

Georgia Peanuts... Get You \$um!



Peanut Recipes

Peanuts and Peanut Butter ... RECIPES FOR SPECIAL DIETS ...

Asian Lettuce Wraps

- 1 teaspoon peanut oil
- 1 teaspoon toasted sesame oil
- 3 boneless, skinless chicken breast halves, cut into 2-inch strips (12 ounces)
- 1 teaspoon minced garlic
- 1 teaspoon grated peeled ginger
- 1/2 cup chicken broth
- 1/4 cup smooth peanut butter
- 2 tablespoons mango chutney
- 18 large Bibb lettuce leaves, cleaned and dried
- 1 medium red bell pepper, seeded and cut into 2-inch thin matchsticks
- 1 cup snow peas, trimmed and cut into 2-inch thin matchsticks
- 4 green onions, trimmed and cut lengthwise into 2-inch thin matchsticks
- 2/3 cup honey-roasted Georgia peanuts, roughly chopped

Heat oils in a wok or large skillet over medium-high heat. Stir-fry the chicken for 4 minutes. Add garlic and ginger and sauté 1 minute more or until chicken is cooked. Lower heat and add chicken broth, peanut butter and chutney; stir until smooth and heated through, about 3 minutes. To assemble, lay the lettuce leaves on work surface; then place equal amounts of bell pepper, snow peas and green onion matchsticks in the center. Next, spoon the chicken mixture on top, then sprinkle with peanuts. Roll each lettuce leaf up and serve 3 onto each of 6 plates.

Per Serving: 260 calories, 10 g carbohydrate, 3 g fiber, 17 g protein, 18 g fat (9 g monounsaturated fat, 5 g polyunsaturated fat).

Recipe courtesy of The Peanut Institute

Southern Banana-Nut Bran Muffins

(low saturated fat and no cholesterol)

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|---------------------------|------------------------------|
| 1 cup whole wheat flour | 2 egg whites, beaten |
| 1 1/2 cups raw wheat bran | 2 ripe bananas, mashed |
| 1 teaspoon baking soda | 1 cup fat free plain yogurt |
| 1 teaspoon baking powder | 1/3 cup creamy peanut butter |
| 1/4 teaspoon salt | 1/4 cup packed brown sugar |
| 1/4 cup canola oil | |

Combine flour, bran, baking soda, baking powder and salt in a mixing bowl. In large mixing bowl, combine oil, egg whites, bananas, yogurt, peanut butter and brown sugar. Mix well. Fold in the dry ingredients and mix just until combined. Spoon the batter into paper-lined or nonstick muffin tins. Bake in a 400 F. oven for 25 minutes or until firm to the touch. Remove from the pan and let cool on a wire rack.

Makes 12 muffins.

Per Serving: 160 calories, 5 g protein, 8 g total fat (.5 g saturated fat), 23 g carbohydrate, 3 g dietary fiber, 0 mg cholesterol, 230 mg sodium. Daily Value: 4% folic acid, 4% vitamin C, 8% calcium, 4% iron.

Food Exchanges: 114 Fruit, 3/4 Bread, 3/4 Fat

Southern Peanut Butter Cheesecake

(low fat, low saturated fat and low cholesterol)

- 1/2 cup low fat graham cracker crumbs
- 8 ounces light cream cheese, cut into cubes
- 8 ounces fat free cream cheese, cut into cubes
- 1/2 cup fat free sour cream
- 1/2 cup fat free ricotta (or low fat cottage cheese)
- 1/3 cup peanut butter
- 1/2 cup firmly packed dark brown sugar
- 2 teaspoons vanilla extract
- 6 egg whites (or 3/4 cup egg substitute)

Coat a 9-inch spring form pan with cooking spray. Sprinkle graham cracker crumbs evenly over the bottom of pan. Set aside. Process the cream cheese, sour cream and ricotta cheese in a food processor until smooth. Add the peanut butter and mix. Slowly add the sugar and vanilla extract. Slowly pour the eggs through the food chute with the processor running. Blend until combines. Spoon the mixture over the graham cracker crumbs. Bake in a 300 F. oven for 50 minutes. Center will be soft, but will firm when chilled. Turn the oven off and leave the cheesecake in the oven for 30 more minutes. Remove from oven; let cool to room temperature on a wire rack. Cover and chill 8 hours. Serve with assorted fresh berries. Makes 10 servings.

Per Serving: 140 calories, 13 g protein, 4.5 g total fat (2 g saturated fat), 14 g carbohydrate, 0 g dietary fiber, 10 mg cholesterol, 240 mg sodium. Daily Value: 14% folic acid, 15% vitamin A, 20% calcium, 4% iron.

Food Exchanges: 1/2 Milk, 3/4 Bread, 3/4 Meat, 1/2 Fat



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ROASTING

Conventional Oven Roasting (“Parching”)

Place raw peanuts, in-shell or shelled, one layer deep in a shallow baking pan. Roast in a 350-degree oven – 15 to 20 minutes for shelled and 20 to 25 minutes for in-shell peanuts. Remove from heat just short of doneness desired, as peanuts continue to cook as they cool.

Oil Roasting (“Southern Fried”)

- 2 cups raw shelled red skin or blanched type peanuts
- 2 cups peanut oil or enough to cover peanuts
- Put peanuts into a colander or frying basket. Submerge in peanut oil preheated to 350 degrees and fry for about 4 minutes.
- Drain on paper towels. Sprinkle with salt. Serve warm.
- For an unusual snack, add 1/4 teaspoon garlic powder or chili powder for each cup of peanuts. Mix thoroughly and serve warm.

GEORGIA BOILED PEANUTS*

Wash peanuts thoroughly in cool water; then soak in clean cool water for about 30 minutes before cooking.

Put peanuts in a saucepan and cover completely with water. Add 1 tablespoon salt for each pint of peanuts.

The cooking period for boiled peanuts varies according to the maturity of the peanuts used and the variety of the peanut. The cooking time for a “freshly pulled” green peanut is shorter than for a peanut which has been stored for a time. The best way to prepare them is to cook them as soon as they are picked.

There is no firm method for cooking boiled peanuts. The shells of some peanuts absorb more salt than others, so it is best to begin with 1 tablespoon of salt per pint of peanuts. Then add more salt to taste later. The texture of the peanut when fully cooked should be similar to that of a cooked dry pea or bean. Boil the peanuts for about 35 minutes, then taste. If they are not salted enough, add more salt. Taste again in ten minutes, both for salt content and to see if the peanuts are fully cooked. If not ready, continue tasting every 5 minutes until they have a satisfactory texture.

Drain peanuts after cooking, or they will continue to absorb salt and become over-salted.

** You should use only green peanuts, which are peanuts that are pulled before they reach maturity. Green peanuts are only available in later summer or early fall.*

Asian Peanut Slaw

- 1 (11 ounce) can mandarin oranges
- 1/4 cup Asian Sesame dressing
- 2 tablespoons creamy peanut butter
- 1/4 teaspoon crushed red pepper
- 1/2 cup coarsely chopped dry roasted peanuts
- 1 (16 ounce bag) 3 color deli cole slaw mix
- Chow Mein noodles

Drain juice from mandarin oranges into a mixing bowl and reserve the oranges. Add dressing, peanut butter and red pepper and whisk until well blended. Add peanuts, reserved oranges and cole slaw mix and toss until thoroughly coated. Garnish with Chow Mein noodles just before serving.



Jiffy Goober Haystacks

- 1 package (6 ounces) butterscotch chips
- 1/3 cup creamy peanut butter
- 1 cup roasted peanuts
- 1 can (3 ounces) chow mein noodles

Melt butterscotch chips and peanut butter in top of double boiler over hot (not boiling) water. Stir to blend. Add peanuts and noodles, stir until well coated. Form into clusters on waxed paper or aluminum foil. Allow to harden. Yields 3 dozens.

Peanut Butter Cookie Extraordinaire (Soft and Delicious)

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| 3/4 cup creamy peanut butter | 1 tablespoon vanilla |
| 1/2 cup butter (softened, not melted) | 1 egg |
| 1 1/4 cups light brown sugar, firmly packed | 1 1/4 cup all-purpose flour |
| 1/4 cup granulated sugar | 1/2 cup Protein Plus peanut flour |
| 3 tablespoons milk | 3/4 teaspoon salt |
| 2 tablespoons applesauce | 3/4 teaspoon baking soda |

Mix together peanut butter, butter, applesauce, and milk and vanilla. Mix on low speed until well blended, about 1 1/2 minutes. Mix together brown sugar and granulated sugar, and slowly add while mixing. Stop and scrape down bowl sides. Add egg. Mix at low speed just until blended, about 30 seconds.

Combine flour, peanut flour, salt and baking soda in small bowl. Turn on mixer to stir speed and gradually add dry ingredients, mixing just until blended.

Drop by heaping teaspoonfuls 2 inches apart onto un-greased baking sheets.

Bake at 350 degrees F. for 7 1/2 to 8 1/2 minutes or until set and lightly browned. Remember that ovens vary in cooking times and temperatures.

Makes about 3 dozen cookies.

No Bake Peanut Butter Pie

- 4 ounces cream cheese
- 1 cup confectioners' sugar, sifted
- 1 cup crunchy peanut butter
- 1/2 cup milk
- 8 ounces frozen whipped topping, thawed
- 1 deep-dish graham cracker or chocolate-flavored crust
- Whipped topping
- Chocolate syrup

In a large bowl, combine cream cheese and confectioners' sugar; mix well. Add peanut butter and mix. Slowly add milk and mix well. Fold in whipped topping. Pour into pie shell and cover. Freeze for at least 30 minutes. Pipe extra whipped topping around edge of pie. Drizzle with chocolate syrup.



Sugared Peanuts

- 1 cup granulated sugar
- 1/4 cup water
- 2 cups raw shelled peanuts, skins on

Dissolve sugar in water in saucepan over medium heat. Add peanuts and continue to cook over medium heat, stirring frequently. Cook until peanuts are completely sugared (coated and no syrup left). Pour onto ungreased cookie sheet, spreading so that peanuts are separated as much as possible. Bake at 300 degrees F. for approximately 30 minutes, stirring at five-minute intervals.

*For more recipes and peanut flour, contact
www.proteinplusflour.com.*