Wild Blueberry Gingerbread

2 cups all-purpose flour
1/2 teaspoon ginger
1 teaspoon cinnamon
1/2 teaspoon salt
1 teaspoon baking soda
1 cup sour milk or buttermilk
1/2 cup (1 stick) margarine, softened
1 cup sugar
1 egg
3 tablespoons molasses

Serves 12

The low bush blueberry grown in Maine is valued for its small size and sweet taste. Wild blueberries have a higher antioxidant capacity per serving compared to most fruits.
Wild Blueberry Gingerbread continued

Preheat the oven to 350 degrees. Sift the flour, ginger, cinnamon and salt together. Dissolve the baking soda in the milk. Cream the margarine and 1 cup sugar in a mixing bowl. Add the egg and mix well. Add the flour mixture and milk mixture alternately, beating well after each addition. Stir in the molasses. Fold in the blueberries gently. Do not overmix. Pour into a greased and floured 7x9-inch baking pan or an 8x8-inch baking pan. Sprinkle 3 tablespoons sugar over the top. Bake for 50 minutes or until the gingerbread test done.

Per serving: Calories 260, Protein 3 g, Carbohydrates 42 g, Total Fat 9 g, 30% Calories from Fat, cholesterol 20 mg, Fiber 1 g, Sodium 308 mg, sugar 25 g

Source: *Living Well...More Than A Cookbook* or contact your local County Extension Office Family & Consumer Sciences Agent
Roasted Asparagus

2 pounds asparagus, trimmed
1/4 cup olive oil
1/2 teaspoon pepper

Michigan

Michigan is known as the most diverse agriculture state in the country. Spring is beautiful in Michigan, with asparagus stands popping up all over the countryside.
Roasted Asparagus continued

Preheat the oven to 450 degrees. Toss the asparagus in the olive oil in a large bowl. Place in a single layer on a rimmed baking sheet. Sprinkle with the pepper. Roast for 5 minutes or until tender-crisp, shaking the baking sheet once or twice to turn the asparagus spears.

Per Serving: Calories 82, protein 2 g, Carbohydrates 4 g, Total Fat 7 g, 69% Calories from Fat, Cholesterol 0 mg, Fiber 2 g, Sodium 2 mg, Sugar 2 g

Source: Living Well...More Than A Cookbook or contact your local County Extension Office Family & Consumer Sciences Agent
Nothing is more refreshing than a Georgia peach on a hot sunny day! Over forty different varieties are grown statewide, and each year Georgia produces over one hundred thirty million pounds.

**Peach Crumble**

3 large sheets graham crackers  
2 teaspoons sugar  
1 tablespoon margarine, melted  
1 (15-ounce) can sliced peaches or peach chunks, drained  
1 1/2 cups plain nonfat yogurt

Serves 3
Peach Crumble continued

Place the graham crackers in a sealable plastic bag or between two pieces of foil. Crumble the graham crackers using the unopened can of peaches or a rolling pin. Combine the graham cracker crumbs, sugar and margarine in a bowl and mix well. Heat the peaches in a saucepan for 1 to 2 minutes or until warm. Spoon 1/2 cup yogurt into each of three 1-cup dessert bowls. Spoon the warm peaches over the yogurt. Top with the graham cracker mixture and serve.

Per serving: Calories 264, Protein 7 g, Carbohydrates 47 g, Total Fat 5 g, 18% Calories from fat, Cholesterol 3 mg, Fiber 2 g, Sodium 232 mg, Sugar 39 g

Source: Living Well...More Than A Cookbook or contact your local County Extension Office Family & Consumer Sciences Agent
Today approximately twenty thousand acres of sweet potatoes are grown in Mississippi. With the versatility of sweet potatoes, they can be used to make muffins, cheesecakes, and the traditional casseroles.

Grilled Sweet Potatoes

4 large sweet potatoes
1/4 cup (1/2 stick) light butter, melted
1 teaspoon pepper

Serves 5
Grilled Sweet Potatoes continued

Preheat the grill for 20 minutes or until all coals are uniformly ashy gray in color. Scrub the sweet potatoes under running water with a vegetable brush. Cut into 1/2-inch slices. Brush one side with the butter and sprinkle with the pepper.

Arrange brushed side down on a grill rack and repeat the process on the remaining side. Grill for 20 minutes, turning and brushing with the remaining butter until the sweet potatoes are soft when pricked with a fork.

Per serving: Calories 177, Protein 2 g, Carbohydrates 32 g, Total Fat 5 g, 24% Calories from Fat, Cholesterol 16 mg, Fiber 1 g, Sodium 73 mg, Sugar 0 g

Source: Living Well...More Than A Cookbook or contact your local County Extension Office Family & Consumer Sciences Agent
Nevada has many thousands of native pinon nut trees that bear an abundant crop of sweet pine nuts. Many Native Americans harvested pine nuts which they considered a life-sustaining gift from the gods.

Pine Nut Salad

3 large cucumbers, chopped  
1 cup finely sliced celery  
1 bunch parsley, finely chopped  
1 cup black olives, coarsely chopped  
2 cups fresh spinach, shredded  
1 cup pine nuts  
1/2 cup olive oil  
1/4 cup vinegar  
1/16 teaspoon oregano  
salt and pepper to taste

Serves 8
Pine Nut Salad continued

Mix the cucumbers, celery, parsley, black olives, spinach and pine nuts in a large bowl. Whisk the olive oil, vinegar, oregano, salt and pepper in a small bowl. Pour over the vegetable mixture and toss to coat.

Per serving: Calories 279, protein 4 g, Carbohydrates 8 g, Total Fat 27 g, 84% Calories from fat, Cholesterol 0 g, Fiber 3 g, Sodium 174 mg, Sugar 3 g

Source: *Living Well...More Than A Cookbook* or contact your local County Extension Office Family & Consumer Sciences Agent
Salmon is a staple of many people’s diets in Alaska. It may be prepared in many ways. When the runs are plentiful, extra fish is frozen or canned for future use.

**Baked Salmon**

1 (1 1/2 pound) salmon fillet
1 1/2 teaspoons dried dill weed
1 large lemon, sliced

Serves 6
Preheat the oven to 350 degrees. Rinse the salmon and pat dry. Place skin side down on a large sheet of heavy-duty foil. Sprinkle with the dill weed. Place the lemon slices over the salmon. Bring the foil over the salmon and fold the edges together. Fold the foil ends together to create a sealed packet. Place on a baking sheet. Bake for 20 minutes or to 145 degrees on a meat thermometer. Serve with additional lemon wedges.

Note: Using the foil make cleanup easy. The foil packet may be placed on a grill rack and grilled. Alternatively, the salmon can be placed in a baking dish. Cover and bake as directed. Leftover salmon is great as salmon patties in a casserole, or made into a dip for vegetables or crackers.

Per serving: Calories 206, Protein 26 g, Carbohydrates 1 g, Total Fat 10 g, 46% Calories from fat, Cholesterol 82 mg, Fiber <1 g, Sodium 62 mg, Sugar < 1 g

Source: Living Well...More Than A Cookbook or contact your local County Extension Office Family & Consumer Sciences Agent