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Grapevine Garden Club Recipe Book
2007

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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
DISHERS**

December, 2007

APPETIZERS & BEVERAGES

CHICA DE FRUTAS (MEXICAN FRUIT PUNCH)

Joetta King

6 T sugar
1 cup water
2 sticks of whole cinnamon
10 cloves
7 cups pineapple juice (canned)
1 ¾ cups orange juice (frozen or fresh)
¾ cup lemon juice (preferably fresh but ReaLemon works)
¼ cup lime juice (preferably fresh but ReaLime works)

Combine sugar, water, cinnamon & cloves. Simmer over low heat for 30 minutes. Strain. Add juices and mix well. Refrigerate until very cold (overnight). Garnish with sprigs of mint

May be served with French rolls, sliced very thin the round way, spread with butter, sugar and cinnamon and dried out in a 200 ° oven until crisp and brown.

Keeping a vegetable garden is worth a medicine cabinet full of pills.

MAKE-AHEAD FRENCH TOAST

Janice Collins

Serves 8-10

1 stick butter melted
1 cup packed dark brown sugar
1 French baguette, sliced about ½ to ¾ " thick
6 large eggs
1 ½ cup milk
1 tsp. vanilla

Combine butter & sugar in a bowl and mix well. Pour into a 9 x 13 inch baking dish. Layer the bread slices over the butter mixture. Beat the eggs, milk & vanilla in a bowl until well blended. Pour over the bread slices. Refrigerate covered for 8-12 hours. Bake uncovered at 350° for 45 minutes. Sprinkle with confectioner's sugar. Serve with warm maple syrup.

PICKLED GREEN TOMATOES--(CANNED)

Barbara Atkins

What to do with those green tomatoes! Can them!

1 gal. small green tomatoes, cut in half
1 qt. quartered small onions or pearl onions
1 pint white vinegar
¼ cup salt
3 cups sugar (less is better)
Pint jars—washed and hot

Mix all ingredients except tomatoes and onions. Bring to a boil. Add tomatoes and onions. Cook until tomatoes turn white. Stir gently occasionally. DO NOT BOIL. Turn off heat. Put in hot pint jars; seal. Store in refrigerator. Optional ingredients: add to each jar 1 garlic clove, ¼ tsp. horseradish or hot peppers.

JALAPEÑO POPPERS

Lou Milner

5 whole, fresh jalapeños
1/4 cup fat-free cream cheese
1/4 cup Galaxy Veggie Shreds, Cheddar & Pepper Jack Blend (or another shredded low-fat cheese)**
1/2 cup Fiber One cereal
1/4 cup Egg Beaters, Original
Optional: salt, pepper and/or garlic powder

Preheat oven to 350°. Halve the jalapeños lengthwise, and remove the seeds, stems, and membranes (Heads Up: Be **VERY** careful when handling jalapeños; wash hands frequently and well, and avoid touching your face and eyes). Wash halves and dry them very well; set aside.

Next, stir to combine cream cheese and cheese shreds. If desired, season cheese mixture with salt, pepper, and/or garlic powder.

Using a blender, grind Fiber One to a breadcrumb-like consistency. If you like, season crumbs with salt, pepper, and/or garlic powder. Place crumbs in one small dish and Egg Beaters in another.

Stuff each pepper half with cheese mixture. Next, carefully coat both sides of each pepper half with Egg Beaters, and then with Fiber One crumbs.

Place peppers on a baking pan sprayed with nonstick spray, and place in oven. Cook for 25 minutes (for very spicy poppers) to 30 minutes (medium-hot poppers). Makes 10 poppers

MEXICAN CAVIAR

Angie Molina

1 16-oz can pinto beans, drained
1 16-oz. can black-eyed peas, drained
1 16-oz. can white shoe Peg Corn, drained
1 jar pimientos
1 cup celery chopped
1 cup red/green pepper, chopped jalapeño
1/2 cup sugar
1 cup vegetable oil
1/2 cup vinegar
1/2 tsp. salt
1/4 tsp. pepper

Mix all veggie ingredients in a bowl and set aside. Combine sugar, oil, vinegar, salt & pepper in a small pot and heat to a boil, stirring frequently. Let cool. Pour liquid over veggies and mix. Marinate in refrigerator at least 2 hours. Drain off all marinade before serving. Serve with *Frito's* scoops.

CUCUMBER SPREAD

Lou Milner

Can be used as a dip or a spread

3 medium cucumbers sliced, if making sandwiches;
Chopped, if using it as a dip
11 oz. cream cheese; softened (fat free or low fat)
1/2 cup sour cream (fat free or lite)
1/4 cup snipped fresh dill
1 1/2 tsp. lemon juice
1 envelope vegetable soup mix (Knorr)

Mix together and chill. If making cocktail sandwiches, spread on bread and top with a slice of cucumber. Leave open face or top with another slice of bread and secure with a toothpick and olive or cherry tomato.

STUFFED MUSHROOMS

Rene' Herndon

1 lb. fresh mushrooms
1 small onion, finely chopped
10 slices bacon, cooked and crumbled
1 8-oz. pkg. cream cheese, softened
Salt/pepper to taste

Wash mushrooms; trim and remove stems. Reserve half of stems and chop.

Mix bacon, cream cheese, onion, salt, pepper and chopped stems.

Spoon into mushroom caps.

Broil 3 to 5 minutes or until browned.

Mushrooms can be stuffed a day ahead and then broiled as needed.

Yields 6 to 8 servings.

“Where flowers bloom so does hope”

Lady Bird Johnson,

Public Roads: Where Flowers Bloom

ANNIVERSARY HOT TEA

Barbara Oldani

This is a powdered mix which was adapted from several recipes. The proportions will depend on your taste and what you have available.

Here are the ingredients and approximate proportions:

1 ½ cups unsweetened powdered instant tea
2 cups sugar (adjust to taste and if tea or mixes are sweetened)

Orange flavored drink mix

Lemonade drink mix

1 tsp. ground cinnamon

1 tsp. ground allspice

1 tsp. ground nutmeg

½ tsp. ground cloves.

Combine all ingredients well and store in an airtight container. I keep it in the freezer. To use, mix about 2 tablespoons with boiling water; can also be used with cold water.

IRISH CREAM (Barbara's, NOT Bailey's)

Barbara Munn

1 ¾ c. Irish whiskey

14 oz. can Eagle Brand milk

½ pint whipping cream

4 eggs

2 T. chocolate syrup

2 T. instant coffee

½ t. almond extract.

Whip cream and then mix all other ingredients into cream. To store, cover tightly and refrigerate up to one month. Great in coffee or on ice cream. ***(Those attending the Nacogdoches tour may remember this one!)***

CRANBERRY JALAPEÑO JELLY

Barbara Munn

Makes 8 half-pints

3 cups cranberry juice (or cran-raspberry juice)
1 cup chopped seeded jalapeño peppers
7 cups sugar
1 cup vinegar
2 3-oz pouches liquid pectin
red food coloring, optional

In a blender or food processor, chop jalapeños with cranberry juice until the peppers are fully chopped. Strain mixture through double-thick cheesecloth. In a large kettle, combine the strained juice with the sugar.

Bring to a rolling boil, stirring constantly.

Add vinegar and pectin and stir. Return mixture to a boil, and boil hard for one minute, stirring constantly.

Remove kettle from the heat, and skim the foam from the mixture.

If food coloring is desired, add about ten drops now.

Fill jars, leaving a quarter-inch headspace.

Adjust sealable caps, and process in a boiling water bath for 10 minutes.

To make Tea Sandwiches:

Combine 3 parts Cream Cheese to 1 part jelly, mix thoroughly. Spread on whole wheat (preferably) bread. Trim crusts, and cut in shapes.

TORTELLINIS ON A SKEWER

Barbara Atkins

1 or 2 boxes of cheese tortellini (2-color)
Grape tomatoes
1 ¼ cup prepared Ranch salad dressing
½ cup grated Parmesan cheese
3 cloves garlic, minced
2 tsp. dried basil

Cook tortellini according to package directions; rinse and drain under cold water. Thread 2 tortellini and one tomato, then two more tortellini onto bamboo skewers (long ones found at Albertson's). Combine salad dressing, cheese, garlic and basil in small bowl. Serve tortellini with dressing as a dip in a separate bowl. NOTE: to make this even quicker, skip the mixing of the garlic, etc., open a bottle of Ranch dressing and just add a bit of Parmesan cheese to a cup or so of the dressing in a bowl.

MUFFULETTA ON A STICK

Barbara Atkins

Layer 1 slice each of deli-style smoked ham, provolone cheese, and Genoa Salami. Spread small amount of fat-free cream cheese on top. Tightly roll up and slice into 4 equal pieces. Repeat procedure for number of appetizers desired.

Thread onto wooden skewers (4-inch if you can find them!) with 1 each of the following in any order: Pepperoncini salad pepper (buy in jar), a meat/cheese disc, a pimiento-stuffed Spanish olive, a small piece of roasted red bell pepper (buy in jar), a large pitted black olive.

Place in 13 x 9 baking dish. Sprinkle your favorite Italian dressing over the skewers and chill for 30 minutes.

SOUPS AND SALADS

ROMAINE AND FRUIT SALAD

Sheri Jones

1 bunch Romaine lettuce
4 oz. Swiss cheese shredded
1 cup sliced almonds
1/3 cup raisins
1-2 apples unpeeled, cubed
1 pear peeled, cubed

Dressing:

1/2 cup sugar
1/3 cup lemon juice
2 tsp. onions chopped
1 tsp. honey mustard
2/3 cup oil
1 T poppy seeds

MUSHROOM SOUP

Toni Moorehead

1 medium onion
2 T butter
1/2 lb. mushrooms, fresh, sliced
2-3 T flour
4 cups beef consommé' (* see below)
1 cup heavy cream (whipping cream)
Small pinch nutmeg
Small pinch pepper

Chop and saute' onion in butter until browned. Add mushrooms, stir until done. Add flour to coat mushrooms. Cook 5 minutes at medium high heat, stirring frequently. Then add stock and continue stirring for 10 minutes. DO NOT boil. Add cream and spices. Simmer (* Use 2 10 1/2 oz. cans Campbell's beef consommé' and 2 cans water)

CHICKEN SALAD

Barbara Atkins

2 1/2 cups chicken, cooked, cooled and pulled apart
1 cup celery, chopped fine
1 cup. green grapes, chopped
1/2 cup shredded, browned almonds
1 tsp salt
1 cup mayo (not miracle whip)
1/2 cup whipped cream, whipped but not sweetened (whipped from carton)

Mix all together and serve.

CHERRY SALAD (OR DESSERT)

WW - 1/2 cup 2 points

Mary Jo Milner

1 can lite or sugar-free cherry pie filling
8-oz. can crushed pineapple in its own juice—drained
1/4 cup lemon juice
1 can fat-free Eagle Brand condensed milk
12-oz. fat-free cool whip

Mix Eagle Brand milk, pineapple, and lemon juice. Add cherry pie filling and Cool Whip. Chill

(Can use mandarin oranges or peaches if preferred instead of pineapple....or some of each!)

SEVEN-LAYERED SALAD (ANOTHER VERSION)

Donna Christ

Chopped lettuce
Frozen English peas
Chopped purple onions
Cooked bacon, crumbled
Chopped boiled eggs
Shredded Monterey Jack cheese or cheddar cheese
Mayonnaise with 1 tsp. sugar and Parmesan cheese
sprinkled on top.

LENTIL & COUSCOUS SALAD

From Kimball Art Museum

Joan Kowalski

3 cups chicken or vegetable stock
1 cup dried lentils, rinsed
½ cup diced onion
1 ½ tsp. minced garlic
1 cup couscous--cooked according to pkg.—in stock
½ cup diced red pepper
¼ cup chopped parsley
1 ½ T dried dill, marjoram, sage or rosemary
2T fresh lemon juice
2 T olive oil or canola oil
½ tsp. green pepper sauce
Salt to taste

Bring 3 cups of stock to boil in a saucepan. Add lentils, onions & garlic. Simmer, stirring occasionally for 20-25 minutes. Strain off stock and allow lentils to cool. When lentils and couscous are cool, combine them in a large bowl. Add the red peppers, parsley, dill, lemon juice, olive oil and green pepper sauce. Gently toss to coat all of the ingredients. Cover and place salad in refrigerator for 2 hours or overnight. Season salad with salt when chilled.

AMBROSIA COCONUT

Pauline Robbins

Serves 10-12

2 cups mandarin oranges, drained
2 cups crushed pineapple, drained
2 cups sour cream
2 cups shredded coconut
2 cups miniature marshmallows (white or multi-colored
Funmallows)

In a bowl combine the oranges, pineapple, sour cream, coconut and marshmallows. Chill.

LEMON SHRIMP PASTA SALAD

Camille Kissell

Serves 12

3 cups farfalle (bow-tie pasta) uncooked
1 lb. fresh asparagus spears, cut into 2-inch lengths
1 cup Kraft Light Zesty Italian Reduced Fat Dressing
1 tsp. dried oregano leaves
1 tsp. grated lemon peel
1 lb. cooked large shrimp (20-25 count)
1 cup halves or quartered cherry tomatoes
1 pkg. 8-oz. Kraft Natural 2% Milk Reduced Fat Colby & Monterey Jack Cheese Crumbles

Cook pasta as directed on package, adding asparagus to the cooking water for the last 3 min. of the pasta cooking time; drain. Rinse with cold water; drain well. Mix dressing, oregano and lemon peel. Place pasta mixture in large bowl. Add dressing mixture, shrimp, tomatoes and cheese; toss slightly. Serve immediately, or cover and refrigerate until ready to serve.

GREEN GODDESS SALAD

JoAnn Phillips

Lettuce
Tomatoes
Cheese
Frito's
Green Goddess Salad Dressing

Break lettuce into small pieces. Add chopped tomatoes and shredded cheese in layers. Just before serving, add a layer of crushed *Frito's* and Green Goddess salad dressing on top. Enjoy!

TACO CHILI

Lou Milner

Makes 13 cups; WW 1 cup = 2 points

8 oz. extra lean ground beef
1 small onion
1 28-oz. can crushed tomatoes
2 14-oz. cans diced tomatoes
2 15-oz. cans red kidney beans or pinto beans, rinsed and drained
1 15.25-oz. can corn, drained
1 can water, use the corn can
1 4.5-oz. can diced green chilies
1 pkg. dry Ranch dressing mix
1 pkg. taco seasoning mix.

Cook the ground beef with the onion. Rinse and drain off the water and grease. Return the beef mixture to the pot. Add the remaining ingredients and simmer for 30 minutes.

HERBED CHICKPEA SALAD

Susan Boelens

3 cups coarsely-chopped tomatoes (4 med.)
1 15-oz. can garbanzo beans (chickpea), rinsed and drained
Half of a large cucumber, peeled, quartered and sliced (1 cup)
1 cup chopped green pepper
1 cup snipped fresh cilantro
½ cup finely-chopped red onion
1 4-oz can sliced ripe olives

Dressing:

¼ cup olive oil
3 T red wine vinegar
1 clove garlic, minced
1 tsp. cumin

Whisk dressing ingredients and combine all. Cover and refrigerate 4 – 24 hours.
Let stand 15 minutes before serving

Science, or para-science, tells us that geraniums bloom better if they are spoken to. But a kind word every now and then is really quite enough. Too much attention, like too much feeding, and weeding and hoeing, inhibits and embarrasses them.

Victoria Glendinning

TORTILLA SOUP

Lou Milner

Makes 8 cups; WW 2 POINTS/cup

1 cup chopped onion
4 cloves garlic, minced
2 to 4 Anaheim or Poblano chili peppers, seeded and chopped OR 2 small cans diced green chilis
1 T. ground cumin or cumin seed
Cooking spray
1 ½ cups frozen corn (2 points)
3 medium tomatoes, chopped, or 1 can diced
2 (14.5 oz.) chicken broth
1 ½ cup cooked, shredded chicken (6 points)
½ cup snipped cilantro
salt, pepper, and a little chili powder to taste
lime wedges or lime juice
Cook onion, garlic, peppers, and cumin in sprayed pan.
Add corn, tomatoes, broth, chicken and cilantro. Bring to boil then simmer 10 minutes. Squeeze lime juice into soup--optional. (If desired, serve over crushed chips and top with a little cheese but be sure to count the extra POINTS!).

CURRY SPINACH SALAD DRESSING

Joyce Quam

2/3 cup vegetable oil
¼ cup red wine vinegar
2 tsp. lemon juice
2 tsp. soy sauce
1 tsp. sugar
1 tsp. dry mustard
½ tsp. curry powder
½ tsp. salt
½ tsp. seasoned pepper
¼ tsp. garlic powder
Dress spinach salad

DESSERTS—BREADS, CAKES, COOKIES, PIES

GRAHAM CRACKER SQUARES

Carol Milner

- Heat oven to 350°F.
- Line cookie pan with foil.
- Place graham crackers flat on cookie sheet. (Uses about 1/2 a box).
- Boil 1 cup brown sugar with 1 1/2 sticks oleo (I used butter) for 2 min.
- Add 1 cup chopped pecans and pour over graham crackers.
- Bake 8-10 min. Cut in pieces while warm.

I only do very easy recipes.

PRALINE GRAHAM CRACKERS

WW Version--24 - 2 PTS. EACH

Lou Milner

24 Low-fat Graham cracker squares
½ cup margarine
½ cup packed light brown sugar
2 oz. (1/2 cup) chopped pecans
½ tsp. vanilla

Layer Graham crackers on a sprayed jelly roll pan. In a small saucepan, melt margarine and sugar. Boil 1 min. Add vanilla and stir. Pour over Graham crackers. Top with pecans. Bake at 350° for 8-10 min. or until bubbly.

DRIED FRUIT SALAD

Kathleen Thompson

This is a mixture of dried fruits (bought or dried by you). Choose your favorites. I used apples, apricots, cranberries. Cover 1 lb. of fruit with boiling water and soak overnight. The next day, simmer gently, half-covered, until the fruit is tender and liquid is reduced. Serve hot or cold. This is a pleasant dish for breakfast or dessert. If serving as dessert, add brandy.

MOTHER'S BUTTERMILK PIE

Joan Stewart

1 ½ cup sugar
4 ½ T flour
6 T melted butter
3 eggs, beaten
1 ½ cups buttermilk
1 ½ tsp. lemon extract

(This is 1 ½ times her recipe—for a deep dish 9" pie shell)

Combine sugar and flour; add eggs and melted butter; work in milk. Add flavoring. Pour into unbaked pie shell.

Bake at 350° until a silver knife comes out clean when stuck in the center and near edge of pie. Cool before serving. Needs about 1 hour 20 min. cooking.

BITTERSWEET CHOCOLATE BREAD PUDDING WITH KAHLUA SAUCE

2 cups whole milk
4 oz. bittersweet or other dark chocolate, chopped
¼ cup granulated sugar
1 loaf day-old dense Italian or other plain bread, crusts removed and cut into ¾ inch cubes to yield 3 ½ cups
2 large eggs
1 tsp. pure vanilla extract

1. Preheat oven to 325°. Grease side and bottom of 2 ½ quart shallow baking dish.
2. In saucepan, combine milk, chocolate, sugar and heat over medium heat, stirring occasionally to melt chocolate.
3. Remove from heat and stir in bread cubes. Set aside for 15 min. Gently push cubes into chocolate milk—don't mash bread, just submerge.
4. In a small bowl, whisk together eggs and vanilla extract. Stir the egg mixture into the bread mixture and mix well with rubber spatula.
5. Transfer to prepared baking dish. Bake 20 to 30 min. until a knife inserted in the center comes out with just a little chocolate residue on it. The pudding should be firm and dry on top.
6. Transfer to a cooling rack and let cool for 10 minutes. (See Sauce next page.)

***We can complain because rose bushes have thorns,
or rejoice because thorn bushes have roses.***

Abraham Lincoln

***Come to the garden alone, while the dew is still on
the roses***

KAHLUA SAUCE

6 T unsalted butter
¾ cup confectioners' sugar, sifted
¼ cup Kahlua
2 large egg yolks
½ cup heavy whipping cream or low-fat evaporated milk
1 cup whipped cream for serving (optional)
6 strawberries or 18 chocolate-covered espresso beans, for garnish (optional)

1. Prepare Kahlua sauce: While the bread pudding is baking, in a 3-quart saucepan, melt butter over medium heat. When butter is almost melted, gradually whisk in the confectioners' sugar. Add the Kahlua and stir well.
2. Remove the pan from the heat and add the egg yolks one at a time, whisking constantly. Add the cream and stir to combine. Return the pan to medium heat and cook, stirring constantly with a slotted wooden spoon, until the sauce thickens slightly, about 5 minutes. Don't raise the temperature, or the eggs will scramble. To test if the sauce is ready, drag your finger along the back of the spoon; the track should remain for a few moments before it fills in.
3. Place the pan of sauce on a rack and stir occasionally until it cools a bit, from hot to warm. It will thicken as it cools. Stir constantly until the desired temperature and consistency are reached. Serve the sauce warm.
4. To serve, ladle a little sauce onto each plate and top with a piece of bread pudding. Ladle more sauce on top and garnish with a dollop of whipped cream and a strawberry.

He who is born with a silver spoon in his mouth is generally considered a fortunate person, but his good fortune is small compared to that of the happy mortal who enters this world with a passion for flowers in his soul.

Celia Thaxter

FROZEN CHOCOLATE CHEESECAKE BITES

Lou Milner

(2 Bites: 40 calories, 0g fat, 100mg sodium, 6.5g carbs, 0g fiber, 1g sugars, 2g protein = 1 Point!)

Meet our new favorite use for ice cube trays.

¾ cup Fat-free Cool Whip
5 T fat-free cream cheese; softened
1 T SLENDA, Granular
10 tsp. HERSHEY'S Sugar Free Syrup

1. Using a fork, vigorously mix Cool Whip, cream cheese and Splenda until smooth and well blended. Evenly distribute mixture into 10 sections of an ice cube tray. Tap tray firmly on the counter a few times to get mixture to settle flat.
2. Next, top each with a teaspoon of chocolate syrup. Tap tray again to settle.
3. Place tray in freezer until Bites are solid -- at least 2 hours. Once frozen, Cheesecake Bites should pop out easily (if not, run the bottom of the tray under the faucet for a few seconds to loosen them). Makes 10 Bites!

LOW-CAL CUPCAKES

Barbara Atkins, Makes 24

1 cake mix—any flavor
1 can diet soda—any kind

Mix together thoroughly and fill cupcake papers 2/3 full. Bake at 350° 20-25 minutes.

Suggestions: Use chocolate cake mix and cherry soda; white cake mix and diet 7-up

GREEN CHILE CORN BREAD

Lou Milner

1 cup all-purpose flour
¾ cup yellow cornmeal
1 T sugar
1 tsp. baking powder
1 tsp. salt
1 tsp. ground cumin
¼ tsp. baking soda
1 cup fat-free buttermilk
2 large eggs, lightly beaten
1 4-1/2 oz. can diced green chiles, drained
3 T unsalted butter, melted
½ cup shredded reduced-fat sharp cheddar cheese

1. Preheat oven to 425°F. Spray an 8-inch square baking pan with non-stick spray.
2. Combine flour, cornmeal, sugar, baking powder, salt, cumin and baking soda in medium bowl.
3. Combine buttermilk, eggs, chilies and melted butter in another medium bowl.
4. Add buttermilk mixture to flour mixture and stir until blended. Gently stir in cheese with rubber spatula.
5. Transfer batter to baking pan and spread evenly.
6. Bake until edges are golden and have pulled away from sides of pan—20-25 min.
7. Let cool in pan on rack 10 min. Cut into 12 squares and serve warm.

ZUCCHINI-OLIVE OIL SNACK CAKE WITH LEMON ICING

1 ½ cups dark raisins
1 ½ cups golden raisins
About 2 cups apricot brandy, dark rum, orange-flavored liqueur or hot water
3 cups all-purpose flour
2 tsp. ground cinnamon
1 tsp. baking powder
1 tsp. baking soda
½ tsp. fine sea salt
3 large eggs
1 ½ cups granulated sugar
1 cup mild-tasting extra-virgin olive oil
3 cups shredded, unpeeled zucchini, about 1 ¾ pounds
2 tsp. pure vanilla extract
1 cup walnuts, toasted and chopped

1. Soak the raisins in a 4-cup liquid measuring cup and add enough brandy or other liquid to cover. Set aside for at least 20 min. to 24 hours.
2. Preheat oven to 350°F. Grease either a rimmed baking sheet (hand-held cake) or 9 x 13 baking pan.
3. Combine dry ingredients and set aside. In medium bowl, beat eggs lightly; add sugar and combine. Whisk in olive oil, zucchini and vanilla extract. Add egg mix to dry ingredients and combine.
4. Drain raisins, reserving the soaking liquor for another use. Add the raisins and nuts to the batter and stir just to combine. Pour batter into prepared pan.
5. Bake 40-45 min for sheet cake pan or 50-55 min. for 9 x 13 or until a toothpick inserted comes out clean and the center springs back when lightly touched.
(See **Icing** next page)

***Flowers leave some of their fragrance in the hand
that bestows them.***

Chinese proverb

Icing For Zucchini Cake:

2 lemons

1 T mild-tasting extra-virgin olive oil

2 cups confectioners' sugar

1. Using a zester, remove the zest from lemons and measure out 2 tsp. zest. Squeeze the lemons and measure out ¼ cup juice. Reserve any remaining zest and juice for another use.
2. In a bowl, combine lemon juice, olive oil, and lemon zest. Sift the confectioners' sugar into the bowl and stir to combine.
3. Cover the icing with a piece of plastic wrap placed directly on the surface to prevent a crust from forming, set aside until cake is cool.
4. Leave the cake in the pan and spread the top with the icing.
5. To prevent the icing from cracking when you cut the cake, score the cake into bars or squares before the icing hardens.
6. After serving, cover any remaining cake with plastic wrap and store at cool room temperature for up to 3 days. Refrigerate for up to 1 week or freeze for up to 1 month.

MANDARIN ORANGE ICE CREAM PIE

Lou Milner

Serves 8; WW 4 Points Per Serving

- 1 pint vanilla sugar-free ice cream, softened (such as Blue Bell)
 - 1 (15 oz.) can mandarin oranges in light syrup, drained
 - 1 tsp. orange zest
 - 1 (6 oz.) ready-made reduced-fat graham cracker crumb crust
- In a large mixing bowl, beat softened ice cream, oranges and orange zest with a mixer at medium speed until blended. Spoon ice cream mixture into pie crust. Cover and freeze for at least 8 hours or until firm. For a clean pie wedge, run a sharp knife under hot water before slicing pie.

MAKE-AHEAD PASTEL PEPPERMINT DESSERT

Irene Tolzmann

- 32 Hydrox cookies, crushed; or Oreos
- 1 ½ pt. whipping cream, whipped
- 3 cup miniature pastel marshmallows
- 1 ½ cup pastel pillow after-dinner mints.

Make 2 days ahead and refrigerate.
Put ½ the cookies in bottom of 9 x 13-inch pan.
Mix whipped cream, marshmallows and mints; spread on crushed cookies. Sprinkle rest of cookies on top.

A good garden may have some weeds.

- Proverb

TEAPOT COOKIES

Barbara Oldani

Makes 2 1/2 dozen cookies

Cookie:

3/4 cup sugar

3/4 cup butter, softened

1/2 cup sour cream

1 egg

1 teaspoon vanilla

2 1/2 cups all-purpose flour

1 teaspoon baking powder

3/4 teaspoon ground allspice

1/4 teaspoon baking soda

1/4 teaspoon salt

Glaze:

4 cups powdered sugar, divided

3 to 5 tablespoons milk

Food coloring

Colored nonpareils

Combine sugar and butter in large mixing bowl. Beat at medium speed until creamy (2 to 3 minutes). Add sour cream, egg and vanilla; continue beating until well mixed. Reduce speed to low; add flour, baking powder, allspice, baking soda and salt. Beat until well mixed.

Cover; refrigerate until firm (at least 2 hours).

Heat oven to 375°. Roll out dough on lightly floured surface, one-half at a time (keeping remaining dough refrigerated), to 1/4 inch thickness. Cut with 3 to 4 inch cookie cutter. Place 2 inches apart onto ungreased cookie sheets. Bake for 7 to 9 minutes or until edges are lightly browned. Cool completely.

Stir together 3 cups powdered sugar and enough milk for desired consistency in small bowl. Remove 1/3 of glaze. Tint remaining glaze with food coloring and frost cookies. Let stand until set (30 minutes).

Continued . . .

(Teapot Cookies--continued)

Add 1 cup powdered sugar to reserved glaze and stir well.

Use the thick white glaze for decoration and sprinkle with nonpareils, if desired.

ROCKY ROAD NO-BAKE CHEESECAKE PIE

Barbara Oldani

3 squares semi-sweet baking chocolate, divided

2 pkg. (8 oz each) cream cheese, softened

1/3 cup sugar

1/4 cup milk

2 cups thawed whipped topping

3/4 cup miniature marshmallows

1/3 cup chopped cocktail peanuts

1 Oreo cookie pie crust

1. Microwave 1 of the chocolate squares in small microwaveable bowl on High 1 min.; stir until chocolate is completely melted. Set aside.
2. Beat cream cheese, sugar and milk in large bowl with electric mixer on medium speed until well blended. Add melted chocolate; mix well. Gently stir in whipped topping, marshmallows and peanuts.
3. Coarsely chop remaining 2 chocolate squares, stir into cream cheese mixture.
4. Spoon into crust. Refrigerate 4 hours or until set. Store leftover pie in refrigerator. Makes 10 servings, 1 slice each.

EASY CASSEROLES, MEATS & SIDE DISHES

HOLIDAY TURKEY GRAVY—MAKE AHEAD

Lou Milner

Make up to three months ahead and freeze in an airtight container. Refrigerate 2 days to thaw. Reheat in a saucepan, whisking often.

4 turkey wings (about 3 lb.)
2 medium onions, peeled and quartered
1 cup water
8 cups chicken broth
¾ cup chopped carrot
½ tsp. dried thyme
¾ cup all-purpose flour
2 T stick butter or margarine
½ tsp. freshly ground pepper

1. Heat oven to 400°F. Have ready a large roasting pan.
2. Arrange wings in a single layer in pan; scatter onions over top. Roast 1 ¼ hours until wings are browned.
3. Put wings and onions in a 5- to 6-quart pot. Add water to roasting pan and stir to scrape up any browning on bottom. Add to pot. Add 6 cups broth (refrigerate remaining 2 cups), and the carrot and thyme.
4. Bring to boil, reduce heat and simmer, uncovered 1 ½ hours.
5. Remove wings to cutting board. When cool, pull off skin and meat. Discard skin; save meat for other use.
6. Strain broth into a 3-quart saucepan, pressing vegetables to extract as much liquid as possible. Discard vegetables; skim fat off broth and discard (if time permits, refrigerate broth overnight to make fat skimming easier).

(Continued next page)

MAKE-AHEAD TURKEY GRAVY (Continued)

7. Whisk flour into remaining 2 cups broth until blended and smooth.
8. Bring broth in pot to a gentle boil. Whisk in broth-flour mixture and boil 3 to 4 minutes to thicken and remove floury taste. Stir in butter and pepper.
9. Serve, or pour into containers and refrigerate 1 week or freeze up to 6 months.

SCALLOPED PINEAPPLE

Rachel Clark

4 cups white bread crumbs, fresh--remove crust
1 20-oz. can of pineapple chunks, drained
Toss above ingredients & put in 2 quart dish

Mix together:

3 beaten eggs
2 cups sugar
1 cup melted butter

Pour over pineapple and bread crumbs

Bake at 350° for approximately 40-60 minutes until brown and crusty on top.

May refrigerate overnight before baking.

Makes a very rich and tasty dish that complements baked ham.

Perfumes are the feelings of flowers.

Heinrich Heine

EGG BAKE

Joyce Quam

6 slices diced bread with crusts
2 c. shredded Cheddar cheese
1 lb. sausage, cooked and drained, Jimmy Dean "Bold"
6 eggs
2 ½ cups milk
1 tsp. dry mustard
1 can cream of mushroom soup

1. Spread bread cubes evenly in bottom of well greased 9 x 13 inch baking dish. Sprinkle cheese over top
2. Arrange meat over cheese.
3. Beat eggs with 2 cups milk and pour evenly over bread mixture.
4. Mix mustard, soup and remaining 1/2 cup milk. Spoon over top of casserole.
5. Cover tightly and refrigerate overnight. Place in cold oven, set at 350° and bake 90 minutes or until puffy and brown.

CREAMY CORN CASSEROLE

Barbara Atkins

1/2 cup butter, melted
2 eggs, beaten
1 (8.5 oz) package dry corn bread mix (I used Jiffy)
1 (15 oz) can whole kernel corn, drained
1 (14.75 oz) can creamed corn
1 cup sour cream

1. Preheat oven to 350° and lightly grease a 9x9 inch baking dish.
2. In a medium bowl, combine butter, eggs, corn bread mix, whole and creamed corn and sour cream. Spoon mixture into prepared baking dish.
3. Bake for 45 minutes in the preheated oven or until the top is golden brown.

SWEET POTATO CASSEROLE

Suzi Guckel

Serves: 6

This came from Prevention Magazine through Carolyn Ernst. Great taste, healthy and easy to prepare.

1 ½ lbs. sweet potatoes boiled, peeled and mashed
1/3 cup orange juice
3 ½ T light margarine or butter melted
2 T fat-free half and half
½ tsp. pumpkin pie spice such as cinnamon, ginger, nutmeg to taste
1/8 tsp. salt
1/8 tsp. pepper
½ cup walnuts chopped

1. Preheat oven to 400°.
2. Place sweet potatoes in medium pot and fill with enough cool water to cover potatoes, Bring to boil.
3. Cover and cook until very tender.
4. Drain potatoes and place in medium mixing bowl
5. Add orange juice, butter, half and half and pumpkin spices to the bowl and beat with electric mixer until smooth. Add salt and pepper.
6. Spread into 8 x 8" pan or six 4-oz. ramekins and sprinkle walnuts over the top.
7. Bake for 15 - 20 minutes. The recipe does beautifully if doubled and baked in a 9 x 13" pan. You won't miss the sugar or the marshmallows.

What is a weed? A plant whose virtues have not yet been discovered.

Ralph Waldo Emerson, Fortune of the Republic, 1878.

CRANBERRY PORT PORK ROAST

Barbara Atkins

1 (2 ½ to 3 lb.) lean boneless pork loin roast
1 (16 oz.) can whole-berry cranberry sauce
1/3 cup port or cranberry juice
¼ cup sugar (I omitted this since I thought it was sweet enough)
½ small lemon, thinly sliced (I used just the zest of the lemon)
1/3 cup golden seedless raisins
1 large clove garlic, minced
2 T diced candied ginger
½ tsp. dry mustard
½ tsp. salt
¼ tsp. ground black pepper
3 T cornstarch
2 T cold water

1. Place pork roast in a 3-1/2 quart **slow cooker**.
2. In a medium bowl, combine the cranberry sauce, port or juice and sugar. Stir in lemon, raisins, garlic, ginger, mustard, salt and pepper. Spoon over roast
3. Cover and cook on LOW for 6 – 7 hours or until meat is 170°F on an instant read thermometer.
4. Remove roast from slow cooker; cover with foil to keep warm.
5. **Sauce:** Measure 3 cups of cooking juices and pour into a medium saucepan. Bring to a boil over medium high heat. In a cup, dissolve cornstarch in cold water. Stir into saucepan. Cook and stir until thickened.
6. Slice roast and serve with sauce.

CLEAN-YOUR-PLATE CASSEROLE

Peggy Jean Reyher

This is my favorite casserole recipe!

1 8-oz. package fine noodles
1 pound ground beef
1 16-oz. can stewed tomatoes
1 small can tomato sauce
2 tsp. salt
2 tsp. Knorr Swiss Aromat Seasoning for Meat
2 tsp. sugar
¼ tsp. garlic powder
¼ tsp. black pepper
1 cup sour cream
¾ cup green onions, chopped
1 3-oz. package cream cheese at room temperature
1 ½ cups cheddar cheese, grated

1. Cook the noodles according to package; drain and set aside.
2. Brown ground beef and add next 7 ingredients.
3. In a small bowl, mix until smooth the sour cream, onions, and cream cheese.
4. Combine the two mixtures together and mix well.
5. In a baking dish, put the noodles on the bottom, next the cream cheese-ground beef mixture, and top casserole with lots of grated cheese.
6. Bake uncovered in a preheated 350° oven for 30 minutes or until hot and cheese is melted.

Wisdom is oftentimes nearer when we stoop than when we soar.

William Wordsworth, 1798

OVEN-BAKED BAR-B-Q'd BRISKET

Peggy Jean Reyher

1 cup bottled barbeque sauce
½ cup water
½ cup onion, chopped
¼ cup liquid smoke
¼ cup Worcestershire
1 T garlic powder
2 tsp. celery salt
2 tsp. Knorr Swiss Aromat Seasoning for Meat
2 tsp. Lawry's Lemon Pepper
1 tsp. salt
4 to 6 pound beef brisket, well trimmed

1. In the bottom of a large baking dish, put all ingredients except the brisket.
2. Stir the ingredients.
3. Add the brisket, fat side up. Seal with lid or foil and bake at 300° for 5 to 6 hours or until very tender.

BEAN CASSEROLE

Barbara Atkins

2 cans butter beans, drained
1 large onion, chopped
1 can tomato soup
1 cup dark brown sugar
12 slices bacon, cut into pieces

Place in sprayed 9 x 13 baking dish and bake 2 hours at 325°F. (Cover with foil during second hour of baking.)
Great served with BBQ brisket

BROWN RICE

Barbara Atkins

1 cup Uncle Ben's converted rice
1 clove garlic or 1/8 tsp. garlic powder
1 T chopped onion
2 cans beef consommé
1 small can mushroom pieces
1 stick margarine

In skillet or Dutch oven, brown rice slowly in melted margarine. Add garlic, onion, mushrooms and consommé. Bake at 325° about 2 hours covered.

HOME-STYLE MEATLOAF

Serves 6 (2 slices each); WW 5 POINTS

Lou Milner

¾ cup ketchup, divided
¼ cup minced fresh onion
2 T chopped fresh parsley
1 T brown sugar
¼ tsp. salt
¼ tsp. pepper
2 large egg whites
1 ½ lbs. ground round
½ cup quick-cooking oats

Cooking spray

1. Preheat oven to 350°
2. Combine ½ cup ketchup, onion, and next 5 ingredients in a large bowl; stir well.
3. Shape mixture into an 8 x 4-inch loaf on a broiler pan coated with cooking spray. Brush remaining ¼ cup ketchup over meat loaf.
4. Bake at 350° for 1 hour and 10 minutes or until done. Let stand 10 minutes before slicing. Cut into 12 slices.

NO NOODLE LASAGNA

Lou Milner WW*4 Points!

Serving Size: 1/4th of recipe (1 SUPER-LARGE portion)

Calories: 238 Fat: 2g Sodium: 1,218mg Carbs: 33g

Fiber: 11g Sugars: 14g Protein: 25g

1 lb. (about 3 medium-sized) zucchini; ends removed and sliced lengthwise into wide, flat strips
1 large portabella mushroom; sliced into strips
1 large eggplant; ends removed and sliced lengthwise into wide, flat strips
15 oz. frozen chopped spinach; thawed, thoroughly drained and patted dry
16 oz. canned tomato sauce with garlic flavoring
1 cup frozen ground-beef-style soy crumbles
1 egg white
1 cup fat-free ricotta cheese
½ cup shredded fat-free mozzarella cheese
1 T reduced-fat parmesan-style grated topping
1 T chopped basil
¼ tsp. salt
pinch nutmeg

1. Preheat oven to 425°.
2. Heat soy crumbles in the microwave for 30 seconds, and set aside.
3. Set out a row of several paper towels (as you cook the veggies, transfer them to the paper towels to drain excess moisture).
4. Spritz a large pan evenly with nonstick spray, and bring to high heat. Once hot, lay as many zucchini and mushroom slices as you can fit flat in the pan, and cook for about 2 minutes per side. Continue until all slices are cooked, removing the pan from heat and re-spraying it between batches. Cook eggplant slices for about 3 minutes per side, continuing to work in batches (removing and re-spraying pan each time). **(continued on next page)**

NO NOODLE LASAGNA (Continued)

5. Next, in a large bowl, mix the spinach, egg white, ricotta cheese, basil, salt and nutmeg. Stir well and set aside.
6. Spray a deep 8" x 8" pan with non-stick spray.
7. Pour half (8 oz.) of the tomato sauce into the bottom of the pan. Then, layer half of the veggie slices on top in assorted order. Spread half of the spinach mixture on top. Next, sprinkle the soy crumbles evenly into the pan.
8. Layer with remaining veggies, and then spread the rest of the spinach mixture on top.
9. Cover with the remaining tomato sauce.
10. Then, evenly top the lasagna with the mozzarella and grated cheese.
11. Finally, bake uncovered for 30 minutes (or until the cheese on top starts to brown). Let cool, cut into 4 pieces, and dig in!

Since Iris is the Greek goddess for the Messenger of Love, her sacred flower is considered the symbol of communication and messages. Greek men would often plant an iris on the graves of their beloved women as a tribute to the goddess Iris, whose duty it was to take the souls of women to the Elysian fields.

Hana No Monogatari: The Stories of Flowers

FOR THE GARDEN OF YOUR DAILY LIVING,

PLANT THREE ROWS OF PEAS:

1. Peace of mind
2. Peace of heart
3. Peace of soul

PLANT FOUR ROWS OF SQUASH:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

PLANT FOUR ROWS OF LETTUCE:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

NO GARDEN IS WITHOUT TURNIPS:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

**TO CONCLUDE, OUR GARDEN WE MUST HAVE
THYME:**

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

**WATER FREELY WITH PATIENCE AND CULTIVATE
WITH LOVE.**

**THERE IS MUCH FRUIT IN YOUR GARDEN,
BECAUSE YOU REAP WHAT YOU SOW.**