SWEET CORN & SAUSAGE STUFFING

MAKES 6-8 SERVINGS

INGREDIENTS

1 ear Florida sweet corn, kernels removed
1 pound ground sausage
¾ cup carrots, chopped fine
¾ cup celery, chopped fine
1 medium onion, chopped fine
2 tablespoons fresh herbs (such as parsley, thyme, sage)
1 tablespoon all-purpose seasoning
3 cups cornbread, crumbled
1 cup vegetable broth
1 egg, beaten
Sea salt and fresh ground pepper, to taste

DIRECTIONS

Preheat oven to 350 degrees. Preheat a large cast iron skillet (or any other oven-safe pan) over medium-high heat. Brown the sausage, then add corn, carrots, celery, onion, all-purpose seasoning and fresh herbs and sauté for 5 minutes or until vegetables begin to soften. Remove the vegetables from the heat and pour the mixture into a large bowl.

Add the crumbled cornbread and toss to combine. Add vegetable broth until mixture is moistened. Taste and adjust seasoning with salt and pepper if needed before adding the beaten egg. Pour the mixture back into the cast iron skillet and bake for 45 minutes or until golden brown. Serve warm.

SOURCE: followfreshfromflorida.com

GREEN BEAN CASSEROLE

MAKES 6 SERVINGS

INGREDIENTS

1 pound Florida green beans, blanched and trimmed
10 Florida mushrooms, cleaned and sliced thin
2-3 tablespoons unsalted butter
½ sweet onion, sliced thin
1 teaspoon fresh thyme, chopped
1 tablespoon garlic, minced
1 tablespoon Worcestershire sauce
1 tablespoon all-purpose seasoning
2 tablespoons flour
1 ¾ cups milk
1 (8-ounce) package Italian blend cheese
Toppings (such as fried onions, crushed butter crackers, or cracklings)
Sea salt and fresh ground pepper

DIRECTIONS

Preheat oven to 375 degrees. Melt the butter in a large skillet over medium-high heat. Add onions and sauté for 2 minutes, then add mushrooms and thyme and sauté for another minute. Add garlic, Worcestershire sauce and 1 tablespoon all-purpose seasoning and stir to combine. Next, sprinkle flour and stir until it looks like a paste. Slowly pour in milk while stirring to break up any lumps. Add ¾ of the cheese and green beans. Taste and adjust seasoning as needed.

Thoroughly mix and cook over medium heat for 3 minutes. Pour the mixture into a casserole dish, cover and bake for 30 to 45 minutes. Remove the lid, top with fried onions or cracklings and remaining cheese, and bake in the oven for an additional 5 minutes uncovered.

SOURCE: followfreshfromflorida.com

HARVEST SUNRISE CITRUS TEA

MAKES 16 SERVINGS

INGREDIENTS

1 cup Florida orange juice
1 Florida orange *(cut into rounds)*
1 Florida grapefruit *(cut into rounds)* Optional
1 lime *(cut into rounds)*
1 gallon sweet or un-sweet tea, (homemade or store-bought)

DIRECTIONS

Combine all of the ingredients and chill in the refrigerator. Serve over ice.

SOURCE: followfreshfromflorida.com