

COOKING WITH LOCAL INGREDIENTS

Saturday Summer Harvest Cooking Demonstration

Estherville Public Library
Presented by Linda Wiegman
July 28, 2012

APPETIZERS, SOUPS and BUTTERS

Cheesy Cucumbers

Makes 24 appetizers

5 oz. Cheddar cheese, grated	¼ tsp. dill weed
1 pkg. (8 oz.) cream cheese	Black pepper to taste
¼ c. milk	3 cucumbers
¼ tsp. garlic powder	

In a small bowl, mix the Cheddar with the cream cheese. Add the milk, garlic powder and dill weed; then add the black pepper as desired.

Peel the cucumbers (in stripes or entirely), then slice them into ½ - 1" slices

Remove a small spoonful of seeds from the center of each cucumber slice, leaving a hollow place to add the cheese spread; drain the slices on paper towels for a few minutes.

Place the cheese spread in a plastic bag, then make a small cut in one corner of the bag. Fill the centers of each cucumber by piping the cheese spread through the corner of the bag.

Corn Salsa

Serves 4-6

1 medium onion, diced	1 tsp. basil, chopped
1 Tbsp. vegetable oil	1/8 tsp. garlic powder
½ c. bell pepper, any color, chopped	1 tsp. oregano, chopped
1 c. tomato, seeded and chopped	½ tsp. salt
2 c. fresh corn kernels	½ tsp. cumin
1 lime, juiced	½ tsp. black pepper

In a large skillet, sauté the onion in the vegetable oil. When tender, add the chopped pepper and tomato, then add the corn and continue to cook over medium heat.

Add the lime juice, basil, garlic powder, oregano, salt, cumin and black pepper; mix well.

Once thoroughly heated, remove the salsa from the stove.

While you can serve the salsa cold, it's quite delicious when still warm. Serve with tortilla chips.

Caprese Appetizer Bites

24 grape or cherry tomatoes	2 tbsp. olive oil
12 chunks of cheese (mozzarella or your choice)	2 tsp. balsamic vinegar
24 fresh basil leaves	

On each of 12 wooden appetizer skewers, alternately thread two tomatoes, one cheese cube and two basil leaves. Place on a serving plate. In a small bowl, whisk the oil and vinegar; drizzle over kabobs just before serving.

Strawberry Soup

2 pints fresh strawberries	1/3 c. honey
1 qt. vanilla yogurt	Sliced strawberries for garnish
1 qt. orange juice	Mint for garnish
1/2 c. sugar	

Wash and hull strawberries.

Put into food processor and chop (not too fine). Mix with yogurt, orange juice, sugar and honey. Chill.

Golden Tomato and Basil Soup

8 cups gold tomato puree, <i>see directions</i>	2 Tbsp. chopped fresh basil
2 Yukon gold potatoes, peeled, chopped	1/2 cup butter
1 small gold squash, sliced	2 tsp. sea salt
1 Tbsp. butter	1 cup cream

Tomato Puree: Shortcut -freeze tomatoes overnight. This will break the cells as if they had been stewed all day. Allow to defrost enough to cut. Leave skin on. Remove any scars and chop large tomatoes into chunks. Small tomatoes are left whole. Use a food processor or blender to puree until smooth. May need to puree in batches. Set aside.

In a microwave safe dish combine potatoes, squash and 1 Tbsp. butter. Cover and cook on high in microwave for 3 minutes. Allow to cool for a few minutes. Transfer to food processor. Add basil and puree until smooth. Set aside.

In a large pot on the stove melt 1/2 cup butter. Add tomato puree and potato/squash puree. Stir in salt and cream. Heat until hot but not boiling. Serve with french bread and garlic basil butter.

Variations: *try adding other gold vegetable that have been pureed: butternut squash or carrots.*

Garlic Basil Butter

4 cloves garlic, minced
1 stick butter
1 Tbsp. fresh basil, minced

Soften butter; stir in garlic and basil. Spread on bread and serve. Leftover spread can be kept for a few days in the refrigerator.

Herb Butter

½ cup softened butter

4 tsp fresh chopped herbs of choice*

- Good choices: parsley, chives, savory, marjoram, garlic chives, lemon balm, tarragon, chervil
- 2 tsp snipped fresh marjoram and 2 tsp snipped fresh thyme
- 2 tsp. snipped fresh parsley 1 tsp. finely shredded lemon peel and 1 tsp. finely shredded orange peel

Place butter and other ingredients in a small bowl. Stir until combined. Cover and chill in the refrigerator several hours before serving. Form into a log about 1 inch in diameter. Wrap in waxed paper. Makes one 5" log. (Herb butters can also be shaped into balls or cubes, packed into a small crock, or shaped into chocolate molds.) Herb butters can be frozen for several months.

Spread herb butter on crackers or small slices of bread for hors d'oeuvres. Spread on corn on the cob, grilled or cooked vegetables or pasta.

SALADS

Summertime Vegetable Salad

6 servings

2 Tbsp. butter or margarine

3 c. diced tomatoes

2 c. zucchini, sliced and halved

2 c. corn

1/3 c. chopped onion

¼ tsp. black pepper

Melt butter in large nonstick skillet over medium-high heat. Add tomatoes, zucchini, corn, onion and pepper. Cook 5 minutes or until vegetables are tender, stirring occasionally. Serve warm or cover and refrigerate until ready to serve.

Watermelon Poppy Seed Salad

6 servings

¼ c. honey

¼ c. thawed limeade concentrate

2 tsp. poppy seeds

1 c. halved fresh strawberries

1 c. cubed fresh pineapple

1 c. fresh blueberries

1 c. cubed seedless watermelon

¼ c. slivered almonds, toasted

In a small bowl, combine the honey, limeade concentrate and poppy seeds. In a serving bowl, combine the fruit. Drizzle with dressing; toss gently to coat. Sprinkle with the almonds. Serve with a slotted spoon.

Garden-Fresh Pasta Salad

14 servings

1 pkg. (16 oz.) whole wheat bow-tie pasta

2 c. broccoli florets

1 red onion, chopped

1 red pepper, chopped

2 c. halved cherry tomatoes

1 bottle (8 oz.) sun dried tomato vinaigrette

½ c. shredded Parmesan cheese

Cook pasta in large saucepan as directed on package, omitting salt and adding broccoli to the boiling water for the last 3 minutes. (*continued*)

Drain. Rinse with cold water; drain well. Place in large bowl. Add all remaining ingredients except cheese; mix lightly.

Refrigerate 1 hour. Stir gently before serving; top with cheese.

Mozzarella and Tomato Salad

6 plum tomatoes, chopped	¼ c. lemon juice
1 block Monterey Jack cheese, cubed	¼ c. olive oil
1/3 c. minced fresh basil	¾ tsp. salt
1 Tbsp. minced fresh parsley	¼ tsp. pepper
2 tsp. minced fresh mint	2 medium ripe avocados, peeled and chopped

In a large bowl, combine the tomatoes, cheese, basil, parsley and mint; set aside.

In a small bowl, whisk the lemon juice, oil, salt and pepper. Pour over tomato mixture; toss to coat. Cover and refrigerate for at least 1 hour before serving.

Just before serving, stir in the avocados. Serve with a slotted spoon.

Beet Salad

Serves 6

7 medium beets (2 ½ lb)	¾ tsp. ground black pepper
1 small clove garlic	8 oz. blue cheese
Salt	2 oz. slivered almonds
3 Tbsp. extra-virgin olive oil	1 Tbsp. chopped fresh parsley
2 Tbsp. lemon juice	

Trim and peel the beets. Cut six beets in bite-size pieces. Place in a steamer rack over a pot of boiling water. Cover the pot and steam 20-25 minutes until tender.

Coarsely grate the remaining beet; place in a large bowl. For dressing, mash the garlic with a pinch of salt to a paste; add to grated beet along with the oil, lemon juice, 1 tsp. salt, and the pepper. When the beets are cooked, toss them with the dressing. Cool to room temperature.

Crumble blue cheese over the salad and sprinkle with almonds and parsley.

Watermelon and Tomato Salad

Serves 16-18

10 c cubed seedless watermelon	½ c minced fresh parsley
2 pints yellow grape or pear tomatoes	½ c minced fresh basil
1 medium red onion, chopped	¼ c. lime juice

In a large bowl, combine the watermelon, tomatoes and onion. In a small bowl, combine the parsley, basil and lime juice. Pour over watermelon mixture and toss to coat. Refrigerate until serving.

Cucumber Tomato Salad

Serves 6

½ large sweet onion, thinly sliced
1 medium cucumber, sliced
2 c. grape tomatoes

½ c. loosely packed fresh basil leaves, sliced
4 oz. fresh mozzarella cheese, sliced
1/3 c. Italian salad dressing

Arrange the onion, cucumber, tomatoes, basil and mozzarella on salad plates. Drizzle with dressing. Serve immediately.

Cherry Tomato Corn Salad

Serves 6

¼ c. minced fresh basil
3 Tbsp. olive oil
2 tsp. lime juice
1 tsp. sugar
½ tsp. salt

¼ tsp. pepper
2 c. corn (raw or cooked)
2 c. cherry tomatoes, halved
1 c. chopped seeded peeled cucumber

In a jar with a tight-fitting lid, combine the basil, oil, lime juice, sugar, salt, and pepper; shake well.

In a large bowl combine the corn, tomatoes and cucumber. Drizzle with dressing. Toss to coat. Refrigerate until serving.

Refrigerated Sweet and Sour Cucumbers

Tart version:

1 c. white vinegar
½ c. water
¾ c. sugar

Sweeter version:

½ c. white vinegar
¾ c. water
1 c. sugar

Bring above mixture to a boil in the microwave and pour over thinly sliced red or white onions and cucumbers. Chill thoroughly before serving with a slotted spoon.

Cucumber Cilantro Salad with Sesame Dressing

2 cucumbers sliced thin
1/4 cup fresh cilantro leaves, chopped

Sunflower seeds or pumpkin seeds (or both)
Toasted sesame dressing

If the cucumbers are large, peel and remove seeds
Slice cucumbers thin with a food processor or mandolin
Add cilantro, sprinkle with seeds and drizzle with sesame dressing.

Parsleyed Tomato Salad

8 servings

8 medium tomatoes
¼ c. olive oil
¼ c. minced fresh parsley
2 Tbsp. tarragon vinegar or cider vinegar
2 tsp. Dijon mustard
(See assembly instructions next page)

1 garlic clove, minced
1 tsp. salt
1 tsp. sugar
¼ tsp. pepper

Cut a thin slice off the bottom of each tomato so it sits flat. Cut each tomato into ½-inch horizontal slices. Reassemble tomatoes, stacking slices on top of each other. Place the stacks in a 9x13-inch pan.

In a small bowl, whisk remaining ingredients. Pour over tomatoes. Cover and refrigerate for 4 hours or overnight. Remove from the refrigerator 20 minutes before serving.

VEGETABLE MAIN DISHES and SIDE DISHES

Rainbow Vegetable Skillet

9-10 servings

1 medium butternut squash (about 2 lbs.)	¼ tsp. ground cinnamon
¼ c. butter, melted	1 Tbsp. olive oil
2 Tbsp. brown sugar	1 med. green pepper, cut in 1-inch pieces
1 Tbsp. chili powder	1 med. sweet yellow pepper, cut in 1-inch pieces
1 Tbsp. minced fresh cilantro	1 medium red onion, cut into wedges
1 tsp. salt	2 cups grape or cherry tomatoes
½ tsp. pepper	

Cut squash in half; discard seeds. Place cut side down in a microwave-safe dish; add ½ inch water. Microwave, uncovered on high for 10-12 minutes or until almost tender.

Meanwhile, in a small bowl, combine the butter, brown sugar, chili powder, cilantro, salt, pepper, and cinnamon – set aside. When squash is cool enough to handle, peel and discard rind. Cut pulp into ½-inch pieces.

In a large skillet, sauté peppers and onions in oil until tender. Add tomatoes and squash; heat through. Transfer to a large bowl; add butter mixture and toss to coat.

Green Bean Sauté with Orange and Balsamic

Serves 4

½ lb. fresh green beans, trimmed	3 Tbsp. fresh orange juice
2 Tbsp. olive oil	2 tsp. finely grated orange zest
2 green onions, thinly sliced	½ Tbsp. balsamic vinegar
1 tsp. chopped fresh rosemary	3 c. spinach leaves
1 yellow bell pepper, cored and sliced ¼" thick	Salt and freshly ground black pepper

In a pot fitted with a steamer basket, bring 1-2 inches of water to a boil. Put the green beans in the steamer basket, cover and steam until bright green and just beginning to soften, 2 minutes. Transfer the green beans to a bowl and set aside.

Heat the oil in a 12-inch skillet over medium-high heat. Add the green onions and rosemary and cook, stirring, until the onions begin to lightly brown, 1-2 minutes. Reduce the heat to medium, add the green beans and bell pepper and cook, stirring, until the pepper begins to soften, about 2 minutes. Stir in the orange juice, orange zest, and balsamic vinegar. Add the spinach and cook, stirring, until just wilted, about 20 seconds. Remove from the heat, season to taste with salt and black pepper, and serve.

Bacon, Tomato and Cheese Stuffed Zucchini

Serves 4

2 lg. zucchini, steamed 15 minutes (not too soft)	2 garlic cloves minced
3 slices bacon cooked, diced	1/2 c. parmesan cheese
2 tbsp. bacon fat (optional)	1/4 c. roasted red pepper, diced
1/2 cup minced onion	Salt and pepper

In a skillet over medium-high heat add bacon fat, onions and garlic. Sauté for 2-3 minutes. Add diced up zucchini from the inside of the zucchini. Season with salt & pepper.

Add the roasted peppers and continue to sauté' for another 2 minutes.

Season the inside of the zucchini shells with salt & pepper, then stuff the filling in it. cover with the parmesan cheese. Bake for 25 minutes in a 350 degree oven.

Zucchini "Pasta" with Garlic and Tomato

A great way to use "giant" zucchini and cucumber

1/2 giant zucchini, peeled	1 Tbsp. fresh basil leaves minced
1/2 giant cucumber, peeled	Toasted sesame dressing
1 clove garlic, minced	Sunflower seeds or pumpkin seeds.
1 lb. colorful cherry tomatoes, cut in half	Salt to taste

Using the thinnest blade on a mandolin to slice zucchini and cucumber into "spaghetti" about 3 inches long. Use only the meaty part; discard the seedy core. Place in a large salad bowl. Add garlic, tomatoes, basil and dressing. Toss together. Sprinkle with seeds and add salt to taste.

Corn and Zucchini Medley

4 slices bacon	1 small onion, chopped
2 c. chopped zucchini	1 pinch pepper
1 1/2 c. fresh corn kernels	1/4 c. shredded Monterey Jack cheese

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Reserve 1 tablespoon of drippings. Drain bacon, chop, and set aside.

Heat the bacon drippings in the skillet over medium heat. Sauté the zucchini, corn, and onion until tender but still crisp, about 10 minutes. Season with pepper. Spoon vegetables into a bowl, and sprinkle with chopped bacon and shredded cheese.

Sweet and Tangy Marinated Vegetables

8 servings

8 c. mixed fresh vegetables of your choice (broccoli, cauliflower, zucchini, carrots, red bell peppers) cut in 1 to 1 1/2 -inch pieces	1/4 c. sugar
1/3 c. white vinegar	1/4 c. water
	1 packet (1 oz) Hidden Valley Original Ranch Salad Dressing and Seasoning Mix

Place vegetables in a gallon size zipper storage bag. Whisk together vinegar, sugar, water and salad dressing mix until sugar dissolves; pour over vegetables in the bag. Seal bag and shake to coat.

Refrigerate 4 hours or overnight, turning bag occasionally. Will keep up to 3 days in the refrigerator.

Dilled Carrots and Green Beans

Serves 4

¾ c water	4 medium carrots, julienned
1 tsp. sugar	½ lb. fresh green beans, trimmed and cut
½ tsp. salt	¼ c. Italian salad dressing
½ tsp. dill weed	

In a small saucepan, bring the water, sugar, salt and dill weed to a boil. Add carrots and beans. Cook, uncovered, for 5-8 minutes or until vegetables are crisp-tender; drain. Drizzle with dressing; toss to coat.

Green Beans and Ham

1 pound green beans (or kale or spinach)	1 tsp. oil
1/2 pound ham or sausage	1/4 cup water
1 onion	salt and pepper to taste

Chop green beans, ham and onion into bite sized pieces (about 1 1/2 inch).

Heat oil in pan. Add onion and sauté until just browned (but not limp). Remove onion, set aside.

Add ham. Sauté until fully cooked and browned.

Add green beans and water. Cook till beans are tender but not limp and water is absorbed. Mix all ingredients together and serve.

Note: some hams are saltier than others. Always taste before adding salt.

Zucchini in Asian Ginger Dressing

1 medium onion quartered	2 tbsp. butter or oil
4 zucchini or summer squash, cut 1/2 inch thick	Salt and pepper to taste
	Asian Ginger dressing

Melt butter or oil in skillet on medium-high heat, brown onion and remove when tender; set aside. Sauté zucchini until tender but not soggy. Remove from heat. Add the onion, salt and pepper to taste. Drizzle with Asian Ginger dressing. Serve hot.

Note: Texture is everything when cooking zucchini. Don't let them get soggy.

Fresh Corn Medley

5 servings

1 medium green pepper, chopped	1 Tbsp. honey
1 small onion, chopped	1 tsp. salt
3 Tbsp. butter	Dash pepper
4 c fresh corn (9 ears)	½ c. shredded cheddar cheese
¼ c hot water	4 bacon strips, cooked and crumbled
1 jar (2 oz) diced pimientos (drained)	

In a large skillet, sauté green pepper and onion in butter until tender. Add the corn, water, pimientos, honey, salt and pepper.

Bring to a boil. Reduce heat; simmer, uncovered, for 8-10 minutes or until corn is tender. Sprinkle with cheese and bacon.

Vegetable Ribbons

4 servings

3 medium carrots, peeled
2 medium zucchini
2 Tbsp. butter
¾ c chicken broth (reduced sodium)
2 Tbsp. minced fresh parsley

Using a vegetable peeler, cut the carrots and zucchini lengthwise into very thin strips.

In a large skillet over medium heat, melt butter. Add broth. Bring to a boil; cook until liquid is reduced to 1/3 cup. Add the vegetable strips and 1 Tbsp. of the parsley; cook and stir for 2 minutes or just until crisp-tender. Sprinkle with remaining parsley. Serve with a slotted spoon.

PIZZA and PITA

Tomato, Basil and Mozzarella Pizza

2 Tbsp. olive oil
Ready-made pizza crusts (4 small or 2 medium)
1 lb fresh mozzarella cheese, sliced
3 c. red and/or yellow cherry tomatoes, halved
4 cloves garlic, minced
½ c snipped fresh basil leaves
Coarse ground black pepper

Preheat oven to 400 degrees. Brush the pizza crusts with 2 Tbsp. olive oil. Set aside.

Pat cheese dry with paper towels. Top crusts with mozzarella, tomatoes and garlic. Bake 5-7 minutes or until cheese just melts. Sprinkle with basil and pepper. Cut into pieces and serve.

Super Simple Pizza

1 high quality frozen pizza.
1/2 lb. Italian sausage (cooked) or pepperoni, *if pizza doesn't already have it*
Several fresh basil leaves
1 small onion sliced thin
1 bell pepper chopped
1 young zucchini sliced thin
Several colorful vine ripe tomatoes, *sliced thin and press out excess water.*
Shredded mozzarella cheese

Layer sausage, basil & vegetables on pizza; tomatoes last. Top with cheese; bake per directions.

Greek Salad Pitas

Makes 4 sandwiches

For the Tapenade:

1 medium clove garlic
½ c pitted Kalamata olives
1 Tbsp. extra-virgin olive oil
1 ½ tsp. red wine vinegar

Make the tapenade: Put the garlic in a food processor and process until chopped. Add the olives, olive oil, and vinegar and process until spreadable but not completely smooth.

For the Sandwich:

1 ½ c. seeded & finely diced cucumber
1 ¼ c. seeded & finely diced Roma tomatoes (3)
¾ c. crumbled feta
½ c. finely diced radishes (4)
2 Tbsp. extra-virgin olive oil
1 Tbsp. red wine vinegar
1 tsp. dried oregano
Freshly ground black pepper
4 medium (6-7-inch) whole wheat pitas, warmed
4 c. baby spinach leaves

Assemble the sandwich: In a large bowl, combine the cucumber, tomatoes, feta, and radishes. Add the olive oil, vinegar, oregano, and a few grinds of pepper and toss to combine.

Slice the pitas in half and open the pockets. Portion the tapenade evenly among the pitas, spreading it evenly inside each. Stuff each pita half with about ½ c. of the spinach and ½ c. of the salad mixture and serve.

PASTA/SPAGHETTI

Creamy Pasta Primavera

6 servings

2 c uncooked spiral pasta	1 garlic clove, minced
2 tsp. canola oil	½ c. grated Parmesan cheese
1 lb. fresh asparagus, trimmed, cut 2-inches	½ c. whipping cream
3 medium carrots, cut into strips	¼ tsp. pepper
2 c cherry tomatoes, halved	

Cook pasta according to package directions.

In a large skillet, sauté asparagus and carrots in oil until crisp-tender. Add tomatoes and garlic; cook 1 minute longer.

Stir in the cheese, cream and pepper. Drain pasta, toss with asparagus mixture.

Bacon and Tomato Spaghetti

8 oz. uncooked spaghetti	¼ c. balsamic vinaigrette
½ lb. thick-sliced bacon strips, chopped	½ tsp. salt
2 c. cherry tomatoes, halved	¼ tsp. pepper
3 c. fresh baby spinach	Grated parmesan cheese

Cook spaghetti according to package directions.

In a large skillet, cook bacon over medium heat until crisp. Remove to paper towels with a slotted spoon; drain, reserving 2 Tbsp. drippings.

Sauté tomatoes in drippings until tender. Drain spaghetti; stir into skillet. Add the spinach, bacon, vinaigrette, salt and pepper; heat through. Sprinkle with cheese.

"Cheater" Spaghetti Sauce

This delicious sauce tastes like you slaved over it all day, but really only takes minutes. Tastes so good nobody will know you cheated! The secret is in the tomatoes. Freeze some of your vine ripe tomatoes overnight. The cells will be broken just as if they were slow cooked all day. Run the frozen tomatoes under warm water and the skins will fall off just as if they were blanched. Removing the skins isn't necessary if tomatoes are chopped in food processor.

1 tsp. olive oil	2 Tbsp. chopped basil
½ lb. Italian sausage	4 c. frozen tomatoes chopped in food processor, drained of excess water
1 onion	1 jar of your favorite spaghetti sauce
1 bell pepper	
1 6-8 inch zucchini	

Heat oil in large pot and brown sausage. Chop onions, bell pepper and zucchini in food processor. Add to pot with sausage and sauté till onions are browned. Stir in tomatoes, basil and jar spaghetti sauce. Bring to boil and simmer until ready to serve.

DESSERTS and BREADS

Peach Berry Frozen Yogurt Dessert

9 servings

1 8-oz pkg. cream cheese, softened	1 c chopped, peeled fresh peaches
2 6-oz cartons peach yogurt	1 c. fresh berries (blueberries, raspberries, and/or strawberries)
½ of an 8-oz container frozen whipped dessert topping, thawed	Garnish: mint leaves and fresh berries

In a medium bowl, combine cream cheese and yogurt. Beat with an electric mixer on medium speed until smooth. Fold in the whipped topping, peaches, and the 1 c berries.

Pour into a 2-quart square baking dish. Cover and freeze about 8 hours or until firm.

To serve, let stand at room temperature about 45 minutes to thaw slightly. Cut into squares and garnish with mint leaves and additional berries.

Berry Patch Pie

8 servings

Pastry for single crust pie	1 ½ c. fresh raspberries
¾ c. sugar	1 c. fresh blackberries
¼ c. cornstarch	1 c. fresh blueberries
2 c. halved fresh strawberries	1 Tbsp. lemon juice

Prepare pastry crust, bake, and cool.

In a large saucepan, combine sugar and cornstarch. Cook until slightly thickened. Stir in berries and lemon juice. Cook again, briefly, stirring occasionally, until mixture just comes to a boil; pour into prepared crust. Cool completely before serving.

Walnut Zucchini Bread

Makes 2 loaves (16 slices)

3 large eggs	2 tsp. cinnamon
2 c sugar	1 tsp salt
1 c vegetable oil	1 tsp baking powder
2 c grated zucchini	1 tsp. baking soda
½ tsp vanilla extract	¾ c chopped walnuts
3 c flour	Powdered sugar for dusting

Preheat oven to 350 degrees. Grease two 9-inch loaf pans. In a large bowl, beat eggs until frothy. Add sugar, oil, zucchini, and vanilla and stir until well mixed. Add flour, cinnamon, salt and baking powder, baking soda and nuts; stir until just combined. Pour batter into pans. Bake until a toothpick inserted in the center of each loaf comes out clean, 50-60 minutes. Cool loaves 10 minutes in pans, then turn out onto a rack and cool completely before slicing.