What's in Season? Winter Fruits and Vegetables



Keep your menu plan fresh with seasonal fruits and vegetables — even in wintertime! We've got a recipe roundup for you, plus two new recipes at the end; one for pineapple pear crisp and the other for balsamic and bacon Brussels sprouts. Tune in to Studio 5 on Monday to see Live Well Utah Editor Marta Nielsen demonstrate these new recipes with Brooke Walker.

Eating in season is something we think about in the summertime when our gardens are bursting with raspberries, tomatoes, peaches and zucchini, but you can eat in season all year long! Stores may carry out-of-season foods in the winter, but you'll usually find lower prices and higher quality produce when you shop in season.



It's easy to keep winter-season fruits like apples, bananas, grapefruit, oranges and pears on your counter for healthy snacking. Pineapple and pomegranate are also in season, and can be purchased already prepped and ready to eat, or you you can save on costs and do your own prep-work and keep the ready-to-eat fruit in the fridge. If you have healthy food options visible and accessible, you're more likely to make healthy choices!



There are also many vegetables that are in season in the winter, such as avocados, beets, Brussels sprouts, cabbage, carrots, celery, kale, leeks, onions, parsnips, potatoes, sweet potatoes and winter squash. These veggies work perfectly for those warm-me-up foods we love to eat in the winter like soup, or oven-roasted veggies.

Try these recipes that use winter fruits and vegetables:

Snacks and Treats:

- Frozen Banana Yogurt Bites
- Banana "Ice Cream"
- Apple Pie Smoothie
- Easy Apple Roses
- Apple Cranberry Crisp
- Apple Cranberry Bites
- Applesauce Bread
- Cinnamon Apple Chips
- Homemade Applesauce
- Chocolate Avocado Frosting
- Cranberry Orange Iced Oatmeal Cookies

• Winter Squash Wonder Pie

Salads and Sides:

- Pomegranate Salsa
- Pineapple Pear Salsa
- Jicama Orange Salsa
- Balsamic Roasted Brussels Sprouts and Carrots
- Roasted Vegetables
- Slow Cooker Sweet Potato Casserole
- Winter Squash 4 Ways
- Roasted Chili Lime Potatoes
- Apple and Poppyseed Coleslaw
- Citrus Chicken Salad
- Sweet Potato and Orange Salad

Main Dishes:

- Pineapple Sweet and Sour Chicken
- Black Bean and Sweet Potato Stew
- Fresh Orange Chicken

Pineapple Pear Crisp

This gingery crisp is a little bit tropical, but still a warm-the-belly kind of dessert that is perfect for colder months. This recipe maximizes the sweetness and flavor of the fruit with minimal added sugar and oil, and uses hearty whole grains in the topping. Serve it topped with frozen yogurt for added decadence. Serves 6 people.

Ingredients:

- 3 ripe pears*
- 2 c ripe pineapple (about $\frac{1}{2}$ a pineapple)
- ½ t cinnamon

- 2 T brown sugar (or honey)
- 1 t freshly grated ginger (or ¼ t ground ginger)

For the topping:

- 1 cup rolled oats
- 1/3 cup whole wheat flour
- 2 T brown sugar
- 1 t fresh grated ginger (or $\frac{1}{4}$ t ground ginger)
- ½ t nutmeg
- 3 T melted butter (or coconut oil for added tropical flavor)

Preheat oven to 325 F.

Chop pineapple into $\frac{1}{2}$ -inch pieces and set aside in a medium-sized mixing bowl (be sure to get all the pineapple juice left from cutting and chopping into the bowl). Peel, core and chop pears into $\frac{1}{2}$ -inch pieces, and mix with pineapple. Add cinnamon, brown sugar (or honey) and fresh ginger to the fruit, and stir so that it is coated evenly. Transfer fruit to a 9×9 baking dish.

To prepare topping, mix dry ingredients in a medium-sized bowl until well combined. Add melted butter, and stir until mix loosely holds together. Spoon crumble mix evenly over fruit, and bake for 30 minutes. Cover crumble with foil, to prevent over-browning, and bake an additional 5 minutes (or until pears are tender).

*Be sure to use ripe pears. Unripe pears will not soften sufficiently when baked. Bosc and D'anjou pears work nicely in this recipe.

Bacon and Balsamic Brussels Sprouts

This out-of-this-world Brussels sprouts recipe will convert even the most skeptical taste testers. The Brussels sprouts are are roasted, tossed with a zesty balsamic vinaigrette, and topped with bacon crumbles and pomegranate arils—what's not to love? Recipe serves 4 generously.

Ingredients:

- 4 pieces thick-cut bacon
- 2 lbs. Brussels sprouts
- 2 T olive oil
- Salt and pepper to taste
- ½ cup pomegranate arils (approximately 1 small pomegranate)

Balsamic Dressing:

- 2 T olive oil
- 2 T balsamic vinegar
- ½ t maple syrup
- $-\frac{1}{2}$ t prepared mustard (Dijon or whole grain)
- 1 clove garlic, pressed or minced
- Salt and pepper to taste

Preheat oven to 400 F.

Place bacon on a foil or parchment-lined baking sheet, and bake for 10 minutes, or until crispy. When bacon is cooked to your liking, remove from baking sheet and set aside. Brush around rendered bacon fat to evenly coat lined baking sheet, and drain off any excess (this will enhance the flavor of the Brussels sprouts as they roast).

Meanwhile, prepare Brussels Sprouts by trimming the ends and cutting in half. Toss Brussels sprouts with oil, salt and pepper. Next, evenly arrange Brussels sprouts, cut side down, on the lined baking sheet used to cook the bacon. Roast for 20 minutes, or until sprouts are easily pierced with a fork. For smaller Brussels sprouts, 20 minutes will yield sprouts cooked soft all the way through. If you prefer a little crunch left

in your vegetables, check doneness at 15 minutes.

While Brussels sprouts roast, crumble the cooked bacon and prepare the dressing. Whisk together all ingredients in a liquid measuring cup for easy pouring. If you are seeding your own pomegranate, versus buying the arils alone, you can also do this while the Brussels sprouts roast.

Transfer roasted Brussels sprouts to a serving dish, and top with balsamic dressing. Stir until evenly distributed, and top with crumbled bacon and pomegranate arils.



Marta Nielsen is the editor of Live Well Utah. She did not attend Utah State University (she graduated from another university whose colors are red and white), but loves working for USU Extension. Marta loves to cook and eat, garden, craft, travel, and read. She makes specialty cakes for family and friends as a hobby, and has been

talked into making a few wedding cakes in the past. She and her husband have two small children, and live in Salt Lake County.

See more contributor bios here.

Easy Apple Roses



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Ingredients

- 1 red apple (Honeycrisp, Pink Lady or any red baking apple)
- ¼ cup granulated sugar
- 1 teaspoon cinnamon
- 1 sheet frozen puff pastry (follow directions on box for thawing)
- ¼ cup butter, melted
- 1 egg
- 2 teaspoons water
- Additional butter and sugar for ramekins

Directions

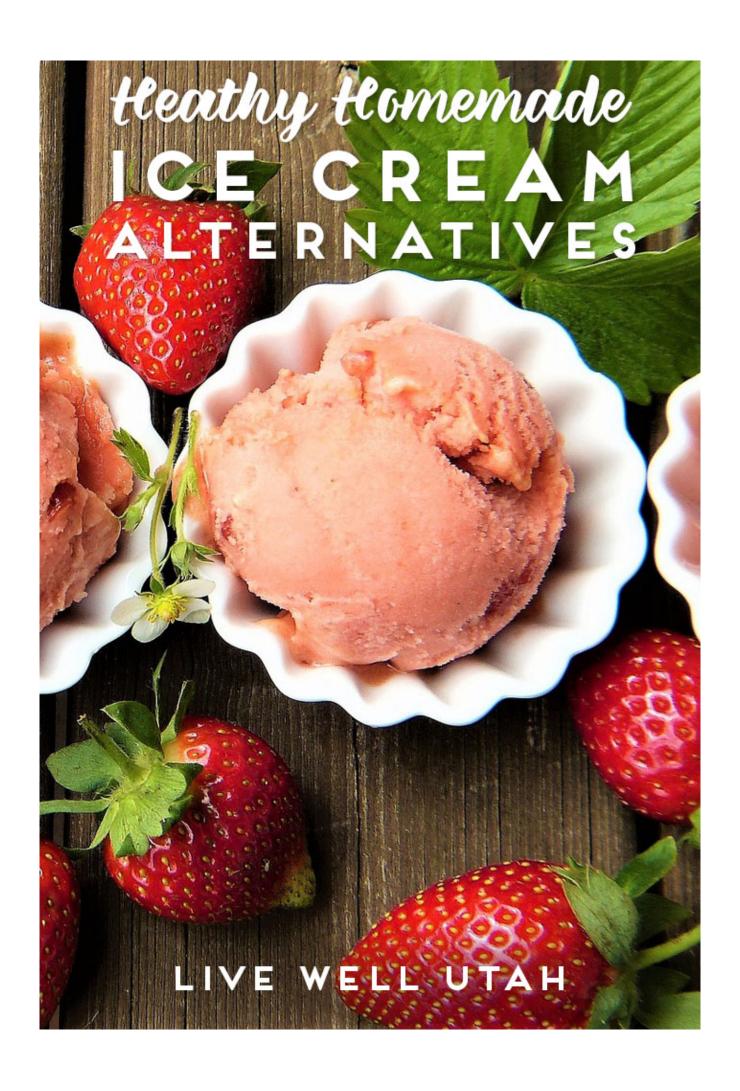
Generously butter the ramekins/muffin pan so the roses don't stick. Preheat oven to 400 degrees. Butter two ramekins (6-8 ounce) and sprinkle with sugar. Core the apple, cut in half and slice thinly.

Place apple slices in a single layer on a plate and microwave on high for about 45 seconds to soften. Cover the plate with plastic wrap and a kitchen towel while rolling pastry. If you prefer, saute' the apples in a single layer in a skillet using a small amount of butter for about 30 seconds per side to soften. Remove to a plate. Leave uncovered. Mix sugar and cinnamon in a small bowl. Roll puff pastry sheet to less than 1/8 inch thick. Cut two 3-inch by 12-14-inch strips, using a pizza cutter. Brush melted butter over dough, and sprinkle with cinnamon sugar mix. Place the apple slices lengthwise on the long edge of the dough, about \(\frac{1}{4} \) inch above the edge of the dough and overlapped slightly.

Fold the bottom half of the dough over the apple slices with the rounded edges of the slices exposed. Beat the egg and wash. Sprinkle with cinnamon sugar mix. Starting from the end, roll the dough to form a rose-shaped pastry. Seal roll with end of the dough strip. Transfer roses to ramekins. Sprinkle with a little more cinnamon sugar. Place ramekins on middle rack of oven. Bake about 25-30 minutes or until well browned. Remove from oven and place on a baking sheet and cool 5-10 minutes. Remove from ramekins and cool on a wire rack. Serve warm or cool. Sprinkle with confectioners' sugar, or drizzle with warm caramel topping or a scoop of vanilla ice cream.

This article was written by Patricia Mathis, USU Extension 4-H and Family and Consumer Sciences Educator in Wasatch County

Healthy Homemade Ice Cream Alternatives



I scream, you scream, we all scream for ice cream! Satisfy your sweet tooth, and make one of these healthy alternatives to your favorite frozen treat.

Ice cream is a widely loved treat. It's used to celebrate special occasions, keep cool on a hot day or as a treat to satisfy a sweet tooth. However, sometimes you might want a treat that's a little bit healthier. Here are three ice cream alternatives that can be a healthier choice, are just as delicious, and are made with real fruit. Plus, you can make them at home with the whole family!

Banana "Ice Cream"

- 4 bananas, sliced and frozen
- $\frac{3}{4}$ cup milk, any type (non-fat is the healthiest choice)
- 2 Tbsp. + 2 tsp. unsweetened cocoa powder
- 4 tsp. vanilla extract
- In a blender or food processor, combine the banana and milk. Add more milk for a "soft-serve" consistency.

Add the cocoa powder, adding more for a dark chocolate flavor. Add vanilla.

For different flavors, add in shredded coconut, slivered almonds, walnuts, cashews, cinnamon or peanut butter. Leave out the cocoa powder for a vanilla flavor. To make a strawberry flavored banana "ice cream," use the below recipe.

Banana Strawberry "Ice Cream"

- 4 bananas, frozen
- 4 cups strawberries, frozen
- 1 cup skim milk
- 2 tsp. vanilla

Place all ingredients in a blender or food processor. Blend until smooth and creamy. Add more or less milk to produce desired consistency.

Strawberry Sherbet

- 1 16 oz bag frozen strawberries (or 3 cups chopped fresh strawberries)
- ½ cup sugar
- ½ to ¾ cup buttermilk
- 1 Tbsp. lemon juice

Combine strawberries and sugar in food processor or blender and pulse until finely chopped. Mix buttermilk and lemon juice together; slowly add to strawberries. Blend until smooth and creamy, adding more buttermilk mixture as necessary for desired consistency. Serve immediately or freeze in freezer, stirring occasionally.

Raspberry Sorbet

- 2 $\frac{1}{2}$ cups (12 oz) fresh raspberries (fresh or frozen)
- 3 tablespoons honey or agave syrup

Combine raspberries and honey/agave in a food processor and blend on high speed until smooth.

If you use frozen raspberries, you may get sorbet immediately. Serve immediately or transfer to a container and keep in the freezer.

If using fresh or thawed raspberries, pour mixture into ice cream maker, and follow ice cream maker's instructions. Serve immediately or transfer to container and keep in freezer.

Lemon Frozen Custard

- 1 can (12 oz) low-fat evaporated milk (chilled)
- 1 cup 1% milk
- 1 ½ cup sugar
- 1 Tbsp. lemon zest
- 2/3 cup fresh lemon juice (about 3 lemons)

Combine all ingredients in a blender or bowl. Milk mixture will thicken as soon as the lemon juice is added. Place in a shallow dish and freeze. Stir once or twice while freezing.

* This recipe needs a little milk fat to have a custardy texture. Non-fat milk freezes hard, more like a popsicle.

This article was written by Kelsey Chappell, Family and Consumer Sciences Intern, and Melanie Jewkes, Utah State University Extension associate professor, Salt Lake County

Reference: All recipes came from USU Extension Food \$ense

Healthy Homemade Fruit "Ice Cream"



It's not often that we hear "healthy" and "ice cream" in the same sentence, but substituting cream and sugar with frozen fruit makes this treat both delicious and nutritious. The best part is you probably have all the ingredients in your kitchen right now!

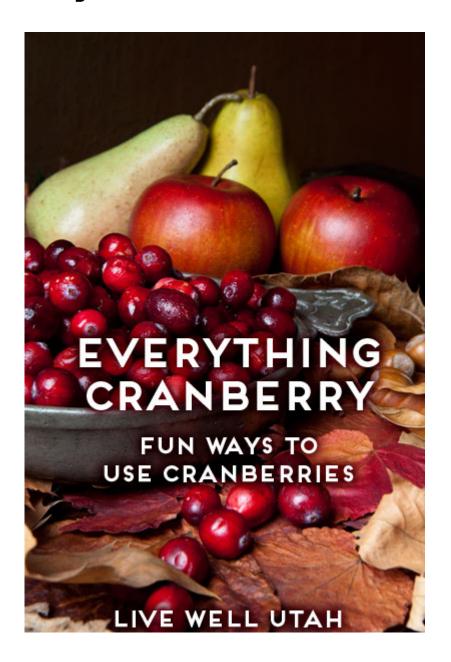
Steps:

- 1. Freeze several bananas or other fruit (strawberries, raspberries, pineapple, mangoes, etc). Once frozen, let fruit thaw for a few minutes and cut into chunks.
- Place fruit in food processor or blender and puree until the consistency is creamy. Feel free to add in cocoa powder for a chocolatey taste or peanut butter for some added protein.
- Spoon mixture into a bowl and add in desired toppings, such as chopped nuts, mini chocolate chips, shredded coconut, or granola.

Note: Use bananas for a creamier consistency. Other fruits will make the product more like sorbet, which is still delicious!

This article was written by Kali Anderson, Extension Intern for Utah County

Everything Cranberries! Fun Ways to use Cranberries

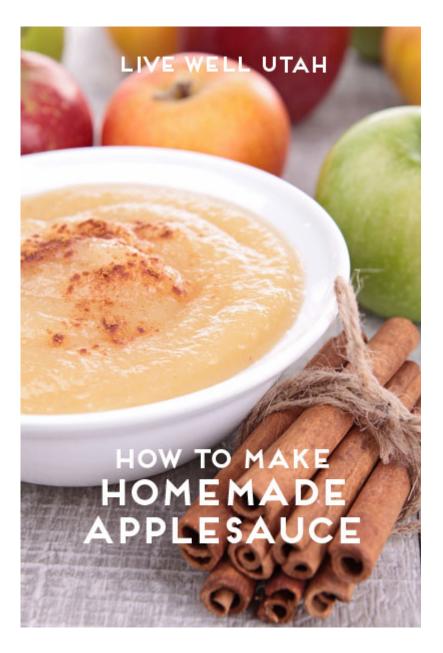


Are you getting excited for the holidays? Are cranberries on your list of "must-haves" for holiday baking? If not, you are missing out! We've compiled a pamphlet Everything Cranberry! Fun Ways to Use Cranberries. In the pamphlet you will find salsas, juice, bruschetta, jams recipes and more!

Download the Everything Cranberry pamphlet here.

How to Make Homemade Applesauce

Author — Amanda Christensen



I have great memories of my grandmother's tasty, home-canned applesauce. I even credit her tart, crisp apples for my love of sour candy! Over the years I've tried many store-bought varieties but nothing compares. I now have two apple trees in

my backyard and guess what...they produce the most delicious, tart apples!

This time of year apples are ripe and ready for picking and preserving. Here's a step-by-step guide for the safe home canning of applesauce.

First things first — make sure you have all the right equipment, including ingredients, BEFORE you start. Trust me, this can save you lots of pain and anguish.

Wash, core and quarter apples. Peeling apples is optional, as many of the nutrients are in the peel. I used an apple peeler for this batch because I wanted my applesauce to be as tart as possible.





Cook apples with a tiny bit of water in a saucepot until they are soft.



Puree apples using a food processer, food mill or blender. Add sugar (optional) and return the sauce to a large pot. Bring applesauce to a boil.



Fill hot jars with hot applesauce leaving $\frac{1}{2}$ inch headspace. Remove air bubbles by sliding a spatula down each side of the jar. Place the lid on the jar and secure the rim.



Place jars in your boiling water bath canner. Be sure water is rapidly boiling before you start your timer. Water should cover the tops of the jars at least 1 inch. Process pints and quarts for 20 minutes.



Remove jars from canner after the 20-minute process time. Allow them to cool and seal on the countertop. Note: if some of your jars do not seal in a 24-hour time period, you can reprocess them but must do so immediately. Otherwise, refrigerate the jars that did not seal and use them first or freeze applesauce in freezer-safe containers. Label your jars and don't forget the date. Store in a cool, dry place. Correctly canned foods are best if used within one year from the time you canned them. Flavor, color, texture and nutritional value will decline after this time period.



TIP: Remove the rims before storing to prevent rust and corrosion from moisture that may be trapped between the rim and the jar.



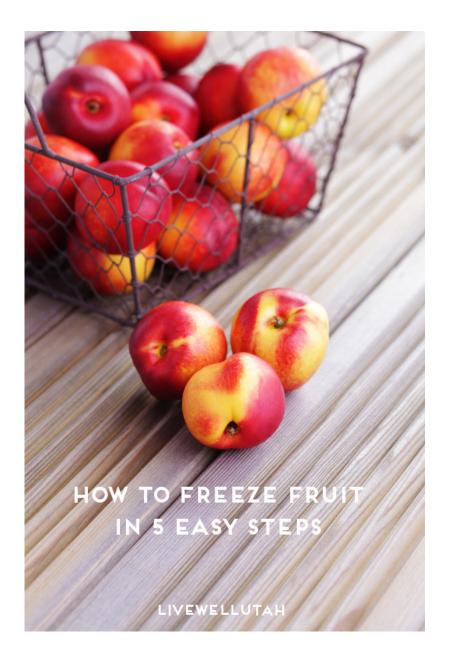
Amanda is an Extension assistant professor for Utah State University. She has a master's degree in consumer sciences from USU and is proud to call herself an Aggie! Amanda loves teaching and enabling individuals and families to make smart money decisions.

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5 Fruit Freezing Steps

Author — Amanda Christensen



Want to preserve your harvest without busting your budget? Don't want to fork out a ton of your hard-earned dollars? Whether you haven't invested in the equipment for home canning or you just don't have the time, don't let your harvest go to waste. Freezing fruit is a great option. Here are five simple steps to follow to freeze fruit. I will use nectarines in this

example but these steps can be followed for any fruit.

STEP 1: Wash your fruit well. Cut in half and remove pits. If desired, peel skins from fruit. (I prefer the skins on since we use these nectarines for smoothies during the winter and the skins are full of nutrients).



STEP 2: Spread fruit out in a single layer on a baking sheet. (Optional: treat fruit with citric acid, lemon juice or Fruit-Fresh to help prevent browning over time). Freezing fruit flat on a baking sheet helps fruit freeze without it sticking together in big clumps.



STEP 3: Freeze 2-3 hours. Fruit might not be completely frozen

but won't stick together once you place it in freezer bags.



STEP 4: While fruit is freezing, label gallon-sized freezer bags with the name and date of the fruit you are freezing.



STEP 5: Fill freezer bags $\frac{3}{4}$ full with frozen fruit. Store fruit flat in a freezer. It is best if it is used within 6 months but will last up to 1 year.





Amanda is an Extension assistant professor for Utah State University. She has a master's degree in consumer sciences from USU and is proud to call herself an Aggie! Amanda loves teaching and enabling individuals and families to make smart money decisions.

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Easy Fruit Parfait — Recipe

Author: USU Food \$ense Team

Dessert can be easy with a few ingredients, especially if you

have some basic staples on hand already like we mentioned a few weeks ago. Fruit becomes extra delicious as a simple parfait. Create one yourself, or get the whole family involved and let each member layer his or her own.



- 1. FRUIT Choose one or more types of fruit. Wash and cut fruit into bite-sized pieces.
- 2. BASE Choose one or more base ingredients like yogurt (Greek), cottage cheese, oats or pudding.
- 3: TOPPING Try granola, nuts, honey, crumbled graham crackers or use this crumble topping:

Crumble topping:

- ½ cup oats
- $\frac{1}{4}$ cup brown sugar
- ½ cup whole-wheat flour
- 2 tablespoons canola oil
- 1 teaspoon cinnamon
- 4. Layer base, fruit and toppings. Enjoy!

Click over to enjoy fruit easily in two other ways, plus get lots of ideas for different fruits to try. What are some of the ingredients you enjoy in a parfait?

FOOD SENSE Author bio: USU Food Sense Team