

The Friday 4

4
FRESH
IDEAS
YOU CAN
USE IN
4
MINUTES
OR LESS



1 Quick Recipe: A Halloween Treat for Children AND Adults!

Pumpkin, Pecans and Dates ...

Pumpkin Pecan Bars

1 Cup Whole Wheat Pastry Flour
2 Cups Oats
1 Tsp Baking Soda
2 Tsp Cinnamon
1 Tsp Ground *Allspice
1/2 Tsp Salt
1 Cup Canned Pumpkin
3 Eggs
1/2 Cup Canola Oil
2 Tsp Vanilla
1 Cup Dark Brown Sugar, Packed
1 Cup Chopped Pitted Dates
1 Cup Chopped Toasted Pecans

Step 1 Preheat the oven to 350F.
Coat a 9x12 baking pan with non-stick spray.

Step 2 In a bowl, combine the flour, oats, baking soda, cinnamon, all-spice and salt.

Step 3 In a second bowl, mix the pumpkin, eggs, oil, vanilla and brown sugar together.

Step 4 Stir the pumpkin mixture into the flour mixture. Add in the dates and pecans.

Step 5 Spread the mixture in your prepared pan. Bake for 30 minutes, or until a skewer inserted in the top comes out clean. Cool completely before cutting.

2 Kitchen Smidgen

Did you know that Whole Wheat Pastry Flour has a higher starch content, and a lower gluten content than

regular whole wheat flour? It's used in recipes like this one, where a tender result is desired. To maintain freshness, store your Whole Wheat Pastry Flour in the freezer. For more nutrition, try substituting up to 1/3 Whole Wheat Pastry Flour for White Flour in your baked good recipes.

3 Get Creative

*Allspice is the dried berry of an ever-green tree that has a flavor of cinnamon, nutmeg and cloves. Traditionally it's used with pumpkin and winter squash dishes. Allspice is also great in tomato sauces - add a little bit to your barbeque sauce for extra zing!

4 WINE of the Week

NV Taylor Fladgate Tawny Port, 10 Year Old

Portugal, Total Wine about \$28.00

Creamy and caramel Tawny Port is the perfect match for the rich autumn flavors in the Pumpkin Pecan Bars. The term "10 Year Old" indicates the average age of the wine used in making this port - older wines for complexity and younger wines which bring fresh flavors. Tawny Port is named for it's color, and can be aged in wood up to 40 years. It's a great fall after dinner beverage paired with any kind of fruit dessert.