

Slow Cooker Southern Butter Beans

Southern butter beans (Fordhook) made in the slow cooker.

Ingredients

- 1 quart shelled, fresh or frozen, butter beans
- 2 Tbsp butter substitute (such as Butter Buds)
- 1 ½ Tbsp chicken bouillon
- 1 1/2 tsp salt
- Water

Instructions

1. Place butter beans, butter substitute, chicken bouillon and water to cover, in a small slow cooker.
2. Cook on high for 1 ½ hours.
3. Turn cooker to low and cook for another 2-3 hours or until butter beans are tender.
4. Add a small amount of additional water during cooking only if needed.

Stokes Purple® Oatmeal Crust Dessert Bar

Oatmeal Crust

- 1-1/3 cups flour
- 1/2 cup firmly packed brown sugar
- 1/4 cup granulated sugar
- 3/4 cup (1-1/2 sticks) cold butter or margarine
- 1 cup old-fashioned or quick-cooking oats, uncooked
- 1/2 cup chopped pecans

Filling

- 3 cups Stokes Purple sweet potato
 - 3/4 cup brown sugar
 - 1/2 cup granulated sugar
 - 1 Tbsp. pumpkin pie spice
 - 3 eggs
 - 2/3 cup milk
- In pot, cover potatoes with water.
Boil for 45 minutes until fork goes all the way through.
Peel* and add to mixing bowl.
Preheat oven to 350 degrees.

Crust

1. Line 13x9-inch baking pan with foil; grease foil lining.
2. Mix flour, brown sugar and granulated sugar in medium bowl.
3. Cut in butter with pastry blender or two knives until mixture resembles coarse crumbs.
4. Stir in oats and pecans.
5. Reserve 1 cup of the mixture for topping.
6. Press remaining mixture onto bottom of pan.
7. Bake 15 min.

Filling

1. In large bowl place purple sweet potato, brown sugar, granulated sugar, milk, eggs, and pumpkin pie spice.
2. Mix until smooth.
(For best results use an immersion blender or food processor to liquefy ingredients)
3. Pour filling over oatmeal crust.
4. Sprinkle the reserved cup of mixture over top.
5. Bake for 30 minutes or until knife inserted in center comes out clean.

**If using a mixer, sweet potato should be peeled. If using a food processor, peeling is unnecessary.*

Creamy Apple-Cinnamon Quesadilla

From Julie Brown, Area Manager, Clayton & Garner

- 1 tablespoon granulated sugar
- 1/4 teaspoon ground cinnamon
- 1/4 cup reduced-fat cream cheese (from 8-oz container)
- 1 tablespoon packed brown sugar
- 1/4 teaspoon ground cinnamon
- 2 whole wheat tortillas (8 inch)
- 1/2 small apple, cut into 1/4-inch slices (1/2 cup)
- Cooking spray

1. In small bowl, mix granulated sugar and 1/4 teaspoon cinnamon; set aside. In another small bowl, mix cream cheese, brown sugar and 1/4 teaspoon cinnamon with spoon.
2. Spread cream cheese mixture over tortillas. Place apple slices on cream cheese mixture on 1 tortilla. Top with remaining tortilla, cheese side down. Spray both sides of quesadilla with cooking spray; sprinkle with cinnamon-sugar mixture.
3. Heat 10-inch nonstick skillet over medium heat. Add quesadilla; cook 2 to 3 minutes or until bottom is brown and crisp. Turn quesadilla; cook 2 to 3 minutes longer or until bottom is brown and crisp.
4. Remove quesadilla from skillet to cutting board; let stand 2 to 3 minutes. Cut into 8 wedges to serve.

Cucumbers Facts & Uses

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

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White Bean, Corn and Eggplant Chili

1 1/2 tablespoons canola oil
 1 large yellow onion, diced
 1 medium red or green bell pepper, seeded and diced
 2 cups unpeeled eggplant, diced
 2 cloves garlic, minced
 2 cups corn kernels, fresh or frozen
 1 15-ounce can white kidney beans, drained
 1 15-ounce can stewed tomatoes
 2 tablespoons dried parsley
 1 tablespoon dried oregano
 1/2 teaspoon salt
 1/2 teaspoon black pepper
 2 ounces (2 to 3) mozzarella, provolone, or swiss, cheese shredded

In a large saucepan, heat the oil. Add the onion, bell pepper, eggplant, and garlic and cook over medium heat for about 10 minutes, stirring occasionally, until the vegetables are tender. Stir in the corn, beans, tomatoes and seasonings. Cook for about 20 minutes over low heat, stirring frequently.

Ladle into bowls and swirl the cheese into the chili.

Try it over cooked spaghetti squash! Yum! - Laurie

Broiled Salmon with Ginger-Shiitake Glaze

2 lbs. salmon fillet, skin on
 3 Tbs. canola oil, more for the baking sheet
 1/4 tsp. ground coriander
 Kosher salt and freshly ground black pepper
 1/2 small red bell pepper, finely diced (about 1/4 cup)
 3 scallions, trimmed and thinly sliced (white and green parts separated)
 2 Tbs. finely chopped ginger
 3-1/2 oz. shiitake mushrooms, stemmed and cut into 1/4-inch dice (about 1 cup)
 1/4 cup honey
 3 Tbs. rice vinegar
 1 Tbs. reduced-sodium soy sauce
 1 tsp. Asian chili sauce (like Sriracha)
 1 tsp. cornstarch



Position an oven rack about 8 inches away from the broiler element and heat the broiler to high.

Oil a large, rimmed baking sheet. Set the salmon skin side down on the baking sheet, sprinkle with 1 Tbs. oil, the coriander, 1/2 tsp. salt, and 1/2 tsp. pepper, and let sit at room temperature while you prepare the sauce.

In a large (12-inch) skillet over medium-high heat, cook the red pepper, scallion whites, and ginger in the remaining 2 Tbs. oil, stirring occasionally, until the red pepper and scallions start to soften and brown, about 3 minutes. Add the mushrooms, raise the heat to medium high, sprinkle with 1/4 tsp. salt, and cook, stirring, until they soften and start to brown, about 3 minutes. Add the honey, vinegar, soy sauce, chili sauce, and 1/4 cup water, and bring to a simmer. Whisk the cornstarch with 1 tsp. water and stir into the glaze. Return to a simmer and cook until the glaze thickens, about 1 minute. Remove from the heat.

Broil the salmon until it starts to brown and becomes almost firm to the touch, about 8 minutes. Momentarily transfer to the stovetop and spoon the glaze over the salmon. Return to the oven and broil for about 1 more minute so the glaze browns and the salmon almost completely cooks through (check by using a paring knife to flake a thicker part of the fillet). Sprinkle with the scallion greens, transfer to a large platter, and serve.