

SPAGHETTI BLEND, Parsley Leaf, Garlic Granules, Onion Granules

## EGGPLANT CASSEROLE



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OOLONG TEA, Ginger Root Powder, True Cinnamon, Clove Powder, Nutmeg

## OLD FASHIONED TEA LOAF



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This is one of our favorite ways to use fresh eggplant. The recipe is simple, healthy, and lower in calories than many eggplant dishes. It was adapted from an old 'Weight Watcher' recipe and we have loved it for many years. The Spaghetti Blend, Parsley Leaf, Garlic Granules, and Onion Granules are just the right herbs and spices to give this recipe a great Italian flavor. A delicious casserole that is great even the next day.

### Ingredients:

1 lb. ground turkey	1 green pepper, diced	1 tsp Onion Granules
1 onion, chopped	1 red pepper, diced	1/2 tsp salt
2 tsp Garlic Granules	One 28 oz can crushed tomatoes	1 Tblspn (grated) Parmesan cheese
1 large eggplant	1 1/2 Tblspn Spaghetti Blend	3/4 cup (light) Italian Blend cheese
(peeled and cubed)	3/4 cup plain bread crumbs	
	1 Tblspn Parsley Leaf	

### Directions :

Preheat oven to 350 degrees. Spray with cooking spray a 13 x 9 inch baking pan. In a large skillet, cook the ground turkey, chopped onion, and Garlic Granules until the turkey is browned. Add the eggplant, peppers, tomatoes, bread crumbs, Spaghetti Blend, Parsley Leaf, Onion Granules, salt, Parmesan Cheese, and bring to a boil. Transfer the mixture to the prepared baking pan, and bake (covered) in the preheated oven for 45 minutes. Remove the cover and sprinkle the top of the casserole with the Italian Blend cheese. Return the pan to the oven and bake for an additional 5 minutes or until the cheese is melted. Let the casserole stand for 5 minutes before serving.

Here is an easy and delicious way to enjoy tea. I used Oolong tea for this recipe, but green tea will also work. Soaking the fruit in the tea gives the loaf a subtle tea flavor and makes the bread moist (without butter or oil!). The spices (Ginger Root Powder, True Cinnamon, Nutmeg, and Clove Powder) compliment the fruit and the hint of orange is just perfect. It's great for breakfast or snack, or with a cup of tea. A wonderful slightly sweet treat, made with 'old fashioned' goodness.

### Ingredients:

1 1/2 cups mixed dry fruit (e.g., Cherries, Dates, Cranberries, Raisins)		
1 1/2 cups Oolong Tea- strong brew (3-4 bags brewed in 1 1/2 cups water for 10 minutes)		
Zest from 1 orange	1 2/3 cup flour	1/2 tsp Nutmeg
1 Tblspn marmalade	2 tsp baking powder	1/4 tsp Clove Powder
2 eggs	1 tsp Ginger Root Powder	1/8 tsp salt
1/2 cup light brown sugar	1 tsp True Cinnamon	3 Tblspn water

### Directions :

Preheat oven to 350 degrees. Spray (with cooking spray) a 2 lb loaf pan (or 3 mini loaf pans). Soak the mixed fruit in the tea for at least 4 hours (can be soaked overnight). Place the tea and fruit in a saucepan and bring the mixture to a low boil over medium heat. Simmer the mixture for two minutes. Remove from the heat, add the sugar, and stir to combine. Allow the fruit and sugar mixture to cool. Add the eggs, orange zest, and marmalade and blend. In a mixing bowl, combine the flour, spices, salt and baking powder. Add the flour mixture to the fruit mixture. Pour the fruit and flour mixture into the prepared loaf pan. Bake in the preheated oven for 50 minutes or until a knife inserted into the middle of the loaf comes out clean.