

# Ham Pot Pie with Georgia Pecan Crust

Recipe by Holly Clegg

Turn leftover ham into dinner with this "trim&TERRIFIC" twist to the traditional pot pie. Simple to make, a creamy mixture of ham and frozen mixed vegetables create this classic one-dish meal. Refrigerated crescent rolls come to the rescue with Georgia pecans for a crunchy pecan crust over a scrumptious filling. *Makes 4-6 servings*

- |                                  |  |
|----------------------------------|--|
| 1 tablespoon canola oil          | 2 cups frozen mixed vegetables, thawed     |
| 1 cup chopped onion              | 1 (8-ounce) can reduced fat crescent rolls |
| 1/3 cup all-purpose flour        | 1 cup skim milk                            |
| 1 cup skim milk                  | 1 1/2 cups chicken broth                   |
| 1 1/2 cups cubed cooked lean ham | 1/3 cup chopped Georgia pecans             |

1. Preheat oven 375°F. Coat deep dish pie plate or cast-iron skillet with nonstick cooking spray.
2. In nonstick pot, heat oil and sauté onion 5 minutes.
3. Add flour, stirring 1 minute. Gradually add milk and broth. Bring to boil, reduce heat and cook, stirring 3-5 minutes or until thickened.
4. Add mixed vegetables and ham. Remove from heat, transfer to pie plate.
5. Press rolls together to form 2 squares. Sprinkle pecans on each square and top with another square. Roll dough to form circle, pressing pecans into dough to fit over pie plate. Lay pecan crust on top pie plate. Bake 20-25 minutes or until crust is brown.

**Nutritional information per serving:** Calories 339, Protein (g) 16, Carbohydrate (g) 35, Fat (g) 16, Calories from Fat (%) 43, Saturated Fat (g) 4, Dietary Fiber (g) 4, Sugars (g) 8, Cholesterol (mg) 21, Sodium (mg) 1016, Diabetic Exchanges: 2 starch, 1 vegetable, 2 lean meat, 1 fat



# Creamy Squash Casserole with Georgia Pecan Crumble

Recipe by Holly Clegg

When in need of a family-favorite vegetable dish, this no-fail casserole complements any entrée. The slightly sweet combination of cream-style corn and pureed squash topped with a savory seasoned toasty pecan crumble makes this a perfect choice for any occasion. No time to cook? This recipe may be prepared ahead of time and frozen. Defrost to room temperature and bake, leaving one less recipe to make. *Makes 6-8 servings*

- |   |                                |
|---|--------------------------------|
| 2 pounds fresh yellow squash, thinly sliced | 1 tablespoon sugar             |
| 2 green bell peppers, seeded and chopped    | 1/4 cup cornmeal               |
| 1 large onion, chopped                      | Salt and pepper to taste       |
| 2 tablespoons canola oil                    | 1/3 cup seasoned breadcrumbs   |
| 1 (15-ounce) can cream-style corn           | 1/3 cup chopped Georgia pecans |
|   | 1 tablespoon butter, melted    |

1. Preheat oven 350°F. Coat 2-quart baking dish with nonstick cooking spray.
2. Cook squash until very tender on stove in 1/4 cup water for 10 minutes or in microwave; drain. Mash or purée squash in food processor.
3. In nonstick skillet, sauté green pepper and onion in oil until tender.
4. In bowl, combine pureed squash, onion mixture, corn, sugar, and cornmeal. Season to taste.
5. Transfer to prepared dish. In small bowl, combine bread crumbs, pecans and butter; sprinkle on top.
6. Bake 30 minutes, or until bubbly and thoroughly heated.

**Nutritional information per serving:** Calories 200, Protein (g) 4, Carbohydrate (g) 29, Fat (g) 9, Calories from Fat (%) 41, Saturated Fat (g) 1, Dietary Fiber (g) 5, Sugars (g) 8, Cholesterol (mg) 2, Sodium (mg) 276, Diabetic Exchanges: 1.5 starch, 1.5 vegetable, 2 fat

# Sweet Potato Coffee Cake with Georgia Pecan Praline Topping

Recipe by Holly Clegg

Coffee cake becomes the ultimate comfort food as this recipe starts with a time-honored familiar pantry staple – biscuit baking mix. Sweet potatoes give the cake a natural sweetness complemented by cinnamon and cranberries with a sensational Georgia pecan praline topping. This simple treat also freezes well. *Makes 12 servings*

- |   |  |
|---|--|
| 2 tablespoons butter, melted                          | 1 (15-ounce) can sweet potatoes, drained and mashed or 1 cup mashed sweet potatoes |
| 1/2 cup plus 3 tablespoons light brown sugar, divided | 1/3 cup skim milk  |
| 2 tablespoons light corn syrup                        | 1 teaspoon ground cinnamon   |
| 1/2 cup chopped Georgia pecans                        | 1/4 cup dried cranberries  |
| 2 1/2 cups biscuit baking mix                         |  |

1. Preheat oven 400°F. Coat 9 x 9 x 2-square baking pan or 8-inch round cake pan with nonstick baking spray.
2. In bottom of prepared pan, mix together butter, 1/2 cup brown sugar and corn syrup. Spread mixture evenly in pan. Sprinkle with pecans.
3. In large mixing bowl, beat together biscuit baking mix, sweet potato, and milk until dough forms a ball. Turn dough onto surface heavily dusted with baking mix and roll or pat into 12-inch long rectangle.
4. In small bowl, combine remaining 3 tablespoons brown sugar and cinnamon. Sprinkle brown sugar mixture and cranberries evenly over dough. Roll up dough jelly roll style from longer side. Cut crosswise into one-inch pieces and arrange sitting on top of the pecan mixture in pan. Dough will spread when baking.
5. Bake 25-30 minutes or until golden brown. Remove from oven and immediately run knife around sides and invert onto serving plate, scraping any brown sugar mixture from pan to top cake.

**Nutritional information per serving:** Calories 228, Protein (g) 3, Carbohydrate (g) 35, Fat (g) 9, Calories from Fat (%) 36, Saturated Fat (g) 2, Dietary Fiber (g) 2, Sugars (g) 17, Cholesterol (mg) 3, Sodium (mg) 359, Diabetic Exchanges: 2 starch, 2 fat



[georgiapecansfit.org](http://georgiapecansfit.org)

Craving  
Healthy  
Comfort  
Cooking?  
Georgia Pecans Fit!

“Trim&TERRIFIC” cookbook series author Holly Clegg reigns supreme when it comes to healthy, flavorful everyday meals with simple, nutritious and versatile ingredients like Georgia pecans.



*“Pecans from Georgia are so fresh, natural and comforting,” says Clegg. “The rich, familiar flavor of Georgia Pecans ups the nutritional value of my recipes while providing a wholesome, crunchy texture.”*

Historically, Georgia is the number-one pecan-producing state, and Georgia pecans are the inspiration behind Holly Clegg’s healthy comfort cooking recipes. Light Georgia Pecan Pie is a new, healthier take on a traditional favorite. Creamy Squash Casserole with Georgia Pecan Crumble incorporates two types of squash for an innovative and satisfying side dish. Pot pie is the ultimate feel-good food and Ham Pot Pie with Georgia Pecan Crust is sure to satisfy comfort cravings. Clegg suggests to enjoy a relaxing weekend morning with Sweet Potato Coffee Cake with Georgia Pecan Praline Topping. For more recipe ideas, visit GeorgiaPecansFit.org. For more information on Holly Clegg, visit HollyClegg.com.

“Nothing says healthy comfort cooking more than Georgia pecans,” says Tara Gidus MS, RD, CSSD, LD/N, a nationally recognized expert on nutrition, fitness and health promotion. “Lighter versions of favorite comforting recipes can satisfy without sacrificing flavor by simply adding a handful of the rich flavor and savory crunch of pecans.”



Georgia pecans are good for the heart, brain and soul. Research studies suggest that adding a daily handful of pecans (approximately one ounce) may help reduce oxidation of bad fats in the blood, ultimately reducing risk of heart disease. The high antioxidant content of pecans may also help reduce the risk of cancer and neurological diseases such as Alzheimer’s. Pecans have measured higher than any other nut for total antioxidant capacity and contain numerous phytochemicals that protect cells in the body. In addition, pecans have been linked to assisting in weight loss and maintenance, as well as curbing hunger.

*“I recommend tossing pecans into breakfast muesli or a spinach salad. I also like spiced pecans for a mid-afternoon snack or as a crust on baked salmon. Georgia pecans really do fit any time of day!”*

For more information on Tara Gidus visit DietDiva.com. For more on the health benefits of pecans, visit GeorgiaPecansFit.org.

## Light Georgia Pecan Pie with Honey Pecan Topping

Recipe by Holly Clegg

Georgia Pecan pie always pops up as a favorite. This simple, light six ingredient recipe will quickly win your heart with a show-stopping Honey Pecan Topping. Georgia pecans are highlighted in this picture-perfect dessert with a rich chopped pecan filling and incredible crunch topping. For the crust, the choice is yours with the convenient pre-made pastry shell or prepared rolled pie dough. *Makes 8 -10 servings*

- |                                 |  |
|---------------------------------|--|
| 2 eggs                          | 1 (9-inch) unbaked pie shell or prepared rolled pie dough (formed into a 9-inch pie pan) |
| 1/4 cup sugar                   | Honey Pecan Topping (recipe follows)   |
| 1 cup light corn syrup          |  |
| 2 tablespoons all-purpose flour |  |
| 1 tablespoon vanilla extract    |  |
| 1 cup chopped Georgia pecans    |  |

1. Preheat oven 375°F.
2. In mixing bowl, beat together eggs, sugar, corn syrup, flour and vanilla until creamy. Stir in Georgia pecans.
3. Pour into pie shell, bake 40-50 minutes or until pie is set.

### Honey Pecan Topping

- 3 tablespoons light brown sugar
- 1 tablespoon butter
- 3 tablespoons honey
- 1 cup Georgia pecan halves

1. In small pot, combine brown sugar, butter, and honey.
2. Cook over low heat until comes to a boil, stirring. Stir in Georgia pecans. Remove from heat.
3. During last 5 minutes of baking, remove pie from oven, spread topping evenly over top. Return to oven, broil until topping is bubbly and golden brown, watch carefully.

**Terrific Tidbit:** Pecan pie can be made without the topping for an even lighter version.

**Nutritional information per serving (with 9-inch pie shell):** Calories 393, Protein (g) 4, Carbohydrate (g) 51, Fat (g) 21, Calories from Fat (%) 48, Saturated Fat (g) 3, Dietary Fiber (g) 2, Sugars (g) 41, Cholesterol (mg) 44, Sodium (mg) 150, Diabetic Exchanges: 3.5 other carbohydrate, 4 fat

Pecans are perishable, but can be used year-round if stored properly. Refrigerate shelled pecans in airtight containers for up to nine months or freeze in zipper-lock bags for up to two years. Unshelled pecans can be stored in airtight containers in a cool, dry place for up to six months.



## Gluten-Free Candied Georgia Pecans

Recipe by Chef Lance Gummere, Executive Chef, The Shed at Glenwood, Atlanta, Georgia

This candied pecan mixture is perfect as a topping for cereals, puddings, yogurt or, as served at The Shed at Glenwood, atop gluten-free blueberry pancakes. The gluten-free pecans can even be enjoyed all by themselves as a light snack. *Makes 38 2-tablespoon servings*

### Ingredients:

- |                                    |                        |
|------------------------------------|------------------------|
| 1 lb. shelled Georgia pecan halves | 1/2 cup powdered sugar |
| 1/2 cup granulated sugar           | oil for frying         |

1. Drop pecans into boiling water.
2. Boil 1 minute.
3. Drain.
4. Cover drained pecans with both granulated & powdered sugar.
5. Toss until most sugar has dissolved.
6. Drop pecans into fryer at 375 degrees for 1 minute.
7. Drain & spread pecans on to sheet tray to cool.

**Nutritional information per serving:** Calories 130, Calories from fat (%) 83, Fat (g) 12, Saturated Fat (g) 1, Cholesterol (mg) 0, Sodium (mg) 0, Carbohydrate (g) 6, Dietary Fiber (g) 1, Sugars (g) 5, Protein (g) 1, Diabetic Exchanges: 1/2 carbohydrate, 2 fat

Georgia Pecan Commission  
Commodities Promotion Division  
Georgia Department of Agriculture  
328 Agriculture Building  
Capitol Square, Atlanta, GA 30334  
GeorgiaPecansFit.org

