American Honey Queen
Lisa Schluttenhofer is the daughter of Mike and Roberta Schluttenhofer of Thorntown, Ind. She is a sophomore at Purdue University, where she is studying Natural Resources and Environmental Science. At Purdue, Lisa is involved in the College of Agriculture, Dean’s Scholars Program, Purdue Chapter of Heifer International and activities at St. Thomas Aquinas Church. She has been keeping bees for eight years and also enjoys hiking, being outdoors, cooking, speaking Spanish and volunteering.

American Honey Princess
Amy Roden is the daughter of Bob and Cindy Roden of West Bend, Wisc. One of five children, she grew up on a large dairy farm. Amy is a senior at the University of Wisconsin-Green Bay, where she is pursuing a Bachelor’s Degree in Organizational Communications. In her spare time, Amy enjoys beekeeping, singing, serving as a county 4-H leader and working with the Wisconsin 4-H Showcase Singers.

Helpful Hint: Use HONEY on everything that needs sweetened. It is so good and so good for you. HONEY does not spoil... HONEY is simple sugars that supply quick energy... Keep sweet...Use HONEY everyday.

Salmon with Pecan-HONEY Sauce

6 salmon fillets (6 ounces each)  
1/4 tsp. salt  
1/4 tsp. pepper  
1/4 cup canola oil  
3/4 cup butter, divided  
1 cup coarsely chopped pecans, toasted  
1 cup HONEY

Sprinkle the salmon with salt and pepper. In a large skillet, cook the salmon in oil and 6 tablespoons butter for 10-12 minutes or until fish flakes easily with a fork.

Meanwhile, in a small saucepan, cook the pecans and honey in remaining butter over medium-low heat for 8-10 minutes or until bubbly. Serve with salmon. Yield: 6 servings.

Taste of Home
Overnight HONEY-wheat Rolls

1 pkg. (¼ oz) active dry yeast
1-1/4 cups warm water (110° to 115° F) divided
2 egg whites
1/3 cup HONEY
1/4 cup canola oil
1 tsp. salt
1-1/2 cups whole wheat flour
2-1/2 cups all-purpose flour
Melted butter, optional

In a small bowl, dissolve the yeast in 1/4 cup warm water. In a large bowl, beat egg whites until foamy. Add yeast mixture, honey, oil, salt, whole wheat flour and remaining water. Beat on medium speed for 3 minutes or until smooth. Stir in enough all-purpose flour to form a soft dough (dough will be sticky). Cover and refrigerate overnight.

Punch dough down. Turn onto a well-floured surface; divide in half. Shape each portion into nine balls. To form knots, roll each ball into a 10-in. rope; tie into a knot. Tuck ends under. Place rolls 2 in. apart on greased baking sheets. Cover and let rise until doubled, about 50 minutes. Bake at 375˚ for 10-12 minutes or until golden brown. Brush with melted butter if desired.

Taste of Home

HONEY-Pineapple Sweet Potatoes

3 pounds sweet potatoes, peeled and cut into ¾ in. cubes
1 cup water
1 can (8 ounces) crushed pineapple
1 can (8 ounces) pineapple chunks, drained
1/4 cup HONEY
1/2 cup coarsely chopped pecans, optional

Place the sweet potatoes and water in a 2 qt. microwave-safe dish. Cover and microwave on high for 8-10 minutes or until potatoes are tender; drain.

Drain crushed pineapple reserving juice. In a large bowl, combine the crushed pineapple, pineapple chunks and sweet potatoes. Transfer to a 2-½ qt. baking dish coated with cooking spray. In a small bowl, combine the HONEY and reserved juice; pour over sweet potatoes.

Bake, uncovered, at 350˚ for 10 minutes. Stir; sprinkle with pecans if desired. Bake 15-20 minutes longer or until heated through.

Taste of Home