



*"Seasons Greetings"
with Certified SC Grown*



The South Carolina Department of Agriculture is pleased to bring you *Spring Recipes* using Certified SC produce and products of the season. The Certified SC program, a public-private effort to brand and promote South Carolina products, was created to help you easily identify, find and buy South Carolina products.

"Seasons Greetings" pairs locally grown produce and products of each harvest season with creative, fresh recipe ideas. To learn more about South Carolina produce and products, visit www.agriculture.sc.gov and click on the Certified SC Grown logo.

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Blueberry Crumb Pie

- 1 cup sugar
- 1 carton sour cream (8 oz.)
- 3 tablespoons all-purpose flour
- 1/8 teaspoon salt
- 4 cups fresh blueberries
- 1 unbaked 9 inch pastry shell
- 1 tablespoon sugar
- 1/4 cup fine dry bread crumbs
- 1 tablespoon sugar
- 1 tablespoon butter or margarine (melted)

Combine first four ingredients. Place blueberries in unbaked pastry shell; sprinkle 1 tablespoon sugar and spread sour cream mixture. Combine bread crumbs, 1 tablespoon sugar and butter and sprinkle over top. Bake at 375°F for 45 – 50 minutes or until center of pie is firm.

Parmesan Chicken

- 4 boneless skinless chicken breasts
- 1 stick butter or margarine (melted)
- 1 cup seasoned bread crumbs
- 1/2 cup fresh parmesan cheese (grated)
- 1/2 lemon

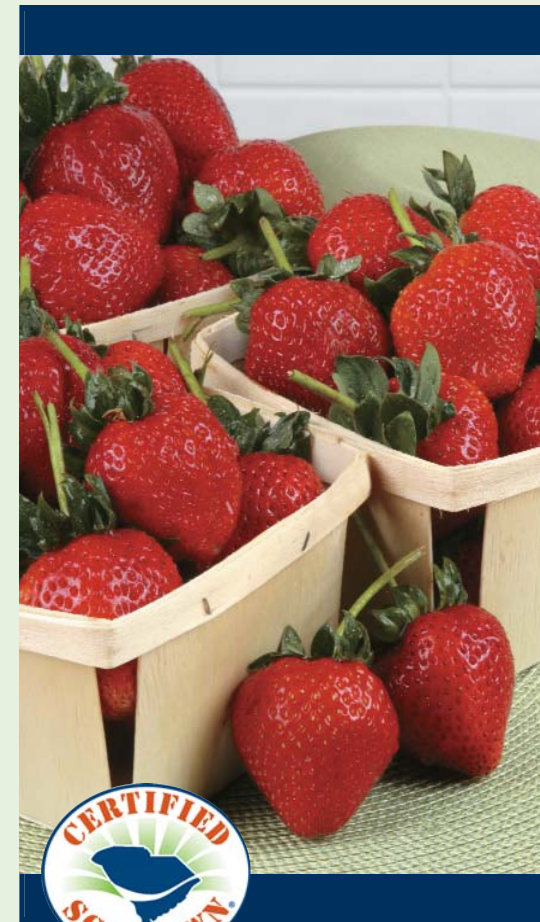
Wash chicken and pat dry. Combine bread crumbs and grated cheese in a bowl. Dip chicken thoroughly in butter, then roll in bread crumbs/cheese mixture. Place in an ungreased glass baking dish. Sprinkle any remaining bread crumb/cheese mixture on top of chicken and drizzle remaining butter. Squeeze lemon on top. Bake at 425°F for 15 – 20 minutes.

Spring Strawberry Spinach Salad

- 1 bunch spinach, rinsed
- 10 large strawberries, sliced
- 1/2 cup white sugar
- 1 teaspoon salt
- 1/3 cup white wine vinegar
- 1 cup vegetable oil
- 1 tablespoon poppy seeds

In a large bowl, mix the spinach and strawberries. In a blender, mix the sugar, salt, vinegar and oil and blend until smooth. Stir in the poppy seeds. Pour over the spinach and strawberries and toss to coat.

South Carolina Department of Agriculture *Spring Recipes*



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Baked Sweet Onion Dip

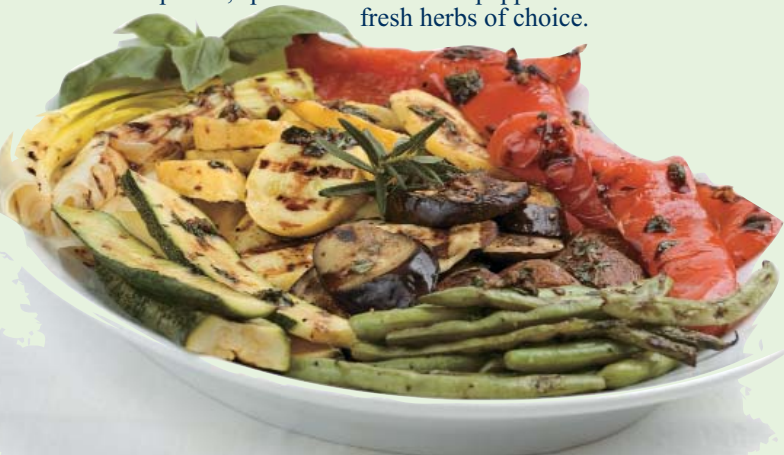
16 ounces cream cheese, softened
1/2 cup mayonnaise
2 cups fresh grated parmesan cheese
1 cup chopped SC sweet onions

Combine the cream cheese and mayonnaise in a bowl and mix well. Stir in the onion and parmesan cheese. Spoon into a baking dish and bake at 425°F for 15 to 20 minutes or until brown and bubbly. Serve with assorted party crackers.

Grilled Spring Vegetables

1 large yellow squash
1 large zucchini
1 large red bell pepper
1 large carrot (peeled)
12 small asparagus spears (trimmed)
1/2 cup olive oil
1/2 cup balsamic vinegar
2 green onions, chopped
1 tablespoon Dijon mustard
1 tablespoon lemon juice
1 tablespoon chopped fresh thyme
1 teaspoon rosemary
Salt and pepper to taste
Chopped fresh herbs of choice

Slice vegetables and place in a sealable plastic bag. Combine the olive oil, balsamic vinegar, green onions, Dijon mustard, lemon juice, rosemary and thyme in a bowl and mix well. Pour over the vegetables and seal bag tightly. Marinate in the refrigerator for several hours, turning occasionally. Drain, reserving the marinade, and arrange vegetables in a grilling basket. Grill over hot coals until slightly charred, turning and basting with the reserved marinade frequently. Transfer vegetables to a serving platter, sprinkle with salt and pepper and fresh herbs of choice.



Crispy Coleslaw

1 small head cabbage, shredded (about 1 1/2 lbs.)
1/2 green pepper, chopped
1/2 red pepper, chopped
1 medium onion, chopped
cup sugar
1/2 cup plus 2 tablespoons vinegar
1/2 cup vegetable oil
1 teaspoon salt
1 teaspoon celery seeds

Combine cabbage, peppers, onion and sugar in a large bowl. Stir well. Cover and chill 2 hours. Combine remaining ingredients in a saucepan. Bring to a boil, stirring until salt dissolves. Pour over cabbage mixture. Toss gently. Cover and chill at least 2 hours before serving. Will keep several days in the refrigerator.



Fruit Pizza

Layer 1

1 package refrigerated sugar cookie dough
Slice cookie dough and place in a lightly greased pizza pan. Bake in a 350°F oven for 10 minutes.

Layer 2

1/2 cup sugar
8 ounces cream cheese, softened
1 teaspoon vanilla
Mix sugar, cream cheese and vanilla together. Spread over cooled cookie crust.

Layer 3

Strawberries (sliced or whole), Peaches, Kiwi, Blueberries, Pineapple, Raspberries, Bananas, Grapes, Blackberries
Place your preference of fruit on top.

Layer 4

3/4 cup sugar
1 cup orange juice
1/4 cup lemon juice
3/4 cup water
3 tablespoons cornstarch
Combine sugar, orange juice, lemon juice, water and cornstarch. Bring to a boil and cook 1 minute. Cool and spoon over fruit. Be sure to cover fruit. Chill; cut; and serve.
Yields: 6-8 servings.

Favorite Flank Steak

1 flank steak (1 1/2 - 2 lbs.)
6 green onions, finely chopped
3/4 cup good quality extra virgin olive oil
1/4 cup soy sauce
1/4 cup honey
2 tablespoons white wine vinegar
1-2 large garlic cloves, minced

Score flank steak and sprinkle onions on top. Whisk together oil, soy sauce, honey, vinegar and garlic. Pour over steak. Marinate for several hours turning frequently. Drain marinade into a small saucepan and heat on medium-low heat. Preheat grill to medium-high. Grill steak to desired degree of doneness. Slice across the grain and serve with warm marinade.

Compliments of the The Palmetto Cabinet's Nothing Could be Finer cookbook

Skillet Sesame Asparagus

1 lb. fresh asparagus, rinsed & ends trimmed
3/4 cup olive oil
Kosher salt to taste
Sesame seeds, toasted (*optional*)

Preheat oven to 450°F. Dry asparagus thoroughly. Cover bottom of a 10-inch iron skillet with oil. Place skillet in oven for 15 minutes until oil is very hot. Remove from oven and place asparagus in skillet. Be careful, oil will splatter. Sprinkle with salt and toasted sesame seeds. Bake for 5 minutes.

Compliments of the The Palmetto Cabinet's Nothing Could be Finer cookbook

