

## *Taste of Honey Recipes*

From the UT Kitchen Divas:

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### **Honey-Roasted Root Vegetables**

2 cups coarsely chopped peeled sweet potato (about 1 large)

1 ½ cups coarsely chopped peeled turnip (about 2 medium)

1 ½ cups coarsely chopped parsnip (about 2 medium)

1 ½ cups coarsely chopped carrot (about 2 medium)

¼ cup tupelo honey

2 tablespoons olive oil

½ teaspoon salt

3 shallots, halved

Cooking spray

Preheat oven to 450° F. Combine all ingredients except the cooking spray in a large bowl; toss to coat. Place vegetable mixture on a jelly-roll pan coated with cooking spray. Bake at 450° for 35 minutes or until vegetables are tender and begin to brown, stirring every 15 minutes. Makes 6 servings.

### **Sweet-'n'-Salty Honey Cheese Spread**

1 (10.5-oz.) goat cheese log

½ cup roasted, salted sunflower seeds

1/3 cup honey

1 pint fresh raspberries, blackberries, or blueberries

Garnish: fresh mint leaves

Assorted crackers

Press or roll goat cheese log in sunflower seeds, thoroughly covering cheese, including ends. Arrange cheese on a serving platter with any remaining sunflower seeds. Drizzle with honey. Sprinkle with berries. Garnish, if desired. Serve immediately with assorted crackers. Makes 20 appetizer servings.

### **Heavenly Nonfat Chocolate Honey Dip**

1 cup nonfat sour cream

½ cup honey

½ cup unsweetened cocoa powder

1 teaspoon vanilla

Assorted fruit for dipping

Angel food cake chunks for dipping

In a small bowl, combine all ingredients until well blended. Cover and chill until ready to serve. Makes 1 ¼ cups.

### **Fruit Salad with Honey-Lime Dressing**

1 pint container strawberries  
1 pint container blueberries  
1 bunch (about 1 ½ pounds) seedless grapes  
¼ cup honey  
2-3 tablespoons of lime juice

Rinse fruit. Gently pat the fruit dry. Hull strawberries then cut each in half; if large, cut into quarters. Remove stems from blueberries, if any. Remove grapes from stems. Gently combine all three in a large bowl or aluminum tray. Set aside. In a small bowl, whisk together honey and lime juice. Pour over fruit. Makes enough for a crowd!

### **Honey Almond Sweet Pizza**

¼ cup honey  
1 (10 ounce tube) refrigerated pizza dough  
2 tablespoons butter  
¼ cup slivered almonds, lightly toasted  
Cinnamon

Mix honey and cinnamon; reserve. Shape pizza shell according to package directions for thin-crust pizza; brush surface with melted butter. Bake at 450F for 5 minutes. Brush reserved honey mixture over partially baked pizza shell; sprinkle with almonds. Continue to bake at 450F until crust is golden, about 6 minutes. Let rest 5 minutes. Cut into 12 wedges. Serve warm or at room temperature. Makes 6 servings.

### **Northwest Bruschetta**

4 Fuji apples	32 slices of baguette, toasted
2 teaspoons vegetable or canola oil	16 slices (10-ounce package) prosciutto ham
¼ cup balsamic vinegar	Fresh sage, for garnish
½ cup honey	

Core apples and cut into 16 wedges. In large nonstick skillet over medium heat, warm oil and sauté apples 3 minutes or until crisp tender. Add vinegar and cook 3 minutes or until most of the vinegar is evaporated. Add honey and increase heat to high. When honey bubbles, stir gently for 1 minute until apples are soft. Allow apples to cool in honey syrup. With a slotted spoon remove apples; discard syrup. Arrange toast on serving platter. Immediately before serving, cut each prosciutto slice into strips. Place one slice prosciutto on top of toast; top with two apples slices. Garnish with fresh sage. Makes 32 appetizers.

## **Quinoa Salad with Honey Vinaigrette**

### *Vinaigrette*

¼ cup honey  
¼ cup extra-virgin olive oil  
2 tablespoons white wine vinegar  
2 tablespoons lime juice  
1 small clove garlic, minced

### *Quinoa Salad*

1 cup water  
2/3 quinoa, rinsed  
½ cup whole cashews, coarsely chopped  
½ cup dried cranberries  
¼ cup thinly sliced red onion  
1 small (about 4 cups) head butter lettuce,  
torn

Whisk together vinaigrette ingredients until well blended. Cook quinoa according to package directions; couscous can be substituted. Cool quinoa. Toss together quinoa, cashews, dried cranberries and red onion. Make a bed of lettuce on four plates. Top with quinoa mixture and drizzle with vinaigrette. Makes 4 servings.

## **Honey Nut Omelets**

This is an idea for enjoying a “honey sweet treat” for breakfast or any time of day!

For each omelet, you will need:

2 eggs  
1 or 2 tablespoons honey (depending on desired sweetness)  
1 tablespoon chopped pecans  
¼ cup mild finely shredded cheddar cheese  
1 tablespoon powdered sugar  
1 strawberry, orange slice, or other fresh fruit for garnish (optional)

Crack the eggs into a small bowl and whisk them until the whites and yolks are well mixed. Spray a small, non-stick cooking pan with cooking spray. Let the pan preheat on the stove over low-medium heat. When a drop of water thrown onto the pan fizzes, it is hot enough to start the omelets!

Pour eggs into the heated frying pan, and then rotate the pan to distribute the eggs evenly. Let eggs begin to cook over low-medium heat. When eggs start becoming firm on the bottom, you can begin adding toppings. Drizzle honey over the eggs. As you notice the top starting to become firm, sprinkle the pecans and the cheese on one side of the eggs.

When the egg is completely cooked, use a spatula to fold the empty side of the egg over the filled side. Slide or lift the omelet onto a plate and sprinkle powdered sugar on top. Garnish with a fruit piece, if desired, and serve hot.

## **Tropical Juice Quencher**

¾ cup pineapple juice  
¾ cup orange juice  
1/8 cup lime juice  
¼ cup honey  
2 cups sparkling water

In a pitcher, whisk together the juices and honey until thoroughly combined and honey is dissolved. Chill until ready to serve. Just before serving, stir in sparkling water. Makes 4 servings.

## The Beauty of Honey: It's a Natural Moisturizer

The skin's ability to stay hydrated is an important factor in its ability to maintain softness, suppleness and elasticity. As skin ages, or as it is exposed to environmental stresses and chemical agents, it loses this ability to retain water, becomes dry and appears wrinkled. Honey is a humectant, which means it attracts and retains water. Honey is a natural fit for a variety of moisturizing products including cleansers, creams, shampoos and conditioners. Because honey is also an anti-irritant, it is suitable for sensitive skin and baby care products.

### **Oatmeal Bar Soap**

*Instead of purchasing exfoliating soap, you can make your own at home. Making soap at home can be both enjoyable and easy. The addition of oatmeal in soap helps to relieve itchy and dry skin. Once you make your own oatmeal soap bars, you can give them away as gifts, or you can sell them at a craft fair. You can customize the soaps by adding different fragrance oils to them.*

#### **Things You will need:**

Knife	2 tablespoon Honey
16 oz. melt and pour soap	1 oz. fragrance oil
Microwave safe containers	½ cup oatmeal (not quick cooking)
Wooden spoon	

#### **Instructions**

Cut the melt and pour soap base into small 1/2- to 1-inch size cubes.

Place the soap cubes into a microwave-safe container. Heat the soap for two minutes and stir it with a wooden spoon.

- Heat the melt and pour soap for 30-second intervals. Stir the soap each time until it completely melts.
- Pour the honey into a **microwave** safe container. Heat it slightly in the microwave. Pour the honey into the melted soap and stir to mix them together.
- Add 1 ounce of your preferred scent of fragrance oil.
- Stir in the oatmeal. Stir the oatmeal until it suspends in the soap instead of sinking.
- Pour the soap into a bar soap mold.
- Spray the top of the soap with rubbing alcohol to prevent bubbles from forming. Allow the soap to harden overnight.
- Remove the soap from the mold. Cut the block into soap bars if necessary. Allow the soap to cure for three to four days before using it.

### **Skin Softening Bath**

Add ¼ cup honey to bath water for a fragrant, silky bath.

### **Honey Cleansing Scrub**

Mix 1 tablespoon honey with 2 tablespoons finely ground almonds and ½ teaspoon lemon juice. Rub gently onto face. Rinse off with warm water

### **Gentle Honey Cleanser**

Mix ¼ cup honey, 1 tablespoon liquid soap and ½ cup glycerin (found in drug department). Apply gently to face using a face sponge. Rinse with warm water and pat face dry.