

Our State eats

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Asparagus, Pistachio, & Mint Salad with Lemon Vinaigrette

Yield: 6 servings.

- Zest and juice of 1 lemon**
- ¼ cup rice wine vinegar**
- 2 teaspoons Dijon mustard**
- 3 teaspoons honey**
- 1 teaspoon fine sea salt**
- ½ teaspoon pepper**
- ¼ cup extra-virgin olive oil**
- 2 pounds asparagus**
- 3 cups cooked brown rice**
- ½ cup salted pistachios, shelled**
- ½ cup thinly sliced green onions**
- 1 cup packed fresh mint leaves, finely sliced**

For vinaigrette: Whisk together zest and juice of 1 lemon, rice wine vinegar, Dijon mustard, honey, salt, and pepper. Slowly add the olive oil, whisking constantly. Set aside.

Trim 3 to 4 inches off the ends of the asparagus. Cut spears into 1-inch pieces, leaving the tips intact. Bring a large saucepan of salted water to a boil. Cook asparagus for 2 to 3 minutes, or just until crisp-tender. Remove from heat and strain into colander. Cover asparagus with ice to stop cooking process.

Once asparagus has cooled, add to a large bowl and combine with 3 cups cooked brown rice. Pour vinaigrette over rice and asparagus mixture and toss. Add pistachios, green onions, and fresh mint leaves. Add additional salt to taste. Serve at room temperature.

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Asparagus Au Gratin

Yield: 4-6 servings.

- 1 pound fresh asparagus**
- Liquid from cooking asparagus**
- Milk, as needed**
- 2 cups breadcrumbs, divided**
- 12 stuffed Manzanilla olives, sliced**
- 2 hard-boiled eggs, sliced**
- 2 tablespoons butter**
- 2 tablespoons flour**
- 1 cup shredded sharp Cheddar cheese**

Steam asparagus until tender. Drain well, reserving liquid. Measure liquid, and add enough milk to make 1½ cups. Place

half of the breadcrumbs evenly in the bottom of a buttered casserole dish.

Cut asparagus into bite-size pieces and scatter over breadcrumbs. Spread olive and egg slices over the top. Melt butter in a saucepan, and stir in flour until smooth.

Slowly whisk asparagus liquid-milk mixture into the butter and flour mixture, and cook over medium heat, stirring until sauce begins to thicken. Stir in grated cheese and stir until smooth. Pour over ingredients in casserole.

Sprinkle remaining breadcrumbs on top. Bake at 350° for 30 to 40 minutes, until bubbly and golden. Serve immediately.

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Beans & Greens Soup

Yield: 8 servings.

- 4** tablespoons olive oil
- 2** cups onions, chopped
- 3** large carrots, peeled and chopped
- 2** cloves garlic, minced
- 8** cups chicken stock
- 2** teaspoons salt
- 1/8** teaspoon cayenne pepper
- 6** cups collards, destemmed, washed, and chopped
- 1** ham hock
- 2** bay leaves
- 3** sprigs fresh thyme
- 3** cans white beans, drained
- 1** (14.5-ounce) can diced tomatoes

In a large stockpot, add olive oil, onions, carrots, and garlic. Cook on medium-high heat for 15 minutes, stirring occasionally. Add chicken stock, salt, pepper, collards, ham hock, bay leaves, and thyme. Cook, uncovered, on medium heat for 30 minutes. Stir in beans and tomatoes and simmer 10 minutes. Remove sprigs of thyme and bay leaves before serving. (For a vegetarian version, omit the ham hock and substitute vegetable stock.)

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Black-Eyed Peas & Collards

Yield: 4 servings.

- 1 cup dried black-eyed peas**
- 1 tablespoon butter**
- 1 large sweet onion, finely chopped**
- 1 tablespoon garlic powder**
- 1 teaspoon light brown sugar**
- 3 strips thick-cut bacon,
cut into small pieces**
- 1 bay leaf**
- 1 bunch collards, destemmed**
- Salt and pepper to taste**

Soak the black-eyed peas overnight in 4 cups of water.

Melt the butter in a large saucepan on medium heat. Add the onion, garlic powder, sugar, bacon, and bay leaf. Cover the pan and leave it for 2 minutes. Cook, stirring occasionally, until the onions are translucent and the bacon starts to crisp.

Drain the peas and pour them into the saucepan. Cover them with cold water and reduce the heat to medium-low. Cook for 30 minutes to 2 hours. The peas are done when you can easily squish them on the side of the pot with the back of a spoon; check tenderness every 30 minutes. Add more water if needed.

Stack the collard green leaves on top of each other and roll tightly. Slice the leaves and then cut in half.

When the peas are cooked, add the collards to the pot and cover. Add 1 teaspoon of salt and some freshly ground pepper, then stir. Taste the liquid and peas and add salt as needed. Cover the pan and cook for about 10 to 15 minutes. When the collards are tender, turn off the heat. Remove the bay leaf. Serve over rice or with cornbread.



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Broccoli & Cauliflower Salad

Yield: 8 servings.

- 4 cups fresh broccoli florets**
- 2 cups fresh cauliflower florets**
- 1 cup raisins**
- 3 green onions, sliced**
- 1 cup Duke's mayonnaise**
- 2 tablespoons apple cider vinegar**
- 2 teaspoons sugar**
- ½ teaspoon salt**
- 1 cup salted sunflower seeds, hulled**

In a large bowl, combine the broccoli, cauliflower, raisins, and onions. In a small bowl, whisk together the mayonnaise, vinegar, sugar, and salt, until the sugar has dissolved. Pour the dressing over the broccoli-cauliflower mixture; toss to coat. Refrigerate for at least 2 hours. Toss in sunflower seeds before serving.

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Brussels Sprouts with Maple Candied Bacon

Yield: 4 servings.

- 1 pound thick-cut smoked bacon**
- 2 tablespoons maple syrup, divided**
- 2 pounds fresh Brussels sprouts, trimmed**
- 2 tablespoons balsamic vinegar**
- ½ teaspoon salt**
- Pepper to taste**

Preheat oven to 350°. Lay bacon on an ungreased baking sheet and brush with maple syrup. Bake for 10 minutes. Turn bacon slices over and brush with more maple syrup. Bake until crisp, approximately 10 to 15 additional minutes. Drain bacon on paper towels and reserve the drippings.

Increase oven temperature to 425°. Toss Brussels sprouts with 3 tablespoons of reserved drippings, balsamic vinegar, salt, and any remaining maple syrup, making sure that all of the sprouts are evenly coated. Spread them out on a parchment-lined baking sheet and roast for about 20 to 30 minutes, stirring once or twice during the cooking time. Sprouts should be just fork-tender.

Break bacon into pieces and toss in with the sprouts. Season with salt and pepper, and serve immediately.



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Charred Okra

Yield: 4 servings.

1 pound fresh okra, washed and cut lengthwise

4 tablespoons olive oil, divided

½ teaspoon garlic powder

½ teaspoon salt, plus more to taste

Juice from one lemon

Freshly ground black pepper to taste

Heat a cast-iron skillet or heavy-bottomed skillet on medium-high for 5 minutes. Add 2 tablespoons of olive oil and heat for 1 minute. Add okra and sprinkle with garlic powder and ½ teaspoon salt. After 1 minute, turn okra over and continue cooking on medium-high heat. Add lemon juice and remaining olive oil to coat okra, then remove it from the pan. Add black pepper and more salt if desired. Serve immediately.



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Chilled Cucumber Soup

Yield: 6 servings.

- 3 large European cucumbers, washed, halved, and seeded**
- 3 cups plain Greek yogurt**
- 3 tablespoons fresh lemon juice**
- 1 small shallot, chopped**
- 2 garlic cloves**
- ½ cup loosely packed fresh dill**
- ¼ cup loosely packed flat-leaf parsley leaves**
- ¼ cup loosely packed fresh arugula**
- 3 tablespoons loosely packed tarragon leaves**
- ¼ cup olive oil, plus more for drizzling**
- Salt**
- Freshly ground white pepper**
- ½ red onion, finely chopped (for garnish)**

Finely dice 1 cucumber, to measure 1 cup. Set aside. Coarsely chop the remaining cucumbers. In a blender, combine the coarsely chopped cucumber with the yogurt, lemon juice, shallot, garlic, dill, parsley, arugula, tarragon, and ¼ cup of olive oil. Blend on high until smooth. Season with salt and white pepper. Cover and refrigerate for at least 8 hours or overnight.

If needed, season the soup again with salt and pepper just before serving. Pour the soup into bowls. (If desired, chill the bowls in the refrigerator before serving soup.) Garnish with the finely diced cucumber and red onion. Drizzle each serving with olive oil.

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Collard Green & Country Ham Strata

Yield: 6 servings

- 2-4 teaspoons vegetable oil**
- 1 medium sweet onion, chopped**
- 1 shallot, chopped**
- ½ teaspoon salt**
- 6 large eggs**
- 1½ cups whole milk**
- 2 cups fresh collard greens, destemmed, washed, and cut into thin ribbon**
- 1 red sweet bell pepper, chopped**
- 3 green onions, sliced**
- 2 pieces of thinly sliced country ham, cut into strips**
- Hot sauce (optional)**

Preheat oven to 375°F. Prepare a round baking dish with oil.

Add vegetable oil to skillet and using medium heat, add onion and shallot. Sprinkle with ½ teaspoon salt and cook until onion and shallot are translucent, approximately 5 minutes. Remove onion mixture from skillet and set aside.

Return skillet to stove and add country ham. If skillet is dry, add an additional 2 teaspoons of oil. Cook ham until edges begin to brown. Add collard greens to skillet and stir. Add chopped red pepper and continue to cook for 15 minutes, stirring occasionally.

Place collard green and ham mixture in a large mixing bowl. Allow to cool for 10-15 minutes.

In a separate bowl, whisk together eggs and milk. Pour half of egg mixture into baking dish. Add collard green mixture and top with remaining egg mixture. Sprinkle top with sliced green onions.

Bake, uncovered, for approximately 30 minutes or until the center has set and top is lightly brown. Remove from oven and let sit for 5 minutes before serving. Serve with hot sauce, if desired.



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Collard Pesto Pasta Salad

Yield: 4 servings.

- 4 ounces (half a large bunch) collard greens, rinsed, stems removed**
- ¼ cup almond pieces**
- ¼ cup shredded Parmesan**
- 3 cloves garlic, minced**
- Juice of 1 lemon**
- ½ tsp black pepper**
- ¼ tsp kosher salt**
- ½ cup olive oil**
- 8 ounces curly pasta (such as Rotini)**
- 1 cup frozen peas**

Bring a large pot of water to boil. Meanwhile, roughly chop the collard greens into large pieces. Once boiling, season the

water generously with salt, then add the collards to the pot, and simmer briefly, until bright green (approximately 1 minute). Using a slotted spoon, remove greens and dry thoroughly.

Bring the pot of water back to a boil, then cook the pasta to al dente (per the package instructions). During the last minute of cooking, add the frozen peas to the pot. Drain the pasta and peas thoroughly. Transfer to a large bowl.

In a food processor, combine collards and all remaining pesto ingredients except olive oil. Pulse several times, then with the food processor running, drizzle in the olive oil and puree until smooth.

Combine the pesto with pasta and peas, then refrigerate, if desired. Just before serving, drizzle the pasta with additional olive oil and grated Parmesan cheese.

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Collard Wraps

Yield: 4-6 servings (depending on the amount of leftovers you have!)

Collard leaves, raw
Leftover turkey, chopped
Leftover dressing
Water chestnuts (Optional)
Green onion (Optional)
Orange marmalade
Cranberry sauce
Cilantro

When cooking collards for Thanksgiving dinner, save several large leaves. Blanch for about 5 minutes until tender. (These can be cooked ahead of time and refrigerated.)

For the filling, mix together chopped turkey and dressing. Fold in chopped water chestnuts, green onion, and any other tidbits of leftovers you'd like.

Lay out the collard leaf, and spread some of the dressing mixture across the center. Fold up the bottom and sides of the leaf before rolling it.

To create the dipping sauce, mix orange marmalade and cranberry sauce together. Stir in a bit of fresh chopped cilantro.

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Fresh Spinach Salad with Strawberries

Yield: 4-6 servings.

- 2 tablespoons fresh lime juice**
- ½ teaspoon freshly ground black pepper**
- 2 tablespoons honey**
- 8 ounces plain goat cheese, sliced or crumbled**
- 8 cups fresh baby spinach, washed and spun dry**
- 1 cup fresh strawberries, sliced**
- 6 ounces slivered almonds, toasted**
- Vinaigrette (optional)**

In a measuring cup, mix lime juice, black pepper, and honey. Pour over goat cheese and refrigerate.

Remove stems from spinach (optional). For individual salads, portion fresh spinach on salad plates, followed by strawberries, goat cheese, and toasted almonds. Serve with your favorite vinaigrette, or skip the dressing and enjoy the creaminess of the goat cheese.

For an extra-refreshing touch, place salad plates in refrigerator for 1 hour before plating.

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Ham Hocks & Collard Greens

Yield: 4-6 servings.

- 6 slices thick-cut bacon**
- 4 bundles fresh collard greens (approximately 6 cups leaves)**
- 1 small onion, chopped**
- 4 cups chicken broth**
- 4 cups water**
- ¼ cup apple cider vinegar**
- 1 teaspoon salt**
- 2-3 ham hocks**
- 1 tablespoon brown sugar**

Cook bacon in skillet until crispy. Remove bacon from pan and set aside. Save drippings.

Remove stem from each collard leaf. This can be done by cutting the stem out or by tearing the leaves away from the stem. Wash collards thoroughly to remove all sand, grit, and dirt. Stack leaves on top of each other and roll. Cut collards in 2-inch-wide strips.

Heat skillet with bacon drippings, and add cut collards and chopped onion. Sauté collards and onions for 5 to 10 minutes.

In a heavy stockpot, add chicken broth, water, vinegar, salt, ham hocks, and brown sugar. Add collards and onions. Simmer for 1 to 2 hours or until collards are tender. Serve with crumbled bacon.



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Honeydew Sorbet Float

Yield: 6 servings.

- 6 cups honeydew melon, cut into 1-inch chunks (approximately 2 melons)**
- 2 tablespoons lemon juice**
- 1½ cups cold water**
- ¼ cup honey**
- 1 bottle sparkling water or champagne, chilled**
- Fresh mint leaves (for garnish)**

Place cut honeydew in a single layer on two parchment-lined baking sheets. Place baking sheets in the freezer for 4 hours or until melon is frozen.

Working in two batches, place half of the frozen melon in a high-powered blender or food processor, and add half quantities of the lemon juice, water, and honey. Blend until smooth. Repeat.

Pour melon mixture into a rectangular aluminum baking dish and cover surface of mixture with plastic wrap.

Place dish in the freezer for another 30 to 45 minutes until it sets.

To assemble the float, place 2 scoops of honeydew sorbet in 6 chilled glasses and top each with champagne or sparkling water. Garnish each serving with a fresh mint leaf.

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Kale & Sweet Potato Salad

Yield: 4-6 servings.

- 2** sweet potatoes, peeled and cubed
- 3** tablespoons olive oil, divided
- 1** teaspoon salt, divided
- 3** tablespoons apple cider vinegar
- 2** teaspoons orange juice
- 2** tablespoons honey
- 1** tablespoon Dijon mustard
- ¼** teaspoon black pepper
- 4** cups kale, torn into 1-inch pieces
- ½** cup toasted pumpkin seeds
- ½** cup golden raisins
- ⅓** cup red onion, finely chopped
- 3** ounces goat cheese, at room temperature

Preheat oven to 425°. Line a large baking sheet with parchment paper. Lay sweet potatoes in a single layer on baking sheet. Drizzle with 1 tablespoon of olive oil. Sprinkle with ¼ teaspoon of the salt and toss. Bake approximately 20 minutes, turning once, until just tender and golden brown. Remove pan from oven and allow sweet potatoes to cool.

In a small bowl, add remaining 2 tablespoons olive oil, vinegar, orange juice, honey, Dijon mustard, black pepper, and remaining ¾ teaspoon salt. Whisk to combine.

In a large bowl, toss kale, roasted sweet potatoes, toasted pumpkin seeds, raisins, onions, and dressing. Transfer to a serving platter. Garnish with crumbled goat cheese.

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Lemony Pea and Mint Salad

Yield: 4 servings.

- 1 pound frozen baby sweet peas**
- 1 lemon**
- 1 small shallot, minced**
- 1 teaspoon salt**
- 1 teaspoon sugar**
- Freshly cracked pepper to taste**
- 3 tablespoons extra-virgin olive oil**
- 3 to 4 sprigs fresh mint**
- 4 tablespoons slivered almonds, toasted**

Place the peas in a colander and rinse with cold water. Let sit until peas have thawed.

Zest the lemon and set aside. Squeeze the juice from the lemon into a small mixing bowl.

Whisk shallot, salt, sugar, and pepper into the lemon juice until sugar has dissolved. Continue whisking while slowly pouring in the olive oil.

Place mint leaves on top of each other and roll tightly. Slice mint into thin strips.

Place the thawed peas into a serving bowl. Pour vinaigrette over peas and toss. Garnish with fresh mint, lemon zest, and slivered almonds. Note: If making this dish ahead, wait until serving time to slice the mint.



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Minty Watermelon & Cucumber Salad

Yield: 6-8 servings.

- 6 cups fresh arugula, spinach, or favorite greens mixture**
- 1 large seedless cucumber, thinly sliced**
- 4 cups watermelon cubes**
- 1 cup sprouts**
- ¼ cup mint, shredded**
- 1 cup toasted macadamia nuts, crumbled**
- 1 tablespoon flaked salt, such as Maldon**
- Balsamic vinegar**
- Olive oil**

Place greens on a serving platter. Scatter with cucumber, watermelon, sprouts, mint, and toasted nuts. At serving time, sprinkle with salt and drizzle with balsamic vinegar and olive oil.



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Refrigerator Pickles

Yield: 4 pints.

- 2 pounds pickling cucumbers, sliced ¼-inch thick**
- 2 sweet white onions, thinly sliced**
- 4 cups distilled white vinegar**
- 4 cups sugar**
- ½ cup kosher salt**
- 1½ teaspoons turmeric**
- 1½ teaspoons celery seed**
- 2 teaspoons dry mustard**

Toss sliced cucumbers and onions in a bowl, then add the mixture to 4 pint jars, filling each to the top.

In a saucepan, heat vinegar, sugar, salt, turmeric, celery seed, and dry mustard until sugar is dissolved. Pour liquid over cucumbers to cover. Place lid on jars and tighten. Wipe jars with a clean, warm cloth, then refrigerate overnight. Serve cold. Keep all opened pickles in the refrigerator. Reserve leftover liquid for salad dressing or coleslaw.



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Roasted Asparagus with Chives & Hollandaise

Yield: 6 servings.

- 1 pound medium asparagus**
- 2 tablespoons extra-virgin olive oil**
- ¼ teaspoon kosher salt**
- ¼ cup fresh chives, chopped**

Hollandaise Sauce:

- 3 egg yolks**
- 1 tablespoon water**
- 2 tablespoons fresh lemon juice**
- 2 sticks unsalted butter, softened**
- ½ teaspoon salt**
- ½ teaspoon freshly ground white pepper**
- 1 dash cayenne pepper**

Preheat oven to 425°. Trim approximately 2 inches from the woody ends of the asparagus. Spread the asparagus in

a single layer on a parchment-lined baking sheet. Drizzle with olive oil, sprinkle with salt, and roll to coat each spear thoroughly. Roast the asparagus until the spears are just tender and the tips begin to lightly brown, about 8 to 10 minutes. Sprinkle chives over asparagus and toss lightly. Spread the roasted asparagus on a serving platter.

For the sauce: Whisk the yolks, water, and lemon juice in a saucepan for a few moments, until thick and pale yellow. Set the pan over low heat and continue to whisk, making sure to get all over the bottom and insides of the pan. Move the pan off the burner for a few seconds, and then back on. Whisk continuously until the eggs become frothy and increase in volume, and the sauce begins to thicken. Remove from the heat. Add softened butter a teaspoon at a time, whisking constantly to incorporate each addition. As the emulsion forms, you may add the butter in slightly larger amounts, always whisking until fully absorbed. Continue incorporating butter until the sauce has thickened to the desired consistency.

Season lightly with salt, white pepper, and a dash of cayenne pepper, whisking well. Taste and adjust the seasoning, adding drops of lemon juice if needed. Serve lukewarm.

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Roasted Chicken & Blueberry Salad with Orange Vinaigrette

Yield: 4 servings.

1 roasted chicken, deboned, skin removed

Vinaigrette:

- ¼ cup balsamic vinegar**
- 2 tablespoons light brown sugar**
- ¼ teaspoon Dijon mustard**
- 1 (11-ounce) can mandarin oranges, drained**
- ¼ cup canola oil**
- ¼ teaspoon salt**
- ¼ teaspoon black pepper**

Salad:

- 8 cups fresh baby spinach, stems removed**
- 1 cup fresh blueberries**
- ½ cup slivered almonds, toasted**
- 1 cup crumbled goat cheese**
- 8 fresh mint or basil leaves**



Shred or slice roasted chicken and place in a mixing bowl. Set aside.

Place vinegar, brown sugar, Dijon mustard, and mandarin oranges into a blender or food processor. Blend together for 1 minute. Slowly add oil and continue to blend on low speed for 1 minute. Add salt and pepper and blend for 10 seconds. Pour half of the vinaigrette over chicken and place in refrigerator until ready to serve. Save the remaining vinaigrette for salad dressing.

Place spinach leaves in a large serving bowl or on individual salad plates. Top with chicken, blueberries, almonds, and goat cheese. Chop mint or basil leaves just before serving and place atop salad. Drizzle reserved vinaigrette over salad if desired.

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Sausage-Stuffed Zucchini Boats

Yield: 4 servings.

- 4 zucchini (approximately 12 ounces each)**
- 2 tablespoons canola oil**
- 1 pound hot ground sausage, cooked and drained**
- 3 green onions, sliced**
- 2 cups sharp Cheddar cheese, shredded and divided**
- ½ cup corn**
- ½ teaspoon garlic powder**
- ½ cup ranch dressing**
- ¼ cup fresh parsley, chopped**

Preheat oven to 375°. Cut zucchini in half lengthwise. Using a melon baller or a teaspoon, scoop out zucchini flesh, leaving ½-inch of shells intact. Coarsely chop 1 cup of

zucchini flesh and set aside; reserve remaining flesh for another use.

Place zucchini shells on baking sheet and brush insides with canola oil. Sprinkle each shell with salt. Bake zucchini for 8 to 10 minutes. Reduce temperature to 350°.

In a mixing bowl, combine zucchini flesh, sausage, green onions, 1½ cups cheese, corn, garlic powder, ranch dressing, and parsley. Mix well. Spoon mixture into each zucchini shell.

Place stuffed zucchini on a baking sheet and bake for 15 minutes. Sprinkle remaining shredded cheese on top and continue baking until cheese melts and zucchini is tender, about 10 minutes.

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Slow-Roasted Pork Shoulder with Field Greens

Yield: 10 to 12 servings.

- 2 tablespoons garlic powder**
- 2 teaspoons ground mustard**
- 2 tablespoons smoked paprika**
- 2 teaspoons salt**
- 2 teaspoons black pepper**
- 2 teaspoons lemon pepper**
- 2 tablespoons light brown sugar**
- 1 (6-pound) boneless pork shoulder,**
trimmed of excess fat and tied
- 2 pounds mixed greens (collards, mustard greens,**
turnip greens, etc.), washed and trimmed
- Salt and pepper to taste**

In a small mixing bowl, combine all of the spices and sugar. Massage the spice mixture all over the pork shoulder, covering all sides. Place seasoned pork shoulder in a large food storage bag and refrigerate overnight.

Preheat oven to 450°. Remove pork from bag and bring to room temperature. Place the pork in a shallow roasting pan and roast, fat side down, for 30 minutes. Reduce oven temperature to 250° and continue to cook for 6 to 8 hours, until the middle of the roast registers 180°. Remove pork from oven and allow to rest for 20 minutes. When ready to serve, slice or pull pork into serving-size pieces.

Pour any drippings from the pork into a large skillet over medium heat and add greens. Toss greens in pork drippings until well coated. Add 1 cup of water and reduce heat. Cook greens for 10 to 15 minutes or until tender. Serve with pork.



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Spinach-and-Cheese Stuffed Mushrooms

5 or 6 large portobello mushrooms
extra-virgin olive oil
16 ounces frozen spinach, drained well
 $\frac{3}{4}$ cup Feta cheese
 $\frac{3}{4}$ cup Parmesan cheese
 $\frac{1}{4}$ cup roasted red peppers, finely chopped
 $\frac{1}{4}$ cup sun-dried tomatoes, finely chopped
 $\frac{1}{2}$ cup scallions, finely chopped

Rub olive oil on mushrooms and grill until tender, approximately 15 minutes on low heat. Mix spinach, Feta, Parmesan, peppers, tomatoes, and scallions. Fill mushrooms with mixture and finish grilling another 15 minutes on low heat.

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Watermelon & Arugula Salad

Yield: 8 servings.

Dressing:

- ¼ cup fresh lemon juice
- 3 tablespoons rice wine vinegar
- 3 teaspoons honey
- ½ teaspoon salt
- ¼ cup extra-virgin olive oil

Salad:

- 8 cups baby arugula, washed
- 4 cups watermelon, cubed
- 8 ounces goat cheese, crumbled
- ¼ cup shelled sunflower seeds, roasted and salted
- 10 to 12 fresh basil leaves

For the dressing: In a small mixing bowl, whisk together lemon juice, rice wine vinegar, honey, and salt. Continue whisking while slowly pouring olive oil into mixture. Dressing will begin to thicken after 1 minute. Set aside.

For the salad: Place arugula in a large mixing bowl. Drizzle half of the dressing over arugula and toss to coat. Reserve remaining dressing for a later use.

To serve individual salad plates, place arugula on plates and top with watermelon cubes, goat cheese, and sunflower seeds. Just before serving, chop fresh basil leaves and distribute evenly over salads.

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