

PESTO SWIRL BREAD

Ingredients:

1 cup whole wheat flour
2 to 2 ½ cups bread flour
1 envelope RapidRise Yeast
1 Tblsp nonfat dry milk
1 Tblsp sugar
1 Tblsp parsley flakes
1 1/2 tsp salt
1/2 tsp garlic powder
½ cup plus ¾ cups water
1 Tblsp butter
1 Tblsp plus 1/2 cup prepared pesto sauce
2 Tblsp olive oil

Directions:

In mixing bowl, dissolve yeast and sugar in ½ cup warm water (105 - 110 degrees). Combine whole wheat flour, dry milk, parsley flakes, salt and garlic powder in a separate bowl; stir into yeast mixture.

Heat ¾ cup water and butter until very warm (120 - 130 degrees). Add to mixture; beat with an electric mixer for 1 minute at medium speed, scraping bowl occasionally.

Add 1 Tblsp pesto sauce and mix well.

Stir in enough remaining flour with a spoon to make a soft dough.

Knead on lightly floured surface until smooth and elastic, about 5 minutes. Cover dough with towel and let rest on floured surface 5 minutes.

Roll dough to 15-by-10-inch rectangle.

Spread with ½ cup pesto sauce.

Beginning at short end of each rectangle, roll up tightly as for jelly roll.

Pinch seams and ends to seal. Place, seam sides down, in greased 9-by-5-inch loaf pan. Brush top of loaf with olive oil

Cover; let rise in warm, draft-free place until doubled in size, about 30 minutes.

Bake at 375 degrees for 20 to 24 minutes or until done. Remove from pan; let cool on wire racks.

Yield: 14 to 16 one-half inch slices.

GREEK PASTA

2 cups uncooked penne pasta
¼ cup butter, cubed
1 large onion, chopped
¼ cup all purpose flour
1 can (14 ½ oz) reduced sodium chicken broth
1 jar (7 ½ oz) marinated quartered artichoke hearts, drained
1 cup (4 oz.) crumbled feta cheese
½ cup chopped oil packed sun dried tomatoes
1/3 cup sliced potted Greek olives
2 tablespoons minced fresh parsley

Cook pasta according to package directions. Meanwhile, in a large ovenproof skillet, melt butter. Add onion; sauté until tender. Stir in flour until blended; gradually add broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in artichoke hearts, cheese, tomatoes and olives.

Drain pasta; stir into the pan. Broil 3-4 inches from heat for 5-7 minutes or until bubbly and golden brown. Sprinkle with parsley.

Chirae Christie
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CHIRAE'S CRANBRAN MUFFINS

1 1/2 cups wheat bran
1 cup nonfat milk
1/2 cup unsweetened applesauce
1 egg
2/3 cup brown sugar
1 teaspoon orange extract
1/2 cup all-purpose flour
1/2 cup whole wheat flour
1 tablespoon flax seed
1 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt
1 cup dried cranberries

Preheat oven to 375 degrees F (190 degrees C). Grease muffin cups or use paper muffin liners. Mix together wheat bran and milk, and let stand for 10 minutes. In a large bowl, mix together applesauce, egg, brown sugar, and vanilla. Beat in bran mixture. Sift together all-purpose flour, whole wheat flour, baking soda, baking powder, and salt. Stir into bran mixture until just blended. Fold in cranberries. Scoop into muffin cups. Bake in preheated oven for 15 to 20 minutes, or until tops spring back when lightly tapped. If desired, muffins can be topped with a mixture of whipped cream cheese, sugar substitute and orange extract.