

## Cold Weather Comfort Foods

As the cold winter weather continues, we have three perfect-for-winter “comfort food” recipes to share with you...

### SWEET POTATO TROPICANA\*

*Courtesy of Life Trustee Jeanne R. Theodore...*

(Serves 6)

- 6 large sweet potatoes, boiled until tender, peeled and mashed
  - 3 ripe bananas, mashed
  - 1 20-ounce can crushed pineapple, drained
  - 2 cups fresh orange juice, plus grated zest from oranges
  - Light rum, to taste (optional)
  - Salt, to taste
1. Preheat oven to 350 degrees Fahrenheit. Grease a two-quart casserole.
  2. In a large mixing bowl, combine mashed potatoes, bananas, crushed pineapple, orange juice and zest, and rum, if using. Season with salt to taste.
  3. Transfer mixture to prepared dish and bake until heated through, about 30 minutes.

\* Winner of a 1942 contest in The Miami Herald for recipes using the fewest amount of ration points



## VEAL LOAF

*Courtesy of Marlene Borey...*

(Serves 4)

- 1 pound chopped veal
- ½ onion, chopped
- 1 cup carrots, diced
- 2 eggs: one raw, one hard-boiled
- Salt and fresh pepper to taste
- Pinch of herbs de Provence
- Mustard to taste



1. Preheat oven to 350 degrees Fahrenheit. Line a cookie sheet with foil. Top foil with parchment paper, if you wish.
  2. In a large bowl, mix together the veal, onion, carrots, raw egg, salt, pepper and herbs de Provence. Place half the mixture on the prepared cookie sheet, and shape it into a rectangle measuring about 8-inches by 4-inches. Make a slight depression in the center for the meat for the hard-boiled egg. Completely cover the egg with the remaining meat mixture. Brush loaf with mustard.
  3. Bake loaf in preheated oven for 30 to 40 minutes. Loaf is cooked through when a meat thermometer registers 140 degrees Fahrenheit when inserted in the meat.
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## TURKEY MEATLOAF

*Courtesy of Eve Haberman...*

(Serves 4 to 6)

- 1 pound ground turkey
- 12 sun-dried tomatoes in oil, drained and chopped
- 1 medium onion or 2 to 3 large shallots, chopped
- ⅓ cup broth
- 1 cup fresh breadcrumbs
- 2 teaspoons fresh oregano or ½ teaspoon dried
- 1 egg, lightly beaten
- 2 teaspoons fresh rosemary or ½ teaspoon dried
- ½ cup pine nuts, toasted
- Salt and freshly ground pepper to taste

1. Preheat oven to 375 degrees Fahrenheit.
2. In a large bowl, mix all ingredients together and place in an 8-inch by 4-inch loaf pan.
3. Bake until meat is cooked through, about 45 minutes.

