

Fresh Picked

EASY, FAMILY-FRIENDLY
RECIPES FOR EVERYDAY

FEATURING BLOGGERS FROM
DANCE AROUND THE KITCHEN
AND FOOD & SWINE



IOWA
FOOD &
FAMILY
Project ✓



Introduction

Iowa Food & Family Project

Welcome to the Iowa Food & Family Project's "Fresh Picked" cookbook – serving up recipes from two Iowa bloggers, Cristen Clark and Kelsey Byrnes. Dig into our collection of family-approved sides, mouthwatering main dishes and delectable desserts for you and your family to enjoy.

There's a natural curiosity to learn more about how food is grown and raised. Fortunately, the farmers responsible for producing safe and sustainable foods are all around us. Agriculture defines Iowa – and that's a win for our local communities, environment and consumers like you.

The Iowa Food & Family Project – in partnership with state commodity groups, retailers and food service providers – offers information and opportunities to learn more about today's farms and food system so that food-minded Iowans can be more confident about their food choices.

As the name implies, the Iowa Food & Family Project is a family-focused organization believing the more we know about our food, the more we can grow to benefit our families, neighbors and communities.

Join the conversation at IowaFoodandFamily.com



Contributor

Cristen Clark, *Food & Swine*

I'm Cristen Clark, a self-taught cook and baker on a quest to make delicious recipes to share with my friends and family. I am a mother to Halle (15) and Barrett (12) and have been married to my husband, Mike, since 2007. Together, we raise pigs in Runnells.

As a food writer for various magazines, I weave my love of cooking and baking, food trends, heirloom recipes and life on the farm in each of my columns. I enjoy sharing about modern agriculture and the innovations helping farmers grow and produce more food using fewer resources.

I also farm alongside my parents, Rodger and Ceil, sister Tanna, and brother-in-law Drew on our family's Heritage Farm in Prairie City.

Besides the day-to-day duties of writing, motherhood and farming, you'll find me enjoying my hobby of gardening and instructing fastpitch softball lessons for girls of all ages.

My family life is deeply connected to farming, and writing about it led me to become an advocate for agriculture. I wear the title proudly and consider myself privileged to represent the Iowa farm families I hold in such high esteem.



Contributor

Kelsey Byrnes, *Dance Around the Kitchen*

I'm Kelsey – wife, mother and BFF's with my KitchenAid mixer. When I'm not chasing around my three active kids, you can bet I'm cooking, baking or dancing in the kitchen!

I grew up on a pig, corn and soybean farm in southeast Iowa. Though I loved being on the farm, my appreciation for agriculture didn't blossom until college, when I was immersed in the connection between my farm roots and a food science degree.

Looking back on my career, my post-college endeavors have been a beautiful blend of food science and agriculture. Whether talking to consumers about Italian sausages and brats at Johnsonville Sausage, connecting farmers and consumers at Iowa Pork or most recently, being on a Food Network show sharing my life stories on the farm and creating mouth-watering dishes on a budget.

Now, I'm living the life I always dreamed of. My husband Zach and I are raising our children, McKinley (6), Bella (4), Briar (2) and one on the way, on the family farm, and I'm able to use my website DanceAroundtheKitchen.com to share recipes and stories about life in rural Iowa.

Food brings people together, and I'm honored to be a small part of that.



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GREEK TORTELLINI SALAD

Makes 8 servings | Cristen Clark, Food & Swine

1 pound cheese tortellini pasta,
cooked and drained

1½ cups cherry tomatoes

¾ cup chopped red onion

1 cucumber, peeled, seeded
and chopped

1 cup edamame, shelled

1 cup chopped red bell pepper

½ cup kalamata olives

1 cup feta cheese crumbles
(plain or garlic herb flavor)

1 cup loosely packed basil leaves,
finely chopped

1 cup loosely packed parsley
leaves, finely chopped

1 cup Greek Vinaigrette
(store-bought or homemade)

Salt and pepper to taste

To a large mixing bowl add all
ingredients. Stir well to combine.
Refrigerate until serving. Add
additional vinaigrette and fresh
herbs when serving, if desired.

HOMEMADE GREEK VINAIGRETTE

4 cloves garlic, finely minced

½ teaspoon sea salt

½ cup vegetable oil

½ cup apple cider vinegar

Juice of one small lemon

2 tablespoons Dijon mustard

2 teaspoons dried oregano leaves

½ tablespoon dried basil leaves

½ teaspoon freshly cracked
black pepper

2 teaspoons honey

To a medium mixing bowl, add
finely minced garlic and salt, then
mash together with the back of a
spoon until smooth. Add remaining
dressing ingredients to the bowl and
whisk until combined. Refrigerate
until use.

*Tip: Add sliced grilled turkey,
pork tenderloin or sirloin steak
for a boost of protein and flavor.*

One cup of edamame provides
18 grams of protein.



MEATY BAKED BEANS

Makes 18 servings | Kelsey Byrnes, Dance Around the Kitchen

- 1 pound ground beef
- 1 cup diced onion
- 1 pound bacon, cooked and crumbled
- 1 can (28 ounces) baked beans
- 1 can (15.5 ounces) cannellini beans, drained
- 1 can (15.5 ounces) light kidney beans, drained
- $\frac{3}{4}$ cup ketchup
- $\frac{1}{2}$ cup brown sugar
- 2 tablespoons vinegar
- 1 tablespoon maple syrup
- 1 tablespoon yellow mustard

Add ground beef and onions to a large saucepan. Cook until the beef is browned and the onions are translucent. Drain and return to the pan.

Add the remaining ingredients. Stirring occasionally, cook on medium heat for 10 to 15 minutes or until piping hot.

Tip: Mix beans in a slow cooker and cook on high for 1 to 2 hours or low for 3 to 4 hours, stirring occasionally.

On average, one 3-ounce serving of beef provides 25 grams of protein and 10 essential nutrients such as vitamin B12, iron, choline, phosphorus and zinc.



PESTO PULL-APART PARTY BREAD

Makes 1 loaf | Cristen Clark, Food & Swine

- 1 tablespoon olive oil
- 1 cup cherry tomatoes
- 1 teaspoon Italian seasoning
- 1 pinch red pepper flakes
- 3 cloves garlic, minced
- 1 loaf of sturdy artisan-style bread
- ¼ cup melted butter
- 1 cup basil pesto
- 1½ cups freshly grated mozzarella cheese or shredded Italian cheese blend

Preheat oven to 375 degrees F. In a small skillet over medium heat add olive oil, cherry tomatoes, Italian seasoning and red pepper flakes. Stir mixture in skillet and cook until tomatoes are nicely roasted, their size reduced by a third. Add garlic and cook until golden and fragrant. Remove pan from heat and set aside.

On a cutting board, make diagonal crosshatch cuts into the loaf of bread, halfway through the top of the loaf. Move the loaf to a baking sheet lined with foil. Pour melted butter and basil pesto in between all cuts. Stuff the shredded cheese and tomato mixture into the cuts of the bread as well.

Wrap the stuffed loaf in aluminum foil and place on a baking sheet. Bake at 375 degrees F for 15 minutes. Open the foil and bake for an additional 5 to 10 minutes or until the top is melted and golden. Remove from the oven and cool slightly. Serve warm with extra pesto or marinara on the side for dipping.

Cheese is a good source of calcium, protein and phosphorus, three nutrients particularly important to help build and maintain healthy bones.



HONEY SKILLET CORNBREAD

Makes 12 servings | Kelsey Byrnes, Dance Around the Kitchen

½ cup plus 2 tablespoons butter,
divided

⅓ cup plus 1 tablespoon honey,
divided

¼ cup sugar

1 egg

1 cup buttermilk

1 cup cornmeal

1 cup flour

1½ teaspoons baking powder

¼ teaspoon salt

1 cup corn

Place an empty 9 to 10 inch cast iron skillet in the oven and preheat oven to 375 degrees F.

Melt ½ cup of butter in a large bowl. Add the ⅓ cup honey, sugar, egg and buttermilk in a large bowl. Add the cornmeal, flour, baking powder and salt and stir until just combined. Stir in the corn.

Carefully remove the hot skillet from the oven and add 1 tablespoon of butter. Let it melt and use a brush to grease the entire pan. Pour the batter into the greased skillet and bake for 20 to 25 minutes, or until golden brown and set in the center.

Add the remaining 1 tablespoon of butter and tablespoon of honey to a small microwave-safe bowl. Microwave for 15 to 20 seconds then stir until smooth. Drizzle over the cornbread and serve warm.

Tip: To make your own buttermilk, add 1 tablespoon of white vinegar to a liquid measuring cup and then add enough milk to make 1 cup total.

Typically, when recipes call for corn, you can use fresh-cut, drained from a can or frozen.



MICROWAVE LOADED BAKED POTATOES

Makes 4 servings | Cristen Clark, Food & Swine

- 4 large russet potatoes, scrubbed clean and dried
- 2 teaspoons vegetable oil
- ¼ cup butter
- Salt and pepper
- ½ cup AE sour cream dip, chive flavor
- 1 cup shredded cheddar cheese
- 4 green onions, chopped (light green and green parts only)
- ¼ cup chopped bacon pieces or real bacon bits

Pierce russet potatoes ¼-inch deep with a knife or fork. Rub potatoes with vegetable oil. Microwave for 6 minutes. Let cool in microwave for 3 minutes. Remove hot potatoes

from microwave carefully. Split potatoes open and fluff with a fork. Add a tablespoon of butter to each potato then salt and pepper to taste. Top potatoes with equal parts sour cream dip, cheddar cheese, green onions and chopped bacon pieces. Serve warm.

Tip: If desired, bake the potatoes in the oven at 350 degrees F for 1 to 1½ hours. Test doneness by inserting a smooth-edged paring knife into the thickest part of the potato. If the potato slides off without much resistance, it's done.

Sour cream contains at least 18% milkfat. It's vaguely tart flavor comes from the fermentation process.

IOWA SOYBEAN ASSOCIATION

IOWA SOYBEAN
Association ✓



Iowa ranks **2nd** in the nation for soybean production, accounting for 14% of all soybeans grown in the U.S.

Soybeans are a **versatile crop** found in many popular items, including vegetable oil, livestock feed and biodiesel.

When it comes to eating soyfoods, edamame serves up **11 grams of protein** in just half a cup.

Iowa soybean farmers have invested more than **\$45 million** in research and conservation efforts.

IOWA BEEF INDUSTRY COUNCIL



Cattle live in all 99 counties and outnumber Iowa's human population.

About 90% of what cattle eat can't be digested by humans, making them invaluable to a sustainable food system.

Today's beef is leaner than ever, and more than 60% of all beef muscle cuts sold at grocery stores are lean.

Just 3 ounces of beef provides 10 essential nutrients, including protein, iron, zinc and vitamin B12.



ITALIAN GARLIC BUTTER STEAK AND POTATO SKILLET

Makes 4 servings | Cristen Clark, Food & Swine

1½ pounds flank steak, sliced into ½-inch thick strips or Top of Iowa Sirloin cut into 1-inch chunks

⅓ cup Italian vinaigrette

2 tablespoons vegetable oil

6 tablespoons butter, divided

½ cup chicken stock or water

1½ pounds baby potatoes, halved, rinsed and patted dry

5 garlic cloves, minced

½ teaspoon sea salt

¼ teaspoon cracked black pepper

1 teaspoon fresh thyme, chopped

1 teaspoon fresh rosemary, chopped

1 teaspoon fresh oregano, chopped

To a mixing bowl, add steak pieces and Italian vinaigrette and toss to coat.

In a large cast iron skillet over medium-high heat, add vegetable

oil and 2 tablespoons of butter, chicken stock and potatoes. Cover and cook for 6 to 8 minutes. Then turn potatoes and cook an additional 4 to 6 minutes or until golden brown and tender. Transfer cooked potatoes to a plate and set aside.

In the same skillet, add 2 tablespoons of butter and garlic then reduce heat to medium. Stir garlic until fragrant. Remove steak pieces from marinade, shake excess marinade off. Reserve remaining marinade. Lay the steak pieces evenly in one layer onto the skillet and sprinkle with salt and pepper. Add thyme, rosemary and oregano. Cook the steak pieces on the first side for 1 to 2 minutes or until nicely browned. Add remaining marinade and flip steak pieces and cook an additional 1 to 2 minutes until meat is browned and marinade has simmered and thickened. Add potatoes back to the skillet along with remaining 2 tablespoons of butter and toss to coat. Serve immediately.

A tip for finding lean beef cuts is to look for the terms “round” or “loin”. For example sirloin, tenderloin and eye of round.



THAI MARINATED TURKEY TENDERLOINS

Makes 4-6 servings | Cristen Clark, Food & Swine

MARINADE

- ½ cup chicken stock
- Zest and juice of one lime
- ¼ cup soy sauce
- 3 tablespoons sesame oil
- 1 tablespoon brown sugar or honey
- 1 tablespoon chili oil
- 3 cloves garlic, minced
- 2 tablespoons fresh ginger, grated
- ¼ cup fresh cilantro, chopped
- 2 green onions, both white and green parts, chopped
- 2-3 small mini sweet peppers, chopped finely
- 2 pounds turkey tenderloins (approximately two tenderloins)
- Salt and pepper

GARNISHES

- 2 teaspoons sesame seeds
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon chopped green onion
- Mini sweet peppers, sliced
- Salted peanuts, chopped

In a medium mixing bowl, combine chicken stock, lime zest, lime juice, soy sauce, sesame oil, brown sugar, chili oil, garlic, ginger, cilantro, green onions and sweet peppers. Transfer half of the mixture to a shallow dish. Add turkey tenderloins to the marinade, turning once to coat. Cover and refrigerate for a minimum of 2 hours, or overnight. Refrigerate reserved marinade.

When ready to grill, remove turkey from marinade and season with salt and pepper. Grill tenderloins over direct medium heat for about 6 to 8 minutes per side until internal meat temperature registers 170 degrees F on an instant-read thermometer. Transfer the turkey to a cutting board and let rest for 5 minutes. Slice tenderloins across the grain and drizzle sauce on top or serve sauce on the side for dipping. Garnish with sesame seeds, chopped cilantro, chopped green onions, sliced sweet peppers and chopped salted peanuts. Serve warm.

The tenderloin is a boneless, skinless portion of the turkey breast, making it one of the most tender parts of a turkey.



LEMONY SHRIMP SCAMPI WITH LINGUINE

Makes 6-8 servings | Cristen Clark, Food & Swine

- 1 pound linguine pasta
- 4 tablespoons olive oil, divided
- ½ teaspoon garlic salt
- ¾ cup chopped fresh parsley leaves, divided
- 3 tablespoons butter
- 6 cloves garlic, minced
- 1 teaspoon salt
- ¼ teaspoon freshly cracked black pepper
- 2 pounds large shrimp
- Zest and juice of one lemon
- ½ cup chopped fresh parsley leaves
- ¼ teaspoon crushed red pepper flakes (use ½ teaspoon if additional spice is desired)

GARNISH

- Freshly grated parmesan cheese
- Chopped fresh parsley leaves
- Lemon slices

Prepare pasta in boiling water and cook until al dente, around 1 minute less than package instructions indicate. Drain and toss with 1 tablespoon of olive oil, sprinkle with garlic salt and ¼ cup of fresh parsley and set aside. In a large skillet, over medium-low heat, melt the butter and remaining olive oil. Add the garlic, salt and pepper and sauté for 1 minute. Add shrimp and cook for approximately 5 minutes, stirring occasionally until shrimp are cooked throughout and pink in color. Remove from heat and add lemon zest, lemon juice, parsley and crushed red pepper flakes. Stir to combine. Add pasta to skillet and toss together to coat pasta. Serve immediately with freshly grated parmesan cheese and salt and pepper to taste. Garnish dish with thinly sliced lemon and chopped parsley.

A 3-ounce serving of shrimp contains 84 calories and provides more than 9 different vitamins and minerals. Farm-raised shrimp are the largest consumers of fishmeal, which contains soybean meal, within the agriculture industry.



OPEN-FACED GARLIC BREAD PIZZA BURGERS

Makes 8 servings | Kelsey Byrnes, Dance Around the Kitchen

- 1 pound ground beef
- ½ cup pizza sauce
- 1 box (8 slices) frozen garlic bread
- 1½ cups shredded mozzarella cheese
- ¼ cup diced green pepper
- ¼ cup mini pepperonis
- 1 tablespoon grated parmesan cheese

Preheat oven to 375 degrees F and line a baking sheet with foil or parchment paper.

Brown the ground beef and drain. Stir in the pizza sauce and set aside.

Bake the garlic bread slices according to package instructions.

Scoop the beef mixture onto the garlic bread and spread to an even layer on each slice. Sprinkle with mozzarella cheese, green peppers, pepperoni and parmesan cheese.

Bake for 5 to 7 minutes or until the cheese is melted.

Tip: Choose other toppings your family likes such as mushrooms, red peppers, onions or pineapple.

Ground beef is labeled differently depending on the cut, fat content and grade. Examples include chopped steak, ground chuck, ground round, ground sirloin, ground steak or market trim.



ONE POT SAUSAGE AND GNOCCHI

Makes 5 servings | Kelsey Byrnes, Dance Around the Kitchen

- 1 pound ground sausage
- ½ cup diced yellow onion
- 1 package (16 ounces) potato gnocchi
- ¼ cup water
- 1 can (14.5 ounces) Italian-style diced tomatoes, drained
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ½ teaspoon red pepper flakes
- 2 cups baby spinach
- ⅓ cup heavy whipping cream
- Salt and pepper, to taste
- ⅓ cup shredded parmesan cheese

Brown sausage in a large skillet. Add diced onion and cook for 3 minutes, stirring occasionally. Add the dry gnocchi and cook for 2 minutes.

Add the water, tomatoes, black pepper, garlic and red pepper flakes. Cover and let cook for 5 minutes or until gnocchi are tender, stirring occasionally.

Stir in the spinach and heavy whipping cream and cook an additional 2 minutes. Add salt and additional black pepper to taste.

Sprinkle with parmesan cheese.

Tip: You can use cooked, sliced Italian sausage links in place of ground sausage.

Pork is an “excellent” source of thiamin, niacin, riboflavin, vitamin B6, phosphorus and protein and a “good” source of zinc and potassium.



CLASSIC PORK LOIN STIR-FRY

Makes 6-8 servings | Cristen Clark, Food & Swine

1½ pounds boneless pork loin,
sliced then cut into thin strips

MARINADE/SAUCE

5 tablespoons brown sugar

5 tablespoons soy sauce

2 tablespoons rice wine vinegar

1 tablespoon sesame oil

2 teaspoons freshly grated ginger

1 bunch green onions, chopped,
(reserve green parts for garnish)

1 large pinch red pepper flakes

1½ tablespoons water

1½ tablespoons cornstarch

VEGETABLES

1 tablespoon vegetable oil

2 large carrots, peeled, cut into
large coins

3 stalks celery, chopped into
1-inch pieces

½ cup chicken stock or water

2 bell peppers, assorted colors,
cut into ½-inch strips

2 cups broccoli florets

8 ounces white button mushrooms,
sliced to ¼-inch thickness

1 can (8 ounces) water chestnuts,
drained well and sliced

1 can (4 ounces) bamboo shoots,
drained well

½ teaspoons salt

¼ teaspoon black pepper

GARNISHES

Reserved chopped green onion tops

Sesame seeds

Cooked jasmine rice

Place strips of pork loin into a zip-top bag. In a small bowl, combine brown sugar, soy sauce, rice wine vinegar, sesame oil, ginger, chopped green onion and red pepper flakes. In a separate small dish, combine water and cornstarch and stir until dissolved. Add to marinade ingredients and whisk until combined. Pour ¼ cup of marinade mixture in zip-top bag with sliced pork. Refrigerate for 20 minutes or up to 4 hours.

In a large skillet over medium-high heat, add vegetable oil, carrots, celery and chicken stock. Cook, stirring occasionally, for 2 minutes. Add bell pepper, broccoli, mushrooms, water chestnuts and bamboo shoots along with salt and pepper. Cook an additional 2 to 3 minutes until vegetables are tender. Remove vegetables from skillet and set aside. Remove pork from marinade and add it to the skillet, over medium-high heat. Cook for 2 minutes, stirring occasionally. Add reserved marinade. Cook for 1 to 2 minutes until sauce simmers and thickens a bit. Add vegetables back to large skillet. Stir well. Garnish with reserved green onion tops and sesame seeds. Serve warm over rice.



TURKEY SWISS SLIDERS

Makes 12 sliders | Kelsey Byrnes, Dance Around the Kitchen

1 package (12-count) Hawaiian roll slider buns

8 slices Swiss cheese

12 ounces sliced turkey

½ cup butter, melted

1 teaspoon Dijon mustard

1 tablespoon honey

½ teaspoon garlic powder

½ teaspoon parsley flakes

In a small bowl, stir together the butter, mustard, honey, garlic powder and parsley. Brush the mixture over the rolls and let set for 5 minutes.

Cover the pan with aluminum foil and bake for 25 minutes. Remove the foil and bake an additional 3 to 5 minutes.

Tip: Try using cheddar, pepper jack or Havarti cheeses to add different flavors.

Preheat oven to 350 degrees F and grease a 9x13-inch pan.

Slice the buns horizontally and place the bottom sides into the greased pan. Layer half of the cheese, all of the turkey, the remaining cheese and finally the tops of the rolls.

All turkeys raised in Iowa are processed into products, like deli meat.



SMOKY CORN CHOWDER

Makes 8 servings | Kelsey Byrnes, Dance Around the Kitchen

- 1 pound bacon, diced
- 1 cup diced yellow onion
- 1 tablespoon minced garlic
- 1 tablespoon flour
- 4 cups chicken broth
- 4 cups corn
- 2 cups Yukon gold diced potatoes
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 teaspoons smoked paprika
- 1 cup heavy whipping cream

Add the onion to the bacon grease and cook for two minutes. Stir in the garlic and then the flour and stir for one minute.

Add the broth, corn, potatoes, salt, pepper and paprika. Bring the mixture to a boil then let it simmer for 20 minutes, stirring occasionally. Stir in the heavy whipping cream.

Top the finished soup with the crumbled bacon.

Tip: Garnish with sliced green onions and shredded cheddar cheese.

Add the diced bacon to a large pot on the stovetop over medium-high heat. Cook, stirring frequently until bacon is crisp. Use a slotted spoon to remove the bacon to a bowl; set aside.

While only 1% of the corn grown in Iowa is sweet corn, a small portion of the remaining field corn is processed for use as corn cereal, corn starch, corn oil and corn syrup for human consumption.

IOWA PORK PRODUCERS ASSOCIATION



The leanest cuts of pork have “loin” in the description, such as tenderloin or loin chop.

Iowa farmers raise more hogs than any other state – 40 to 50 million annually or almost $\frac{1}{3}$ of the nation’s total.

Pigs consume and add value to 27% of Iowa’s corn and 30% of Iowa’s soybeans.

Farmers today provide one pound of lean pork using **41% less water and 78% less land** than in 1959.

IOWA TURKEY FEDERATION



A **3-ounce serving** of boneless, skinless turkey breast is low-fat and packs **26 grams of protein**.

Turkey farmers hold themselves accountable for turkey health to provide **safe and nutritious turkey products** for their families and yours.

Iowa has 130 farm families **raising over 12 million turkeys** annually.

Turkey farmers work with veterinarians and nutritionists to develop diets that are rich in vitamins and minerals.



MIDWEST DAIRY



Milk takes about **48 hours** to go from the **farm to a grocery store.**

Iowa's **750 dairy farms** produced approximately **505 million gallons** of milk in 2023.

The FDA requires that all milk be **free of antibiotics.**

It takes **10 pounds of milk** to produce 1 pound of cheese.



PECAN PIE BREAD PUDDING

Makes 9 servings | Kelsey Byrnes, Dance Around the Kitchen

3 eggs

1 $\frac{2}{3}$ cup half and half

$\frac{1}{2}$ cup sugar

1 teaspoon vanilla

5 cups cubed French bread

$\frac{1}{4}$ cup butter, melted

$\frac{2}{3}$ cup brown sugar

$\frac{3}{4}$ cup chopped pecans

Whipped topping and warmed
caramel sauce for topping, optional

Preheat oven to 350 degrees F and
grease an 8-inch square baking dish.

In a large bowl, whisk the eggs. Add
the half and half, sugar and vanilla
and whisk until well-combined. Fold
in the cubed French bread and then
pour into the prepared baking dish.

In a separate bowl, combine the
melted butter, brown sugar and
pecans. Spoon over top of the bread
pudding. Bake for 45 to 55 minutes
or until golden brown on top.

Let cool for 20 minutes, then serve
with warmed caramel sauce and
whipped topping, if desired.

*Tip: Brioche is another great option
for bread to use in bread pudding.*

At 70 calories each, eggs deliver
6 grams of protein, 13 essential vitamins
and minerals and antioxidants.



NO CHURN BLUEBERRY CHEESECAKE ICE CREAM

Makes 12 servings | Kelsey Byrnes, Dance Around the Kitchen

- 1 cup blueberry pie filling
- 1 package (8 ounces) cream cheese
- 1 can (14 ounces) sweetened condensed milk
- 2 cups heavy whipping cream, cold
- 1 cup graham cracker crumbs

Add the blueberry pie filling to a food processor and blend until smooth. Set aside.

In a large bowl, mix the cream cheese until smooth. Mix in the sweetened condensed milk and set aside.

In another large bowl, beat the heavy whipping cream until stiff peaks form. Fold in the sweetened condensed milk mixture and $\frac{1}{2}$ cup of the pie filling.

Pour half of the ice cream base into a loaf pan. Spoon half of the remaining pie filling and half of the graham cracker crumbs on top and swirl with a butter knife. Repeat with the remaining ice cream, pie filling and graham cracker crumbs.

Freeze for 6 to 8 hours.

Tip: Try using different flavors of pie filling such as cherry, strawberry or raspberry.

Ice cream must contain a minimum of 10% milkfat, which can come from milk or cream.



CHOCOLATE TURTLE COOKIES

Makes 24 cookies | Kelsey Byrnes, Dance Around the Kitchen

1 box (15.25 ounces) Devil's food cake mix

2 eggs

½ cup butter, softened

1 cup chopped pecans

1 cup caramel bits

1 tablespoon heavy whipping cream

24 pecan halves

½ cup chocolate chips

1 teaspoon vegetable oil

Preheat oven to 350 degrees F and line cookie sheets with parchment paper.

Stir together the cake mix, eggs, softened butter and chopped pecans. Roll into 1-inch balls and place on the prepared cookie sheets.

Bake one sheet at a time for 8 minutes. Remove from the oven and use a rounded tablespoon to press an indent into the center of each cookie. Move to a cooling rack to cool completely.

In a small microwave-safe bowl, stir together the caramel bits and heavy whipping cream. Microwave in 20-second increments, stirring after each, until smooth. Spoon 1 teaspoon of caramel into the center of each cookie. Place a pecan half into the center of the caramel.

Add the chocolate chips and vegetable oil to a small bowl and microwave in 20-second increments until smooth. Drizzle over the cookies.

Tip: Toast the pecans before adding them to the cookies for a boost of flavor.

Eggs contain several important nutrients, such as vitamin D, critical for bone health and immune function; choline, essential for normal functioning of all cells; and lutein and zeaxanthin, antioxidants that support eye health.



EASY COCONUT CREAM PIE BARS

Makes 6-9 servings | Cristen Clark, Food & Swine

- 1 refrigerated pie crust
- 1 package (3.4 ounces) coconut cream instant pudding mix
- 2 cups whole milk
- ½ teaspoon coconut flavoring
*optional
- 2 cups sweetened flaked coconut, toasted, divided
- 1½ cups heavy whipping cream
- ⅓ cup powdered sugar
- 1 teaspoon vanilla extract

Preheat the oven to 400 degrees F. Gently press pie crust into an 8-inch square baking dish. Poke holes in crust with a fork to keep crust from puffing during baking. Bake for 12 to 14 minutes or until golden brown. Cool completely while filling and topping are assembled.

In a large mixing bowl whisk pudding mix, whole milk and coconut flavoring for 2 to 3 minutes or until mixture begins to thicken. Fold in 1¼ cups of toasted coconut until combined. Spread over cooled pie crust. Beat heavy cream, powdered sugar and vanilla together in a large mixing bowl. Spoon over pudding layer and refrigerate for 2 hours to set. When ready to serve, sprinkle remaining ¼ cup toasted coconut over the chilled dessert. Cut into 9 squares for a generous serving or 16 squares for a smaller portion. Serve chilled.

Tip: As a substitute for the coconut cream pudding mix, swap three sliced bananas into the custard base.

Heavy whipping cream contains more than 36% milkfat. Both the amount of fat in cream and its temperature influence how well cream whips.

Heavy whipping cream increases more in volume than light whipping cream.



PEAR AND APPLE GALETTE

Makes 6-8 servings | Cristen Clark, Food & Swine

FILLING AND CRUST

1 refrigerated pie crust

4 to 5 cups pears, apples or combination, cored and peeled and sliced to ¼-inch thickness

¾ cup granulated sugar plus 1 tablespoon

¼ cup flour

1½ teaspoons ground cinnamon

Pinch of salt

EGG WASH

1 egg plus one teaspoon water, mixed well

POWDERED SUGAR GLAZE, OPTIONAL

1 cup powdered sugar

2 tablespoons milk

½ teaspoon vanilla

Preheat oven to 400 degrees F. On a baking sheet covered with parchment paper, spread pie crust evenly.

In a medium mixing bowl, toss fruit, sugar, flour, cinnamon and salt together until mixed. Pour filling mixture onto the center two-thirds of the crust. Fold in galette sides leaving a 6-inch opening over filling. Brush pastry edges with egg wash and sprinkle with 1 tablespoon of granulated sugar.

Bake galette at 400 degrees F for 20 minutes, then reduce oven temperature to 350 degrees F and continue to bake until slow bubbles appear in the juices of the filling around the edges of the galette (25 to 35 minutes). Remove from oven and let cool completely. Drizzle powdered sugar glaze on cooled galette before serving, if desired.

A classic apple pie is a quintessential piece of American culinary history. This free-form pastry combines two autumnal Iowa fruits and can be served alone, with a scoop of cinnamon ice cream or lightly sweetened whipped cream.

IOWA EGG COUNCIL



At just 70 calories, one egg serves up **six grams of protein** and all nine essential amino acids.

Iowa egg producers' highest priority is to keep the birds healthy and get the egg to the consumer at a reasonable cost while maintaining quality and freshness.

The Iowa egg industry comprises nearly 47 million laying hens, producing **15 billion eggs each year.**

Nearly 50% of the protein and most vitamins and minerals are in the yolk of an egg.

IOWA CORN



In an average year, Iowa grows more corn than most countries. If our state were a country, we'd **rank 4th in the world's corn production.**

99% of corn grown in Iowa is "field corn", which is a different variety than the delicious sweet corn you might enjoy on the cob or in a can.

Corn can be **found in over 4,000 everyday items**, including ethanol, corn-fed bacon cheeseburgers and feed for livestock.

One bushel of corn contains approximately **72,800 kernels** and weighs 56 pounds.

IOWA
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Funded in part by the soybean, pork, corn, beef, dairy, egg and turkey checkoffs.