

2024 Heritage Cooking Contest

For the past 48 years the Women's Leadership Division of the Alabama Farmers Federation has spotlighted Alabama commodities and agricultural products through the Heritage Cooking Contest.

The annual event was Thursday, Sept.5 at the Alfa home office in Montgomery. The category, "non congealed fruit salads," proved to be a fan favorite with 25 of the most talented cooks from across Alabama coming together with their creative and individual confections. The recipes from the Heritage Cooking Contest have been compiled in this booklet for your pleasure and convenience.

We hope you enjoy trying all of them as much as the judges and all attendees did.

Happy Baking and Eating!

Kim Earwood

Women's Leadership Division Director

Alabama Farmers Federation

Heritage Cooking Contest Recipes 2024

Apple Salad

- 1 8 oz pkg cream cheese, softened
- 1 4 oz container sour cream
- 1 bag Heath Bar toffee bits
- ½ cup sugar
- 1 t vanilla
- 1 bag sliced apples, quartered

Mix cream cheese, sour cream, sugars and vanilla together.
Whip until fluffy.
Add apple quarters and toffee bits.
Refrigerate.

Eat alone or with crackers.

Debbie Owens
Butler County

Fruit Soup

2 cups fresh or frozen blueberries
2 cups fresh or frozen strawberries
2 (15 oz) cans mandarin oranges, drained
1 (20 oz) can pineapple chunks, drained
1 (15 oz) can pineapple chunks, drained
1 (15 oz) peach chunks, drained
1 (20 oz) can cherry pie filling

Mix well in a large bowl. Cover and refrigerate until chilled.
Serve as is or over slices of plain pound cake.

Doris Prickett
Calhoun County

Summer Fruit Salad

Sauce:

- 2/3 cup fresh orange juice
- ½ cup fresh lemon juice
- ½ cup packed light brown sugar
- 1 t grated orange zest
- 1 t grated lemon zest
- 1 t vanilla

Salad:

- 2 cups pineapple tidbits, drained
- 2 cups strawberries, hulled and sliced
- 2 oranges, peeled, sectioned and cut in half
- 2 cups small seedless grapes
- 2 cups blueberries
- 2 bananas, peeled and sliced

For Sauce:

In saucepan, over medium heat, bring the orange juice, lemon juice, brown sugar, orange zest and lemon zest to a boil. Reduce heat to medium-low and simmer approximately 5 minutes, until slightly thickened. Remove from heat and stir in vanilla. Set aside to cool.

For Salad:

Layer fruit in large, clear glass bowl in the order listed above. Pour cooled sauce over fruit; cover and refrigerate for 3 to 4 hours before serving.

Jane Elliott
Chambers County

Banana Split Salad

- 1 8 oz pkg softened cream cheese
- 1 can Eagle brand sweetened condensed milk
- 1 8 oz container Cool Whip
- 1 large can crushed pineapple, well drained
- ½ cup chopped maraschino cherries
- 2 T lemon juice
- 1 cup chopped pecans
- Bananas

Mix cream cheese, sweetened condensed milk and Cool Whip until well blended. Fold in pineapple and pecans. Chill in refrigerator until ready to serve. Garnish with whole maraschino cherries, bananas, pecans, dollops of Cool Whip or any of your favorite banana split toppings. Serve in salad bowl or parfait glasses.

Shirley Lumsden
Cherokee County

Mother's Fruit Salad

- 1 (15 oz) can fruit cocktail
- 1 (15 oz) can chopped mangoes
- 1 (15 oz) can peaches
- 1 (15 oz) can chopped pears
- 1 (15 oz) can pineapple tidbits
- Small jar cherries
- Banana, sliced
- 1 cup seedless grapes, cut in half
- 1 apple, peeled and chopped
- 1 cup miniature marshmallows
- 1 (16 oz) carton whipping cream
- ½ c sugar

Drain canned fruit and mix with apple, banana, grapes and marshmallows.

Beat whipping cream until it thickens and peaks, then mix in sugar. Combine this with the fruit and mix well. Place the fruit salad in a covered dish and refrigerate at least one hour before serving. Enjoy.

Nyla Nealey
Choctaw County

Peach Cobbler Cheesecake Fruit Salad

- ½ cup packed light brown sugar
- 4 T unsalted butter
- 1 t vanilla
- 1 t cinnamon
- 1 t Kosher salt
- 1/8 t nutmeg
- graham crackers, crumbled
- 1 t granulated sugar
- 8 oz cream cheese, softened
- 1 (3.4 oz) pkg instant cheesecake pudding mix
- 1 cup French Vanilla creamer
- 8 medium peaches, pitted and cut into pieces
- 1/2 cup blueberries
- ½ cup strawberries

Preheat oven to 350 degrees. Prepare baking sheet with parchment paper. In a medium size microwavable bowl, combine brown sugar, butter, vanilla, cinnamon, salt and nutmeg. Stir to combine. Microwave 30 seconds at a time until mixture is bubbly, and the sugar is melted. Add the crumbled graham crackers and stir until coated well. Pour mixture onto the parchment paper and sprinkle with granulated sugar. Bake until golden brown (10-12 minutes). Allow to cool. With an electric mixer, whip cream cheese until smooth, add the pudding mix and mix on high speed until combined. On low speed, add the creamer to the mix a teaspoon at a time until smooth. Fold in the peaches and additional fruit as desired. Add the baked graham cracker crumble on top. Chill and serve.

Donna Brown
Coosa County

Yummy Fruit Salad

- 1 (20 oz) can pineapple chunks (drain and reserve juice)
- 1 can mandarin oranges (drained)
- 1 cup sliced strawberries
- 1 cup blueberries
- 1 cup white grapes, sliced
- 1 3 oz pkg vanilla pudding
- 1 small can vanilla yogurt

Mix pineapple juice with pudding and yogurt. Mix all fruit together. Chill separately. Mix about an hour before serving.

Linda Daniels
Crenshaw County

Fruit Bowl

- 1 (15 oz) can peach chunks, drained
- 1 (15 oz) can mandarin oranges, drained
- 1 (20 oz) can pineapple chunks
- 1 (21 oz) can lemon pie filling
- Fresh Strawberries
- Fresh Blueberries

Mix first 4 ingredients. Wash fresh fruit and add gently. Chill and serve.

Lyn McDaniel

Dale County

Summer Berry Salad

- 2 (3.4 oz) pkgs cheesecake instant pudding
- 16 oz container Cool Whip
- 20 oz can crushed pineapple, drained
- 1 cup fresh strawberries, sliced
- 1 cup fresh blueberries
- 1 cup fresh blackberries
- 1 cup finely chopped pecans

In large mixing bowl combine pudding mix and Cool Whip together. Add pineapple and mix well. Fold in strawberries, blueberries and blackberries. Top with pecans. Refrigerate for 3 hours and serve.

Melissa Palmer

Elmore County

Apple Salad Surprise

- 4 Granny Smith apples, chopped
- 4 Fuji Red apples, chopped
- 1 lb red seedless grapes, cut in halves
- 2 pkgs cream cheese, softened
- 3 pkgs of Snickers 5-bar fun size candy bars, chopped
- 1 cup sour cream
- 1 cup powdered sugar
- 1 cup roasted, salted pecans

Instructions:

In a large mixing bowl, with an electric mixer, combine softened cream cheese, sour cream and powdered sugar until smooth.

Slowly add chopped apples and grapes to the mixture and fold.

Fold in pecans.

Fold in Snickers pieces.

Once all are mixed well, transfer to large serving bowl and chill until ready to serve. Garnish with apples and grapes (optional).

Kasey Gross
Etowah County

Peach Pie Filling Fruit Salad

- 1 (21 oz) can peach pie filling
- 1 cup grapes (red, green or combination of both)
- 1 Granny Smith apple, unpeeled, cored and chopped
- 1 Red Delicious apple, unpeeled, cored and chopped
- 1 cup blueberries
- 1 cup strawberries, sliced
- 1 (20 oz) can pineapple chunks or tidbits, drained

Slice large grapes in half. In a large bowl combine grapes, apples and blueberries. Run a long sharp knife through the can of peach pie filling several times to coarsely chop the peaches. Spoon over fruit mixture and toss gently to combine and coat the fruit. Refrigerate until ready to serve. Just before serving add sliced strawberries and stir gently to coat with peach pie filling glaze.

Debbie Roberts
Fayette County

Creamy Overnight Fruit Salad

- 3 eggs, beaten
- ¼ cup sugar
- Juice of 1 lemon
- 2 T butter
- 1 ½ cups whipping cream
- ½ cup black seedless grapes, halved
- ½ cup canned mandarin oranges, drained
- ½ cup canned pineapple tidbits, drained
- ½ cup strawberries, quartered
- 2 firm bananas

In small saucepan, combine beaten eggs, sugar and juice of 1 lemon. Stir constantly over medium heat until boiling; adjust to medium-low heat and continue whisking until mixture has thickened. Remove from heat and stir in butter. Let cool.

In a chilled mixing bowl, beat whipping cream until stiff peaks form. Fold into cooled egg-sugar mixture and set aside. Next, combine all fruit and toss with whipped cream/egg mixture, stirring to coat the fruit evenly and completely. Chill overnight (at least 6 hours). Serve cold. Prep time of 30 minutes.

Elizabeth Usery
Geneva County

Pineapple Fruit Salad

- 1 lb purple grapes, stems removed
- 1 lb strawberries, stemmed and quartered
- 12 oz blueberries
- 1 can (20 oz) of pineapple in juice, drained with juice reserved
- 3 satsuma oranges, peeled and separated into segments
- 2 medium, firm, yellow bananas, peeled and sliced

Place banana slices in reserved pineapple juice. Let soak 2 minutes and remove.

Add all fruit to a large bowl. Add 1/4c pineapple juice on top of fruit. Using hands, gently stir to coat fruit with pineapple juice. Let fruit marinate in refrigerator 2-4 hours, stirring occasionally. Serve chilled.

Sarah Temple
Houston County

Watermelon Feta Salad

Ingredients:

- 7 to 8 cups seedless watermelon cut into $\frac{3}{4}$ inch cubes
- 1 $\frac{1}{2}$ cup fresh blueberries, plus more to taste
- 1 cup crumbled feta cheese, plus more to taste
- Fresh mint and basil leaves, thinly sliced, plus more for garnish

Honey Lime Dressing:

- juice of 1 $\frac{1}{2}$ limes
- 1 T extra virgin olive oil
- 1 to 2 T honey, to taste
- pinch of salt

Combine all Honey-Lime Dressing ingredients in a mason jar with lid and shake vigorously. In a large serving bowl, combine the cubed watermelon, blueberries, mint, basil and $\frac{3}{4}$ cup of crumbled feta; toss with honey-lime dressing. Top with remaining $\frac{1}{4}$ c feta and garnish with mint and basil, if desired. Serve immediately.

Laurie Morris
Jefferson County

Simple Amish Fruit Salad

- 1 can peach pie filling
- 3 T brown sugar
- 1 cup grapes
- 6 oz blackberries or raspberries
- $\frac{1}{2}$ cup sour cream
- 1 lb strawberries, stemmed and halved
- 1 cup pineapple pieces

In a large mixing bowl, mix sour cream and brown sugar. Next, add fruit in the bowl with peach pie filling. Stir until mixture is just combined. Refrigerate until chilled. You may swap with fruits of your preference. Kiwi, blueberries and bananas work well also.

Wanda McDaniel
Lamar County

Mango Avocado Salad with Blueberries

- 2 mangoes, diced
- 1 avocado, diced
- 2/3 cup blueberries
- ¼ cup chopped mint
- ¼ cup chopped basil
- ¼ cup chopped cilantro
- zest of 1 lime
- juice of 1 lime
- 1 T olive oil
- pinch of salt

Optional for garnishing: lettuce leaves; one lime, sliced; and a piece of mint.

Combine mango, avocado, blueberries, mint, basil and cilantro in a medium bowl.

Combine lime zest, juice of 1 lime, olive oil and salt in a small bowl and mix.

Pour the dressing over the salad and stir to combine.

Line a medium crystal bowl with lettuce leaves. Slice half of the lime. Spoon the salad into the bowl. Place lime slices and a piece of mint on the salad.

Serve immediately.

Mary Richburg

Lee County

Alabama Blackberry Salad

- 3 cups fresh blackberries, washed and dried
- 8 oz pkg cream cheese, softened
- 1 cup sour cream
- 2 t vanilla extract
- 1/3 cup granulated sugar

Topping:

- 1 T Brown sugar, packed
- 3 T pecans, finely diced
- 1 T salted butter, melted

Combine cream cheese, sour cream, vanilla and sugar with an electric mixer until smooth. Fold in blackberries, very gently. Transfer mixture to a serving dish.

For Topping:

Preheat oven to 325 degrees.

Mix pecans, brown sugar and melted butter. Spread evenly on baking sheet. Bake for 8 minutes. Allow to cool before using as a topping. Cover and refrigerate until ready to serve.

Jessica Tolvar

Limestone County

Key Lime Fruit Salad

- 2 cups strawberries, quartered
- 2 cups fresh pineapple, chopped
- 1 ½ cups fresh blueberries
- 4 kiwis, peeled and sliced
- 1 ½ cups of mandarin orange slices

Dressing:

- 2 cups Chobani Greek key lime yogurt
- ½ t lime zest
- juice of 1 lime
- 6 T honey

In a large bowl, combine all fruit. In a small bowl, combine all dressing ingredients and thoroughly stir. Add dressing to fruit and mix well. Serve.

Erin Tolleson

Marshall County

Perfect Fruit Salad with Honey Citrus Poppy Seed Dressing

This perfect fruit salad is bursting with a rainbow of vibrant, seasonal fruit and drizzled with tantalizing Honey Citrus Poppy Seed Dressing for an easy, fresh side that takes minutes to make and goes with everything.

Fruit Salad Ingredients:

- 1 fresh pineapple cut into small chunks
- 1 lb fresh strawberries sliced into chunks
- 1 ½ cup green or red seedless grapes
- 4 mandarin oranges, peeled and segmented
- 3 kiwis, sliced
- 6 oz fresh blueberries
- 2 ripe bananas, sliced

Honey Poppy Seed Dressing:

- 2 T honey
- 1 T lime juice
- 1 ½ t lime zest (zest of one lime)
- 1 t poppy seeds (optional)

Add all fruit to a large mixing bowl. Hold bananas if not serving within 30 minutes. In a small bowl, whisk together all dressing ingredients. Pour over fruit 30 minutes – 2 hours before serving; toss and chill in the refrigerator. Toss again before serving to distribute juices that release and accumulate at the bottom.

You can assemble and refrigerate the salad longer than two hours in advance but the longer it sits, the more the dressing will macerate/soften the berries and the pineapple and oranges will release their juices — still delicious, just not peak freshness.

Ashley Morgan
Mobile County

Grape Salad

- 3 lb of red and green grapes, washed and dried
- 8 oz cream cheese, softened
- 8 oz sour cream
- 1 cup granulated sugar
- 1 t vanilla
- 1 cup light brown sugar, packed
- 1 cup roasted pecans, chopped

Place grapes in a serving dish. Mix the cream cheese, sour cream vanilla and sugar. Pour mixture over grapes and gently toss until grapes are coated. Sprinkle brown sugar and chopped pecans on top.

Elizabeth Saucer
Monroe County

Sue Sue's Fruit Salad

- 1 lb strawberries, quartered
- 6 oz blueberries
- 4 mandarin oranges, peeled and sectioned
- 1 cup red grapes, cut in half
- 1 T local Alabama honey
- ½ cup frozen apple juice concentrate, thawed
- 1 cup pineapple, cut and cubed
- 6 oz blackberries
- 3 kiwis, peeled, sliced and cut in half
- 1 lemon, juice and zest
- 1 T fresh mint, chopped

Add all ingredients to a large bowl. Mix and enjoy!

Katie Hicks
Montgomery County

Vanilla Pudding Fruit Salad

- 2 cups strawberries, sliced
- 1 (11 oz) can mandarin oranges
- 1 (15 oz) can pineapple chunks, juice reserved
- ¼ cup shredded coconut
- 1 green apple, cored and diced
- 1 ½ cups blueberries
- 1 ½ cups purple grapes
- 1 lime for zest
- 2 T vanilla instant pudding mix

Zest the lime.

Drain pineapple into large bowl. Stir pudding mix into the juice.

Drain can of mandarin oranges; discard juice.

Add all ingredients, including lime zest to pudding mixture. Gently stir to combine. Chill at least 30 minutes before serving.

Barbara Norred
Randolph County

Nita's Fruit Salad

- 1 cup green grapes (whole or halved)
- 1 cup canned mandarin oranges, well drained
- 1 cup chopped pecans
- 1 cup crushed pineapple, well drained
- 1 cup miniature marshmallows
- 1 cup sour cream
- ½ cup shredded coconut

In medium bowl, add all ingredients and stir well. Let sit in refrigerator for one hour before serving.

Great served as salad or dessert!

Pamela Ward
Russell County

Diced Fruit Salad with Cinnamon Chips

- 2 kiwis, peeled and diced
- 2 Golden Delicious apples - peeled, cored and diced
- 8 oz. raspberries
- 1 (16 oz carton) of strawberries, diced
- 2 T white sugar, (more or less to taste)
- 1 T brown sugar, (more or less to taste)
- 3 T fruit preserves, any flavor (I used strawberry)
- 10 (10 inch) flour tortillas (or use Stacy's cinnamon chips or cinnamon graham crackers)
- melted butter or butter flavored cooking spray

Cinnamon sugar:

- 1 cup white sugar
- 2 tablespoons cinnamon

Instructions:

In a large bowl, thoroughly mix kiwis, apples, raspberries, strawberries, white sugar, brown sugar, and fruit preserves. Cover and chill in the refrigerator, at least 15 minutes. This is best made the same day and not too far ahead of time, so your apples don't start browning and the fruit gives off too much juice and it gets runny. This fruit salad can also be served with cinnamon graham crackers or cinnamon chips.

For the Cinnamon Chips: preheat oven to 350 degrees. Cut tortillas into wedges and arrange in a single layer on a large baking sheet. Coat one side of each flour tortilla with melted butter or butter flavored cooking spray. Sprinkle tortillas with desired amount of cinnamon sugar. Spray again with cooking spray (not necessary if using melted butter).

Bake in the preheated oven for 10 minutes. Repeat with any remaining tortilla wedges. Allow to cool, approximately 15 minutes. Serve with chilled fruit salad.

Libby Perry
St. Clair County

Mandarin Orange Salad

- 8 oz. cream cheese
- 1/4 teaspoon vanilla extract
- 3.4 oz. box cheesecake pudding mix
- 1/2 cup orange juice concentrate
- 3 cups whipping cream, divided
- 1/4 cup powdered sugar
- 3 (15 oz.) cans mandarin oranges, drained
- 2 cups miniature marshmallows

Mix softened cream cheese with vanilla extract and beat until fluffy. Add the orange juice and combine. Sprinkle in the pudding mix, beat until evenly incorporated. With mixer on low speed, slowly drizzle 1 1/2 cups of whipping cream into the cream cheese mixture (only about two tablespoons at a time) and beat well between additions. Add powdered sugar to the cream cheese mixture and continue until fully combined. Beat remaining 1 1/2 cups of whipping cream until stiff peaks form; then use a spatula to slowly fold this into the cream cheese mixture until fully incorporated. Add marshmallows and mandarin oranges to the mixture; fold in very gently to combine. Garnish with reserve mandarin oranges and marshmallows. Is better if refrigerated before serving.

Nancy Farrow
Tallapoosa County

Strawberry Crack Salad

- 1 8 oz pkg cream cheese
- ½ cup sugar
- 1 t vanilla
- 8 oz whipped topping
- 1 cup pretzels, chopped
- ½ cup pecans, chopped
- ¾ cup brown sugar
- ¾ cup melted butter
- 2-3 cup strawberries, diced

Preheat oven to 400 degrees. Wash and dice strawberries. Set aside. Chop pretzels and pecans and combine with butter and brown sugar. Spread parchment paper on a cookie sheet with edges. Bake for 7-9 minutes. Watch carefully so it doesn't burn. Take out of oven and allow to cool while you mix cream cheese, vanilla and sugar together until fluffy. Gently fold in whipped topping. Right before you are ready to serve, fold in strawberries and pecan pretzel mixture. Make sure it has plenty of time to cool. Enjoy!

Cindy Landers
Tuscaloosa County