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Grapevine Garden Club Recipe Book
2006

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**OUT OF THE GARDEN
AND INTO THE KITCHEN**

**GREAT RECIPES
FROM THE MEMBERS
OF THE
GRAPEVINE GARDEN
CLUB, INC.**

APPETIZERS & BEVERAGES

SOUPS AND SALADS

**DESSERTS—BREADS, CAKES,
COOKIES, PIES**

**EASY CASSEROLES, MEATS & SIDE
DISHES**

2006

APPETIZERS & BEVERAGES

SPINACH/ARTICHOKE DIP

Barbara Atkins

1 can artichoke hearts, drained and chopped
1 box frozen chopped spinach, defrosted and thoroughly drained—squeeze moisture out of spinach
1 cup mayonnaise
1 cup Parmesan cheese, freshly grated
Sprinkle of paprika

Mix all ingredients in bowl. Spray pie pan with cooking spray. Pour mixture into pie pan; sprinkle with paprika; bake at 350° – 400° until bubbly, approximately 30 minutes. Serve with trisket crackers.

EGG NOG—WW-2 points per serving

Suzi Guckel

6 cups skim milk
1 1-oz. Fat Free, Sugar Free vanilla pudding
1/2 tsp. nutmeg
Mix 2 cups milk with pudding until well blended. Add remaining milk and nutmeg and blend.
Refrigerate overnight and garnish with nutmeg.

If you add rum you are upping your points, but still doing yourself a favor by reducing the fat.

SHRIMP APPETIZER SPREAD

1 pkg. (8 oz.) cream cheese, softened
1/2 cup sour cream
1/4 cup mayonnaise
3 pkgs. (5 oz. each) frozen cooked salad shrimp, thawed
1 cup seafood sauce
2 cups (8 oz.) shredded mozzarella cheese
1 medium green pepper, chopped
1 small tomato, chopped
3 green onions with tops, sliced
Assorted crackers

In a mixing bowl, beat cream cheese until smooth. Add sour cream and mayonnaise; mix well. Spread mixture on a round 12-in. serving platter. Sprinkle with shrimp. Top with seafood sauce. Sprinkle with mozzarella cheese, green pepper, tomato and onions. Cover and refrigerate. Serve with crackers.

*One of the worst mistakes
you can make as a gardener
is to think you're in charge.*

Janet Gillespie

SOUPS AND SALADS

FOUR-BEAN SALAD

Suzi Guckel

Drain juice from:

3 cans green bean/wax bean mix

2 cans dark kidney beans

1 ½ cans garbanzo beans

1 cup olive oil

1 cup white vinegar

1 cup Splenda

1 small onion, chopped fine

Mix canned beans together, then last 4 ingredients and combine. Chill overnight.

TUNA MACARONI SALAD

Linda Whistler

Serves 8

2 cups elbow macaroni, cooked & drained

1 can (6 oz.) tuna, drained

1 cup sliced celery

¾ cup Miracle Whip

¼ cup chopped green pepper

¼ cup chopped onion

Salt & pepper to taste

Mix all ingredients well, cover & chill several hours

WALDORF/RAISIN SALAD

Angie Molina

1 orange

2 cups unpeeled apples (2 varieties)

1 tsp. finely grated orange peel

½ cup raisins (gold & dark)

½ cup thinly sliced celery

½ cup chopped roasted walnuts

¼ cup mayonnaise or Miracle Whip

1 T sugar

¾ cup whipped topping

Zest orange for 1 tsp. Peel orange and section orange over bowl to catch juice. Reserve 1 T of juice. In a bowl, combine diced apples, orange peel, raisins, celery, orange pieces & walnuts.

In a separate bowl blend together mayo, sugar and reserved orange juice. Fold in whipped topping.

Toasting nuts: On a flat pan for 10 minutes @ 350°.

Serves 6

RUBY'S SAURKRAUT

Linda Krimm

2 cans Bavarian Sauerkraut

1-2 cups chopped onions

1-2 cups chopped celery

1-2 cups cherry tomatoes

½ - ¾ cup raw sugar or regular sugar

Combine ingredients and chill.

SPICED ORANGE SALAD

Ellen Bell

10 large seedless navel oranges
3 T olive oil
½ tsp. salt
1 tsp. ground cinnamon
1 tsp. coriander
1 tsp. cumin
2 garlic cloves, minced
¼ cup chopped fresh cilantro

Clean and rinse oranges—dry well. Remove peel from 2 oranges with a zester. Remove pith and peel from all oranges. Slice in ½-inch rounds. Place in bowl with zest. Combine remaining ingredients in another bowl. Pour dressing over sliced oranges, tossing carefully. Garnish with chopped, fresh cilantro.

BROCCOLI SALAD

Jenny Capone

1 pkg. broccoli slaw mix
1 bunch green onions, chopped
2 pkgs. Picante Beef Ramen noodles uncooked with seasoning packet
Mix above in large bowl. Chill until ready to eat.

Dressing:

½ cup vegetable oil
½ cup sugar
1/3 cup white vinegar

Mix and add to salad just before serving

NOTE: Can double first 3 ingredients using one recipe of dressing. Beef and Oriental ramen noodles are also good

CREAMY POTATO SALAD

Linda Barraclough

6 medium potatoes (2 lbs.)
1 cup thinly sliced celery
½ cup finely chopped onion
1/3 cup chopped sweet pickle
1 ¼ cups mayonnaise or salad dressing
2 tsp. celery seed
2 tsp. sugar
2 tsp. vinegar
2 tsp. prepared mustard
1 ½ tsp. salt
2 hard-cooked eggs, coarsely chopped

In a covered saucepan, cook potatoes in boiling, salted water for 25-30 minutes or until done; drain well. Peel and cube potatoes. Transfer to a large bowl. Add celery, onion, sweet pickle. Combine mayonnaise or salad dressing, sugar, celery seed, vinegar, prepared mustard and salt. Add mayonnaise mixture to potatoes. Carefully fold in the chopped eggs. Toss lightly to coat potato mixture. Cover and chill thoroughly. Serves 8.

POTATO SOUP—WW-1 point

Suzi Guckel

3 cans of Fat Free Chicken broth
1 pkg. frozen O'Brien potatoes or hash browns with onion and peppers
1 pkg. Pioneer Fat Free gravy mix

Pour chicken broth in a pan and using whisk mix in the gravy mix. Add frozen potatoes and cook until potatoes are done, about 15 to 20 minutes.

BROCCOLI GRAPE SALAD—WW Points-2

Rene' Herndon

4 cups broccoli, cut up into small pieces
2 cups grapes, red or green—seedless
Small red onion, chopped

Dressing:

½ cup fat-free mayo

1/3 cup Splenda

2 T vinegar

Topping:

12 slices bacon, fried very crisp

4 T sunflower seeds

Mix dressing together and stir into broccoli, grapes and onions. Pour in 9 x 13 casserole dish. Top with bacon and sunflower seeds just before serving. Serves 6

QUICK TOMATO BASIL SOUP

Suzi Guckel

1 can tomatoes

2 T. fat free cream cheese

basil to garnish

Put ingredients in a blender until smooth. Heat in a small pan; add fresh chopped basil and serve.

GARDEN PASTA SALAD

Kathy Anderson

1 1/2 cups mostaccioli, rigatoni or other pasta

Salted, boiling water

3 T wine vinegar

2 T olive oil

1 tsp. dried tarragon

1 tsp. dried dill weed

½ tsp. Salt

¼ tsp dry mustard

1/8 tsp. black pepper

1 large clove garlic, chopped finely

1 cup coarsely chopped tomatoes

1 cup chopped cucumber

1 cup pitted ripe olives

¼ cup green onion, chopped

1 cup chicken, cooked and chopped up

Cook pasta to al dente in salted boiling water. Drain and rinse under cold water and set aside. In small bowl, combine vinegar, oil, tarragon, dill, salt, mustard, pepper and garlic. Mix well. In a large bowl, combine cucumber, chicken, cooked pasta, tomato, ripe olives, and green onions. Pour dressing over salad mixture and toss well to combine ingredients. Cover and refrigerate at least 1 hour; however, overnight is better for the flavors to blend. Serve on leaves of Romaine lettuce. Serves 4-6.

BLACK BEAN SALAD

Barbara Atkins

3 T fresh lime juice
2 T olive oil
1 can 15-oz. black beans, rinsed and drained
1 mango, peeled and chopped
1 ripe avocado, peeled and chopped
1/2 red onion diced
Tabasco, to taste
2 T minced fresh parsley
1 cup shredded Romaine lettuce

In a bowl, whisk together lime juice, oil, and salt to taste. Stir in remaining ingredients, except lettuce, and season with salt and pepper to taste. Let salad stand, stirring once or twice, 15 minutes for flavors to develop. Serve salad on top of lettuce.

MOM'S CHILI

Barbara Atkins

1 lb. lean ground beef
1/2 cup onion, chopped
1/2 pkg. Williams Chili seasoning (more to taste)
2 29-oz. cans tomato sauce
2 16-oz. cans kidney beans/red beans, undrained
1 14.5 oz. can diced tomatoes
1 T sugar (brings out the tomato taste!)
Salt/pepper to taste

Brown ground beef, drain fat and rinse in colander. Return to pot and brown onion with ground beef. Add chili seasoning to taste; add sauce, beans, sugar and diced tomatoes. Simmer at least one hour. Always better tasting the second day! Sides: Chopped jalapenos, shredded cheddar cheese and crackers. A Texas neighbor used to serve her chili over rice! Try it!

BOW TIES WITH PESTO, FETA AND CHERRY TOMATOES

Susan Briggs

1 pound bow tie pasta (farfalle)
3/4 cup Pesto, recipe below
1/2 pint cherry tomatoes, halved
1 cup crumbled feta cheese
Kosher salt and freshly ground black pepper
Olive oil, as needed

Bring a large pot of salted water to boil. Stir in the bow ties and cook, stirring occasionally, until al dente, about 10 minutes. Drain the pasta and run it under cold water just until it stops steaming. Bounce the pasta around to get rid of as much water as you can.

Dump the pasta into a large serving bowl. Stir in the pesto until the pasta is coated. Toss in the cherry tomatoes and the crumbled feta.

Taste the salad and season it as you like with salt and pepper. You can make the salad up to about 1 hour before you serve it. Check out the salt and pepper just before you serve the salad. If it's looking a little dry, add some olive oil and stir.

PESTO:

5 big handfuls basil leaves (about 2 bunches)
1/2 cup pine nuts or 3/4 cup walnuts
1/2 cup fresh grated Parmesan or Pecorino cheese
Juice of 1 small lemon
2 cloves garlic, peeled
Kosher salt
About 20 grinds freshly ground black pepper
3/4 cup extra-virgin olive oil.
Pace all ingredients with 1/2 cup of the oil in a blender and blend. Gradually drizzle in the remaining 1/4 cup of oil until pesto is thick and smooth. Yield: 1 1/2 cups

OVERNIGHT BAKED FRENCH TOAST

Val Reed

½ of a 1 lb. loaf French bread
8 eggs
1 to 2 cups milk (use 2 cups if you want it custardy)
1 1/2 cups half and half
2 tsp. vanilla
¼ tsp. cinnamon (why bother measuring, cause you can never have too much)
¾ cup butter
1 1/3 cups brown sugar (can decrease both butter and sugar if you think it is too sweet)
3 T light corn syrup

Cut bread into 1 inch slices. Butter a 9 x 13 baking dish. Arrange the slices of bread in the bottom of the dish. In a large bowl, beat together eggs, milk, cream, vanilla and cinnamon. Pour over bread slices. Cover and refrigerate overnight. In the a.m., preheat oven to 350°. In a small saucepan, combine butter, brown sugar and corn syrup; heat until bubbling. Pour over bread and egg mixture. (May add raisins and nuts.) Bake uncovered in preheated oven for 40 minutes. (serves 12)

DESSERTS—BREADS, CAKES, COOKIES, PIES

CREAM CHEESE BROWNIES

Marlena Dupre

1 pkg. (19.8 oz) Fudge Brownie Mix
(do not use mix that includes syrup pouch)
1 8-oz. pkg. cream cheese, softened
1/3 cup sugar
1 egg
½ tsp. vanilla

Prepare brownie mix as directed. Pour into greased 13 x 9 baking pan. Beat cream cheese with electric mixer until smooth. Add sugar, blend; add egg and vanilla; blend. Pour cream cheese mixture over brownie mixture. Cut through batter with knife several times to marble. Bake 350° for 35-40 min. until cheese is lightly browned. Cool and cut into squares. Makes 24 squares.

If you want beauty in your life, you simply have to go outdoors from time to time . . .

CREAM CHEESE CUPCAKES

Lynda Stewart

Blend all and mix until fluffy:

3 8-oz. pkg. cream cheese

5 whole eggs

1 cup sugar

1 ½ tsp. vanilla

Pour into paper lined muffin tins. Bake at 300° for 40 minutes. Remove from oven; cool 10 minutes—hole will form.

Combine:

1 cup sour cream

½ cup sugar

¼ tsp. vanilla.

Spoon mixture into hole. Add ½ tsp. of jelly and bake 10 minutes longer.

Can be frozen.

RHUBARB PUDDING CAKE

Rachel Clark

2 layer yellow cake mix

4 cup chopped rhubarb

1 cup sugar

1 pint whipping cream (2 cups)

Prepare cake mix according to package directions.

Turn into greased & floured 9 x 13 pan. Dump rhubarb on top of cake batter. Sprinkle sugar on top of rhubarb. Pour the cream (unwhipped) over the sugar. Bake 350° for 50-60 minutes until cake springs back with lightly touched. The cream, sugar, rhubarb sink to the bottom forming a custard layer.

CHOCOLATEY COOKIE CAKE

Barbara Oldani

CAKE:

1 pkg. (2-layer size) devil's food chocolate cake mix

GLAZE:

4 squares Baker's Semi-Sweet Baking Chocolate

¼ cup butter, cut up

FILLING:

1 pkg. (8 oz.) Philadelphia Cream Cheese, softened

½ cup sugar

2 cups thawed Cool Whip

12 Oreo cookies, coarsely crushed

Preheat oven to 350°. Prepare and bake cake mix as directed on package in 2 9-inch round cake pans. Cool in pan 5 minutes. Invert onto wire rack; remove pans; cool completely.

GLAZE: Melt chocolate in small microwaveable bowl on HIGH 1-2 min. or until chocolate is melted, stirring after 30 sec. Blend in butter. Set aside to slightly thicken, about 5 min.

FILLING: Beat cream cheese and sugar in large bowl with electric mixer on medium speed until well blended. Gently stir in whipped topping and crushed cookies. Place one of the cake layers on serving plate, top-side down. Spread top of cake layer evenly with cream cheese mixture. Place remaining cake layer on top, top-side up. Spoon glaze to cover top of cake only.

GERMAN CHOCOLATE CARAMEL BROWNIES

Toni Moorehead

1 box Duncan Hines German Chocolate cake mix
1 cup chopped nuts
1 ½ sticks butter – melted
1 small can evaporated milk
1 cup semi-sweet chocolate chips (6 oz.)
1 bag Kraft caramels (14 oz.)

In a double boiler melt caramels and 1/3 cup of evaporated milk (half small can), stirring constantly. Set aside.

In a large mixing bowl, combine cake mix, nuts, melted butter, and 1/3 cup evaporated milk (other half of small can). Mix by hand 'til dough holds together.

Preheat oven to 350°.

Press half of dough into 9 x 13 pan, which has been greased and floured. Bake 6 minutes and remove from oven.

Sprinkle chocolate chips over this. Drizzle caramel mixture on top. Crumble remaining dough on top.

Bake 15 to 18 minutes. DO NOT overcook! Let cool and cut into squares.

CHOCOLATE DELIGHT

Marcie Junge

CRUST:

2 cups flour
2 sticks butter, melted
¾ cup chopped pecans
Mix above and pat into 9 x 13 x 2 pan. Bake 350° for 20 minutes and COOL.

FILLING IN THREE STEPS:

STEP ONE:

1 8-oz. cream cheese – softened
1 cup Powdered sugar
1 9-oz. Cool Whip – thawed
Mix well and spread over cooled crust

STEP 2:

1 small instant chocolate pudding
1 small instant vanilla pudding
3 cups milk
Mix puddings and milk with mixer until thick. Spread over first layer.

STEP 3:

Spread 1 9-oz. thawed Cool Whip over layer 2.
Top with shaved chocolate and pecans.
Refrigerate

ITALIAN CREAM CAKE

1 cup butter
2 cups sugar
5 eggs – separated
2 tsp. vanilla
1 cup buttermilk
2 cups flour
1 tsp. baking soda
¾ cup coconut – flaked
¾ cup pecans – chopped

Preheat oven to 350°. Grease 2 9-inch round cake pans. Cream butter and sugar; then add yolks and vanilla. Combine flour and soda. Add alternately with buttermilk to sugar mixture. Fold in coconut and ½ cup pecans. Beat egg whites until stiff. Fold gently into batter. Divide between pans and bake 45 minutes. Slice cakes in half and ice (Makes a 4-layer half-round cake). Garnish with remaining pecans.

ICING:

1/3 cup butter (6 T)
16 oz. cream cheese (2 8-oz. bars)
2 ½ cups powdered sugar
With mixer, cream butter, cream cheese and add sugar slowly. Mix until smooth and creamy.

CHEWY COCONUT MACAROONS

Melinda Groenemann

14 oz. bag sweetened shredded Coconut
14 oz. can sweetened condensed milk
¾ tsp. vanilla extract
½ tsp. almond extract
2 large egg whites
¼ tsp. salt

Preheat oven to 325°.

Combine coconut, milk and two extracts in a large mixing bowl. Add the salt to the egg whites and beat with electric mixer until peaks. Fold the egg whites into the coconut mixture. Drop the batter by large tablespoon (about 2" diameter) onto cookie sheet sprayed with cooking spray. Bake for 20 min. until golden brown. Cool on racks.

TRIPLE CHOCOLATE CAKE—WW-4 POINTS

Lou Milner

1 pkg. devil's food chocolate cake mix
1 1/3 oz. fat-free sugar-free instant chocolate pudding and pie filling mix
1 cup fat-free egg substitute
1 1/2 cup water
1/2 cup mini chocolate chips
1 cup Manischewitz Unsweetened Apple Sauce
1 oz. Jell-O Instant White chocolate pudding, mix

Combine chocolate cake mix, boxes of chocolate and white chocolate instant puddings, egg substitute, water, mini chocolate chips, and apple sauce. Pour into a sprayed bundt pan and bake at 350° 40-50 minutes or until done. Bake 20 minutes for cupcakes. Let cool for one hour before removing from pan.

CAKE MIX BISCOTTI

Lynn Kugler

Heat oven to 350°.

Use parchment paper to line baking sheet.

1 pkg. Lemon cake mix (with pudding is OK)
1 stick butter, melted
2 large eggs
1 cup flour
½ cup nuts, finely chopped

Mix together all ingredients. Beat a bit until dough comes together, 3-4 minutes. Make dough into a log or 2 smaller logs. Flatten until slightly rounded on top and shorter on the sides. Logs will be about 14-15 inches long—whatever will fit on your cookie sheet.

Bake 30-35 minutes until the logs feel firm when lightly pressed with finger and a toothpick comes out clean. Leave oven on, remove logs from oven, cool 10 minutes. Cut into biscotti (on a slight angle to get the look right), then turn them on their sides on the pan.

Bake for 10 minutes more, turn oven off, and leave in for 30 to 40 minutes. Cool completely (about 2 hours) before storing in a cookie tin. Will keep one to two weeks.

CHOCOLATE CHIP SNICKERS COOKIES

Toni Moorehead

1 cup butter or margarine, softened
1 cup sugar
1 cup firmly packed light brown sugar
2 large eggs
½ tsp. vanilla extract
2 ½ cups uncooked quick-cooking oats
2 cups all-purpose flour
1 tsp. baking powder
1 tsp. baking soda
½ tsp. salt
2 cups (12 oz.) semisweet chocolate morsels
3 (1.55 oz) snickers candy bars, coarsely chopped
1 ½ cups chopped pecans, toasted

Beat butter at medium speed with an electric mixer until creamy; add sugars, beating well. Add eggs, beating after each addition. Stir in vanilla.

Combine oats, flour and next 3 ingredients. Add oats mixture to butter mixture, beating well—mixture will be firm. Stir in chocolate morsels, chopped snickers, and pecans. Shape into 1 ½ inch balls and place 2 inches apart on lightly greased baking sheets.

Bake at 375° for 12-13 minutes or until lightly browned. Remove to wire racks to cool. Yield: 6 ½ dozen. *NOTE:* Dough may also be dropped by heaping tablespoonfuls.

(NO CALORIES HERE!)

FRUIT 'N CREAM CAKE

Camille Kissell

Can be completed up to 2 days ahead—refrigerate loosely covered.

1 box (18.25 oz.) yellow cake mix

CREAM FILLING:

2 cups heavy (whipping) cream

3-oz. brick cream cheese, softened

1/3 cup sugar

3 oz. white baking chocolate, melted as package directs, cooled

SYRUP

3 T each orange juice and sugar

3 T Grand Marnier or other orange-flavor liqueur

7 kiwi, peeled; cut lengthwise in half

2 pt. (12 oz. each) fresh strawberries, hulled

1/2 cup apricot jam or preserves

Heat oven to 325°. Coat a 15 1/2 x 10 1/2-inch rimmed baking pan (jelly-roll pan) with nonstick spray. Line with waxed paper letting it extend about 2 inches above pan at narrow ends. Spray paper.

Prepare cake mix as box directs. Pour batter into pan. Gently shake pan from side to side to level the batter.

Bake 20 to 25 minutes until a wooden pick inserted in center comes out clean. Cool in pan on wire rack 15 minutes before inverting on rack, removing paper and cooling completely.

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FRUIT 'N CREAM CAKE—Continued . . .

FILLING: Beat cream in a medium bowl with mixer on high speed until stiff peaks form. In large bowl, beat cream cheese and sugar until smoother. Beat in chocolate. Stir in 1/3 the whipped cream, then fold in remaining.

SYRUP: Bring juice and sugar to boil. Remove from heat, stir in Grand Marnier and let cool. Transfer cake to cutting board. Cut lengthwise in half.

Place one half, top side up, on serving platter. Brush with 1/2 the syrup; spread with 1/2 the filling. Press 8 or 9 kiwi halves cut side down into filling, ends touching, down center of cake. Press 20 whole strawberries side by side into filling along both sides of cake. Spread with remaining filling, smoothing filling on all sides. Brush top of other cake with rest of syrup. Gently lift cake and place syrup side down on filling; press lightly. With a serrated knife, trim sides of cake and berries to expose cut berries.

Press jam through a sieve into a bowl. Brush some on top of cake. Thinly slice remaining strawberries and kiwi; arrange on top. Brush with remaining jam. Refrigerate until serving. To slice cake, use a serrated knife and gentle sawing motion.

PEANUT BUTTER CAKE

Sherry Schultz

Cake:

1 cup all-purpose flour
1 cup plus 2 T sugar
3½ tsp. baking powder
1 tsp. salt
2 cups graham cracker crumbs
Peanut butter (at least ½ cup; if using more, decrease shortening by an equal amount)
¾ cup shortening
1 cup plus 2 T milk
1 tsp. vanilla extract
3 eggs

Frosting:

2 cups confectioner's sugar
2 T cocoa
8 T butter (1 stick)
1/3 cup heavy cream
½ cup peanuts, salted
2 cupfuls vanilla extract

Preheat oven to 375°, if baking with a metal dish; 325, if using a glass dish.

Sift flour, sugar, baking powder and salt together. Add graham cracker crumbs, peanut butter, shortening, milk and vanilla. Beat mixture with electric mixer on low until moistened, and then beat on medium for 2 minutes. Add eggs and beat for 1 minute.

Bake in greased 9 x 13 pan for 30-35 min. Do not remove from pan to cool.

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PEANUT BUTTER CAKE—Continued . . .

For the frosting, mix all of the ingredients together. Pour into a saucepan and bring mixture to a boil. Boil for 1 minute. Cool slightly. With a wooden spoon handle, poke a few holes in the cake, and then pour the warm frosting over it. (Oh, this one doesn't have any calories in it either!)

MINI CHERRY CHEESECAKES—WW 3 points

Susan Brooker

8 average graham crackers mashed into crumbs
(I use low-fat graham crackers)
2 T reduced-calorie margarine, melted
4 oz. fat-free cream cheese
4 oz. light cream cheese
2 T fresh lemon juice
2 large egg whites
1 tsp. vanilla extract
1/3 cup sugar (I use Splenda for baking)
20 oz. light fruit pie filling, cherry, warmed (I use sugar-free pie filling)

Place 12 cupcake liners in a cupcake pan. Combine graham cracker crumbs and margarine, mix well. Spoon 1 T crumb mixture into bottom of each liner and press down gently. Refrigerate until ready to fill. Beat cream cheeses until fluffy and add lemon juice, egg whites, vanilla extract and sugar; beat until smooth. Spoon cream cheese mixture evenly into crumb cups. Bake at 375° for 15 minutes. Cool. Top each cheese cake with 1 T cherry pie filling.

LEMON TARTLETS

Ella Barber

Shell:

½ cup butter, softened
1/3 cup granulated sugar
1 egg white
1 ¼ cup all-purpose flour

Filling:

2 eggs
1/3 cup granulated sugar
1 T butter, melted and cooled
1 large lemon
Powdered sugar, optional

Preheat oven to 325°. Spray cups of mini-muffin pan with non-stick cooking spray.

For tart shells, beat butter and sugar until light and fluffy. Add egg white; blend well. Add flour, mix just until well blended. Using a small scoop, drop level scoops of dough into muffin cups. Press dough into cups with well-floured mini-tart shaper.

Filling: Lightly whisk eggs in small bowl. Whisk in sugar and lemon juice into bowl and mix well. Pour filling evenly into tart shells.

Bake 20-22 minutes until edges are golden brown. Remove from pan onto cooling rack; cool for 5 minutes. Carefully remove tartlets from muffin cups. Cool completely. Store in tightly covered container in refrigerator. Sprinkle with powdered sugar before serving.

COCONUT MACAROONS

Lynn Kugler

14 oz. sweetened shredded coconut
14 oz. sweetened condensed milk
1 tsp. pure vanilla extract
2 extra-large egg whites, at room temperature
¼ tsp. Kosher salt

Preheat oven to 325°.

Combine the coconut, condensed milk, and vanilla in a large bowl. Whip the egg whites and salt on high speed in the bowl of an electric mixer fitted with the whisk attachment (if you have one) until they make medium-firm peaks. Carefully fold the egg whites into the coconut mixture.

Drop the batter onto sheet pans lined with parchment paper using either a 1 ¾" diameter ice cream scoop, or two teaspoons. Bake for 25 to 30 minutes, until golden brown. Cool and serve.

Sweetened coconut is sometimes called "flaked coconut." These cookies will stay fresh for a few days if they're wrapped well and left at room temperature.

STRAWBERRY PIE – WW—3 points

8 oz. crushed pineapple
1 pkg. (.8oz) cook and serve fat-free, sugar-free pudding
1 pkg. (.3oz) sugar-free strawberry gelatin
3 cups sliced fresh strawberries
1 reduced fat graham cracker crust
1/2 cup reduced or fat-free whipped topping

Drain pineapple, reserving juice in a 2 cup measuring cup. Set pineapple aside. Add enough water to juice to measure 1 1/2 cups; transfer to a saucepan. Whisk in the pudding mix and gelatin until combined. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Stir in pineapple. Remove from heat and cool for 10 minutes. Add the strawberries; toss gently to coat. Pour into crust. Refrigerate until set, about 3 hours. Garnish each piece with 1 T whipped topping.

PINEAPPLE ANGEL FOOD CAKE—WW – 2 points

1 Betty Crocker or Pillsbury Angel Food Cake Mix (these are the easiest)
1 20 oz can crushed Pineapple in natural juice

Mix as directed on the box using the can of pineapple as the liquid. Pour into 9 x 13 inch baking pan and cook as directed on the box.

LEMON SQUARE—WW – 2 points

1 angel food cake mix
22 oz Lucky Leaf Lemon Pie Filling
1/2 cup powdered sugar

Combine all ingredients except sugar
Pour in a sprayed (bottom only) 9 x 3 inch pan
Bake at 350° for 25 - 30 minutes. Let it cool completely then dust with powdered sugar. Cut into squares to serve.

KEY LIME PIE—WW – 3 points

1 9-inch fat-free or low-fat Graham cracker pie shell
2 6-oz. Yoplait fat-free Key Lime yogurt (lemon or raspberry)
1 small pkg. lime sugar-free Jello (lemon or raspberry)
1/3 cup boiling water
1 8-oz. fat-free Cool Whip

Dissolve Jello with water in mixing bowl. Allow to cool. Fold in yogurt and Cool Whip. Pour into pie shell. Chill at least two hours before serving.
Keep covered in fridge with inverted plastic top that comes with Graham pie shell.

ONION PIE

2 lbs. Onions, thinly sliced (Sweet onions are best)
1 stick butter
3 eggs well beaten
1 cup sour cream
¼ tsp. Salt
½ tsp. White pepper
dash Tabasco
1 pastry shell, unbaked
grated Parmesan cheese

Sauté onions in butter. Combine eggs and sour cream. Add onion mixture. Season mixture and pour into pastry shell. Top with cheese. Bake at 450° for 20 minutes, then at 325° for 20 more minutes.

GREEN DREAM—WW-2 points

Lou Milner

3 cups non-fat plain yogurt
2 cups crushed pineapples, packed in juice, slightly drained
1/2 cup non-fat whipped topping
1 small package of sugar-free pistachio instant pudding

Combine all ingredients in medium size bowl until well-blended. Chill several hours. Divide evenly.

Makes 8 1/2-cup servings

GELATIN RIBBON LOAF

Joan Kowalski

1 pkg. (3 oz.) lemon Jello
1 pkg. (3 oz.) raspberry Jello
1 jar (15 oz..) applesauce
18 double graham crackers
Cool Whip
1/4 tsp almond extract

1. Place each flavor Jello in a separate bowl. Add 3/4 cup applesauce to each flavor and stir until thoroughly blended.
 2. Place 1 1/2 double crackers end to end on a platter.
 - 3... Spread with 1/4 cup lime Jello mixture
 4. Top with layer of graham crackers and spread with 1/4 cup raspberry Jello mixture
 5. Repeat layers ending with crackers.
 6. Mix almond extract into Cool Whip
 5. Spread Cool Whip over tops and sides of loaf
 6. Chill at least 35 minutes
- Makes 12-14 slices.

Note: Any two Jello flavors can be used.

When putting down graham crackers build "like brick laying" so that the previous break in the crackers is covered by the next one.

Gardening Rule: When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant.

EASY CASSEROLES, MEATS & SIDE DISHES

CHICKEN SPAGHETTI TO DIE FOR

Marlena Dupre

Serves 12 to 16 people

2 whole chickens, cut up—OR
4 chicken breasts
Garlic salt & pepper to taste
1 cup chopped onions
1 cup chopped celery
1 green bell pepper, chopped
2 T Vegetable oil
1 10-oz. can tomatoes & green chilis
1 14-oz. can stewed tomatoes
1 4-oz. jar chopped pimientos
1 3-oz. jar sliced mushrooms
½ 4-oz. can chopped black olives
1 T chili powder
Hot sauce to taste*
2 cups reserved chicken broth
3 ½ quarts water
12-16 oz. spaghetti
5 cups shredded American/Cheddar cheese

Cook chicken in water in large covered pan until tender, adding the garlic, salt and pepper. Drain, reserving the broth. Bone chicken and cut into bite-sized pieces. Saute' onion, celery & green pepper in veggie oil in a large skillet until tender. Combine veggies with chicken, tomatoes, green chilis, stewed tomatoes, pimiento, mushrooms & black olives. Add chili powder, hot sauce* and mix well in large bowl. Combine 2 cups of reserved chicken broth with 3 ½ qt. water, bring to boil and cook

(continued on next page)

Chicken Spaghetti continued . . .

spaghetti until al dente—drain. Fold into tomato/chicken mixture. Add 4 cups of cheese. Pour into two 13 x 9 casserole dishes that have been sprayed with Pam. Top with remaining 1 cup of cheese. Bake, covered, at 350° for 30 minutes. Bake uncovered for several minutes longer until bubbly. The flavor improves if made a day ahead and refrigerated overnight before baking.

*Hot sauce—a little goes a long way!

PINEAPPLE CASSEROLE

Joan Pierce

2 cans (20 oz.) crushed pineapple
5 T flour
½ cup sugar
1 cup (8 oz) grated sharp cheese
1 or 1 ½ tubes Ritz crackers, crushed
1 stick real butter

Drain pineapple. Grease 1 2 qt. casserole dish. Put pineapple in bottom of dish. Mix flour and sugar together, blend in cheese and sprinkle on top of pineapple. Cover with crushed Ritz crackers. Drizzle melted butter over top. Bake 350° about 30 min. Serves 8. Good with ham or green bean casserole.

CHICKEN, VEGGIES & RICE

Barbara Atkins

3-4 skinless/boneless chicken breasts
2 cups vegetables (use canned veggies and drain juice
or use fresh broccoli, carrots, squash chopped)
2/3 cup brown rice – uncooked
1 1/3 cup water
1 can cream of chicken soup
Sprinkle of shredded cheddar cheese

Mix soup, veggies, rice, water in bowl. Place mixture in
9 x 13 (sprayed with cooking spray) casserole dish.
Drop chicken breasts on top of mixture. Bake at 375° for
40 minutes or until chicken is cooked through. Top with
shredded cheese when warm.

GRILLED SALMON WITH FRUIT SALSA

Suzi Guckel

Create Fruit Salsa by using seasonal fruits, i.e. papaya,
pear, peach, mango. Chop into small pieces and add 1
or 2 chopped green onions. Add a little lemon juice and
refrigerate for a couple hours.

Grill, steam or pan fry the salmon, garnish with plenty of
fruit salsa and serve.

SIMPLY THE BEST—ALL-AMERICAN BLACK-EYED PEAS

Lou Milner

2 tsp. olive oil
1 medium onion, chopped
1 red bell pepper, seeded and chopped
1 celery stalk, chopped
2 garlic cloves, crushed through a press
1/4 tsp. dried thyme leaves
1/8 tsp. crushed red pepper
1/2 cup long-grain brown rice
1 can (15-ounce) black-eyed peas, drained
1 1/4 cups low-sodium chicken broth

1. In a large skillet, heat oil over medium heat. Combine
the onion, bell pepper, celery, garlic, thyme, and crushed
red pepper in the skillet; sauté until softened, about 5
minutes.
2. Stir in rice, peas, and broth; bring to a full boil.
Reduce the heat, cover and simmer until the rice is
tender, about 35 minutes. Remove from heat and let
stand 5 minutes.

Serves 6

Serving size 1/2 cup
2 POINTS per serving
CORE

The beauty of nature is its own reward.

SHRIMP CREOLE

Barbara Atkins

2 1/2 lbs Cleaned shrimp (larger shrimp work best) 3 lbs
for 4 servings with leftovers)
4 T fat; 1/3 cup flour
1 14 oz can tomato sauce with chunks of tomatoes (2
cans for 3 lbs)
3/4 cup chopped onion
1/2 cup chopped bell pepper
1/2 cup chopped celery
1 clove minced garlic
1/2 tsp thyme
1 bay leaf
2 T chopped parsley
2 tsp. sugar
1 3/4 cups hot water
salt & pepper to taste
(Other seasonings I use - Cajun Seasonings Tony
Cachura, Tabasco to taste)
Clean & de-vein shrimp.

I use a large soup pot for this dish. Chili pot will work too.

Melt 4 T of fat (Crisco). Sauté' cleaned shrimp in the fat
for 3-5 mins. or until the shrimp turn pink. (*Shrimp will
continue to cook after it is added back into the sauce so
if they are not all pink it's ok*) (No longer or they will get
tough). Cook over medium heat. Remove shrimp and
set aside in a separate bowl.

Add flour to the pot and brown lightly. Turn heat down.
Do not burn flour. The consistency is pastey.

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SHRIMP CREOLE – Continued. . .

Add the chopped seasonings and sauté' for 8 min,
Add tomato sauce and remaining ingredients.
Stir well. Simmer & cover for 20 min. Stir occasionally.
Add shrimp back into the pot and cook until tender.
Serve over white rice or red beans and rice with a tossed
salad.

BLACK BEAN CORNBREAD CASSEROLE

Lynn Kugler

1 lb. spicy ground pork sausage (use 1/2 regular & 1/2
spicy, if desired)
1 medium onion, diced
1 cup white or yellow cornmeal
1/2 cup all-purpose flour
1 tsp salt
1/2 tsp baking soda
2 large eggs, beaten
1 cup buttermilk
1/2 cup vegetable oil
1 (15 oz) can black beans
2 cups shredded cheddar cheese
3/4 cup cream style corn
1 (4.5 oz) can chopped green chilies

Cook: sausage and onion over medium heat till done.
Drain. Combine: cornmeal, flour, salt & baking soda.
Stir together: eggs, milk & oil. Add to dry ingredients,
stirring until just moistened. Add sausage mixture,
beans & remaining ingredients. Pour into 13 x 9 baking
dish. Bake @ 350° for 1 hour until golden & set.
To lighten: Use low fat sausage & cheese

MEATLOAF - SOUTH BEACH DIET

Suzi Guckel

1 can (6 oz.) no-salt-added tomato paste
½ cup dry red wine
½ c. water
1 clove garlic, minced
½ tsp dried basil leaves
¼ tsp dried oregano leaves
¼ tsp salt
16 oz. Ground turkey breast
1 cup oatmeal
¼ cup liquid egg substitute
½ cup shredded zucchini

Preheat oven to 350°. Combine tomato paste, wine, water, garlic, basil, oregano, and salt in a small saucepan. Bring to a boil, then reduce the heat to low. Simmer, uncovered, for 15 minutes. Set aside.

Combine the turkey, oatmeal, egg substitute, zucchini, and ½ cup of the tomato mixture in a large bowl. Mix well. Shape into a loaf and place into an ungreased 8' x 4" loaf pan. Bake for 45 minutes. Discard any drippings.

Pour ½ cup of the remaining tomato mixture over the top of the loaf. Bake for an additional 15 minutes.

Place on a serving platter. Cool for 10 minutes before slicing. Serve the remaining tomato sauce on the side.

Serves 8 - 4 points each
188 cal. 10 g fat, 2 g fiber