

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

2023

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SOUPS AND SALADS

ARTICHOKE SALAD

(District II Convention, May, 2022)

Cecilia Mitchell

2 boxes chicken flavored Rice-a-Roni
8 chopped green onions
2/3 cup mayonnaise
2 6-oz. jars marinated artichokes
3/4 cup chopped green pepper
16 sliced green olives
1 tsp. curry powder

Cook rice as directed on the box and let cool.

Drain artichokes, reserving the marinade.

Mix rice, green pepper, green onions and green olives together.

Add saved marinade to mayonnaise and curry powder.

Mix well and add to salad; refrigerate several hours or overnight before serving.

CRUNCHY CHINESE SALAD

Carole Lee

For salad:

1 large head napa cabbage
5 green onions, diced
1/2 cup butter
2 packages Ramen noodles (Flavor doesn't matter.
Discard soup flavoring)
1/2 cup sesame seeds (in the store's spice section)
1 small package sliced almonds

For dressing:

1 cup vegetable oil
1 teaspoon soy sauce
1/2 cup white vinegar
1 cup sugar

Mix cabbage and onions in a large bowl; set aside.

Melt butter in a frying pan over medium heat. Break noodles into small pieces and brown in the butter along with sesame seeds and almonds. Cool and drain on paper towels.

To make dressing, mix together all ingredients and microwave to dissolve the sugar (usually just to boiling temp). Let cool (about 20 minutes) before serving. Dressing can be made a day ahead of time and stored in the fridge.

Toss together all salad ingredients and add dressing just before serving.

Note: A head of napa cabbage is typically very big so this recipe makes an enormous amount of salad. You might want to consider making half the recipe.

ASIAN COLE SLAW

Pam Klich

1 pkg. coleslaw mix or 7 cups of shredded cabbage
4 green onions, thinly sliced
1 3-oz. pkg. chicken flavored ramen noodle soup mix
1/2 cup sliced almonds

Dressing:

1/2 cup canola oil
1/4 cup apple cider vinegar
2 T sugar
1/8 tsp. salt
1/8 tsp. pepper
Flavor packet from the soup mix

In a large bowl, combine the cabbage and onions.

Break up the noodles. Lightly toast the noodles and almonds. Watch carefully since these can burn quickly. Add to the salad mixture.

In a small bowl, combine the dressing ingredients. Add the dressing to the salad and mix well. Chill a few hours before serving.

BROCCOLI SALAD

Louise Young

1 lb. broccoli florets, thinly sliced and roughly chopped
1/2 cup raw sunflower seeds OR slivered almonds
1/2 cup finely-chopped red onion
1/2 cup grated sharp cheddar cheese
1/3 cup dried cranberries or chopped tart cherries

Dressing:

1/3 cup EVOO (extra virgin olive oil)
1 T Dijon mustard
2 T apple cider vinegar
1 T honey
1/4 tsp. salt
1 medium clove garlic, minced or pressed

Toast sunflower seeds in skillet over medium heat, stirring frequently (they'll burn easily) until seeds are golden on sides—about 3 minutes. Let them cool. Then pour toasted seeds into large serving bowl. Add chopped broccoli, onion, cheese and cranberries. Set aside.

In a measuring cup or bowl combine olive oil, vinegar, mustard, honey, garlic and salt. Whisk until blended.

Pour dressing over salad and toss until broccoli is lightly coated. Set aside for at least 20 minutes or overnight in the refrigerator.

NAPA SALAD RECIPE

Terri King

Napa "or" Chinese Cabbage
Bok Choy
2 pkgs Ramen Noodles w/ flavoring
10 green onions
Sesame seeds
Slivered Almonds
Bacon Bits
1/2 stick butter

Slice cabbage and Bok Choy very fine
Chop green onions, add to cabbage mix

In a skillet on medium heat, melt butter; add
smashed ramen noodles, flavoring packets,
almonds, sesame seeds and bacon bits. Stir until
slightly brown.

Dressing:

1 cup Sugar
1 cup Olive Oil
1/2 cup Red Wine Vinegar

Blend "until thick", pour over cabbage and ramen
mixture just before serving.

ITALIAN PASTA SALAD

Miriam Ward

1 pound rotini pasta
1 cup chopped salami
1 cup chopped pepperoni
1 cup cherry tomatoes
1/4 cup red onion, finely diced
1 can 2.25 oz. sliced black olives
1/2 cup diced and peeled English cucumber
3/4 cup small mozzarella balls
1 1/4 cup Zesty Italian dressing
Salt and pepper to taste

Cook the rotini in salted water according to package
directions. Drain and rinse under cool water.

Place the pasta in a large bowl and add other
ingredients. Toss to coat.

Serves:8

TARRAGON CHICKEN SALAD

Serves 6 (1 cup serving)

Shared by Dinah Chancellor (THANKS, Linda for the recipe!)

1 lb. cooked boneless skinless chicken breasts, shredded. Or you can use a rotisserie chicken and pick off the meat. Or Costco sells shredded chicken in 32 oz. (2 lbs.) containers if you make a double recipe!
1/2 cup chopped celery
1 cup red grapes, halved
1/4 cup finely diced onions
1/4 cup chopped toasted pecans
1/2 T parsley

Dressing:

1/2 cup mayonnaise or plain Greek yogurt
1/2 cup sour cream
1 T lemon juice
1/2 tsp. salt
1/2 tsp. pepper
1 T fresh tarragon

Mix together the chicken, celery, grapes, onions, pecans and parsley.

In a small bowl or measuring cup, whisk together the mayonnaise, sour cream, lemon juice, salt and pepper. Add to the chicken and grape mixture and stir to combine. Fold in the fresh tarragon.

CAPRESE MACARONI SALAD

Barbara Atkins

2 cups elbow macaroni, uncooked
1 cups mayonnaise
1 T Italian salad dressing mix
2 tsp sugar
3/4 tsp. ground mustard
1/4 tsp. salt
1/8 tsp. pepper
1 pint cherub or grape tomatoes, halved
1 cup fresh mozzarella cheese pearls
1/4 cup fresh basil leaves, slivered
2 T Parmesan cheese, grated

Boil macaroni to al dente, drain, rinse in cold water. Combine mayonnaise, dressing mix, sugar, mustard, salt/pepper in a measuring cup. Combine tomatoes, mozzarella and cooled macaroni. Add dressing and toss gently.

Refrigerate. Sprinkle parmesan cheese and basil on top before serving.

CHINESE NOODLE SALAD

Joan Kowalski

1 Large head of cabbage sliced finely (or a bag or two of Angel Hair coleslaw)

5 thinly sliced green onions (tops Included)

Brown the following in 1/2 cup butter:

1/4 cup sesame seeds

slivered almonds

2 packages crushed ramen noodles w/o seasoning pack (crush right in the bag or use a rolling pin)

Mix frequently and let cool before adding to the salad.

Dressing:

2 tsp. soy sauce

1 cup oil

1/2 cup sugar

Shake before adding to salad. Add dressing right before serving so it's not soggy!

May double the recipe. May add extra onions, sesame seeds to your liking.

ASIAN RAMEN NOODLE SALAD WITH BROCCOLI SLAW

Yield: 12-16 servings

Gloria Land

2 pkg. Beef Flavored Ramen Noodles

1 8-oz. package prepared broccoli slaw

1 cup sliced almonds

1 cup roaster sunflower seeds

1 bunch green onion, chopped

Crush noodles in package with hands or use a rolling pin.

Set aside the two flavor packets.

Place crushed noodles in a large bowl; add broccoli slaw, sunflower seeds, almonds and chopped onion.

Do not stir.

Dressing—mix in a measuring cup:

3/4 cup vegetable oil

1/2 cup sugar

1/3 cup white vinegar

1 tsp. sesame oil

2 beef flavor packets from noodles.

Pour dressing over salad. Do not stir. Just cover and refrigerate for 24 hours. Toss at serving time.

BASIL-TOMATO-PINE NUT SALAD

with Lemon Vinaigrette Dressing

Chris George

2 T Olive Oil
1 small head green leaf lettuce, torn (6 cups)
3 cups fresh basil, torn
2 cups grape tomatoes, halved
1/2 cup pine nuts, toasted
2 oz. Parmesan cheese, shaved

In a large bowl, combine lettuce & basil. Using a large glass bowl or container, layer greens, tomatoes, pine nuts, & shaved cheese. Serve with Lemon Vinaigrette (recipe below).

Lemon Vinaigrette Dressing

1/2 cup olive oil
1 tsp. finely shredded lemon peel
1/3 lemon juice
1 clove minced garlic
1 tsp. sugar
1/4 tsp. ground pepper

Combine all ingredients in dressing bottle, shake & cover.

SPINACH SALAD

WITH SWEET & SOUR DRESSING

Karen Rice

Layer in a clear glass bowl:

Spinach
Sliced mushrooms
Cherry tomatoes or sliced Roma tomatoes
Sliced red pepper
Clementine orange segments or canned mandarin oranges
Toasted walnut pieces – to toast, place on aluminum foil, toast in toaster oven – watch very closely as they go from slightly toasted to burned very quickly!
Red onion slices – optional

Use above ingredients in amounts to suit your tastes and number of servings desired.

Toss with Sweet & Sour Dressing just before serving. Alternative – use bottled Catalina, French, or Raspberry Vinaigrette

Sweet & Sour Dressing

1/4 cup sugar
1/4 cup vinegar
1/2 cup oil
1/2 tsp. paprika
1/2 tsp. dry mustard
1/2 tsp. celery seed
1/4 tsp. salt

Mix dressing and let stand at least 30 minutes to ensure that the sugar dissolves.

STRAWBERRY, SPINACH & FETA SALAD

Judy Sutherland

8 cups spinach (2 4-servings bags)
3/4 cup crumbled feta cheese
2 to 3 cups strawberries, quartered
3/4 cup chopped candied pecans

1 to 1 1/2 cups Ken's Raspberry Vinaigrette Dressing

I like to dress the spinach only and layer into a large serving bowl. Then store upside down. That way the salad is not overly dressed and all the goodies are mixed throughout and not just on top

BROCCOLI GRAPE SALAD WITH BACON AND PECANS

Suzi Guckel

8 slices bacon
1/2 cup pecans, or more
1 large head of fresh broccoli, cut into bite-size pieces
1 cup seedless red grapes, halved
1/3 cup diced red onion
1 cup mayonnaise
3 T apple cider vinegar
2 T white sugar
ground black pepper to taste

You can also use toasted sunflower seeds in place of pecans.

Cook bacon until crisp, cut into bite-sized pieces.

Combine broccoli, grapes, pecans, bacon, and onion in a large bowl.

Whisk mayonnaise, vinegar, sugar, and pepper together in a separate bowl--you can crumble some of the bacon into this dressing.

Pour dressing over broccoli mixture; toss to coat evenly.

Cover the bowl with plastic wrap and refrigerate for flavors to blend, about 2 hours.

GRAPE SALAD

Submitted by Joetta King
(Miriam Ward's recipe!)

2 lbs. green seedless grapes
2 lbs. red seedless grapes
8 oz. sour cream
8 oz. cream cheese, softened
1/2 cup sugar
1 tsp. vanilla

Topping:

6 T brown sugar
2 cups finely chopped pecans

Wash and stem grapes. Set aside to dry.
Thoroughly mix sour cream, cream cheese, white sugar
and vanilla until blended. Stir grapes into mixture and
pour into a 9 x 13" glass dish.

Combine brown sugar and pecans. Sprinkle over top of
grapes to cover completely. Chill.

TROPICAL TUNA SALAD

Barbara Williams

2 12-oz. cans tuna, drained
1 20-oz. can pineapple chunks in natural juice, drained
1 8-oz. can sliced water chestnuts in water, drained
1 11-oz. can mandarin oranges in juice, drained
1/2 cup mayonnaise
3 tsp. soy sauce
1 1/2 tsp. lime juice
1/3 cup green onions, diced
Combine all ingredients. Stir together. Serve on a bed of
greens or in a lettuce leaf. Serve on bread, a pita,
crackers or in a tortilla wrap.

COLE SLAW

Robin Pond

1 small to medium cabbage, shredded
1/4 cup chopped green pepper
1 small carrot, julienned
1 tsp. minced onion

Dressing:

1 tsp. salt
1/4 tsp. pepper
1/2 tsp. dry mustard
1 tsp. celery seed
2 T sugar
3 T salad oil
1/3 cup white vinegar

Mix the first 4 ingredients together and toss.

Mix ingredients for dressing in a bowl and whisk
together. Pour over cabbage mixture and toss well.

SNOW CAPPED PEAS

Rachel Clark

3 packages (16-oz.) frozen peas
(Cook --leave slightly crispy and remove moisture)
1 head cauliflower, cut into pieces
2 cups Miracle Whip (more or less)
2 cups chopped celery
1/2 T lemon juice
1 T garlic salt
1/2 tsp. each salt and pepper

Combine all together and chill.

JIMMY BUFFET PASTA SALAD

(Included here in honor of the great music played while decorating for the luncheon! Thanks to Joe and Jimmy!)

12 oz. whole-wheat pasta
1 small white onion, chopped
2 large cloves garlic, chopped
Salt/pepper to taste
1 lb. ground beef
1/2 cup cherry tomatoes, chopped
1/4 cup red onion, chopped
1/2 cup pickles (assuming sweet variety) chopped
1/2 cup lettuce, shredded
3/4 cup cheddar cheese, shredded

Dressing:

2 T mayonnaise
1 1/2 T ketchup

Cook pasta al dente according to package instructions.
Drain and place pasta in a large bowl. Set aside to cool.

While pasta is cooking, in a pan over medium heat, add olive oil, white onion and garlic. Season with salt & pepper. Saute' until soft and fragrant--3 to 5 minutes. Add ground beef to veggie mix crumbling meat while cooking until no longer pink—7-10 minutes. Season cooked meat with salt/pepper.

Drain excess grease from meat and place in second bowl to cool.

Add cooled meat mixture, tomatoes, red onion, pickles, lettuce and cheddar cheese to cooled pasta. Stir to combine.

In a small bowl, stir ketchup and mayonnaise until smooth. Pour dressing over salad and serve.

Turn up the music and enjoy!

THAI CRUNCH SALAD WITH PEANUT DRESSING

(contains Peanut Butter)
(submitted at luncheon—no name)

Dressing:

1/4 cup creamy peanut butter
2 T unseasoned rice vinegar
2 T fresh lime juice from one lime
3 T vegetable oil
1 T soy sauce
2 T honey
2 1/2 T sugar
2 garlic cloves, roughly chopped
1-inch square piece fresh ginger, peeled and roughly chopped
1 tsp. salt
1/4 tsp. crushed red pepper flakes
2 T fresh cilantro leaves

Combine all dressing ingredients except for cilantro in a blender and process until completely smooth. Add cilantro and blend for a few seconds until cilantro is finely chopped. Refrigerate until ready to serve.

Salad:

4 cups chopped Napa cabbage or shredded coleslaw mix (add some shredded red cabbage for color)
1 cup prepared shredded carrots
1 red bell pepper, thinly sliced into bite-sized pieces
1 small English cucumber, halved lengthwise, seeded and thinly sliced
1 cup cooked and shelled edamame
2 medium scallions, thinly sliced
1/2 cup loosely package chopped fresh cilantro

Combine all salad ingredients in a large bowl and toss to combine. If serving immediately, drizzle the peanut dressing over top and toss; otherwise serve the dressing on the side so salad doesn't get soggy.

DESSERTS—BREADS, CAKES, COOKIES, PIES

SOPAPILLA CHEESECAKE

Linda Krimm

2 cans crescent rolls (not the small ones)
1 tsp. vanilla
2 (8oz.) packages cream cheese, softened
1 stick butter or margarine, melted
1 1/2 cups granulated sugar, separated
1 T cinnamon

Heat oven to 350°. Spray 9" x 13" pan with cooking spray.

Open one can of crescents and press into bottom of pan, pressing seams together. Set aside.

In a bowl, mix cream cheese, 1 cup sugar and vanilla; spread over the crescents in the pan. Roll out the second can of crescents over top of cream cheese mixture. Mix butter, cinnamon and remaining 1/2 cup of sugar. Spread over top of crescents. Bake for 30 minutes, or until light brown.

BANANA PUDDING

Susie Eichelberger

Yield: 15 – 20 Servings

2 bags Pepperidge Farm Chessmen Cookies
6 to 8 bananas sliced
2 cups milk
1 5-ounce box instant French vanilla pudding
8 ounces cream cheese, softened
14 ounces sweetened condensed milk
12 ounces frozen whipped topping, thawed

Line the bottom of a 13"x 9"x 2" dish with 1 bag of cookies. Place the bananas on top.

Blend the milk with the instant pudding mix.

Using an electric mixer on medium speed, beat the cream cheese and condensed milk together until smooth. Fold in the whipped topping. Add this mixture to the pudding and stir until blended. Pour over the bananas.

Cover the top with the remaining cookies. Refrigerate until serving.

GRAHAM CRACKER COOKIES

Jamie Moser

Line ungreased 9" x 12" pan with whole graham crackers.

In a saucepan, bring to boil stirring constantly:

- 1 cup butter
- 1/2 cup milk
- 1 cup sugar
- 1 egg slightly beaten

Remove from heat and add:

- 1 cup coconut
- 1 cup graham cracker crumbs
- 1 cup pecans
- 1 tsp. vanilla

Spread mixture over graham crackers in the pan.

Frost with:

- 1/2 cup butter
- 2 cups powdered sugar
- 1 T milk, if needed.

Let all of the above stand in the refrigerator for about 12 hours.

DUMP CAKE

Barbara Munn

- 1 large can crushed pineapple, drained
- 1 can cherry pie filling
- 1 box of yellow (or white) cake mix
- 1 1/2 sticks of butter or margarine
- Chopped nuts
- Coconut on top, optional

Mix fruit and pour into 12" x 9" pan (I use Pam on pan beforehand). Spread dry cake mix on top. Cut butter into pats and spread on top, with sides touching each other. Sprinkle nuts on top and bake @ 350° approximately 50 min. Serve with whipped cream (or ice cream).

RASPBERRY BREAD PUDDING

Ella Barber

Bread Pudding:

1 loaf French bread
3 eggs
2 1/2 cups half-and-half
1 cup sugar, divided use, plus 2 tablespoons
1/2 cup brown sugar
2 tsp. vanilla extract
1/2 tsp. salt
2 1/2 cups fresh raspberries
1/4 cup water
Zest of 1 small orange
Butter for the pan

Vanilla Sauce:

1/2 cup sugar
2 T cornstarch
Dash of salt
1 1/2 cups half and half
1 tsp. vanilla extract
2 T butter

Bread Pudding:

Preheat oven to 350°. Slice bread into half-inch cubes to yield 5 cups of cubes and spread onto a baking sheet. Bake for 7 to 10 minutes, until dry. Set it aside.

In a large bowl, whisk together eggs, half-and-half, 1/2 cup sugar, brown sugar, vanilla, and salt. Fold in the toasted bread, coating evenly. Let soak for 30 minutes.

Place raspberries in a bowl. In a small saucepan over medium heat, combine water, orange zest, and 1/2 cup sugar, stirring to dissolve sugar. Cool syrup slightly, then pour over raspberries and stir to coat.

Lightly coat a 9-inch square baking pan with butter. Pour 3/4 of the bread mixture into the pan, then spoon raspberries and syrup over the top. Add remaining bread mixture, then sprinkle on 2 T sugar. Bake 50-60 minutes, until the center is set.

Vanilla Sauce:

While the bread pudding is baking, make the sauce. In a small saucepan, whisk together sugar, cornstarch, and salt. Whisk in half and half, then set over medium heat. Cook, stirring constantly, until mixture thickens and coats the back of a spoon, about 10 – 15 min. Remove from heat and whisk vanilla and butter until blended and smooth. Serve on top of the bread pudding.

SOUR CREAM COFFEECAKE

Sheri Jones

1/2 cup butter
1 cup sugar
2 eggs
2 cups flour
1 tsp. baking soda
1 tsp. baking powder
1/2 tsp. salt
1 cup sour cream
1 tsp. vanilla

Topping:

1/3 cup brown sugar
1/4 cup sugar
1 tsp. cinnamon
1 cup finely-chopped pecans

Cream butter and sugar, add eggs one at a time. Beat well. Sift dry ingredients. Add to creamed mixture alternately with sour cream. Begin and end with flour mixture. Add vanilla. Grease a 9-inch heavy pan. Pour half of the mixture into the pan; add half of the topping. Add the rest of the batter and topping. Bake at 325° for 40 minutes. Serves 12.

If using a 9 x 13" pan, make 1 1/2 the recipe and double the topping ingredients to make it nice and crunchy.

SOUR CREAM BUNDT CAKE

Sheri Jones/Pat Mingus

1 cup butter
2 cups sugar
2 eggs
1 tsp. baking powder
2 cups flour
1/4 tsp. baking soda
1 cup sour cream
1/2 tsp. vanilla

Topping:

1/2 cup chopped pecans
3 T sugar
1 tsp. cinnamon

Grease a bundt pan. Cream butter, sugar, eggs and add vanilla, sour cream. Add dry ingredients. Mix well. Pour half of the batter into the bundt pan. Then sprinkle half of topping mix. Add remaining batter and then topping. Bake at 350° for approximately 1 hour. Frost with confectioner's sugar.

CHOCOLATE COFFEE TOFFEE OATMEAL COOKIES

Rene Herndon

1/4 cup boiling water
1/2 to 1 tsp instant coffee powder
1 1/3 cups firmly packed brown sugar
1 cup margarine, softened
1 egg
1 1/2 tsp. vanilla
3 cups oatmeal (quick or old-fashioned, uncooked. If using old-fashioned oats, add 2 T flour)
1 1/4 cups flour
1/4 tsp. salt
1/2 tsp. baking soda
1 (8-oz.) package milk chocolate toffee bits
1 1/2 cups semisweet chocolate chips
1 cup coarsely crumbled sugar cones for ice cream (about 5)

Preheat oven to 350°. Line cookie sheets with parchment paper. Dissolve coffee in boiling water, cool to room temperature. In a large bowl, beat sugar and margarine on medium speed of electric mixer until creamy. Add egg; beat well. Beat in coffee and vanilla. Combine oats, flour, salt and baking soda; mix well. Gradually add to creamed mixture, beat well after each addition. Stir in toffee bits, chocolate chips and sugar cones. Drop dough by heaping measuring tablespoons 2 inches apart onto cookie sheets. Bake 12 to 14 minutes, just until golden brown. Cool 1 minute on cookie sheets; transfer to wire rack. Cool completely. Store loosely covered.

AMBROSIA (from Heloise Column) Evelyn Urbanosky

1 16-oz. can chunky pineapple
1 8-oz. can crushed pineapple
1 small package instant pistachio pudding mix
1 cup chopped pecans
1 cup shredded coconut
12 to 16 oz. whipped topping mix
1 cup mini-marshmallows

Mix pineapple with all the liquid together. Sprinkle the pudding mix in it. Mix the coconut into mixture of pineapple and the pecans (which could be toasted). Blend in the marshmallows and the "thawed" whipped topping. This can be used in a trifle dish with angel food cake pieces, pound cake or yellow or white cake of choice.

CHOCOLATE DELIGHT DESSERT

Submitted by Carole Nadeau

Crust:

1 cup flour

1 cup chopped walnuts

1 stick softened butter

Combine and press in Pam-sprayed 13" x 9" baking dish. Bake 350° for 20-25 minutes – cool completely.

(The good part!)

8 oz. cream cheese

1 cup powdered sugar

8 oz. Cool Whip

Mix together and spoon onto the cooled crust layer and pat smooth

(Next good part)

1 pkg. small chocolate instant pudding

1 pkg. small vanilla instant pudding

3 cups whole milk

Mix ingredients and beat 2 minutes

Spread over cream cheese layer

(Now, the piece de resistance)

Top with Cool Whip and sprinkles or grate a Hershey Bar on top!

Note: You will need two 8 oz. Cool Whip containers!

This dessert can be frozen – To thaw, leave at room temperature for 2 hours before serving.

CARROT CAKE

Hildy Chanter

2 cups sugar
1 1/2 cups vegetable oil
4 large eggs, beaten
2 cups all-purpose flour
2 tsp. baking powder
1 1/4 tsp. baking soda
1/2 tsp. salt
1 1/2 tsp. ground cinnamon
1/2 tsp. ginger
1/4 tsp. nutmeg
2 cups finely shredded carrots
1 cup crushed pineapple, drained
1 cup shredded coconut
1/2 cup chopped walnuts

Cream Cheese Frosting:

5 oz. cream cheese, softened
1/2 cup butter, softened
2 1/2 cups powdered sugar
1 T vanilla

Preheat oven to 350°. In a large bowl, beat together sugar and oil. Add eggs, beating well.

In a separate bowl, sift together flour, baking powder and soda, salt, cinnamon, ginger, nutmeg. Blend the flour in with wet ingredients. Gently fold in carrots, pineapple, coconut and walnuts.

Grease and flour two 9" baking pans. Divide the batter equally between the two pans.

Bake no longer than 35 minutes or until the center of the cake bounces back when you touch it. Allow the cakes to cool for 18-20 minutes in the pan, then turn them out on a wire rack to cool completely.

Frosting:

Using an electric mixer, mix butter and cream cheese, scraping down the sides and needed, until the mixture is light and fluffy—about 3 minutes. With the mixer on low speed, add the powdered sugar, 1/2 a cup at a time, until it is thoroughly mixed. Add the vanilla and beat the frosting on medium speed for 2 minutes.

Once the cake has cooled, place one layer on a cake plate. Frost the top of the cake. Place the second layer on top, then use the remaining frosting to cover the top and sides of the cake.

Decorate with additional chopped nuts, if desired.