

Cabbage and Apple Slaw

Serves 4-6.

Ingredients:

2 cups green cabbage, shredded
2 cups red cabbage, shredded
½ cup mayonnaise
2 Tablespoons apple cider vinegar
½ teaspoon celery seed
1/8 teaspoon black pepper
1 large unpeeled Fuji apple, cored, quartered and thinly sliced

Directions

1. In a large bowl, combine the green and red cabbage. Set aside.
2. In a medium bowl, whisk together mayonnaise, vinegar, celery seed and pepper. Add the apple slices.
3. Combine with cabbage and toss gently until coated. Cover and chill 1 hour.



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Pumpkin or Winter Squash Soup

Serves 2.

Ingredients:

1 Tablespoon butter
¼ cup medium onion, chopped fine
2 cups winter squash, about 1/2 - cubes
2 cups chicken broth
¾ teaspoon grated fresh ginger
1 Tablespoon heavy cream, optional
Freshly grated nutmeg, optional

Directions

1. Melt butter in a small heavy saucepan. Add onion and sauté for 5 minutes.
2. Add the pumpkin or squash and broth. Simmer for 30 minutes. Using a fork or a potato masher, mash the pumpkin or squash. If you prefer a smoother texture, puree the soup in a blender or food processor.
3. Stir in ginger. If desired serve soup with cream and a sprinkling of nutmeg.



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FALL RECIPES

In Partnership with:

Nebraska Extension
Buy Fresh Buy Local Nebraska
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Pan Seared Parsnips and Pears

Serves 2-3.

Basic Ingredients:

2 cups parsnips, peeled and cut diagonally into ½ inch pieces
3 Tablespoons water
1 Tablespoon butter
1½ cups Red Anjou pear, chopped
¼ teaspoon salt

Savory Option

1 teaspoon thyme
1 Tablespoon Dijon mustard
2 teaspoons apple cider vinegar

Sweet Option

2 Tablespoons brown sugar
Juice of ½ a lemon

Directions

1. Combine parsnips with water in a skillet over medium high heat; bring to a simmer. Cover and cook for 2 minutes or until water evaporates.
2. Uncover and stir in butter with the pears, thyme (savory) or brown sugar (sweet), and salt. Cook 3 minutes or until the parsnips are tender. Remove from heat. Stir mustard and apple cider vinegar (savory) or lemon juice (sweet).



Kohlrabi and Pears

Serves 4.

Ingredients:

4 small kohlrabies, peeled and cut into julienne strips, about 3 cups
1 medium pear, cored and thinly sliced, about 1 cup
3 Tablespoons vegetable oil
3 Tablespoons white wine vinegar
1 Tablespoon fresh snipped chives
1 Tablespoon honey
¼ teaspoon black pepper
1/8 teaspoon ground nutmeg
Lettuce or spring greens
¼ cup chopped pecans

Directions

1. Cook kohlrabi, covered, in a small amount of boiling salted water for 6-8 minutes or until crisp-tender. Drain well.
2. In a medium bowl combine kohlrabi and pear slices.
3. For marinade, in a screw top jar combine salad oil, white wine vinegar, chives, honey, pepper, and nutmeg. Cover and shake well. Pour marinade over kohlrabi and pear slices. Toss lightly to coat.
4. Cover and chill for up to 24 hours.
5. To serve, line 4 salad plates with lettuce leaves. Divide kohlrabi and pears slices evenly among the plates. Sprinkle each serving with 1 tablespoon of pecans.



Changing and Using Recipes

If you look at this month's recipes, you will see two recipes for *pan seared parsnips with pears*. We prepared the savory version with Dijon mustard and apple cider vinegar first. Some of us liked it. To say the rest of us hated it, is an understatement. Instead of choosing just one recipe, we decided to keep both versions. One is savory, while the other is on the sweeter side.

We don't always agree on what we like. However, we do agree that consuming fruits and vegetables is good for us. Our goal for developing these brochures is to help you consume more fruits and vegetables. If you alter a recipe, that's fine with us. A recipe should be a starting point. So please feel to make changes.



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