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HEAVENLY DISHES TO SERVE FOR EASTER

Thoughts of Easter conjure up visions of chocolate bunnies, decorated eggs, and jelly beans. Others might think of fancy spring clothes and a flowered hat. I look forward to gathering with loved ones for church and sharing a traditional Easter dinner.

Whether it's minted leg of lamb or glazed, spiral-cut ham, keep good health in mind while preparing your family's feast. For a menu rich in nutrients prepare a colorful assortment of vitamin-rich spring vegetables to complement the meat you choose. Round out the meal with a fruit based dish which adds variety, fiber and additional nutrients. Fruit has a naturally sweet taste that compliments the salty meat.

The Saturday night before Easter make Resurrection Cookies with the young ones to teach the story of Jesus's crucifixion. For details see http://www.kintera.org/atf/cf/%7B8E975F2E-4C1C-4315-AAFF-34A97EB367B5%7D/Resurrection_Cookies.pdf

Wishing you Easter Blessings!

SIMPLY GLAZED LEG OF LAMB

Serves 12 to 16

- 1 leg of lamb, 5 to 7 pounds, bone-in
- 2 cloves garlic, cut into slivers
- 1/3 cup red currant jelly
- 1/2 teaspoon grated lemon peel
- 1 tablespoon lemon juice
- 1/2 teaspoon grated fresh ginger or 1/4 teaspoon ground ginger
- 1/2 teaspoon salt
- 1/2 teaspoon dry mustard
- 1/2 teaspoon black pepper

Preheat oven to 325°. Trim fat from lamb. Cut small slits in surface of lamb; insert garlic slivers. Place lamb, fat-side up on a rack in a shallow roasting pan. Insert a meat thermometer and roast for 15 to 20 minutes per pound or until meat thermometer reads 145-150° for medium rare. Meanwhile, in a small saucepan, stir together jelly, lemon peel, lemon juice, ginger, salt, mustard, and black pepper. Heat through; keep warm. Brush roast with jelly mixture several times during the last 30 minutes of roasting. Let roast stand 15 to 20 minutes before carving.

PINEAPPLE CASSEROLE

I typically omit the butter, thus saving 400 calories, and no one can tell the difference

2 (20 ounces) cans of pineapple tidbits, drained
2 cups grated sharp cheddar cheese
1/2 cups sugar
6 tablespoons flour
20 Ritz crackers
1/2 stick butter or margarine (optional)

Drain pineapple. Mix pineapple and cheese together. Mix sugar and flour together and slowly stir into pineapple mixture stirring well. Pour into large casserole dish. Crumble Ritz crackers and sprinkle on top. Drizzle butter over crackers and bake at 350° for 30 minutes.

RESURRECTION COOKIES

(Recommended to bake the Saturday night before Easter, read the full recipe ahead of time.)

1 cup pecan halves
1 teaspoon white vinegar
3 egg whites (room temperature for best results)
Pinch of salt
1 cup sugar

1. Preheat oven to 300° F degrees. Place the pecans in a plastic freezer bag. Let your child break the pecans into small pieces by beating them with a wooden spoon.
2. Add 1 teaspoon vinegar to a bowl.
3. Add the 3 egg whites to the vinegar.
4. Sprinkle a pinch of salt into the bowl.
5. Gradually add 1 cup of sugar to the bowl while beating ingredients on high with a mixer.
6. Egg whites are ready when they are glossy white and stiff peaks form (peaks stand straight when beaters are removed).
7. Now, add the nuts and fold in gently. Drop the mixture by teaspoon on a cookie sheet covered with wax paper.
8. Put the cookie sheet in the oven. Then close the door and turn the oven off immediately.
9. Give your child a piece of tape to seal the oven door.
10. Do not open the oven until the following morning. When examining the cookies, they will have formed small mounds and have a cracked side. When children taste them, they will discover that the cookies are hollow.

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