



# PATH TO THE PLATE

TEXAS A&M AGRILIFE EXTENSION

**Recipes for Food Grown in Parker County**

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## Cowboy Sliders

1 pound ground beef, lean	2 tablespoons Chile Peppers in Adobo Sauce
¼ cup barbecue sauce	9 Mixed Grain Hamburger Buns, slider size
½ cup red onion finely chopped	1 ½ cups lettuce, chopped
1 teaspoon garlic cloves, finely chopped	1 tomato sliced
½ teaspoon chili powder	¼ cup pickles, sliced

Mix together ground beef, barbecue sauce, red onion, garlic cloves, chili powder and Chili Peppers. Mix well and form into slider size patties, about 2 inches in diameter.

Grill the hamburger patties over medium high heat for about 8 minutes on each side or until slider patties reach 165 degrees. F.

Build cowboy sliders on multi grain hamburger buns with lettuce, tomatoes and pickles

Serves: 9 Nutrition Facts: 1 Serving: 200 calories; Fat: 4.5 grams; Sodium 300 mg.; Carbohydrates: 25 grams.

## Taco Casserole

1 pound extra lean ground beef, chuck or ground	1 cup, canned, low or not sodium diced tomatoes with juice
1 medium onion, chopped	¾ cups reduced fat cheddar cheese
1 packet Taco seasoning, low sodium	6 medium corn tortillas
½ cup water	1 tbsp. chopped cilantro
1 green bell pepper, chopped	

Preheat oven to 350 degrees.

Brown ground beef with onions, add cilantro if desired. Drain any excess fat.

Mix packet of taco seasoning and ½ cup water.

Add diced tomatoes and green bell pepper.

Remove from heat and mix until well blended.

Put tortillas on bottom of a 9x13 inch baking dish, and then add beef mixture.

Sprinkle with ½ of cheese and place whole tortillas on top and sprinkle with remaining cheese.

Place in oven until cheese is melted and tortillas are crisp.

Serve over a bed of lettuce and top with light sour cream, salsa, olives and diced tomatoes if desired

Serves: 8 Nutrition Facts: 1 serving: 160 calories; Fat: 4.5 grams; Sodium: 280 mg.; Carbohydrate: 14 grams; Protein: 16 grams.

### **The Best Meat Loaf**

2 lb. ground beef	½ cup milk
1 tsp. salt	½ cup catsup
½ tsp. black pepper	1 tbsp. chopped onion
2/3 cup cracker crumbs	1 tbsp. minced green pepper

Combine all ingredients and mix well. Form into a loaf in a pan. Spread additional catsup over meatloaf. Bake 1 hour on 325 degrees.

Serves: 8 Nutrition Facts: 275 Calories; Fat: 9 grams; Carbohydrates: 24 grams; Protein: 25 grams.

### **Corn Pudding Casserole**

2 cans cream corn	2 tbsp. sugar
1 cup milk	2 eggs, beaten
2 tbsp. flour	1/4 tsp. salt
½ cup margarine, melted	

Mix corn, milk, egg, margarine and salt together. Combine sugar and flour, then fold into corn mixture. Pour into a greased 2 quart casserole and bake at 325 degrees oven for 45 minutes or until mixture is browned on top.

Serves: 8 Nutrition Facts: 200 calories. Fat: 9 grams; Carbohydrates: 27 grams; Protein 5 grams.

### **Pumpkin Hummus**

1 15 ounce, low sodium garbanzo beans	2 tablespoons lemon juice
2 15 ounce, pumpkin puree,	2 teaspoons ground cumin
1 garlic clove, minced	2 teaspoons paprika
1 tablespoon olive oil	2 teaspoons cinnamon

Puree garbanzo beans in a food processor. Add pumpkin puree and mix well. Add garlic, olive oil, lemon juice, ground cumin and paprika. If this is too bland, add more cumin and paprika to taste. Serve with chips or crackers.

Serves: 12 Nutrition Facts: 70 calories; Fat: 2 grams; Sodium 50 mg.; Carbohydrates: 11 g.; Protein 3 grams.

### Honey Citrus Glazed Carrots

1 tablespoon butter or margarine	½ cup orange juice
4 cups carrots, sliced	½ teaspoon orange zest, minced
¼ cup honey	1 teaspoon salt
½ cup chicken broth	¼ teaspoon pepper

In a large skillet over medium-high heat, melt butter. Add carrots and sauté for several minutes. Add honey, broth, orange juice and orange zest. Reduce heat to medium-low and simmer until carrots are cooked and liquid is thick. Season with salt and pepper.

Serves: 9 Nutrition Facts: 182 Calories; Fat: 11 grams; Sodium 170 mg.; Carbohydrates: 20 grams

### Pumpkin Pie Parfait

1 3.4 ounce instant vanilla pudding	1 cup of vanilla sandwich cookies
2 cups cold milk	8 ounce frozen whipped topping, thawed
15 ounce pure pumpkin puree	9 8 ounce jars or glasses
1 teaspoon pumpkin spice	

In a large bowl, whisk together pudding mix and milk and let set for five minutes.

Stir in pumpkin and pumpkin spice.

Crush the vanilla sandwich cookies in a blender or food processor to make crumbs.

In a small jar or glasses layer cookie crumbs, pumpkin pudding, and whipped topping. Repeat the layers twice and end with cookie crumbs.

Chill until you are ready to serve

Serves 9 Nutrition Facts: 221 Calories; Fat: 8 grams; Carbohydrates: 34 grams; Protein: 3 grams.

### Classic Caramel Corn

Cooking Spray	½ cup butter
4 quarts popped popcorn	½ teaspoon salt
1 cup brown sugar	½ teaspoon baking soda
½ cup light or dark corn syrup	1 teaspoon vanilla

Spray a large shallow roasting pan with cooking spray. Add popcorn and place in preheated 250 degree oven while preparing caramel.

Mix brown sugar, corn syrup, butter and salt in a heavy 2-quart saucepan. Stirring constantly, bring to a boil over medium heat.

Boil 5 minutes without stirring. Remove from heat. Stir in baking soda and vanilla; mix well.

Pour syrup over warm popcorn, stirring to coat evenly.

Bake for 45 minutes, stirring occasionally. Remove from oven and spread on foil that has been sprayed with cooking spray.

Cool; break apart. Store in a tightly covered container.

Nutrition Facts: 395 Calories; Fat: 21 grams; Carbohydrates: 52.4; Protein 16.7

## **Pecan Pie Bars**

### *Crust*

1 ¾ cups all-purpose flour  
¾ cup butter, softened  
1/3 cup sugar  
1/3 cup coarsely chopped pecans

### *Filling*

2/3 cups firmly packed brown sugar  
6 tablespoons all-purpose flour  
1 teaspoon salt  
1 ½ cups corn syrup  
4 large eggs  
2 teaspoons vanilla extract  
1 ½ cups coarsely chopped pecans

Preheat oven to 350 degrees F.

Combine 1 ¾ cups flour, butter and sugar in bowl. Beat at medium speed, scraping bowl often, until mixture resembles coarse crumbs. Stir in 1/2 3 cup pecans.

Press crust mixture evenly onto bottom of ungreased 13x9 inch baking pan. Bake 18 to 22 minutes or until edges are very light golden brown.

Combine brown sugar, 6 tablespoons flour and salt in large bowl, whisk until mixed. Add corn syrup, eggs and vanilla; mix well. Stir in 1 ½ cups chopped pecans. Spread evenly over hot, partially baked crust. Bake 30 to 35 minutes or until filling is set and knife inserted 1 inch from edge comes out clean.

Cool completely. Refrigerate 30 minutes. Cut into bars.

Nutrition Facts: 1 bar: 157 calories, 8 g. fat, 21 grams carbohydrates, 2 grams protein.

## **Peach Crisp**

3 cups peeled and sliced peaches  
1 cups sugar  
¾ cups water  
3 tablespoon flour

1 teaspoon cinnamon  
1 teaspoon vanilla  
2 tablespoons butter

In a medium sauce pan, mix sugar, flour and cinnamon together add peaches, vanilla and water in a medium sauce pan and heat until slightly thick. Place peaches in greased pan or baking dish. Dot with butter over the top.

### **Topping**

1/3 cup butter  
¾ cup flour  
¾ cup oatmeal

¾ cups brown sugar  
¼ teaspoon baking soda  
¼ teaspoon baking powder

Cream butter and cut into dry ingredients. Mix and sprinkle over apple mixture. Bake at 350 degrees for 1 hour.

## Apple Cake

2 cups sugar	1 tsp. salt
½ cups vegetable oil	1 tsp. cinnamon
4 eggs	3 cups apples, chopped
1 tsp. vanilla	1 cup coconut
3 cups flour	1 cup pecans, chopped
1 tsp. baking soda	1 cup raisins

Preheat oven to 325 Degrees.

In a large mixing bowl combine sugar and oil. Add eggs and vanilla. Add flour, baking soda, salt and cinnamon and mix well. Fold in apples, coconut, pecans, and raisins. Bake in a greased and floured tube or Bundt pan at 325 degrees for 1 hour and 20 minutes.

## Chocolate Energy Bites

½ cup peanuts, finely chopped	2 tablespoons peanut butter powder
1 ½ cup old fashions oats, divided	2/3 cup mini chocolate chips, divided
1/3 cup flax seeds	½ cup peanut butter
½ cup almond flour	1/3 cup + 1 tablespoon honey
3 tablespoons unsweetened cocoa	2 tablespoons milk

Line a sheet pan with parchment or wax paper.

Place the peanuts in a small bowl and set aside

In a food processor, combine 1 cup of oats, flax seed, almond flour, cocoa, peanut butter powder and 1/3 cup of the chocolate chips. Pulse several times until it resembles coarse meal.

Add the peanut butter, honey and almond milk to the oat mixture and process until the mixture comes together.

Transfer the oat mixture to a large bowl and mix in the remaining oats and chocolate chips, your hands work best for this.

Scoop out 1 inch clusters of the mixture and roll into a ball with your hands. Then dip the bites in the finely chopped peanuts. Place each ball on the sheet pan and chill in the refrigerator.

When the bites are chilled and set, store in an airtight container for up to a week.

Nutrition information: 2 Bites Per serving 214 calories; Fat 3 Grams; Carbohydrates: 23 grams; Protein: 6 g.