

# Georgia Peanuts: The Superfood to Bank On!

## Georgia Peanut Bank Week

### October 12-16, 2020

## Veggie & Peanut Sauce Quesadilla

### Ingredients

1 each, yellow squash and zucchini, sliced  
1 each, red and green bell pepper, chopped  
1 small-medium onion, chopped  
1 head of broccoli, chopped  
1 Tbsp. peanut oil  
1 Tbsp. creamy peanut butter  
Dash of hot pepper/hot sauce  
2 Tbsp. water  
Large flour tortillas  
Fiesta blend cheese (add to taste)  
Salt & pepper

### Directions

1. Heat peanut oil in wok/pan. Once warm, add squash, zucchini, red and green bell pepper, onion and broccoli. Sauté veggies until tender but firm. Reduce heat.
2. Add peanut butter, water & dash of hot pepper/hot sauce to veggies. Stir until blended. Salt & pepper to taste.
3. Place a flour tortilla on a warm, greased griddle/pan. Sprinkle cheese on one side of tortilla and spoon veggies on to the other. As cheese melts, fold tortilla over veggies and brown on both sides to desired crisp.
3. Once golden brown, remove from griddle and cut to serve. Repeat for additional servings



## Honey Roasted Peanut Blueberry Crisp

### Ingredients

2 pints blueberries  
1 cup sugar, separated  
1 stick butter  
1 tsp. cinnamon  
1 tsp. salt  
3/4 cup all purpose flour  
1/2 cup honey roasted Georgia Peanuts, chopped

### Directions

1. Preheat oven to 350°F.
2. Grease a small rectangular, or 8x8, baking dish.
3. Wash blueberries, then add to baking dish. Cover the blueberries with 1/2 cup sugar.
4. Melt the stick of butter in a microwave safe bowl. Once butter is melted, stir in cinnamon & salt. Then stir in remaining sugar (this will give the mixture a grainy texture).
5. Add all-purpose flour to the butter mixture, along with chopped honey roasted Georgia peanuts. Stir until you have a crumble topping. Spread over the top of blueberries in dish.
6. Bake at 350 degrees F. for 40 minutes, folding mixture halfway through until brown and bubbly. Serve warm.

