



*Central Decatur*

*SY21 8th hour Food*

*and Nutrition Class*

*Featuring...*

5th-6th Grades Farm to School

Crop of the Month

Cookbook

Featuring:

Cantaloupe

Sweet Potatoes

Squash

Mangoes

Oranges

Beets

Local Meats

## ***Food of the Month    Cantaloupe***

### **Recipe: Spiced Cantaloupe Tea Loaf**

#### **INGREDIENTS**

- 3 cups all-purpose flour
- 1 3/4 tsp cinnamon *ground*
- 1 1/2 tsp salt
- 1 tsp ginger *ground*
- 1 tsp baking soda
- 1 tsp baking powder
- 2 cups sugar *granulated*
- 3 large eggs
- 1 cup vegetable oil
- 2 tsp vanilla extract
- 1 3/4 cups cantaloupe *ripe, grated (only the flesh)*

#### **INSTRUCTIONS**

1. Heat the oven to 350 F degrees. Grease and flour two 5×8 inch loaf pans. Combine the flour, cinnamon, salt, ginger, baking soda, and baking powder in a medium bowl.
2. With an electric mixer or a whisk, beat the sugar, eggs, oil, and vanilla in a bowl until well blended and slightly frothy. Fold in the grated cantaloupe. Add the dry ingredients to the wet mixture and fold until just blended; don't overmix or your tea cakes will be tough.
3. Divide the batter between the loaf pans and bake until a toothpick inserted into the center comes out dry, about 1 hour.
4. Let cool on a rack, then invert. Serve just slightly warm or at room temperature.

# Cantaloupe Meringue Pie

adapted from [AllRecipes](#) <sup>[1]</sup>

Dessert | Servings: 1 9" pie (8 servings)

Prep time: 1 hour | Cook time: 10 min | Total time: 1 hour 10 min

## Ingredients

### **Crust:**

- 1 1/2 cups finely ground shortbread cookies (like Keebler Sandies)
- 3 tbsp. unsalted butter, melted

### **Filling:**

- 1 large very ripe cantaloupe
- 1/2 cup flour
- 1/4 cup sugar (increase up to 1/2 cup if your cantaloupe isn't very sweet)
- 1/4 tsp. salt
- 1 tsp. cornstarch
- 1/2 tsp. water
- 3 egg yolks
- 2 tbsp. water
- 1 tbsp. butter
- 1/4 tsp. vanilla

### **Topping:**

- 3 egg whites
- 1/4 tsp. cream of tartar
- 6 tbsp. sugar

## Process

1. Preheat the oven to 350 degrees (F). Mix together shortbread cookie crumbs and melted butter until the crumbs hold together well (you may need to add another tablespoon of melted butter if they don't). Press evenly into the bottom and sides of a 9" pie plate. Bake for 12-15 minutes or until the crust starts to lightly brown on the top and edges. Set aside to cool.
2. Turn your oven up to 400 degrees (F). Cut your cantaloupe in half and discard the seeds. Scoop out the pulp (a cookie or ice cream scoop works great for this) and put into a large saucepan.
3. Place the saucepan over medium heat and bring to a gentle boil, mashing the cantaloupe as it heats to bring out all the juice. Transfer the mashed cantaloupe pulp to a food processor or blender and process for a minute or until smooth. You should have about 2 cups of cantaloupe, if you have more, set aside the rest for another use (like a [granita](#) <sup>[2]</sup> or a [sorbet](#) <sup>[3]</sup>). Pour the 2 cups of cantaloupe back into the saucepan.

4. Mix together flour, sugar and salt in a medium bowl. In a small bowl, dissolve cornstarch in 1/2 tsp. of water. Add the flour and cornstarch mixtures to the cantaloupe and cook, stirring, until thickened.
5. Separate your eggs, placing the yolks into a medium bowl and the whites in small bowl. Set aside the whites and let come to room temperature.
6. Beat egg yolks until smooth. Add 2 tbsp. of water. Stir a little of the cantaloupe mixture into the egg yolks in order to heat the yolks gradually. Pour the yolk mixture into cantaloupe mixture. Continue cooking for about 10-15 minutes, stirring regularly, until the filling is thick and creamy and can coat a spoon.
7. Remove from heat. Add in butter and vanilla and stir until the butter has fully melted. The filling should look like a custard or pudding and in fact you could transfer it to a ramekin and chill to eat it as such.
8. Pour into the baked pie crust.
9. Beat egg whites and cream of tartar together until frothy. Continue beating, adding 6 tablespoons sugar (feel free to use less if you prefer your desserts less sweet) gradually, until stiff peaks form. Scoop the meringue on top of the pie filling and smooth with a spatula.
10. Bake for 10 to 12 minutes or until delicately brown on top. Cool completely. Serve at room temperature or chilled. Store in the fridge, covered in plastic wrap.

## **Cantaloupe Ice Cream**

### **INGREDIENTS**

#### **Cantaloupe**

- 1 cantaloupe ripe
- ¼ cup lemon juice
- ¼ cup sugar

#### **Ice Cream Base**

- 1 cup milk
- ⅔ cup sugar
- 2 cups heavy cream
- 1 tsp vanilla extract

### **INSTRUCTIONS**

#### **Cantaloupe**

1. Puree cantaloupe.
2. Combine cantaloupe, lemon juice, and 1/4 cup sugar in a small, airtight container.
3. Chill cantaloupe mixture in the fridge for at least 2 hours.
4. \*\*\*Please note: Storing in refrigerator 12-24 hours will help strengthen the fruity flavor.

#### **Ice Cream Base**

1. Mix milk and sugar together so that the sugar dissolves (about 1 -2 minutes with a hand mixer or whisk).
2. Drain cantaloupe puree and add juice to milk mixture. Set cantaloupe aside.
3. Stir in cream and vanilla extract.
4. Pour into ice cream maker.
5. Mix about 20-25 minutes.
6. Drain cantaloupe puree again, discarding juice or saving for another use.
7. Add cantaloupe puree (not juice) to the ice cream mixture.
8. Mix 5 more minutes in your ice cream maker.
9. Eat and be refreshed!

## CANTALOUPE SMOOTHIE

**Yield:** 1 smoothie

### INGREDIENTS:

- 1 clementine or small orange, cut into segments or chunks
- 1/4 cantaloupe, cut into chunks
- 1/2 frozen banana
- 6 ice cubes

### DIRECTIONS:

Place fruit in a blender starting with your softest and juiciest pieces. Top with ice cubes. Blend and enjoy!

## ***Food of the Month: Yellow Squash***

### **Yellow Cheddar Squash Casserole**

**Author: Gourmet Girl Cooks**

#### **Ingredients:**

6 cups yellow squash, sliced  
1/2 cup onion, diced  
1/2 to 1 teaspoon salt  
1/2 to 1 teaspoon freshly cracked black pepper  
Paprika, optional  
Dash cayenne pepper, optional  
4 tablespoons butter, divided  
1 cup almond flour, divided  
3 cups shredded cheddar cheese, divided  
4 eggs, beaten (I used 2 eggs plus 1/2 cup Egg Beaters)  
1/4 cup milk or half-n-half  
3 tablespoons sour cream, optional

#### **Directions:**

In a large non-stick skillet, saute yellow squash and onion in 2-3 tablespoons of butter (do not add water). Stir-fry until tender (cover for a bit, if necessary, to help cook it more quickly); transfer cooked squash and onions to a medium mixing bowl. In a separate bowl or glass measuring cup, beat eggs, milk, sour cream and add salt, pepper, cayenne to taste; set aside.

In a small bowl, mix 2 cups shredded cheddar cheese with 1/2 cup almond flour; toss with fork until well mixed. Add the almond flour/cheese mixture to the bowl of squash; toss and combine well. Pour beaten egg and milk mixture into the squash mixture and combine well.

In a separate small bowl, place remaining 1/2 cup of almond flour and remaining 1 tablespoon of butter. Cut butter into the almond flour (like you do when you make the topping for a fruit crisp). Once butter is cut in and the mixture is crumbly, add remaining 1 cup of cheddar cheese and cut into mixture until crumbly. Pour squash mixture into a lightly greased baking or casserole dish; top with the almond flour/butter/cheddar mixture and sprinkle with black pepper and paprika, if desired. Bake in a 375 degree oven for approximately 35 minutes, or until golden brown and done.

## Roasted Garlic - Parmesan Zucchini, Squash and Tomatoes

- 2 small zucchini (1 lb), cut into 1/2-inch thick slices
- 2 small yellow squash (1 lb), cut into 1/2-inch thick slices
- 14 oz Flavorino or small Campari tomatoes , sliced into halves
- 3 Tbsp olive oil
- 4 cloves garlic , minced (1 1/2 Tbsp)
- 1 1/4 tsp Italian seasoning
- Salt and freshly ground black pepper
- 1 cup (2.4 oz) finely shredded Parmesan cheese
- Fresh or dried parsley , for garnish (optional)

### Instructions

1. Preheat the oven to 400 degrees. Line an 18 by 13-inch rimmed baking sheet with a sheet of parchment paper or aluminum foil.
2. In a small bowl whisk together olive oil, garlic and Italian seasoning (if possible let rest 5 - 10 minutes to allow flavors to infuse into oil). Place zucchini, squash and tomatoes in a large mixing bowl. Pour olive oil mixture over top and gently toss with hands to evenly coat.
3. Pour onto prepared baking dish and spread into an even layer. Season with salt and pepper. Sprinkle Parmesan over the top of each. Roast in a preheated oven 25 - 30 minutes until veggies are tender and Parmesan is golden brown. Garnish with parsley if desired and serve warm.
4. Recipe source: Cooking Classy



## ***Food of the Month: Sweet Potatoes***

### **Sweet Potato Wedges**

#### **Ingredients**

for 3 servings

- 3 medium sweet potatoes
- ⅓ cup olive oil
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 tablespoons fresh rosemary, finely chopped or 2 teaspoons dried rosemary

#### **Preparation**

1. Preheat the oven to 400°F (200°C).
2. Thoroughly wash sweet potatoes. Slice in half, then into wedges.
3. Toss wedges in olive oil and seasonings.
4. Place on a baking sheet, skin side down.
5. Bake for 30-40 minutes.
6. Enjoy!

## **Sweet Potato Pancakes**

**Source:** delish

### **INGREDIENTS**

1 3/4 c. all-purpose flour

2 tsp. baking powder

1/2 tsp. baking soda

2 tbsp. packed brown sugar

1 tsp. kosher salt

1 tsp. cinnamon

1/4 tsp. ground nutmeg

1/4 tsp. ground ginger

1 3/4 c. buttermilk

2 small sweet potatoes, roasted and pureed until smooth (about 3/4 cup puree)

2 large eggs

1 tsp. pure vanilla extract

Butter, for cooking and serving

Toasted pecans, for serving

Maple syrup, for serving

### **DIRECTIONS**

In a large bowl, whisk together flour, baking powder, baking soda, brown sugar, salt, cinnamon, nutmeg, and ginger.

In a separate bowl, whisk together buttermilk and sweet potato puree, then add eggs and vanilla.

Add wet ingredients to dry ingredients and stir with a wooden spoon until just combined.

Melt butter in a large nonstick skillet or griddle over medium heat. When butter is foamy, reduce heat to medium-low and ladle a scant 1/2 cup pancake batter into the skillet. Cook until bubbles start to form in batter and the pancake is golden underneath, about 3 minutes, then flip and cook the other side until golden, another 3 minutes.

Repeat with remaining batter. Serve with more butter, toasted pecans, and maple syrup.

## **Sweet Potato Spoon Bread**

**Source: Country Living**

### **INGREDIENTS**

2 c. leftover roasted or boiled sweet potatoes

1 1/4 c. light-brown sugar

3 large eggs

c. whole milk

c. orange juice

2 tbsp. vanilla extract

1/2 tsp. ground cinnamon

1/4 tsp. ground ginger

1/4 tsp. salt

4 tbsp. unsalted butter

1 c. granulated sugar

3/4 c. heavy cream

1 tsp. Sea Salt

1 c. toasted pecan halves

### **DIRECTIONS**

Preheat the oven to 350 degrees F. In a food processor, pulse the first 9 ingredients until smooth. Butter six 4-ounce ramekins. Divide sweet-potato mixture among ramekins; place on a baking sheet and bake until golden and slightly puffed up, about 30 minutes. Let cool for 10 minutes.

Meanwhile, in a medium, heavy-bottomed saucepan over medium-low heat, cook 1/4 cup water and granulated sugar until sugar dissolves, about 5 minutes; do not stir. Increase heat to medium-high and boil, without stirring, until syrup becomes a deep-amber color, 5 to 6 minutes. Remove from heat and whisk in cream. Stir in butter and sea salt. Add pecans and stir to coat. Let cool for 10 minutes.

To serve, top each spoon bread with 1/6 cup of the salted-caramel pecans.

## **Bacon Wrapped Sweet Potato Fries**

**Source:** [delish](#)

### **INGREDIENTS**

3 large sweet potatoes, cut into fries

18 slices bacon

2 tsp. chili powder

Freshly ground black pepper

BBQ sauce, for serving

Ranch, for serving

### **DIRECTIONS**

Preheat the oven to 400° and set a rack over a baking sheet (to catch the bacon grease). Wrap each fry with one slice of bacon and season with chili powder and pepper.

Bake until sweet potatoes are tender and bacon is crispy, 33 to 35 minutes.

Serve with BBQ sauce and/or ranch.

## **Moist Sweet Potato Pound Cake**

**Source: Maria's Kitchen**

### Ingredients:

- 1/2 cup unsalted butter, softened, plus additional for greasing bundt pan
- 1 (8 ounce) package Neufchatel cheese, softened
- 1 1/2 cups brown sugar
- 1 1/2 cups sugar
- 4 eggs, at room temperature
- 2 1/2 cups sweet potatoes, baked, cooled, and pureed
- 3 cups cake flour, plus more for dusting
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/4 teaspoon salt
- 2 teaspoons vanilla extract

### Directions :

1. Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 10-inch Bundt or tube pan.
2. Cream butter and Neufchatel cream cheese in a stand mixer until creamy. Add both types of sugar and continue to beat until fluffy. Add eggs, one at a time, beating well after each addition. Mix in sweet potato puree until well incorporated.
3. Combine cake flour, baking powder, baking soda, cinnamon, nutmeg, ginger, and salt in a bowl. Slowly add flour mixture to sweet potato mixture; mix until well combined. Beat in vanilla extract. Fill batter into prepared baking pan.
4. Bake in the preheated oven until a toothpick inserted in center comes out clean, 75 to 85 minutes. Let cool in pan for 20 minutes, then turn out onto a wire rack and cool completely.

## ***Food of the Month: Local Meats***

### **Honey Garlic Pork Meatballs Recipe**

**Diana Rattray**

1 pound ground pork (lean)  
1 large egg (beaten)  
1/4 cup fine dry breadcrumbs (plain)  
Optional: 2 tablespoons cilantro (finely chopped)  
2 green onions (finely chopped)  
4 cloves garlic (pressed, divided)  
1 scant teaspoon salt  
Freshly ground black pepper (to taste)  
2 teaspoons butter  
1/2 cup ketchup  
1/4 cup honey  
1 1/2 tablespoons soy sauce  
Sriracha sauce or Tabasco (to taste)

Gather the ingredients.

Ingredients for honey garlic pork meatballs

Heat the oven to 400 F. Line a large rimmed baking sheet, such as a jelly roll pan or half sheet pan, with foil.

Spray lightly with nonstick cooking spray.

Baking sheet lined with aluminum foil

Combine the pork with the beaten egg, breadcrumbs, cilantro (if using), green onions, 1 of the cloves of pressed garlic, and the salt and pepper. Using your hands, combine the pork mixture until all ingredients are well blended.

Ground pork and eggs combined in a bowl with bread crumbs, garlic, and cilantro

Shape the pork into meatballs about 1 inch in diameter, roughly 5/8 ounce each. Using a small cookie scoop to shape them helps. Arrange the meatballs on the baking sheet.

Bake for 15 to 20 minutes, until the meatballs are cooked through and no longer pink.

Pork shaped into meatballs on a foil-lined baking sheet

Meanwhile, prepare the sauce. In a saucepan over medium heat, melt the butter. When the butter is foamy, add the remaining 3 cloves of pressed garlic and cook, stirring, for about 1 minute.

Foaming butter and garlic in a saucepan

Add the ketchup, honey, soy sauce, and hot sauce, if using. Bring to a boil; reduce heat and simmer for about 1 minute.

Honey barbecue sauce

Combine the sauce in a serving dish with the meatballs and serve immediately as an appetizer, or serve with rice and a side vegetable for a meal. Enjoy.

## **Easy Beef Nachos**

### **Betty Crocker**

#### Ingredients:

5 cups tortilla chips

1 lb extra lean ground beef

1 package (1 ounce) Old El Paso™ taco seasoning mix

2 cups finely shredded Colby-Monterey Jack cheese (8 ounces)

#### Directions:

- 1.) Heat oven to 400°F. Line 12-inch pizza pan or 15x10x1-inch pan with foil; spray with cooking spray. Spread half of the chips evenly on the pan. Set aside.
- 2.) In 8-inch nonstick skillet, cook beef over medium heat, stirring occasionally, until beef is brown; drain. Stir in taco seasoning mix. Cook 2 to 3 minutes longer or until beef is thoroughly cooked and seasoning is well combined.
- 3.) Arrange half of beef mixture on chips. Top with half of other toppings. Repeat layers ending with cheese. Bake 10 to 12 minutes or until cheese is melted.

<https://www.bettycrocker.com/recipes/easy-beef-nachos/4e56033b-98db-4b07-aa12-0e0ccf01a083>

## **RECIPE COURTESY OF MELISSA D'ARABIAN**

### **Homemade Chicken Nuggets**

1/2 cup all-purpose flour

1 teaspoon granulated garlic

Kosher salt and ground black pepper

2 boneless skinless chicken breasts, cut into 1 1/2-inch pieces

1 cup prepared breadcrumbs

1 large egg

1 cup vegetable oil

#### **Directions**

Place the flour in a resealable plastic bag and season with the garlic, 1 teaspoon salt and 1/4 teaspoon pepper. Place the chicken pieces in the bag with the flour and toss to coat (work in batches). Transfer the breadcrumbs to a rimmed plate, season with salt and pepper and set aside.

Whisk the egg and 1 tablespoon water in a medium bowl. Remove a piece of chicken from the flour, dip in the egg mixture, then the breadcrumbs, gently pressing the crumbs into the chicken, and set on a clean plate. Repeat with the remaining pieces of chicken.

Heat the vegetable oil in a large frying pan over medium-high heat. Add the chicken pieces to the pan (work in batches if needed) and brown on each side, about 8 minutes total. Use a spatula to transfer the chicken nuggets to a paper-towel-lined plate. Salt while hot and serve.

<https://www.foodnetwork.com/recipes/melissa-darabian/homemade-chicken-nuggets-3416573>



## **Ground Pork Chili**

### **Ingredients**

- 2 pounds ground pork
- 1 large yellow onion, chopped
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 2 teaspoons salt
- 2 teaspoons dried oregano
- 1 (28-ounce) can stewed tomatoes
- 2 cans mild Ro-Tel diced tomatoes with green chiles
- 1 (15-ounce) can tomato sauce
- 1 (15-ounce) can kidney beans with liquid
- 1 (15-ounce) can pinto beans, drained and rinsed

### **Instructions**

Combine ground pork, onion, and garlic in large stockpot. Cook and stir over medium heat until pork is brown. Drain.

Stir in chili powder, salt, oregano, tomatoes, and tomato sauce; break up tomatoes while stirring. Heat to boiling, reduce heat to simmer, and cover. Cook, stirring occasionally, for 1 hour.

Stir in beans. Simmer, uncovered, for 20 minutes; stir occasionally.

***Food of the Month: Beets***

**Chocolate Beet Cake - Yummly**

200 grams wheat flour  
200 grams cocoa powder  
150 grams sugar  
125 grams butter  
3 eggs  
3 beets  
powdered sugar

1. Preheat oven to 180°C (approximately 350°F).
2. Grease and flour a high-sided loaf pan, or similar.
3. Place all ingredients in a large mixing bowl and mix well.
4. Pour into a greased and floured pan.
5. Bake in preheated oven for 30-40 minutes.
6. To serve, dust with powdered sugar

# **CHOCOLATE CHUNK BEET ICE CREAM**

**By Vegan Heaven**

## **Ingredients**

- 18 oz cooked beets
- 1 cup thick coconut milk (full fat)
- 1/4 cup agave
- 1 piece ginger (about 0.8 inches long)
- 3 tablespoons chopped dark chocolate

## **Instructions**

1. Put the cooked beets, the coconut milk, the agave, and the ginger in a food processor and blend until smooth.
2. Ice Cream Machine (recommended): Put the beet coconut mixture in your ice cream machine and freeze according to the manufacturer's instructions. Stir in the chocolate chunks and place the ice cream in a freezer-safe container and freeze for another 2 hours in your freezer. Thaw for 5-10 minutes and scoop with an ice cream scoop.
3. No Machine/No Churn: Put the beet coconut mixture in a freezer-safe container, stir in the chocolate chunks and freeze for about 4 hours, whisking slightly every 20-30 minutes to avoid it getting too icy. Thaw for 5-10 minutes and scoop with an ice cream scoop.

## Chocolate Beet Cupcakes

*Author: [aprettylifeinthesuburbs.com](http://aprettylifeinthesuburbs.com)*

### **Ingredients**

- 1 – 398 mL can rosebud beets (or fresh – see tips)
- 1 1/4 cup flour
- 1/4 cup cocoa powder
- 3/4 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 3/4 cup sugar
- 1/4 cup canola oil
- 1 egg
- 1 tsp vanilla
- 1/2 cup buttermilk
- 1 container vanilla icing

### **Instructions**

1. Drain beets. Rinse and pat dry. Puree in a blender or food processor. Set aside.
2. Combine flour, cocoa, baking powder, soda and salt. Set aside.
3. Beat sugar and oil for about 2 minutes.
4. Add egg. Beat.
5. Then add beets and vanilla.
6. Gradually beat in 1/3 of the flour mix, then 1/2 buttermilk. Repeat until all combined.
7. Divide batter into 12 muffin cups (filling each cup about 3/4 full).
8. Bake in a preheated 350 degree oven for about 20-25 minutes.
9. Cool in pan for 15 minutes, then remove to a rack to cool completely before icing.

## **Beet Muffins**

**Source:**        **The Worktop**

### **INGREDIENTS**

2 medium-sized beets (250 grams beetroot) (raw)  
scant 1 ½ cups all-purpose flour (175 grams)  
2 tablespoons cocoa powder  
1 ½ teaspoons baking powder  
¼ teaspoon salt  
2 large eggs  
¼ cup whole milk (60 milliliters)  
½ cup light brown sugar (75 grams) - lightly packed  
¼ cup caster sugar (55 grams)  
¼ cup unsalted butter (55 grams) - room temperature  
¼ cup sunflower oil (60 milliliters)  
1 cup semi-sweet chocolate chips (150 grams)

### **INSTRUCTIONS**

Preheat the oven to 355°F/180°C.

Peel the beets and grate in the food processor with a grating disc. Set aside.

In a medium bowl, sift together the flour, cocoa, baking powder and salt.

In a small bowl, whisk together the eggs and milk.

In a large bowl using a hand mixer on medium speed, cream together the sugars, butter and oil. Using the hand mixer on low speed, beat in the egg mixture. Slowly fold in the flour mixture.

Using a spatula, mix in the grated beets and chocolate chips.

Evenly divide the batter into 12 muffin cases. Each case should be about ¾ full.

Bake for 20-25 minutes, until the muffins are springy to the touch. Remove from the oven and let it cool in the pan for 5 minutes. Transfer to a cooling rack to finish cooling.

*Food of the Month: Oranges*

**HEALTHY ORANGE JULIUS SMOOTHIE**

**Author: Michelle Miller**

**INGREDIENTS**

- 2 oranges peeled
- 1 banana large, peeled, quartered & frozen
- 1/4-1/2 cup almond milk or sub coconut milk
- 15 large ice cubes
- 20 grams whey protein isolate optional\*
- 2 teaspoons vanilla

**INSTRUCTIONS**

1. For a thick smoothie, be sure your banana is completely frozen prior to making a smoothie. I also only use 1/4 cup of liquid to keep things on the thicker side.
2. Add peeled oranges, frozen banana, ice cubes, your choice of milk (can sub orange juice for a sweeter smoothie), optional protein powder, and vanilla to a blender. This works best in a high speed blender, but can be made in a good quality standard blender.
3. Blend until the oranges are completely smoothie and the smoothie is thick and creamy. Top with a dollop of yogurt or coconut cream, if desired.

## **Orange Dream Mini Cupcakes.**

**By Taste by Home.**

### **INGREDIENTS**

1/2 cup butter, softened  
1 cup sugar  
2 large eggs, room temperature  
1 tablespoon grated orange zest  
1 tablespoon orange juice  
1/2 teaspoon vanilla extract  
1-1/2 cups all-purpose flour  
1-1/2 teaspoons baking powder  
1/4 teaspoon salt  
1/2 cup buttermilk

### **BUTTERCREAM:**

1/2 cup butter, softened  
1/4 teaspoon salt  
2 cups confectioners' sugar  
2 tablespoons 2% milk  
1-1/2 teaspoons vanilla extract  
1/2 cup orange marmalade

### **DIRECTIONS**

1. Preheat oven to 325°. Line 48 mini-muffin cups with paper liners. In a large bowl, cream butter and sugar until light and fluffy. Add eggs, 1 at a time, beating well after each addition. Beat in orange zest, orange juice, and vanilla. In another bowl, whisk flour, baking powder, and salt; add to creamed mixture alternately with buttermilk, beating well after each addition.
2. Fill prepared cups two-thirds full. Bake until a toothpick inserted in the center comes out clean, 11-13 minutes. Cool in pans 5 minutes before removing to wire racks to cool completely.
3. For the buttercream, in a large bowl, beat butter and salt until creamy. Gradually beat in confectioners' sugar, milk, and vanilla until smooth.
4. Using a paring knife, cut a 1-in.-wide cone-shaped piece from the top of each cupcake; discard the removed portion. Fill cavity with marmalade. Pipe or spread buttercream over tops.

## ***Orange Chicken***

### Ingredients

*2 lb boneless skinless chicken thighs, cut into 1" pieces*

*1 egg*

*1 1/2 tsp salt*

*1 pinch black pepper*

*2 tbsp oil divided, plus more for frying*

*1/2 cup cornstarch*

*1/4 cup flour*

### FOR THE SAUCE:

- 1 tablespoon cornstarch
- 2 tablespoons rice wine
- 1/4 cup water
- 1 teaspoon sesame oil
- 3 tablespoons soy sauce
- 10 tablespoons sugar
- 10 tablespoons white vinegar
- zest of 1 orange
- 1 1/2 tablespoons ginger root minced
- 2 teaspoons garlic minced
- 1/2 tsp hot red chili pepper crushed

Instructions: To make the sauce combine the 1 tablespoon cornstarch, rice wine, water, sesame oil, soy sauce, sugar, white vinegar and orange zest. To coat the chicken add the egg, salt, pepper and 1 tablespoon oil into a bowl and whisk together in a large bowl. In a separate bowl, add 1/2 cup cornstarch and flour and mix well. In a large frying pan or a wok, heat oil in a wok 375 degrees. Dip chicken pieces in the egg mixture, then dredge in the flour mixture. Fry the chicken for 3 to 4 minutes or until golden and crisp. Transfer to a cooling rack and repeat with remaining chicken. When you are done with the chicken, drain most of the oil from the pan (leave about a tablespoon). Add the ginger, garlic and crushed red peppers, cooking for about 10 seconds. Add the orange sauce and bring to a boil. Turn off the heat, and add cooked chicken and stir until well mixed.



## **Orange Crinkle Cookies**

### **Amanda's Cookin'**

1 1/2 cup all purpose flour  
1/4 teaspoons salt  
1/4 teaspoons baking powder  
1/4 teaspoons baking soda  
1/2 cup unsalted butter softened  
1 cup granulated sugar  
1/2 teaspoon vanilla extract  
1 large egg  
1 teaspoon orange zest  
1 tablespoon orange juice  
1/2 cup powdered sugar

### **Instructions**

1. Preheat oven to 350 F degrees. Line insulated baking sheet with parchment paper.
2. In a medium bowl, whisk together flour, salt, baking powder and baking soda. Set aside.
3. In a large mixer bowl, beat butter and sugar on medium high speed until light and fluffy, about 4-5 minutes. Turn mixer down to low and add vanilla, egg, orange zest, and orange juice. Mix until combined then turn up to medium high for one minute. Scrape down sides of bowl and turn mixer on low.
4. Slowly add the flour mixture until just combined.
5. Place powdered sugar into a small bowl. Measure a heaping teaspoon of dough and roll into a ball then roll it in the powdered sugar. Place on baking sheet and repeat with remaining dough.
6. Bake for 10-14 minutes or until bottoms begin to barely brown and cookies look dry and crackled. Remove from oven and cool cookies on sheet for a few minutes, then transfer to a cooling rack.

*Food of the Month: Mango*

**MANGO LEMON BARS RECIPE**

<https://grandbaby-cakes.com/mango-lemon-bars-recipe/#wprm-recipe-container-12296>

**Source: Grand Baby Cakes, Jacelyn Delk Adams**

**Ingredients**

For the Crust

1 cup salted butter room temperature

1/2 cup granulated sugar

2 cups all-purpose flour

For the Filling

1/2 cup diced mango

1 tbsp fresh lime juice

1 1/2 cups granulated sugar

1/4 cup all-purpose flour

4 large eggs

1 cup fresh lemon juice

1 tsp pure vanilla extract

Confectioner's sugar for garnish

**Instructions**

For the Crust

Preheat oven to 350 degrees.

In a stand mixer, mix together butter, sugar and flour. Press into the bottom of a parchment lined 9x13 inch pan.

Bake for 15 to 20 minutes in the preheated oven, or until firm and golden then remove to prepare filling.

For the Filling

Add diced mango and lime juice to heavy duty blender or food processor and puree until completely smooth.

In a medium sized bowl, whisk together granulated sugar and flour to combine dry ingredients. Next, whisk in the eggs, lemon juice, 1/4 cup of the prepared mango puree, and vanilla extract. Pour over the baked crust.

Bake for 25-30 minutes or until no longer liquidy or jiggle. The bars will firm up more as they cool.

Once cooled to room temperature, dust with confectioner's sugar, cut and serve.

## **Mango Mousse**

**By: Dassana Amit**

### **Ingredients:**

2 medium size mangoes, chopped

1 tablespoon sugar or honey - add as required

½ cup 25% to 35% low fat cream or whipping cream

A few chopped dry fruits for garnishing or any fruit preserve or grated chocolate (optional)

1. In a blender, add the chopped mangoes. At this step, you can also add sugar or honey. blend till smooth.
2. Take cream in a bowl. You can use an electric beater or whip manually with a wired whisk. I have used an electric beater.
3. Beat until the cream is soft and fluffy. Ensure you don't over whip or over beat the cream.
4. Add the mango puree to the beaten cream. mix well.
5. Serve mango mousse in glasses. Cover and chill the mousse in the refrigerator for some 20-30 minutes or more.
6. Garnish the mango mousse with chocolate shavings or chopped dry fruits or any fruit preserve and enjoy the delicious mango mousse.

## **Mango Muffins**

3 cups self-raising flour

½ cup sugar

1 tsp ground ginger (optional)

1 egg, lightly beaten

juice of 1 lemon

grated zest of 1 lemon

1 ½ cups cultured buttermilk

100 g butter, melted and cooled

425 g can Wattie's Mango Slices in Syrup, drained and chopped

¼ cup caster sugar

- Sift the flour, sugar and ginger into a bowl, make a well in the centre. Combine the egg, lemon juice and zest and cultured buttermilk. Stir into the dry ingredients, alternatively with melted butter and Wattie's Mango Slices.
- Divide evenly between 12 greased muffin tins, sprinkle with castor sugar. Bake at 220°C for 15-18 minutes or until well risen and cooked.

## **Easy Mango Cobbler Recipe Will Make Your Tastebuds Happy**

### **The Simple Parent**

What you need:

- 4 cups frozen Mango Chunks
- $\frac{1}{8}$  cup granulated sugar
- $\frac{1}{8}$  cup all-purpose flour
- 1 teaspoon lemon juice
- 1 cup dry easy oats
- $\frac{1}{3}$  cup all-purpose flour
- $\frac{1}{2}$  cup brown sugar
- 1 teaspoon vanilla extract
- $\frac{1}{2}$  cup cold cubed butter

Directions:

1. Preheat the oven to 350° and spray the bottom of a small baking dish with a nonstick cooking spray.
2. In the bottom of the baking dish, mix your mango chunks, sugar, flour, and lemon juice until the fruit is well coated.
3. In a separate mixing bowl mix together the oats, flour, brown sugar, vanilla, and butter (the butter is supposed to be cold and hard to mix, try using your fingertips).
4. Scoop the topping mix onto the fruit, spreading the butter out as much as you can.
5. Bake for one hour, let cool slightly and serve warm.
6. Top it with a scoop of vanilla ice cream for extra tastiness!

<https://thesimpleparent.com/easy-mango-cobbler-recipe/>