

November 8th - CTV Morning Live
Evan Mangino, U.S. Agricultural Attaché
Recipes created by Kathy Smart

tasteU.S. Holiday Recipes

Warm Apple Cinnamon Bread with California Prunes

Serves 12

- 2 cups of gluten-free all purpose flour mix
- 3 tablespoons of chia seeds
- 2 teaspoons of baking soda
- 1 teaspoon of gluten-free baking powder
- 1/2 teaspoon of sea salt
- 3/4 cup of unsweetened apple sauce
- 1/4 cup of pureed **California Prunes**
- 1/2 cup of pure maple syrup
- 1 teaspoon each of vanilla extract and cinnamon
- 1/2 cup of almond milk or cow's milk
- 3/4 cup of chopped **Natural Delights Dates**

Directions

Preheat oven to 350°F.

Mix all dry ingredients in a bowl. In another bowl, combine applesauce, prunes, maple syrup, vanilla, cinnamon, and mix until incorporated. Gradually add in milk, mixing well. Then add dry ingredients to the blended wet ingredients in three stages, blending well after each addition until the dry ingredients are completely incorporated. Add in chopped dates, mix well. Pour into pre-greased loaf pan. Bake for 40-50 minutes or until toothpick comes out clean.

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Warm Pear and Peach Butter with Chai Spices

Serves 10

Try this butter with the Apple Cinnamon Bread . . . delicious!

- 3 cups of **U.S. sliced pears** (keep the skin on)
- 2 cans of **California Cling Peaches**
- 3 x 3 inch cinnamon sticks
- 3 cardamon pods
- 2 star anise
- pinch of sea salt
- 1 tablespoon of butter

Directions:

Add all of the above to a slow cooker and let simmer on low for 10 hours. Remove from slow cooker, add to saucepan and allow to boil down on medium heat to a butter consistency.

Tabbouleh Stuffed Red and Green Peppers

Serves 10

- 5 peppers, cut in half (mixture of red and green)
- 4 cups of mixed **U.S. Brown Basmati** and **Minnesotan Ojibwe Wild Rice**, cooked (add a little butter to the rice as it cooks)
- ½ cup each of chopped parsley, red pepper, orange pepper, red onion, lemon juice, chopped U.S. pecans and olive oil
- 3 teaspoons of chopped garlic
- Sea salt and black pepper to taste
- Parsley for garnish

Directions

Gently combine all of the above ingredients and fill in rice mixture to the empty cavity.

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Watermelon and Olive Bites with Fresh Basil

Serves 10

- 1 cup of fresh **U.S. Watermelon** cubes
- 1 cup of mixed green and **California Black Olives**
- 1 large bunch of basil
- 3 tablespoons each of olive oil and balsamic vinegar
- 10 bamboo skewers or toothpicks

Directions

Layer watermelon cubes and olives, and insert fresh basil leaves in between each combination.

Combine olive oil and balsamic vinegar and drizzle over appetizers.

Warm Sweet Potato Pie

Serves 10

- 4 cups of cooked and pureed **U.S. sweet potatoes**
- $\frac{3}{4}$ cup of coconut sugar
- $\frac{1}{2}$ cup of coconut milk
- 1 teaspoon of pumpkin pie spice
- $\frac{1}{2}$ teaspoon of sea salt
- 1 gluten free pastry shell

Directions

Preheat oven to 350 degrees F

Puree the first 5 ingredients with an immersion blender, add to the gluten free pastry shell. Bake for 45 minutes or until toothpick comes out clean.

Serve with whipped coconut milk or whipping cream.

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