

Recipe Contest 2010

Thai-style Pork Stew

Original Recipe Provided By:

Denise Bogaty-Smith and Garrett Smith Glenshaw, Pennsylvania

Ingredients:

2 lb. pork loin

2 c. red bell pepper, julienned

1/4 c. teriyaki sauce

2 T. rice vinegar

1 tsp. crushed red pepper

2 cloves minced garlic

1/4 c. peanut butter

4 c. basmati rice

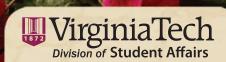
1/2 c. green onion, sliced

2 T. peanuts, chopped

2 limes, quartered

fresh cilantro, chopped

- 1. Cut pork loin lengthwise into quarters. Place pork and next five ingredients into crock pot and cover with foil. Cook on low heat setting for 8 hours. Remove pork and chop coarsely.
- 2. Add peanut butter to crock pot and stir well. Stir in pork.
- 3. Cook rice using 1 1/2 cup water for every cup rice. Steam 20 minutes until tender.
- 4. Serve stew over rice and top each dish with onions, peanuts, and cilantro. Serve with lime wedges.



Recipe Contest 2010

Orzo with Roasted Vegetables

Original Recipe Provided By:

Denise Bogaty-Smith and Garrett Smith Glenshaw, Pennsylvania

Ingredients:

1 small eggplant, peeled and diced

1 red bell pepper, chopped

1 yellow bell pepper, chopped

1 large yellow onion, chopped

2 cloves garlic, minced

2/3 c. olive oil

2 1/2 tsp. kosher salt

1 tsp. fresh ground black pepper

1/2 lb. orzo pasta

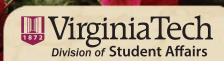
1/3 c. lemon juice

4 green onions, minced

3/4 lb. feta cheese, crumbled

15 fresh basil leaves, sliced

- 1. Preheat oven to 425°F. Cut eggplant into cubes and toss with bell peppers, onion, garlic, 1/3 cup olive oil, 1 1/2 teaspoons salt, and 1/2 teaspoon pepper on a large sheet pan.
- 2. Roast 40 minutes, or until browned, turning once with a spatula.
- 3. Meanwhile, cook orzo in boiling salted water for 7 to 9 minutes, until tender.
- 4. Drain orzo and transfer to large serving bowl. Add roasted vegetables, including liquid and seasoning from the pan.
- 5. For dressing, combine lemon juice with remaining olive oil, salt, and pepper and pour over vegetable-pasta mix. Let cool to room temperature and add green onions, feta, and basil.



Recipe Contest 2010

French Lentil Salad

Original Recipe Provided By:

Cindy and Kirsten Kube Virginia Beach, Virginia

Ingredients:

1 c. French lentils

2 1/2 c. vegetable broth

2 cloves minced garlic

2 tsp. oregano

1 yellow onion, chopped

1 red bell pepper, chopped

1 stalk celery, thinly sliced

5 green onions, chopped

1 tsp. salt

3 T. olive oil

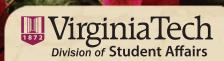
1 T. red wine vinegar

3 T. orange juice

1 pinch ground cloves

fresh ground black pepper to taste

- 1. Rinse lentils and place in a soup pot with vegetable broth, water, garlic, oregano, and salt. Bring to a simmer, cover, and cook for 20 minutes. Remove lid and continue to simmer until lentils are soft, but still hold their form.
- 2. Drain liquid and refrigerate for 6 hours.
- 3. Place chilled lentils in a bowl and toss with remaining ingredients.



Recipe Contest 2010

Grilled Citrus Salmon

Original Recipe Provided By:

Cathy Gross and Austin Cole Marion, Virginia

Ingredients:

1/2 c. soy sauce

1/4 c. light brown sugar

2 cloves minced garlic

1/4 c. orange juice

2 T. lemon juice

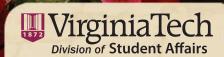
fresh ground black pepper to taste

1/2 tsp. ground ginger

3 T. olive oil

4 6-oz. salmon filets

- 1. Combine all ingredients except salmon in a zip-top bag and mix thoroughly.
- 2. Add salmon and marinate 30 minutes in refrigerator.
- 3. Heat grill to medium-high. Grill marinated filets, skin side down, for 15-20 minutes.



Recipe Contest 2010

Pineapple Chicken Enchiladas

Original Recipe Provided By:

Monique and Matthew Dean Eldersburg, Maryland

Ingredients:

2 chicken breasts

3/4 20-oz. can pineapple tidbits

1 can black beans, drained and rinsed

1 small red onion, chopped

1 red bell pepper, chopped

2 tsp. vegetable oil

1 can chopped green chili peppers

1/2 c. frozen corn kernels

1 1/2 10-oz.cans enchilada sauce

4 drops hot sauce

1/3 c. fresh cilantro

2 c. shredded Cheddar cheese

1 c. shredded Monterey Jack cheese

8 6-inch corn tortillas

- 1. Grill chicken breasts. Cool slightly and shred meat.
- 2. Chop pineapple tidbits, reserving juice.
- 3. Heat oven to 350°F.
- 4. In large skillet, sauté onions and peppers in oil until soft. Stir in chicken, pineapple, black beans, green chilies, corn, 1/2 cup enchilada sauce, and hot sauce. Heat through, stirring occasionally. Remove skillet from heat and stir in cilantro and 2 cups combined cheeses.
- 5. Add 1/3 cup reserved pineapple juice to the remaining enchilada sauce. Spread 1 tablespoon enchilada sauce onto each tortilla, followed by 3/4 cup chicken mixture. Roll up and place seam side down in greased pan.
- 6. Pour remaining enchilada sauce over pan and sprinkle with remaining cheese. Cover with foil and bake 35 to 40 minutes, until cheese is melted and sauce is bubbly. Remove foil for last 5 to 10 minutes of baking.



Recipe Contest 2010

Pumpkin Whoopie Pie

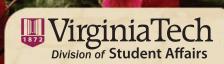
Original Recipe Provided By:

Dorothy and Tyler Engel Davidsonville, Maryland

Ingredients:

1 c. granulated sugar 4 oz. cream cheese 1/2 c. plus 6 T. unsalted butter 9 oz. canned or mashed pumpkin 3 eggs 1 1/2 tsp. vanilla flavoring 1/2 lb. flour 1 1/2 tsp. ground cinnamon 1/2 tsp. ground ginger 2 tsp. baking soda 2 tsp. baking powder 1 tsp. salt 10 1/2 oz. confectioner's sugar

- 1. Preheat oven to 350 ^F and line baking pans with parchment paper.
- 2. Combine flour, baking powder, baking soda, cinnamon, ginger, and salt.
- 3. Using a mixer, cream together sugar and 1/2 cup butter, then add eggs one at a time. Add pumpkin and 1 teaspoon vanilla and beat until smooth.
- 4. Combine the flour and cream mixtures and scoop onto baking sheets. Bake 10 to 13 minutes and cool for 10 minutes.
- 5. For filling, beat cream cheese, 6 tablespoons butter, and 1/2 teaspoon vanilla and beat until fluffy. Gradually add confectioner's sugar and beat until smooth.
- 6. Spread 2 teaspoons full on flat side of half of the cookies. Top with remaining cookies, flat-side down. Store in a covered container in the refrigerator.



Recipe Contest 2010

Peanut Butter Pie

Original Recipe Provided By:

Linda and Jordan Gibson Jonesville, Virginia

Ingredients:

8 oz. cream cheese vanilla flavoring 1/2 c. peanut butter 1 tsp. whipped topping 3 c. confectioner's sugar2 chocolate pie shells8 Reese's Peanut Butter Cups3/4 c. Hershey's Chocolate Syrup

- 1. Mix cream cheese, vanilla, and peanut butter. Gradually add whipped topping and confectioner's sugar. Crumble 4 peanut butter cups into filling mixture and stir.
- 2. Pour 1/4 cup chocolate syrup into bottom of each pie crust. Divide filling mixture between pie shells and sprinkle with remaining peanut butter cups. Drizzle chocolate syrup on top of each pie.
- 3. Refrigerate at least 2 hours before cutting.