

Harvest Muffins

1 can (14.5 oz.) sliced carrots, drained
 1 teaspoon ground cinnamon
 1 egg
 1/3 cup vegetable oil
 1 cup sugar
 1 3/4 cup all-purpose flour
 1 1/4 teaspoon baking soda
 1/2 teaspoon salt
 Non-stick spray or muffin liners (12)

Step 1: Preheat oven to 350 degrees.
 Step 2: Drain carrots of salty liquid and pour onto dinner-size plate.
 Step 3: Sprinkle cinnamon over carrots.
 Step 4: Mash with fork until all pieces of carrot are about the size of peas.
 Step 5: Put mashed carrots in medium size mixing bowl.

Step 6: Break egg into separate small bowl and mix well with fork.
 Step 7: Add oil to egg and mix well.
 Step 8: Add oil/egg mixture to carrots.
 Step 9: Add sugar and stir well.
 Step 10: In separate bowl, stir together flour, baking soda, and salt.
 Step 11: Add flour mixture to carrot mixture and stir until moist.
 Step 12: Pour batter into muffin tins sprayed with nonstick spray or lined -about half full.
 Step 13: Bake 25-30 minutes. Test center of one muffin with a toothpick. If it comes out clean, the muffin is done.
 Step 14: Cool 5 minutes. Best served warm. Makes 12 muffins.



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COOKING WITH CARE
 OCONEE COUNTY EXTENSION

Shake a Sack Cracker Snack

Makes 1 serving

1/3 cup cheddar cheese squares
 1/3 cup pretzel bits
 1/3 cup oyster crackers
 1 teaspoon dry ranch dressing mix
 1 small paper sack

1. Put all ingredients in a paper sack.
2. Shake well and eat.

Optional: Spray inside of bag with cooking spray before adding dressing mix.

Homestyle Vegetable Turkey Soup

1.5 pound ground turkey
 1 onion, diced
 6 red potatoes, finely diced
 5 carrots, thinly sliced
 1 (15 ounce) can whole kernel corn, drained
 1 (15 ounce) can Italian cut green beans, drained
 1 (15 ounce) can "Italian Recipe" stewed tomatoes
 1 (15 ounce) can dark red kidney beans, drained
 1 (46 fluid ounce) bottle tomato-vegetable juice cocktail
 1 cup water
 1 teaspoon salt
 1 teaspoon ground black pepper

Step 1: Chop up potatoes, onions, and carrots.
 Step 2: In a large pot over medium heat, cook turkey and onion, covered, until turkey is no longer pink, 10 to 15 minutes.
 Step 3: Meanwhile, in a pot over medium heat, boil potatoes and carrots until tender, 10 to 15 minutes.
 Step 4: Drain beef mixture and return to pot. Drain potatoes and carrots.
 Step 5: Add potatoes and carrots to pot, along with corn, green beans, stewed tomatoes, kidney beans, juice cocktail, water, salt and pepper.
 Step 6: Simmer over low heat 30 minutes, until flavors are well blended and soup is hot.

Fruit and Nut Salad

1/4 cup pineapple juice (from can of pineapple tidbits)
 2 cups diced apples (about 2 medium Red Delicious or similar apples)
 1/4 cup pineapple tidbits, drained
 1/4 cup sliced almonds
 1/4 cup dried cranberries
 6 oz. low-fat or fat-free vanilla yogurt

Step 1: Open can of pineapple tidbits partway, pour 1/4 cup of pineapple juice out into measuring cup and put the juice in medium bowl.
 Step 2: Rinse apples and dice (throw away stem and core).
 Step 3: Place apples in pineapple juice. Toss to coat.
 Step 4: Use colander to strain apples from pineapple juice or remove apples from juice with slotted spoon. Place apples in medium bowl.
 Step 5: Add sliced almonds, pineapple tidbits, and dried cranberries to apples.
 Step 6: Add vanilla yogurt to apple mixture and stir well.

Mini French Silk Pie

Tart Filling

1 can (8 oz) refrigerated Crescent Dough dinner rolls
 1 cup milk
 1 box (4-serving size) chocolate instant pudding and pie filling mix
 1 cup frozen (thawed) whipped topping

Topping

1/2 cup frozen (thawed) whipped topping
 2 tablespoons mini semisweet chocolate chips



Step 1: Heat oven to 375°F. If using dough sheet, unroll dough on work surface. Press into 12x9-inch rectangle. If using crescent rolls, unroll dough into 1 large rectangle on work surface. Press into 12x9-inch rectangle, firmly pressing perforations to seal. Cut into 6 rows by 4 rows to make 24 squares.

Step 2: Gently press squares into 24 greased mini muffin cups (dough will not completely cover inside of cup; do not press too much). Bake 6 to 8 minutes or until edges are golden brown. Cool completely in pans, about 10 minutes. Remove from pans.



Step 3: Meanwhile, in medium bowl, beat milk and pudding mix with wire whisk until mixture begins to thicken. Fold in 1 cup whipped topping. Fill each cooled cup with about 1 tablespoon pudding mixture.

Step 4: Spoon a dollop of whipped topping onto tarts, and sprinkle each with chocolate chips. Store in refrigerator.