

Mashed Potatoes

Yields: 6 cups

Ingredients:

4 large Russet potatoes
2 teaspoons salt, divided
4 Tablespoons butter
 $\frac{3}{4}$ cup milk
 $\frac{1}{4}$ teaspoon black pepper



Directions:

1. Fill a medium, heavy saucepan halfway with cold water. Set aside. Fill a medium bowl with water. Set aside.
2. Peel the potatoes. Cut into large chunks. Place in bowl. Remove potatoes from water and place in saucepan. Make sure they are covered by at least 1 inch of water. Add 2 teaspoons of salt. Bring the potatoes to a boil over medium heat.
3. Reduce the heat to low and continue to cook until the potatoes are fork-tender, about 10 minutes.
4. Drain in a colander set in the sink, being careful pour away from you.
5. Return the potatoes to the same saucepan and place it over medium heat for 1 minute to further dry out potatoes.
6. Reduce the heat to a medium-low. Add butter and milk. Mash with a potato masher until light and fluffy. Taste and adjust seasonings.

To make your mashed potatoes extra delicious try these additions: $\frac{1}{2}$ cup sour cream, $\frac{1}{2}$ cup chopped green onions, $\frac{1}{4}$ cup crumbled crispy bacon, $\frac{1}{2}$ to 1 cup grated cheddar cheese.

Honey-Spiced Applesauce

Yields: 1½ cups

Ingredients:

2 pounds apples
1 cup apple cider or apple juice
 $\frac{1}{4}$ cup brown sugar, light or dark
 $\frac{1}{4}$ cup honey
 $\frac{1}{8}$ teaspoon cinnamon
Pinch of ground allspice
 $\frac{1}{4}$ teaspoon salt



Directions:

1. Wash apples and peel if desired. Remove the core and seeds.
2. Combine apples and cider in a heavy-based 3-quart saucepan. Bring to a boil over medium-high heat, then reduce the heat to a simmer. Cook, stirring occasionally, until the apples have broken down, about 30 minutes. Mash mixture with a potato masher or fork. Stir in brown sugar, honey, cinnamon, allspice, and salt.
3. Bring back to a simmer over medium to low heat. Cook until the mixture reduces and thickens to desired consistency. As the mixture cooks, stir occasionally at first and then more frequently as it thickens. The mixture will thicken a little more as it cools. Serve immediately or refrigerate for up to 2 weeks.

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FALL RECIPES

In Partnership with:

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Nebraska Local Foods Network
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Orange and Honey Roasted Carrots

Serves 4.

Ingredients:

1½ pounds carrots
1 Tablespoon extra-virgin olive oil
1 orange, zest and juice
¼ teaspoon salt
¼ teaspoon pepper
1 to 2 Tablespoons honey

Directions:

1. Preheat oven to 400°F.
2. Wash and peel carrots. Slice diagonally into about 1-inch pieces.
3. Arrange carrots in single layer on rimmed baking sheet. Coat with olive oil.
4. Remove about 1 teaspoon of zest from the orange. Cut orange in half and remove the juice. Combine zest, juice, salt and pepper. Pour over carrots. Stir to combine. Cover tightly with foil.
5. Roast until crisp-tender, about 10 minutes.
6. Remove foil and increase oven to 450°F.
7. Roast uncovered until carrots are tender and browned in spots, about 10 minutes longer.
8. Drizzle honey over carrots. Stir to coat the carrots.

Note: Citrus zest may be slightly bitter. If desired the zest can be omitted.



Spicy Pumpkin Shake

Serves 1.

Ingredients:

¼ cup pumpkin (do not use canned pumpkin pie mix)
⅓ cup nonfat milk
1 cup low-fat frozen vanilla yogurt
¼ teaspoon pumpkin pie spice

Directions:

Add all ingredients to a blender. Cover and blend on high until smooth. If desired, garnish with a dash of pumpkin pie spice.



Homemade Pumpkin Pie Spice

Makes about 5 tablespoons.

3 Tablespoons ground cinnamon
2 teaspoons ground ginger
2 teaspoons ground nutmeg
1½ teaspoons ground allspice
1½ teaspoons ground cloves

Directions:

Mix all spices together. Store in a small jar.

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Cooking with Your Children

Getting your children into the kitchen is a win-win situation. By interacting with you in the kitchen, your child will gain more than just learning how to cook. Here are a few positive results from working with your child in the kitchen.

- Reading and following recipes improves math, science and reading comprehension.
- Learning about food preparation enhances organizational and cleanliness skills.
- Chances are greater that your child will eat the healthy food if he helps to make it.
- It builds confidence and allows youth to feel good about themselves.

Resources

Check out Kids in the Kitchen from Clemson Cooperative Extension - http://www.clemson.edu/extension/hgic/food/nutrition/nutrition/life_stages/hgic4113.html

Nebraska Extension - <http://food.unl.edu/food-fun-young-kids>

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