them in a shallow dish and cover with water while meat and vegetables are marinating. This prevents the skewers from charring on the grill.
- Remove meat from marinade and place on 6 skewers.
- Remove vegetables from marinade and alternate on 6 skewers.
- Place skewers on grill over well-heated coals or medium flame gas grill.
- Adjust flame on gas grill to prevent flare-ups.
- Turn 2 to 3 times until lamb reaches desired doneness, approximately 10 to 15 minutes.
- Vegetable skewers may require less cooking time.
- Garnish with fresh mint sprigs.



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Submitted by Jim Chakeres, Columbus

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LAMB RIBLETS CREOLE

Provided by Ohio Farm Bureau

SERVES 4 TO 6

INGREDIENTS:

- 3 pounds lamb riblets, trimmed
- 1 large tomato, chopped
- 1 medium onion, sliced
- ¼ cup green bell pepper, chopped
- ¼ cup celery, chopped
- 15 ounces tomato sauce
- ½ cup water
- 1 clove garlic, finely chopped
- 1 tablespoon brown sugar, packed
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried marjoram leaves, crushed
- 1 teaspoon salt
- ½ teaspoon red pepper sauce
- ½ teaspoon pepper
- 1 teaspoon dried basil leaves, crushed
- 1 teaspoon dried thyme leaves, crushed
- 1 teaspoon bay leaf, crushed

COOKING DIRECTIONS:

- Preheat oven to 325 degrees.
- Place riblets in 13 x 9-inch baking dish and bake for 30 minutes.
- In a bowl stir together all other ingredients and set aside.
- Remove riblets from oven; drain off drippings.
- Pour sauce over riblets and return dish to oven.
- Continue baking for 30 minutes.



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Courtesy of American Lamb Board

FROM OUR FARMS TO YOUR TABLE



LAMB CHOPS TERIYAKI

Provided by Ohio Farm Bureau

SERVES 4

INGREDIENTS:

8 lamb rib or loin chops, 1/2-inch thick
¼ cup brown sugar
2 teaspoons ground ginger
¾ cup soy sauce
¼ cup lemon juice
1 clove garlic, minced

COOKING DIRECTIONS:

Arrange chops in glass baking dish.
Combine brown sugar, ginger, soy sauce, lemon juice and garlic.
Pour over lamb and marinate for at least 3 hours or overnight in refrigerator, turning occasionally.
Preheat broiler.
Place chops on rack in broiling pan 3 to 5 inches from heat source.
Broil 6 to 8 minutes.
Turn and broil 6 to 8 minutes or until desired degree of doneness.



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Submitted by Esther Schroeder, Ottawa

FROM OUR FARMS TO YOUR TABLE

LEG OF LAMB

Provided by Ohio Farm Bureau

SERVES 6 TO 8

INGREDIENTS:

5 pound, boned and rolled leg of lamb
5 bacon slices
½ onion, sliced into rings
½ cup French dressing
Coarse salt
Fresh cracked pepper

COOKING DIRECTIONS:

Preheat oven to 325 degrees.
Place lamb in a large roasting pan.
Generously salt and pepper the top of the lamb.
Place onion rings and bacon slices over the top of lamb.
Cover with aluminum foil and roast for 2 1/2 hours.
Remove from oven and cover with French dressing.
Recover with aluminum foil and roast for another 30 minutes.
Remove lamb from oven and let it rest for 15 minutes.
The foil will keep lamb warm.
Serve juicy, tender lamb plain or with a dollop of mint jelly.



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Submitted by Julia Westlake, Marysville

FROM OUR FARMS TO YOUR TABLE

RACK OF LAMB

Provided by Ohio Farm Bureau

SERVES 4

INGREDIENTS:

- 2 1/2 pound rack of lamb
- 2 16-ounce bottles Wishbone Italian dressing

COOKING DIRECTIONS:

The day before cooking, place the lamb in a large plastic zipper bag and coat with one bottle of dressing. Refrigerate overnight and periodically rotate the bag to marinate. Discard marinade. Preheat oven to 350 degrees. Place lamb in a roaster, coat with second bottle of dressing and cover. Bake for 1 1/2 hours. Remove lamb from roaster, place on a foil-lined cookie sheet and place on a medium hot grill for 15 to 20 minutes. Lamb is done when the juices run clear.



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Submitted by Mary Corsatea, Warren

FROM OUR FARMS TO YOUR TABLE



SWEET AND SOUR PORK

Provided by Ohio Farm Bureau

SERVES 7

INGREDIENTS:

1½ pounds lean pork shoulder cut in 2" x ½" strips
2½ cups pineapple chunks
¼ cup brown sugar
2 tablespoons cornstarch
¼ cup vinegar
2 to 3 tablespoons soy sauce
½ teaspoon salt
1 small green pepper, cut in strips
¼ cup thinly sliced onions

COOKING DIRECTIONS:

Brown pork in small amount of oil. Add 1/2 cup water; cover and simmer until tender, about 1 hour.
Drain pineapple, reserving syrup.
Combine sugar and cornstarch; add pineapple syrup, vinegar, soy sauce and salt.
Add to pork that has been simmering; cook and stir until gravy thickens.
Add pineapple chunks, green pepper strips and onions.
Cook 2 to 3 minutes.
Serve over hot, fluffy rice and pass extra soy sauce.



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Submitted by Joanne Malys, Youngstown

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SPICY COUNTRY RIBS

Provided by Ohio Farm Bureau

INGREDIENTS:

4 pounds pork country ribs
½ cup onion, finely chopped
½ cup ketchup
½ cup cider vinegar
¼ cup brown sugar
1 teaspoon kosher salt
1 tablespoon Worcestershire sauce
1 teaspoon chili powder
1 teaspoon dried oregano

COOKING DIRECTIONS:

Combine the onion, ketchup, vinegar, brown sugar, salt, Worcestershire, chili powder and oregano in a 4 to 6 quart slow cooker.
Stir in the ribs.
Cook on low heat 6 hours or on high heat for 3 1/2 hours.
Using tongs, remove the ribs from the cooker and arrange on a broiler pan.
Preheat the broiler.
Pour the juices from the slow cooker into a bowl and place in the freezer for 10 minutes to hasten the separation of the fat.
Remove and discard the fat.
Pour the defatted juices into a sauce pan; bring to a boil over high heat until mixture is reduced by half, about 15 minutes.
Broil the ribs 6 inches from the heat until browned.
Serve ribs with the sauce.



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Submitted by Pat Johnson, Lima

FROM OUR FARMS TO YOUR TABLE

SLOW COOKER PORK ROAST

Provided by Ohio Farm Bureau

SERVES 4 TO 6

INGREDIENTS:

4 pound pork roast
1 envelope onion or mushroom dry soup mix
1 can cream of mushroom soup
salt and pepper
small onion, sliced
celery, chopped
baby carrots

COOKING DIRECTIONS:

Place pork roast in slow cooker, season with salt and pepper.
Mix together dry soup, canned soup and ½ cup water.
Pour over roast.
Cook on low 7 to 9 hours.
Add vegetables half way through cooking time.
Good served with rice.



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Submitted by Mary Jo Gerrity, Columbus

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HUNGARIAN GOULASH

Provided by Ohio Farm Bureau

SERVES 6

INGREDIENTS:

1 pound cubed pork
2 medium onions, sliced
2 tablespoons margarine
1 can diced or chopped tomatoes
2 medium green peppers, sliced
1 small cabbage, sliced
1 tablespoon paprika
salt, pepper and caraway seed to taste
2 tablespoons sour cream

COOKING DIRECTIONS:

Sauté onions in margarine until golden.
Add pork; brown all sides slowly.
Stir in tomatoes, peppers, cabbage and seasonings.
Simmer for 1 hour, stirring occasionally.
Just before serving stir in sour cream.
Serve over noodles or dumplings.



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Submitted by Carol Grill, Independence

FROM OUR FARMS TO YOUR TABLE



PULLED PORK BBQ

Provided by Ohio Farm Bureau

SERVES 6

INGREDIENTS:

3 pound pork shoulder roast
8 ounces beer

SPICE RUB:

1 teaspoon kosher salt
1 teaspoon garlic powder
1 teaspoon onion salt
1 teaspoon chili powder
1 teaspoon paprika
1 teaspoon oregano
1 teaspoon black pepper
1 teaspoon Old Bay Seasoning
2 tablespoons brown sugar



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Submitted by Carolyn Roberts, Massillon

FROM OUR FARMS TO YOUR TABLE



PORK CHOPS WITH SOUR CREAM SAUCE

Provided by Ohio Farm Bureau

INGREDIENTS:

6 pork chops
2 tablespoons brown sugar
2 tablespoons finely chopped onion
2 tablespoons ketchup
½ teaspoon minced garlic
1 beef bouillon cube
2 tablespoons flour
½ cup sour cream

COOKING DIRECTIONS:

Brown pork chops in a large skillet.
Add 1/2 cup water, brown sugar, onion, ketchup, garlic and bouillon.
Cover and simmer 30 to 40 minutes.
Remove pork chops to platter and cover with aluminum foil to keep warm.
Combine flour and 1/4 cup water; slowly add to cooking liquid in skillet stirring constantly.
Cook until thickened, then stir in sour cream.
Heat, but don't boil.
Pour sauce over chops and serve.



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Submitted by Carol Hoffman, Gnadenuhnten

FROM OUR FARMS TO YOUR TABLE



CRISP OVEN-FRIED CHICKEN

Provided by Ohio Farm Bureau

SERVES 6

INGREDIENTS:

- 1½ cups instant potato flakes
- 1 Tbsp seasoning salt
- ¼ teaspoon pepper
- ½ teaspoon paprika
- ¼ teaspoon garlic powder
- ¼ cup butter, melted
- 1 egg, beaten
- 1 Tbsp water
- 3 pounds chicken – thighs, legs, breasts

COOKING DIRECTIONS:

- Preheat oven to 400 degrees.
- In large bowl, combine potato flakes and spices.
- Stir in butter and mix well. In medium bowl, combine egg and water.
- Dip chicken in egg mixture then roll in flake mixture.
- Bake covered for 1 1/2 hours or until tender.
- Uncover the last 10 minutes for the chicken to brown.



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Submitted by Rita Norris, Gambier

FROM OUR FARMS TO YOUR TABLE



WILD RICE CHICKEN SUPREME

Provided by Ohio Farm Bureau

SERVES 6 TO 8

INGREDIENTS:

1 6-ounce package Uncle Ben's Original Long Grain & Wild Rice
¼ cup butter
⅓ cup chopped onion
⅓ cup flour
1 teaspoon salt
dash black pepper
1 cup half and half
1 cup chicken broth
2 cups cubed, cooked chicken
⅓ cup diced pimento
⅓ cup chopped fresh parsley
¼ cup chopped slivered almonds

COOKING DIRECTIONS:

Preheat oven to 400 degrees.
Cook contents of rice and seasoning packet according to package directions.
While rice is cooking, melt butter in a large saucepan.
Add onion and cook over low heat until tender.
Stir in flour, salt and pepper.
Gradually stir in half and half and chicken broth.
Cook, stirring constantly, until thickened.
Stir in chicken, pimento, parsley, almonds and cooked rice.
Pour into a greased 2-quart casserole dish.
Bake uncovered for 30 minutes.



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Submitted by Brenda Huffman, Piqua

FROM OUR FARMS TO YOUR TABLE



CHICKEN MARSALA

Provided by Ohio Farm Bureau

INGREDIENTS:

- ¼ cup flour
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon dried oregano
- 4 boneless, skinless chicken breasts
- 4 Tbsp butter
- 4 Tbsp olive oil
- 1 cup fresh mushrooms, sliced
- ½ cup Marsala wine
- ¼ cup cooking sherry

COOKING DIRECTIONS:

- In a shallow dish, mix together flour, salt, pepper and oregano. Coat chicken breasts in flour mixture.
- In a large skillet, melt butter and add oil over medium heat. Place chicken in skillet and lightly brown.
- Turn chicken and add mushrooms.
- Pour in wine and sherry.
- Cover skillet and simmer chicken 10 minutes until no longer pink and juices run clear.
- Turn chicken again during 10-minute cooking time.



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Submitted by June Henry, Perrysburg

FROM OUR FARMS TO YOUR TABLE

ARTICHOKE CHICKEN

Provided by Ohio Farm Bureau

SERVES 4

INGREDIENTS:

- 1 14-ounce can water-packed artichoke hearts, drained, chopped
- $\frac{3}{4}$ cup grated Parmesan cheese
- $\frac{3}{4}$ cup mayonnaise (NOT reduced-fat or fat-free) dash garlic powder
- 4 boneless, skinless chicken breasts

COOKING DIRECTIONS:

Preheat oven to 375 degrees. In a bowl, combine artichokes, cheese, mayonnaise and garlic powder. Place chicken in a greased 11 x 7 x 2 baking dish. Spread artichoke mixture over chicken. Bake 30 to 35 minutes or until the chicken juice runs clear.



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Submitted by Karen Howell, Vermilion

FROM OUR FARMS TO YOUR TABLE

CRANBERRY-ONION PORK ROAST

Provided by the National Pork Board

SERVES 4 TO 6

INGREDIENTS:

- 2 pound boneless pork loin roast
- 1 16-oz can whole cranberry sauce
- 1 1-oz package dried onion soup mix

Time: 10 minutes prep, 45 minutes cook

SERVING SUGGESTIONS:

Who says cranberries are just for the winter holidays? This grilled roast has a smoky sweet tang from the cranberry basting sauce. Serve with grilled potato wedges, fresh green beans and French bread with a roasted garlic bulb.

COOKING DIRECTIONS:

Season roast with salt and pepper; place over indirect heat on grill; stir together cranberry sauce and onion soup mix and heat, covered, in microwave until hot (about one minute). Baste roast with cranberry mixture every 10 minutes until roast is done about 35-45 minutes (about 20 minutes per pound); until internal temperature on a thermometer reads 150 degrees F. Remove roast from oven; let rest until temperature reaches 160 degrees F, about 10 minutes before slicing to serve. Heat any leftover basting mixture to boiling, stir and boil for 5-10 minutes and serve alongside roast.



NUTRITION:

242	calories
25g	protein
24g	carbohydrates
5g	fat
1%	saturated fat
65mg	cholesterol
380mg	sodium



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Submitted by Karen Howell, Vermilion

FROM OUR FARMS TO YOUR TABLE

BAKED HAM WITH HONEY-APRICOT GLAZE

Provided by the National Pork Board

SERVES 20-25

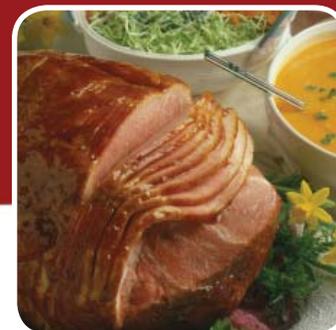
INGREDIENTS:

10-14 pound fully cooked smoked ham, spiral sliced
1 cup honey
1 6-oz can orange juice concentrate, thaw
1/3 cup soy sauce
1/3 cup apricot jam
1/2 teaspoon ground nutmeg
1/4 teaspoon ground cloves

Times: 10 minutes prep, 120 minutes cook

COOKING DIRECTIONS:

Preheat oven to 325 degrees F. Place ham on rack in shallow roasting pan. Stir together remaining ingredients in medium bowl; set aside. Bake ham for 30 minutes; pour glaze over ham and continue to bake until ham is heated through, about a total of 2 1/2 hours. (about 15-18 minutes per pound.)



NUTRITION:

406	calories
30g	protein
23g	carbohydrates
23g	fat
8%	saturated fat
86mg	cholesterol
1881mg	sodium



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FROM OUR FARMS TO YOUR TABLE

NOODLE-CRUSTED DENVER QUICHE

Provided by Ohio Poultry Association

INGREDIENTS:

2 cups uncooked fine egg noodles (4 oz.), cooked, drained
1 Tbsp. water
1 cup chopped green bell pepper
3 Tbsp. chopped onion
1 cup chopped cooked ham (4 oz.)
6 EGGS
1 cup milk
2 tsp. prepared mustard

COOKING DIRECTIONS:

HEAT oven to 375°F. PRESS noodles evenly on bottom and sides of greased 9-inch pie plate.

HEAT water in large nonstick skillet over medium-high heat until hot. ADD bell pepper and onion; cook and stir until water has evaporated and vegetables are crisp-tender, 3 to 4 minutes. ADD ham; mix well. SPOON into noodle crust.

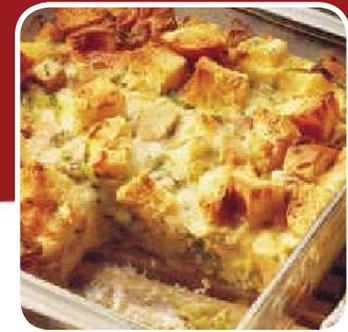
BEAT eggs, milk and mustard in medium bowl until blended. Carefully POUR over ham mixture.

BAKE in center of 375°F oven until center is puffed and knife inserted near center comes out clean, 30 to 40 minutes. LET STAND 5 minutes. CUT into wedges.



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FROM OUR FARMS TO YOUR TABLE



CHICKEN-LEEK STRATA

Provided by Ohio Poultry Association

INGREDIENTS:

1 tablespoon butter or margarine
1 cup sliced leek
8 slices French bread, each 1/2 inch thick
1 cup chopped cooked chicken or turkey
1 tablespoon chopped fresh dill weed or 1 teaspoon dried dill weed
2 cups shredded mozzarella cheese (8 ounces)
4 eggs, beaten
2 cups milk
1/2 teaspoon salt
1/4 teaspoon pepper

COOKING DIRECTIONS:

Melt butter in 1-quart saucepan over medium heat. Cook leeks in butter about 3 minutes, stirring frequently, until softened; remove from heat.

Cut enough bread into 1-inch cubes to measure 5 cups. Mix bread cubes, leeks, chicken and dill weed. Spread bread mixture in ungreased square baking dish, 8x8x2 inches. Sprinkle with cheese. Mix remaining ingredients; pour over cheese. Cover tightly and refrigerate at least 4 hours but no longer than 24 hours.

Heat oven to 325°F. Uncover and bake 50 to 55 minutes or until knife inserted in center comes out clean. Let stand 10 minutes before cutting.



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Source: WWW.BETTYCROCKER.COM

FROM OUR FARMS TO YOUR TABLE



SOUTHERN DEEP FRIED TURKEY

Provided by Ohio Poultry Association

INGREDIENTS:

10 to 12 Pound WHOLE TURKEY, non self-basting
2/3 Cup prepared vinaigrette dressing
1/3 Cup dry sherry
2 Teaspoons lemon pepper seasoning
1 Teaspoon garlic powder
1 Teaspoon onion powder
1 Teaspoon cayenne pepper
As needed peanut oil (See note below)

COOKING DIRECTIONS:

Remove the giblets and neck, rinse the turkey well with cold water and pat dry thoroughly with paper towels. Take care to dry both inside cavities. To allow for good oil circulation throughout the cavity, do not truss or tie legs together. Cut off the wing tips and plump little tail (as they may get caught in the fryer basket).

In a medium bowl, mix vinaigrette, dry sherry and seasonings together. Strain the marinade. Place the marinade in an injection syringe. Inject the marinade in the turkey breast, thighs and legs. Place the bird in a large food-safe plastic bag, refrigerate and marinate for at least 2 hours. Turn the bag and massage the turkey from time to time. Drain the marinade from the turkey and discard marinade. Place the turkey in the fryer basket or on a rack, neck down.

DIRECTIONS CONTINUED:

Place the OUTDOOR gas burner on a level dirt or grassy area. Never fry a turkey indoors, in a garage or in any structure attached to a building. Do not fry on wood decks, which could catch fire, or concrete, which could be stained by the oil. (Safety tip: have a fire extinguisher nearby for added safety.)

Add oil to a 7 to 10 gallon pot with a basket or rack. At the medium-high setting, heat the oil to 375 degrees F, (depending on the amount of oil, outside temperature and wind conditions, this should take about 40+ minutes).

When the oil temperature registers 375 degrees F on a deep-fry thermometer, slowly lower the turkey into the hot oil. The level of the oil will rise due to the frothing caused by the moisture from the turkey but will stabilize in about one minute. (Safety tips: to prevent burns from the splattering oil wear oven mitts/gloves, long sleeves, heavy shoes and even glasses. It is wise to have two people lowering and raising the turkey.)

Immediately check the oil temperature and increase the flame so the oil temperature is maintained at 350 degrees F. If the temperature drops to 340 degrees F or below, oil will begin to seep into the turkey.

Fry about 3-4 minutes per pound, or about 35-42 minutes for a 10-12 pound turkey. Stay with the cooker at all times as the heat must be regulated to maintain 350 degrees F.

When cooked to 165-170 degrees F in the breast or 170-175 degrees F in the thigh, carefully remove the turkey from the hot oil. Allow the turkey to drain for a few minutes. (Safety tip: allow the oil to cool completely before storing or disposing.) Remove turkey from the rack and place on a serving platter. Allow to rest for 20 minutes before carving.

NOTE: Use only oils with high smoke points, such as peanut, canola or safflower oil. To determine the correct amount of oil, place the turkey in the pot before adding seasoning and add water until turkey is covered. Take turkey out of the water before marking the oil level. Measure the amount of water and use a corresponding amount of oil. Dry the pot thoroughly of all water.



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FROM OUR FARMS TO YOUR TABLE

SOUTHWESTERN CHEESE-STUFFED CHICKEN ROLL-UPS

Provided by Ohio Poultry Association

INGREDIENTS:

- 1 container (8 oz) chives-and-onion cream cheese spread
- 3/4 teaspoon garlic powder
- 1/3 cup drained Old El Paso® pickled jalapeño slices (from 12-oz jar)
- 1/2 cup canned (drained) Green Giant® whole kernel corn
- 6 Old El Paso® taco shells (from 4.6-oz box), coarsely broken
- 3/4 teaspoon chili powder
- 4 boneless skinless chicken breasts (about 1 1/4 lb)
- 2 tablespoons LAND O LAKES® Unsalted or Salted Butter, melted
- 1/2 to 3/4 cup buttermilk
- 3 tablespoons honey
- 1 cup shredded Mexican cheese blend (4 oz)
- 1 2/3 cups Old El Paso® Thick 'n Chunky salsa
- 2/3 cup sour cream

COOKING DIRECTIONS:

Heat oven to 350°F. In medium bowl, stir together cream cheese, garlic powder, jalapeños and corn; set aside.

Place broken taco shells in resealable food-storage plastic bag; seal bag. Crush taco shells with rolling pin until coarsely ground. (Or, place broken taco shells in food processor bowl with metal blade; process until coarsely ground.) Pour crumbs into shallow dish; stir in chili powder.

Between pieces of plastic wrap or waxed paper, place each chicken breast, smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick. Spread butter over one side of each chicken breast.

Place about 1/3 cup cream cheese mixture on center of buttered side of each chicken breast; roll up chicken. Pour buttermilk into shallow dish. Dip chicken rolls in buttermilk, then coat with crumb mixture. Insert toothpick to secure. Place in ungreased 8-inch square (2-quart) glass baking dish. Drizzle with honey.

Bake 35 to 45 minutes or until chicken is no longer pink in center. Sprinkle with Mexican cheese blend; bake 4 to 5 minutes longer until cheese is melted. Serve with salsa and sour cream.



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FROM OUR FARMS TO YOUR TABLE



SHAKE 'N BAKE® CHICKEN NACHO NUGGETS

Provided by Ohio Poultry Association

INGREDIENTS:

1-1/2 lb. boneless skinless chicken breast, cut into 1-1/2 to 2-inch pieces
1 pkt. SHAKE 'N BAKE Chicken Coating Mix
3/4 cup CHEEZ WHIZ Cheese Dip
3/4 cup TACO BELL® HOME ORIGINALS® Thick 'N Chunky Salsa

Prep Time: 10 min **Total Time:** 25 min

COOKING DIRECTIONS:

PREHEAT oven to 400°F. Moisten chicken pieces with water. Shake off excess.
SHAKE 3 or 4 pieces at a time in coating mix; place in 15x10x1-inch baking pan. Discard any remaining coating mix.
BAKE 15 minutes or until cooked through. Heat CHEEZ WHIZ as directed on label; drizzle over nuggets. Serve with salsa. TACO BELL® and HOME ORIGINALS® are trademarks owned and licensed by Taco Bell Corp.



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Source: KRAFTFOODS.COM

FROM OUR FARMS TO YOUR TABLE

ASIAN GRILLED PORK TENDERLOIN WITH PINEAPPLE

Provided by the National Pork Board

SERVES 4 TO 6

INGREDIENTS:

- 2 12-16 oz each pork tenderloins
- 1 6-oz can pineapple juice
- 3 tablespoons soy sauce
- 2 tablespoons fresh garlic, minced
- 2 tablespoons fresh ginger, minced
- 1 1/2 teaspoons coarse salt (kosher)
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1/2 teaspoon ground black pepper
- 2 cups fresh pineapple, peeled cubed (1-inch pieces)
- 6-8 wooden or metal skewers

Time: 15 minutes prep, 15 minutes cook

COOKING DIRECTIONS:

Place pork tenderloins in resealable plastic bag; set aside. In small bowl, combine marinade ingredients; pour over pork. Seal bag; refrigerate for at least 1 hour to marinate, or up to 24 hours to enhance flavor. Preheat grill to medium-hot. When ready to grill, remove pork from marinade and place on grill. Cook, covered, for about 10 minutes per side or until the internal temperature of pork is 160 degrees F. Meanwhile, place the pineapple chunks on the skewer; place on grill during the last 6 minutes of grilling time, turning after 3 minutes. To serve, slice pork into 1/2-inch slices (medallions) and serve with grilled pineapple.



SERVING SUGGESTIONS:

A bright flavorful accent to grilled pork tenderloin. Chef Su-Mei Yu livens up an Asian-inspired marinated pork tenderloin with grilled pineapple.

NUTRITION:

180	calories
26g	protein
9g	carbohydrates
2g	fat
2%	saturated fat
77mg	cholesterol
577mg	sodium



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FROM OUR FARMS TO YOUR TABLE

TURKEY TETRAZZINI WITH CHEDDAR AND PARMESAN

Provided by Ohio Farm Bureau

INGREDIENTS:

4 cups (12 ounces) whole wheat ziti or penne pasta, cooked according to package directions
2 tablespoons butter
1/4 cup flour
3 cups low-fat milk
1 cup fat-free chicken broth
1/2 cup dry white wine (or additional chicken broth)
1/3 cup grated Parmesan cheese
2 cups sliced white button mushrooms
2 cups diced, cooked turkey breast (1/2 inch dice)
1/3 cup frozen peas
1/2 cup shredded, reduced-fat Cheddar cheese
1/2 teaspoon pepper (optional)

Note: Pasta is 4 cups dry/8 cups cooked

COOKING DIRECTIONS:

Preheat oven to 350 degrees Fahrenheit. Spray a shallow two to three-quart baking dish with cooking spray; set aside.

In a large saucepan over medium heat, melt butter and stir in flour. Cook, stirring constantly, about 2 minutes. Whisk in milk, chicken broth, wine and pepper (optional); bring mixture to a boil. Stir in mushrooms, reduce heat and cook, stirring frequently about 10 minutes or until mixture thickens and mushrooms are softened.

Stir Parmesan cheese, pasta, turkey and peas into the milk mixture; spoon into prepared dish. Top with Cheddar cheese and cover loosely with foil. Bake about 45 minutes or until bubbling at edges and heated through.



NUTRITION:

440	calories
33g	protein
55g	carbohydrates
10g	total fat
6g	saturated fat
65mg	cholesterol
270mg	sodium
30%*	calcium
8g	dietary fiber

*Daily Value



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FROM OUR FARMS TO YOUR TABLE



MASHED "CREAMY" CAULIFLOWER

Provided by Ohio Farm Bureau

INGREDIENTS:

3 cups cauliflower florets
1/3 cup tofu sour cream
2 teaspoons fresh lemon juice
1 teaspoon seasoned salt, or to taste
pepper to taste
1/4 cup Parmesan cheese, optional

COOKING DIRECTIONS:

Steam or boil cauliflower until very soft.
Drain and mash it in a bowl with a potato masher.
Mix in tofu sour cream, salt, lemon juice and seasoned salt.
Mix in grated Parmesan cheese.
Top with additional cheese.

(This is a low-glycemic index recipe that tastes a lot like mashed potatoes.)



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FROM OUR FARMS TO YOUR TABLE

TURKEY SAUSAGE & APPLE BREAD STUFFING

Provided by Ohio Poultry Association

INGREDIENTS:

Pound SWEET ITALIAN TURKEY SAUSAGE, squeezed from casings

1 Small onion, diced fine

3 Granny Smith Apples, peeled and diced

2 (10-Ounce) boxes stuffing mix

3 Cups TURKEY BROTH or low-sodium chicken broth

1/2 Cup unsalted butter, melted

1/4 Teaspoon freshly ground black pepper

NOTE: The recipe may also be used to stuff a whole turkey. Turkeys should be stuffed loosely, with about 3/4 cup stuffing per pound of turkey. Lightly spoon stuffing into the neck and body cavities, allowing for expansion during roasting. When testing the turkey for doneness, also check the internal temperature of the stuffing and continue to cook until the stuffing temp. registers 165 degrees F.

COOKING DIRECTIONS:

Preheat oven to 375 degrees F.

Heat a nonstick skillet over medium heat. Place sausage into skillet and break up sausage into small pieces with a wooden spoon. Cook until sausage pieces are brown and no pink color remains. Remove from skillet. Spoon sausage into a bowl, crumbling any remaining large sausage pieces.

Add onions and apples to the skillet and cook until lightly browned.

Combine apples and onions with the stuffing mix and prepare according to package instructions (using broth and melted butter). Blend in cooked sausage and black pepper; mix well. Place in a buttered 13x9x2-inch casserole dish and bake in preheated oven until golden brown, crisp and the internal temperature of the dressing registers 165 degrees F.



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FROM OUR FARMS TO YOUR TABLE

MISO SOUP WITH SHITAKE MUSHROOMS

Provided by Ohio Farm Bureau

SERVES 4

INGREDIENTS:

7 cups water
oil for sautéing
3 cloves garlic, thinly sliced
1 cup shitake mushrooms, sliced
2 carrots, sliced
1 cup broccoli florets
1 tablespoon chopped ginger
1-2 bullion cubes
5-6 tablespoons miso, any style, to taste
tamari, to taste

COOKING DIRECTIONS:

Bring water to a boil.
Meanwhile sauté garlic and vegetables in olive or vegetable oil until slightly tender.
Add vegetables and bullion cube(s) to water.
Remove 2/3 cup of the hot water with a cup and mix 5 tablespoons miso in with a fork.
Pour water with miso into soup.
Turn heat down so the soup does not boil again (boiling miso can destroy beneficial nutrients).
Add tamari to taste.



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Recipes submitted by Kiah Lotus

FROM OUR FARMS TO YOUR TABLE

CHICKEN FRUIT SALAD

Provided by Ohio Farm Bureau

INGREDIENTS:

- 1 cup uncooked shell macaroni
- 1½ cups cooked, chopped chicken breast
- 1 Tbsp sweet onion, finely chopped
- ½ cup seedless green grapes, halved
- ⅔ cup Granny Smith apple, peeled and chopped
- 3 Tbsp lemon juice
- 1 Tbsp water
- ¼ cup pecans, chopped
- ½ cup mayonnaise
- ½ cup whipped topping

COOKING DIRECTIONS:

- Cook macaroni al dente.
- Drain, rinse in cold water.
- Dip apples in lemon and water mixture to keep from turning brown.
- Shake off excess lemon juice and place in a large bowl.
- Combine all ingredients except whipped topping.
- Cover and refrigerate a minimum of 3 hours to blend flavors.
- Just before serving fold in whipped topping.



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Submitted by Nancy Daugherty, Cortland

FROM OUR FARMS TO YOUR TABLE

CHUNKY LAMB AND VEGETABLE SOUP

Provided by The American Lamb Board

SERVES 8

INGREDIENTS:

- 2 tablespoons all-purpose flour
- 1 teaspoon garlic powder
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 1 pound American lamb, boneless shoulder or leg, cut into 1/2-inch cubes
- 1 tablespoon olive oil
- 2 cans (15 ounces each) diced tomatoes and juice
- 2 cans (8 ounces each) tomato sauce
- 1 large onion, chopped
- 3 large stalks celery, chopped
- 1 bay leaf
- 1 teaspoon dried basil leaves, crushed
- 2 cups water
- 1 package (10 ounces) frozen green beans, partially thawed
- 1 package (10 ounces) frozen sliced carrots, partially thawed
- 1 package (10 ounces) frozen corn, partially thawed

COOKING DIRECTIONS:

In large sealable plastic bag, combine flour, garlic powder, pepper and salt. Add lamb cubes; coat thoroughly with flour mixture. Heat oil in large pan. Add entire contents of bag and brown lamb cubes.

Stir in tomatoes and juice, tomato sauce, onion, celery, bay leaf, basil and water. Cover and bring to a boil. Reduce heat; simmer, covered, for 1 hour. Add green beans, carrots and corn; cover and cook additional 10 minutes.

NUTRITION:

230	calories
5g	protein
29g	carbohydrate
7g	total fat
26%	calories from fat
34mg	cholesterol
7g	fiber
685mg	sodium
3mg	niacin
21mg	vitamin B6
1mcg	vitamin B12
4mg	iron
3mg	zinc



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FROM OUR FARMS TO YOUR TABLE

IRISH LAMB SOUP

Provided by The American Lamb Board

SERVES 8

INGREDIENTS:

- 1 tablespoon olive oil
- 1 medium onion, coarsely chopped
- 1-1/2 pounds American lamb boneless shoulder, cut into 3/4-inch cubes
- 1 bottle (12 ounces) beer or 3/4 cup water
- 1 teaspoon seasoned pepper
- 2 cans (14.5 ounces each) beef broth
- 1 package (.93 ounces) brown gravy mix
- 3 cups cubed potatoes
- 2 cups thinly sliced carrots
- 2 cups shredded green cabbage
- 2 tablespoons chopped fresh parsley, optional

COOKING DIRECTIONS:

In a 3-quart pan with cover, heat oil. Add onion and cook until brown, stirring occasionally. Add lamb and cook, stirring until browned. Stir in beer and pepper. Cover and simmer for 30 minutes.

Mix in broth and gravy mix. Add potatoes and carrots, cover and simmer for 15 to 20 minutes or until vegetables are tender. Stir in cabbage and cook 5 minutes longer. Garnish with chopped parsley if desired. Serve.

NUTRITION:

240	calories
18g	protein
20g	carbohydrate
8g	total fat
31%	calories from fat
51mg	cholesterol
3g	fiber
541mg	sodium
5mg	niacin
26mg	vitamin B6
1mcg	vitamin B12
2mg	iron
3mg	zinc



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FROM OUR FARMS TO YOUR TABLE

MINUTE LAMB MINISTRONE

Provided by The American Lamb Board

SERVES 6

INGREDIENTS:

1 package (16 ounces) seasoned frozen pasta & vegetable mix
4 cups fat-free beef broth
1 can (14.5 ounces) chopped tomatoes
3 tablespoons tomato paste
1 can (8.75 ounces) kidney beans, rinsed and drained
1 teaspoon Italian seasoning, crushed
8 ounces cooked American lamb, cut into 1/2-inch cubes (about 1-1/2 cups)
Pesto (optional)

COOKING DIRECTIONS:

In a large saucepan, combine pasta/vegetable mix and beef broth. Bring to a boil; reduce heat. Cover and simmer 5 minutes. Stir in tomatoes and juice, tomato paste, kidney beans, Italian seasoning and lamb. Bring to a boil; cook 5 minutes to heat through. Serve with a dollop of pesto, if desired.

NUTRITION:

260	calories
19g	protein
30g	carbohydrate
7g	total fat
24%	calories from fat
30mg	cholesterol
6g	fiber
710mg	sodium
2mg	niacin
.05mg	vitamin B6
1mcg	vitamin B12
3mg	iron
2mg	zinc



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FROM OUR FARMS TO YOUR TABLE

BUCKEYE CHEESECAKE

Provided by Ohio Poultry Association

INGREDIENTS:

- 1 (8x8-inch pan size) package brownie mix
- 3 (8-ounce) packages cream cheese, softened
- 1 (14-ounce) can sweetened condensed milk (NOT evaporated milk)
- 1 (10-ounce) package peanut butter chips, melted
- 4 OHIO eggs
- 2 teaspoons vanilla extract
- 1 cup semi-sweet chocolate chips
- 2 tablespoons butter-flavored shortening

COOKING DIRECTIONS:

Preheat oven to 350°. Prepare brownie mix according to package directions. Spoon batter in 9-inch springform pan. Bake 20 minutes. Cool. Reduce oven temperature to 325°.

In large bowl, beat cream cheese until fluffy. Gradually beat in milk. Add chips, eggs and vanilla; mix well. Pour filling over baked brownie. Wrap a sheet of aluminum foil over the bottom of the springform pan. Place pan in a large baking pan with 1-inch hot water (keeps brownie from overbaking).

Bake 50 to 55 minutes or until center is almost set. Turn oven off; remove baking pan with water. Let cheesecake cool in oven 30 minutes. Remove cheesecake from oven; chill 1 hour. Remove side from springform pan. In small saucepan, melt chips with shortening; stir until smooth. Spread chocolate glaze over top and sides of cheesecake. Chill 3 hours. Garnish as desired.



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FROM OUR FARMS TO YOUR TABLE



APPLE BREAD PUDDING

Provided by Ohio Farm Bureau

INGREDIENTS:

10 slices day old bread, cubed and divided in half
1 jar chunky applesauce (25 ounces)
1/8 teaspoon nutmeg
1/2 cup raisins
3 eggs
2 cups milk
1/4 cup sugar
1/2 teaspoon vanilla extract
1/8 teaspoon cinnamon

COOKING DIRECTIONS:

Preheat oven to 325 degrees.
Place half the bread cubes in a greased 9- x 13-inch dish.
Spoon applesauce over bread, sprinkle with nutmeg and add raisins.
Top with remaining bread cubes.
In a bowl whisk together eggs, milk, sugar and vanilla.
Pour over bread layers and sprinkle with cinnamon.
Bake uncovered for 50 to 60 minutes.
Serve with whipped topping.



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Submitted by Audrey Dietz, Chardon

FROM OUR FARMS TO YOUR TABLE

BLACKBERRY COBBLER STEAMER

Provided by Ohio Dairy Producers Association

SERVES 1

INGREDIENTS:

- 1 1/2 tablespoons blackberry syrup
- 1 1/2 tablespoons sugar-free vanilla syrup
- 1 cup low-fat milk

Prep Time: 5 minutes

COOKING DIRECTIONS:

Pour syrup into 20-ounce chilled stainless steel pitcher. Add cold milk.

If using a stove-top, heat syrup and milk in a saucepan over medium-low heat; do not boil. If using a microwave, heat milk and syrup in a large, shallow bowl for 2 to 3 minutes. Whisk rapidly until milk is airy and frothed. Serve in a mug.



NUTRITION:

160	calories
8g	protein
24g	carbohydrate
2.5g	total fat
1.5g	saturated fat
10mg	cholesterol
0g	fiber
135mg	sodium



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FROM OUR FARMS TO YOUR TABLE

CINNAMON RAISIN BREAD PUDDING WITH VANILLA PUDDING SAUCE

Provided by Ohio Dairy Producers Association

SERVES 10

INGREDIENTS:

For the bread pudding

- 1 pound challah or egg bread, cubed
- 1 teaspoon cinnamon
- ½ cup egg substitute
- 4 egg whites
- 1/3 cup sugar substitute for baking
- 4 cups fat free milk
- 2 teaspoons vanilla extract
- 1/3 cup raisins

For the vanilla pudding sauce

- 1 egg
- 1 egg white
- ¼ cup sugar substitute for baking
- 2 teaspoons cornstarch
- 2 ½ cups fat free milk
- 2 teaspoons vanilla

COOKING DIRECTIONS:

Preheat oven to 350 degrees Fahrenheit. Spray an 8x8-inch baking pan with cooking spray; set aside. Place bread cubes in a large bowl; sprinkle with cinnamon. In a medium bowl, whisk egg substitute, egg whites, sugar substitute, milk and vanilla until blended. Pour over bread, sprinkle with raisins and stir gently to mix. Pour mixture into prepared pan.

Bake 45 minutes in preheated oven or until top is puffed and golden and tester comes out clean. Cut into squares and serve warm with vanilla pudding sauce*. Yield: approximately 1/2 cup bread pudding plus 1/3 cup vanilla yogurt sauce, per serving

*For the vanilla pudding sauce:

Whisk egg, egg white, sugar and cornstarch together in a medium saucepan. Whisk in milk. Cook over medium-low heat, stirring constantly, until mixture thickens and begins to bubble, about 10 minutes. Stir in vanilla after removing from heat. Serve warm or cold.



NUTRITION:

250	calories
14g	protein
36g	carbohydrate
4.5g	total fat
1g	saturated fat
50mg	cholesterol
1g	fiber
350mg	sodium



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FROM OUR FARMS TO YOUR TABLE

BAKED PEARS WITH VANILLA YOGURT & GRANOLA

Provided by Ohio Dairy Producers Association

SERVES 4

INGREDIENTS:

2 medium pears (Bartlett or D'Anjou pears)
½ cup apple juice
1 cup water
1 tablespoon honey
3 containers (6 ounces) lowfat vanilla yogurt
½ cup lowfat granola
mint leaves, optional

Yield: 1/2 pear plus 1/4 of yogurt mixture, per serving

COOKING DIRECTIONS:

Preheat oven to 375 degrees Fahrenheit. Cut pears in half lengthwise and remove core with a melon baller or small spoon. Place pears, cut side down, in a shallow baking dish just large enough to hold them. Pour apple juice and water over pears; drizzle with honey. Cover pan loosely with foil and bake about 35 minutes or until tender. When pears are done, pour baking liquid into a small saucepan and reduce over medium heat until about 1/4 cup syrup remains; set aside to cool.

While pears are baking, place granola in a shallow baking pan or pie plate and toast in oven 10 minutes; set aside. Line a colander with paper towels and place over bowl to catch drips. Pour yogurt into colander and allow to drain about 30 minutes. Divide yogurt among 4 shallow bowls. Place warm pear half, cut side up, over yogurt. Top with toasted granola and drizzle with syrup. Garnish with a mint leaf, if desired.



NUTRITION:

240	calories
8g	protein
49g	carbohydrate
2.5g	total fat
1g	saturated fat
5mg	cholesterol
3g	fiber
115mg	sodium
25%*	calcium

*Daily Value



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FROM OUR FARMS TO YOUR TABLE

CHAI-PUMPKIN CHEESECAKE

Provided by Ohio Poultry Association

SERVES 4

INGREDIENTS:

Crust:

- 1 1/4 cups graham cracker crumbs
- 2 tablespoons brown sugar
- 1/4 cup butter, melted

Filling:

- 4 8-ounce packages cream cheese, softened
- 1 1/2 cups packed brown sugar
- 5 OHIO eggs
- 1 cup canned pumpkin
- 2 tablespoons cornstarch
- 3/4 teaspoon ground cloves
- 3/4 teaspoon ground cardamom
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground white pepper
- Whipped cream

COOKING DIRECTIONS:

Preheat oven to 325 degrees F. Fill a large roasting pan halfway with water and place on the lower rack of the oven. Coat a 9-inch springform pan with vegetable cooking spray.

In a small bowl, combine the graham crackers crumbs, 2 tablespoons brown sugar and melted butter. Press onto the bottom and one inch up the side of pan. Bake 10 minutes and cool. Wrap a large piece of aluminum foil around the pan.

In a large mixing bowl, using an electric mixer, combine the cream cheese and brown sugar. Add the eggs, one at a time. Add the pumpkin, cornstarch and spices. Pour batter into the crust. Bake on the center rack for one hour, or until the center is still moist. Turn off the oven and allow the cheesecake to sit with the door closed for an additional 20 minutes.

Run a knife around the edge of the pan to loosen the cheesecake. Cool on a rack for one hour, then cover and place in the refrigerator for 8 hours, or until well chilled. Remove the springform ring. Garnish with whipped cream, if desired. Serves 12-14.



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FROM OUR FARMS TO YOUR TABLE



CHOCOLATE YULE LOG

Provided by Ohio Poultry Association

SERVES 4

INGREDIENTS:

6 EGG WHITES, room temperature
3/4 tsp. cream of tartar
2/3 cup granulated sugar, DIVIDED
6 EGG YOLKS, room temperature
1/2 tsp. almond extract
1/2 tsp. vanilla
1/4 tsp. salt
1/2 cup ground almonds (2 oz.)
1/4 cup all-purpose flour
Powdered sugar, sifted
Chocolate buttercream frosting
SYRUP:
1/2 cup granulated sugar
1/2 cup water
1 Tbsp. almond-flavored liqueur, OPTIONAL

COOKING DIRECTIONS:

HEAT oven to 400°F. COAT 15-1/2 x 10-1/2 x 1-inch jelly-roll pan with cooking spray. LINE bottom with waxed or parchment paper; spray paper. BEAT egg whites and cream of tartar in mixer bowl with whisk attachment on high speed until foamy. Beating constantly, ADD 1/3 cup of the granulated sugar, 2 Tbsp. at a time, beating after each addition until sugar is dissolved before adding the next. (Rub a bit of mixture between thumb and forefinger; it should feel completely smooth.) Continue beating until whites are glossy and stand in Soft Peaks. BEAT egg yolks in clean mixer bowl on high speed until thick and lemon-colored, 3 to 5 minutes. Gradually BEAT IN remaining 1/3 cup granulated sugar until pale yellow and sugar is dissolved. BEAT IN almond extract, vanilla and salt. MIX almonds and flour in small bowl; sprinkle evenly over egg whites. ADD yolk mixture. FOLD gently but thoroughly until color is uniform and no streaks of white remain. Do not stir. POUR into prepared pan; spread even. BAKE in 400°F oven until center springs back when lightly tapped with finger, 10 to 12 minutes. MEANWHILE make SYRUP: HEAT sugar and water in small saucepan to boiling. REDUCE heat; simmer 1 minute. LET COOL. STIR IN liqueur, if desired. SPRINKLE clean kitchen towel with powdered sugar. LOOSEN cake from sides of pan with knife. INVERT cake onto towel; carefully peel off waxed paper. TRIM all cake edges with serrated knife. BRUSH syrup evenly on hot cake. ROLL UP cake, starting from short end and rolling towel in with cake. COOL wrapped cake roll, seam-side down on wire rack. Carefully UNROLL cooled cake; remove towel. SPREAD evenly with about 1 cup frosting; reroll cake. PLACE seam-side down on platter. COVER with about 1 cup frosting, using small spatula to create tree-bark effect.



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FROM OUR FARMS TO YOUR TABLE

BUFFALO CHICKEN DIP

Provided by Ohio Farm Bureau

SERVES 4

INGREDIENTS:

- 3 12.5-ounce cans chicken
- 8 ounces cream cheese
- 1 cup Red Hot
- 1 cup ranch dressing
- 1 cup Cheddar cheese, shredded

COOKING DIRECTIONS:

- Mix all ingredients in a slow cooker.
- Cook on low until hot, stirring occasionally.
- Serve with chips of choice and celery sticks.



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Submitted by Kelly Moricca, Gahanna

FROM OUR FARMS TO YOUR TABLE

POMEGRANATE MARINATED AMERICAN LAMB SKEWERS WITH PERSIMMON CHUTNEY

Provided by The American Lamb Board

SERVES 24

INGREDIENTS:

Lamb Skewers

1 cup fresh lemon juice
1 cup pomegranate molasses
2 tablespoons cumin seeds, toasted and ground
1 tablespoon salt
1 teaspoon ground pepper
4 pounds American lamb loin, trimmed of fat & silver skin, sliced into pieces 2 to 3 inches long and 1/4-inch thick
24 wooden skewers, each approximately 5 inches long, soaked in water

DIRECTIONS: In large bowl, combine lemon juice, pomegranate molasses, cumin, salt and pepper. Add lamb slices and toss to coat. Cover, marinate and refrigerate for 1 hour. Remove lamb from marinade. Weave 2 or 3 pieces of lamb on each skewer, pushing it to the tip of the skewer to avoid burning. Broil or grill the skewers, about 5 to 6 inches from heat source, 2 to 3 minutes on each side for medium-rare or to desired degree of doneness. Place skewers on a platter and serve with a bowl of Persimmon Chutney for dipping.

INGREDIENTS:

Persimmon Chutney

1-1/2 cups brown sugar, packed
1-1/2 cups granulated sugar
1 cup cider vinegar
1/4 cup golden raisins
3/4 teaspoon ground pepper
3/4 teaspoon ground cumin
1 cinnamon stick
3/4 teaspoon salt
1/4 teaspoon ground cardamom
1/4 teaspoon ground coriander
1/4 piece star anise
2 whole cloves
1 1-inch piece gingerroot, peeled and sliced paper thin
6 Fuyu (Asian) persimmons, peeled, halved and thinly sliced
2 lemons, halved, thinly sliced into half rounds and seeded

DIRECTIONS: In 3-quart saucepan, combine all chutney ingredients. Simmer over medium-low heat for approximately 45 minutes to 1 hour, stirring occasionally. Cook until mixture is thickened to the consistency of a relish. Let cool before serving (chutney will thicken more upon cooling).

NUTRITION:

343	calories
24g	protein
42g	carbohydrate
9g	total fat
24%	calories from fat
79mg	cholesterol
1g	fiber
688mg	sodium
6.27mg	niacin
16mg	vitamin B6
1.96mg	mcg vitamin
3mg	B12 iron
4mg	zinc



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FROM OUR FARMS TO YOUR TABLE

LAMB EMPADILLAS

Provided by The American Lamb Board

SERVES 3 DOZEN

INGREDIENTS:

1 tablespoon olive oil
1/3 cup finely chopped onion
2 cloves garlic, finely chopped
1/4 cup pine nuts
1 pound ground American lamb
1/2 cup chopped pimento-stuffed Spanish olives
1-1/2 teaspoons ground cumin
1 teaspoon dried oregano leaves, crushed
1 teaspoon salt
3/4 teaspoon pepper
5 dashes red pepper sauce
1 egg
1 tablespoon water
2 recipes pastry for double crust pie, rolled 1/16-inch thick

COOKING DIRECTIONS:

In large frying pan, heat oil. Cook onion, garlic and pine nuts for 3 to 5 minutes, stirring occasionally. Add lamb, finely crumble and cook until lamb is no longer pink. Drain well. Add olives, cumin, oregano, salt, pepper and red pepper sauce; set aside.

Preheat oven to 375°F. In small bowl, make egg wash by beating together egg and water; set aside.

Using cookie cutter, cut 4-inch rounds out of pastry. Top each round with a tablespoon of filling. Fold over to make half moon; crimp edges to seal. Cut three 1-inch slits in top of pastry.

Brush with egg wash. Place on greased cookie sheet. Bake in oven for 20 to 25 minutes until golden brown. Serve warm or cold.

NUTRITION:

265	calories
10g	protein
15g	carbohydrate
19g	total fat
19g	calories from fat
43mg	cholesterol
2g	fiber
461mg	sodium
3mg	niacin
.06mg	vitamin B6
1mcg	vitamin B12
2mg	iron
2mg	zinc



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FROM OUR FARMS TO YOUR TABLE

PACIFIC RIM MUSHROOMS STUFFED WITH LAMB

Provided by The American Lamb Board

SERVES 12

INGREDIENTS:

12 large mushrooms
1 tablespoon olive oil
1/3 pound ground American lamb
1/2 teaspoon garlic salt
1/2 teaspoon ground pepper
1/4 cup chopped red bell pepper
3 green onions, thinly sliced
2 tablespoons prepared Plum Sauce
3 tablespoons finely chopped peanuts, divided

COOKING DIRECTIONS:

Preheat oven to 375°F.
Wipe off mushrooms with a damp paper towel. Snap out mushroom stems and chop; set aside.
In large skillet, heat oil. Add lamb and chopped mushroom stems. Season with garlic salt and pepper. Cook and crumble lamb until browned. Drain well and stir in bell pepper and onions.
Stir in Plum Sauce and 2 tablespoons peanuts. Stuff lamb mixture into mushroom caps and sprinkle with remaining peanuts.
Place mushroom caps on baking sheet. Bake for 15 minutes.

NUTRITION:

72	calories
5g	protein
3g	carbohydrate
5g	total fat
60%	calories from fat
3mg	cholesterol
1g	fiber
76mg	sodium
2mg	niacin
.06mg	vitamin B6
0mcg	mcg vitamin
1mg	B12 iron
1mg	zinc



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