



# HSA Recipes

## RECIPES FEATURING SAGE FROM:

Schlosser, Katherine K. 2007. *THE HERB SOCIETY OF AMERICA'S ESSENTIAL GUIDE TO GROWING AND COOKING WITH HERBS*, Baton Rouge, LA: Louisiana State University Press.

LINK TO PURCHASE

[THE HERB SOCIETY ESSENTIAL GUIDE TO COOKING WITH HERBS](#)

## APPLE SAGE BREAD

*Good with a cup of tea. Unusual taste sensation – there is no hint of the sage until just after eating it, then the sage note lingers. Spicy and warming!*

1 ½ cups unbleached all-purpose flour	½ cup buttermilk
½ teaspoon salt	1 cup applesauce
1 teaspoon baking soda	6 tablespoons melted butter
1 cup sugar	1 cup raisins
½ teaspoon cinnamon	½ cup chopped walnuts
½ teaspoon freshly grated nutmeg	2 tablespoons chopped fresh sage
½ teaspoon allspice	

Preheat oven to 350°F. Grease the bottom and sides of a small Bundt pan or a loaf pan.

Sift together the flour, salt, baking soda, sugar, cinnamon, nutmeg and allspice. In a small bowl, blend the buttermilk, applesauce, and melted butter. Mix wet and dry ingredients, blending just until mixed. Fold in raisins, walnuts and sage. Spread batter into pan and bake for 45 minutes or until a toothpick inserted in center comes out clean. Allow to cool for 10 minutes in pan, then remove and finish cooling on a wire rack.

Debra Seibert, Rocky Mountain Unit

## SAGE CORN BREAD

2 strips bacon  
3 tablespoons finely chopped fresh sage  
1 teaspoon baking powder  
1 teaspoon salt  
1 ½ cups yellow cornmeal  
1 egg  
1 ½ cups milk  
2 tablespoons melted butter  
½ cup corn niblets

Preheat oven to 450°F. Fry bacon in a 9-inch cast iron skillet until crisp. Leave grease in the skillet and transfer to oven. Crumble the bacon and set aside.

Quickly mix the dry ingredients, bacon, and sage leaves in a bowl. Whisk the egg in a small bowl until frothy, then whisk in the milk. Add milk mixture and corn to the dry ingredients. Add melted butter and blend thoroughly.

When skillet is smoking hot, add batter all at once and return to oven for 20 minutes or until top is golden brown.

Eleanor Davis, Western Pennsylvania Unit

## TUSCAN STEW

3 cups uncooked whole wheat penne pasta  
2 tablespoons olive oil  
2 cups minced onion  
1 tablespoon minced garlic  
1 tablespoon fresh thyme  
1 tablespoon chopped fresh sage  
3 tablespoons chopped fresh basil  
2 pounds fresh spinach, cleaned and chopped  
2 14.5 ounce cans diced tomatoes  
2 15 ounce cans cannellini beans, rinsed and drained  
Freshly ground black pepper to taste  
3 tablespoons fresh grated Parmesan  
2 teaspoons red wine vinegar

Heat a pot of salted water for the pasta. When it boils rapidly, add the pasta, give it a stir, and cook until tender, according to package directions. Drain pasta and set aside. Heat the oil in a large deep saucepan. Add the onion and half the prepared garlic and sauté for 5 minutes over medium heat, stirring often.

Add spinach, tomatoes, remaining garlic, and salt. Stir, cover, and let simmer over medium heat for 10 minutes. Add beans, cooked pasta, and herbs. When heated through, stir in a generous amount of black pepper, the grated Parmesan, and vinegar. Serve in bowls with extra cheese and a cruet of additional vinegar.

Dorothy Spencer, North Carolina Unit