



# FarmFresh

## Recipes

November 2018



### Available Now...

#### Onions

Colorado is in the top ten nationally for onion production. State growers harvest more than 3,500 acres of onions each year, producing 166 million pounds.



#### Tips & Nutrition

Choose onions that are firm and dry with bright, smooth outer skins. Store whole onions in a cool, dark, well ventilated place. Onions are high in Vitamin C and a good source of fiber.



### Fresh Inspirations...

#### Sausage and Cornbread Stuffing

##### Ingredients

- 2 12oz. Packages Cornbread Mix
- 1 Lb. Italian Sausage
- 1/2 Cup Yellow Onion, diced
- 1/2 Cup Carrots, peeled and diced
- 1/2 Cup Celery, diced with leaves
- 1/4 Cup Dried Blueberries
- 1/2 Cup Dried Apples, chopped
- 1 Clove Garlic, crushed
- All Purpose Seasoning to Taste
- 1-2 Cups Low Sodium Chicken Stock

##### Directions

Cook the cornbread as instructed on package, allow to cool and break into medium pieces. Heat a small stockpot, add the sausage and cook until half done and fat has rendered. Add the vegetables, fruit and garlic then sauté until caramelized. Add the cornbread pieces then stir to combine. Add some chicken stock until slightly wet and stir well to combine. You want the stuffing to be wet enough to hold together well. Add enough stock until this is achieved. Season to taste and remove from the pan. Place onto a cookie sheet and chill well. Stuffing can be made one day ahead of time. Reheat the next day covered, at 350°F until internal temperature reaches 165°F.

Enjoy with a glass of Colorado wine such as Petit Verdot from Colterris Winery in Palisade, Colorado. This wine is part of the 2018 Colorado Governor's Cup Collection, which includes wines that best represent Colorado's wine industry as selected by a panel of national and Colorado wine professionals.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at [www.coloradoproud.org](http://www.coloradoproud.org) for a complete list of recipes.

Next Month... Colorado Holiday Gifts