



Recipe BLACK BEAN CORN SALSA

From TONI STURTON Makes 3 CUPS

1 - 15OZ CAN BLACK BEANS (RINSED + DRAINED)

1 - 11OZ CAN MEXICORN

2 CUPS SALSA

2 TSP DRY ITALIAN SALAD DRESSING MIX

2 TSP SUGAR

MIX ALL INGREDIENTS IN LARGE
CONTAINER

CHILL 1 HOUR MINIMUM FOR FLAVORS
TO BLEND

Pizza Dip

8 oz. cream cheese

1 t. Italian Seasoning

1 c. mozz. cheese

3/4 c. parmesan cheese

1 c. pizza sauce

2 T. green onions

Mix all ingredients. Microwave
on high until heated thru & melted.
Serve with bread, etc.

MINI POTATO CAKES WITH PEPPERONI

3-4 med. potatoes (1-1 $\frac{1}{2}$ lbs) - boil + make mashed potatoes. Cool

1 egg 1 sm. onion, diced + saute, cool

2-3 T. flour

choice or mix

1-2 T. fresh herbs or 2-3 t. dry (parsley, thyme, basil, rosemary)

1/2 c. mozzarella cheese - cut into small cubes - 3oz
or choice

12-15 slices pepperoni, diced - (1" size slices)

1/2 c. bread crumbs + 2 T. flour salt + pepper
or crushed corn flakes

Pesto

Mix cooled mashed potatoes (or use left overs)

with next 5 ingredients. Scoop with 1 $\frac{1}{4}$ in.

scoop (2 T.) and place on wax paper lined cookie

sheet. Chill. (Can do 1 day ahead.) Put to flatten.

Dip in crumbs to coat lightly. Fry on

medium until crispy and golden. Keep on low

heated oven to finish frying. (Can do 1-2 hrs.

ahead and reheat 325° 8-12 min.)

* Alternate cheese, meat, or pesto for different variations. Even add sauerkraut!

Makes 20.

RECIPE FROM LINDA HOFFMAN

Mini Quiche

1/2 cup soft butter
3 oz cream cheese
1 cup flour
1/2 or less protein such as cooked chopped
bacon or sausage, crab, shrimp or cooked
meats such as spinach, mushroom
1 cup shredded swiss cheese
1 Tbsp chopped green onion or chives or grated
sweet onion
2 eggs beaten
1 cup 1/2 + 1/2
salt & pepper to taste - can add hot sauce

Beat butter & cheese until creamed -
mix in flour & refrigerate 1 hour
Roll 24 balls (about 1 in each) &
press into mini muffin cup pan

Preheat oven to 375°

I divide protein, cheese & any veges
evenly among all crusts although the
original recipe says mix together &
add in - (I have more even distribution)
I beat eggs with cream (1/2 + 1/2) salt & pepper
& ladle into cups
about 20" @ 375

Appetizer

Bacon wrapped almond stuffed dates

Bacon slices cut in 1/3

Almonds

Dates, pitted

toothpicks

Stuff an almond into each date then wrap with bacon and secure with a toothpick. As an appetizer, allow 3 per person. Bake in oven at 400 degrees for 20 minutes.

Sharla Cook

Cranraisin/White Chip Cookies

1 cup salted butter	1 cup white sugar
1 cup brown sugar	2 eggs
2 tsp. vanilla	3 cups flour
1 tsp. baking soda	1 tsp. salt
1 cup cranraisins	1 12 oz. bag white chocolate chips

Cream butter, sugar and eggs. Stir in remaining ingredients. Roll in medium size balls and place on ungreased baking sheet. Bake at 375° F for 14 minutes.

Peggy Fuller

Bacon Cracker Appetizers

1 sleeve Club crackers

1 lb. sliced bacon

1-1/2 cups grated parmesan cheese

Directions

Preheat the oven to 250 degrees F.

Lay the crackers face up on a large rack over a baking sheet (or broiler pan). Scoop about 1 teaspoon of the grated [Parmesan](#) onto each cracker. Cut the package of bacon in half (or cut pieces individually) and carefully, so the cheese doesn't fall off, wrap each cheese covered cracker with one half piece of bacon, completely covering the cracker. It should fit snugly around the cracker, but not be pulled too taut. Place the bacon-wrapped crackers onto the rack. Place the baking sheet in the oven for about 2 hours. Serve immediately or at room temperature.

Lisa Richard

Shrimp-Pepper Poppers

Eating Well, vol. 3

Serves

Notes:

Whipped cream cheese

Small cooked shrimp

Hot pepper jelly or relish (such as Dickinson's Sweet 'n' Hot Pepper & Onion or Harry & David's Sweet Hot Relish)

Small crackers (Triscuits, Wheat Thins, round Melba toast, etc.)

1. Spread cream cheese on crackers.
2. Top with shrimp.
2. Place a dab of hot pepper jelly/relish on the inside curve of the shrimp.

Optional: Sprinkle with dried dill or freshly ground black pepper.

Serve

Carl Ruetz

3 APPETIZERS

1) *Prosciutto wrapped Mozzarella Cheese sticks*

2) *Medjool Dates stuffed with Goat Cheese*

Fill pitted **Medjool dates** with **goat cheese (Chavrie)** then sprinkle with **pecan meal**.
Broil on parchment-lined baking sheet for 3 – 4 minutes.

3) *“Spicy” Pepper Poppers*

Mix **1 lb ground turkey** thoroughly with:

½ tsp garlic powder
1 Tbsp chili powder
2 tsp paprika
1 tsp oregano
2 tsp cumin
½ tsp red pepper flakes
½ tsp salt
½ tsp black pepper
1 Tbsp apple cider vinegar

Cover mixing bowl with plastic wrap and refrigerate overnight.

Remove tops, seeds, and membranes from the inside of **2 lb mini bell peppers**.

Remove seasoned ground turkey from refrigerator and brown in a skillet over medium heat. Remove from heat then stir in:

½ onion, chopped
1 large tomato, diced
1 Tbsp cilantro, minced

Stuff mini bell peppers with turkey mixture, and place on a baking sheet.

Bake peppers for 20-25 minutes at 400°F, or until edges are golden and peppers are somewhat soft.

Serve and enjoy.

Spicy Buffalo Cauliflower Bites

Katie Ranck

Spicy Buffalo Cauliflower Bites

Skinnytaste.com

Servings: 6 • **Size:** about 1 cup cauliflower • **Points +:** 3 pts • **Smart Points:** 3

Calories: 119.4 • **Fat:** 2 g • **Protein:** 4 g • **Carb:** 21.4 g • **Fiber:** 3 g • **Sugar:** 0.2 g

Sodium: 1172 mg

Ingredients:

- 1 cup water
- 1 cup all purpose flour
- 2 tsp garlic powder
- 22 oz (6 1/2 cups) cauliflower florets
- 3/4 cup Franks Hot Sauce
- 1 tbsp melted unsalted butter

Directions:

Preheat the oven to 450°F. Lightly **spray** a large non-stick baking sheet with oil.

Combine the water, flour, and garlic powder in a bowl and stir until well combined.

Coat the cauliflower pieces with the flour mixture and place on the baking sheet; bake for 20 minutes.

While the cauliflower is baking, **combine** the hot sauce and butter in a small bowl.

Pour the hot sauce mixture over the baked cauliflower and continue baking for an additional 5 minutes. Serve with skinny blue cheese dressing if desired and celery sticks.

Zesty Pimiento Cheese

8 oz. shredded cheddar cheese

8 oz. shredded pepperjack cheese

4 oz. cream cheese softened

4 oz. jar chopped pimiento, drained

1/2 cup light mayo

1 heaping tbsp. Dijon mustard

1/2 tsp. garlic powder

1 green onion chopped fine

In a food processor combine cream cheese, mayo, onion and seasonings, processing til smooth. Add pimiento, and the shredded cheeses, processing til well combined. Refrigerate til serving.

Serve with crackers or pretzels.

Marty Oakley

Olive Spread

1 8-10 oz. jar green olives with pimiento drained (we sometimes buy salad olives, just cheaper)

8 oz. cream cheese softened

In a food processor, add olives and process til finely chopped. Add cream cheese and pulse til well combined. Refrigerate til serving.

Serve with crackers or pretzels

Dick Oakley

Simple Spicy Cranberry BBQ Meatballs

Terry & Deb Baker muddog230@bex.net

Make meatballs with:

2 pounds ground beef
1 1/2 cup bread crumbs
3 TBSP soy sauce
ground black pepper to taste
garlic powder to taste
1/2 cup prepared BBQ sauce
(we used Sweet Baby Ray's
Spicy variety)

Make sauce with:

2 cans jellied cranberry sauce
1 18 oz. bottle of your favorite BBQ sauce
1/4 cup brown sugar

Make meatballs with listed ingredients and bake on a rack to allow fat to drain off during baking.

Bake 20 minutes at 375F

Start sauce by slicing and microwaving cranberry sauce to help liquefy it, this will prevent the sauce from being lumpy with cranberry chunks. Once 'softened' put the cranberry sauce in a sauce pan and add the BBQ sauce and brown sugar. Simmer and stir until smooth. Add the meatballs to the sauce and enjoy.

*These are spicy due to the BBQ sauce we chose.

February 3-2016

Chicken Wing Dip-----Kathleen Bresnahan-Dewar

2 (8 ounce packages) softened cream cheese

3/4 cup hot pepper sauce (like Franks Red Hot Sauce)

1 glass bottle Marzetti Blue Cheese Salad dressing

4 12.5 ounce cans COSTCO canned white chicken breast (drained)

1 cup shredded cheddar cheese (not packaged shredded) shred by hand from block of any cheddar cheese

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Preheat oven to 350 degrees.

In medium bowl mix all ingredients together until well blended.

Put in a casserole or oven dish of your choice; or crock pot

Bake for about 45 minutes in oven. Start out on high in crock pot until cooked/hot and turn down to warm.

****If oil collects on top, dab with paper towel.**

****Prepackaged shredded cheddar cheese is usually coated with flour to prevent sticking. Recipe works better if you shred your own cheese from a block as no extra flour on it**

****serve warm if you like—tortilla chips, celery sticks etc....**

ENJOY~~~~~I adapted this recipe from the ALL RECIPE site after reading some of the reader reviews and tips. My family loves the above recipe.

Bacon Wrapped Dates

20 Whole Medjool Pitted Dates

14 slices bacon, each slice cut into thirds

40 lightly salted roasted whole almonds (optional)

Manchego cheese slices (optional)

2 TBSP. Balsamic Glaze (optional) Store bought or ½ cup balsamic vinegar simmered till it is reduced by half

Preheat oven to 375 degrees.

Cut each date in half lengthwise. Remove the pit. Cut a lengthwise slit in each piece. Leave plain or can place a piece of manchego cheese and/or an almond in each date half. Pinch the dates closed. Wrap each date securely in a piece of bacon and secure with a wooden pick. (These may be wrapped and refrigerated up to 1 day before baking.) Arrange the dates, seam side down, on a wire rack set on a 17 x 13 inch baking sheet.

Bake for 24 to 26 minutes, or until bacon is browned and crisp. Serve warm or at room temperature. Drizzle with balsamic glaze, if desired.

SUE PERKINS

Puff Pastry Swirls

1 sheet of Puff Pastry sheets

1 egg

1 tbsp. water

1/2 cup shredded Gouda

1/4 " " Parmesan

1/8 tsp. Garlic Powder

crumbled crisp turkey bacon

6 sun dried tomatoes - chopped

1 PKg (10 oz) Frozen chopped spinach
thawed & drained

Heat oven 400° BAKE 15 min.

unfold Pastry sheet - mix egg +
water & brush the sheet.

mix cheese, Garlic powder &

spinach - spread over pastry sheet

sprinkle Bacon & dried tomatoes over
top - Roll like a jelly roll.

Brush egg over roll & slice.

Bake - serve warm or at room
temp

Stuffed Dates (appetizer or dessert)

Medjool dates (better grocery stores or Middle Eastern markets)

Honey goat cheese (Aldi sells) or
use cream cheese or Neufchatel
if you like a less sweet treat

• Walnuts or pecans

Using a paring knife, make a vertical slice on one side of each date.

Remove the pit. Using a regular table knife, slice off some cheese and stuff the cavity of the whole, split

date. Top with the nut of your choice. You can toast and cool the nuts if you have time.

Experiment with sea salt, cinnamon, or other spices for topping.

Also makes a nice lent-friendly dessert.

Christine Scarlett