

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

**2024**

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# SOUPS AND SALADS

## **BROCCOLI CAULIFLOWER SALAD**

Ella Barber

6 cups fresh broccoli, chopped  
2 cups fresh cauliflower, chopped  
10 strips of bacon cooked and chopped  
3/4 cup sunflower seeds  
3/4 cup dried cranberries, coarsely chopped  
1/2 cup red onions, chopped

### Dressing:

1 cup mayonnaise  
3-4 T sour cream  
2 T apple cider vinegar  
1 T sugar  
Salt and pepper to taste

1. Combine the dressing ingredients and whisk until smooth, set aside.
2. In a large bowl, add the broccoli, cauliflower, dried cranberries, red onion, and add the dressing. Toss to coat.
3. Add the sunflower seed and bacon and toss again gently to distribute. (If you are going to prepare the salad the day before serving leave out the bacon and sunflower seeds. Stir them in just before serving.)
4. Serve chilled. ENJOY!

## **CORN CASSEROLE**

Karen Stephenson

Oven 350°  
1 cup Bisquick (can use Heart Healthy version)  
2 T melted butter  
1 egg  
1/2 cup milk  
1 can creamed corn  
8 oz. Monterrey Jack or Pepper Jack cheese  
1 small can chopped green chilies

Mix Bisquick with creamed corn until well blended.  
Spray Pam in 1.5 x 2-inch quart baking dish with deep sides (I use Corning ware).

Pour half of the corn batter into the baking dish.  
Sprinkle cheese then chilies on top of batter.  
Pour remaining batter on top.

Bake for 1 hour. Serve warm or at room temperature.  
Enjoy!

## **TARRAGON CHICKEN SALAD**

Serves 6 (1 cup serving)

Dinah Chancellor

(THANKS, Linda Krimm 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.

## **RAMEN NOODLE SALAD**

Miriam Ward

1 lb. cabbage, shredded  
2 pkgs. Oriental Ramen noodles (beef or chicken  
flavor)  
6 green onions, chopped  
1/2 cup sliced almonds  
1 T butter  
1/3 cup sesame seeds  
1 T vegetable oil

### Topping:

6 T white vinegar  
1 T soy sauce  
1/2 cup oil  
2 seasoning packets from noodles  
1/2 cup sugar

Melt butter and oil in skillet. Break noodles while still  
in packages. Brown noodles, almonds, sesame  
seeds in skillet. Cool. Mix cabbage and green  
onions. Mix all the topping ingredients together and  
whisk. Pour topping over salad.

## **PINEAPPLE SALAD**

Cecelia Mitchell

1 fresh pineapple, cut in small pieces  
1 can fruit cocktail, undrained  
1 small box instant vanilla pudding  
1 container Cool Whip  
Coconut (optional)

Mix all ingredients together and chill overnight.  
Stir and serve.

## **STRAWBERRY SPINACH SALAD**

Carolyn Ernst

### Ingredients:

1/2 cup sliced almonds  
6 cups fresh baby spinach, washed and dried  
2 cups fresh strawberries, hulled and sliced  
1/2 cup red onion, thinly sliced  
1/4 cup crumbled feta cheese  
1/4 cup poppyseed dressing

### Directions

- Add the almonds to a small pan over medium heat. Cook for about 5 minutes, tossing regularly until they become fragrant and turn golden brown. Transfer to a plate to cool.
- Combine spinach, strawberries, red onion, feta cheese, and almonds. Toss gently to mix the ingredients evenly.
- Just before serving, drizzle poppyseed dressing over salad and gently toss to coat.

## **ASIAN SLAW**

Suzi Guckel

2 pkgs. Ramen Noodles (beef or chicken) broken into small pieces - reserve seasoning packets  
1 pkg. Cole slaw  
1 bunch green onions - chopped in small pieces - mostly the white parts  
1 cup slivered almonds - toasted on cookie sheet at 325° for 7 to 10 minutes  
1 cup sunflower seeds

Mix together until the sugar is dissolved:

1/2 cup sugar  
3/4 cup peanut oil  
1/3 cup white vinegar  
2 pkgs. Ramen Seasoning

- In a large bowl mix crushed noodles, slaw and green onion.
- Toss slaw mix while adding the vinegar, sugar and oil mix.
- Add the almonds and sunflower seeds just before serving.

## **GREEN BEAN, TOMATO, FETA CHEESE SALAD**

Greg Braak

Healthy and easy side dish—serves 6

Total time: 20 minutes

1 lb. green beans, trimmed and cut in half

1/2 lb. cherry tomatoes, cut in half

1 cup cubed feta cheese

### For the dressing:

2 garlic cloves finely grated or chopped

2 T olive oil

2 T fresh lemon juice

1 tsp. salt

1/2 tsp. pepper

Bring a large pot of salted water to boil.

Add the green beans and cook for 5 minutes.

Remove and place in a bowl of ice water to stop the cooking immediately. Drain and add to a serving bowl.

Mix the dressing ingredients together then pour over the green beans. Mix well and allow to marinate for at least 10 minutes up to 24 hours covered in the fridge. (You can add the feta cheese at this stage as well if you prefer.)

When you are ready to serve, add the feta cheese and tomatoes, toss well and serve.

## **POLISH BEET SALAD**

Pam Klich

Serves 4

3 medium beets

1/4 onion, chopped

1 T balsamic vinegar

1 tsp. lemon juice concentrate

1 T vegetable oil

2 tsp. maple syrup

- Preheat oven to 350°. Cut stems off beets and scrub to clean. Place in oven-proof dish.
- Bake covered for about 1 hour. Remove from oven and cool.
- Once cooled, peel and grate beets on largest vegetable shredder.
- Add chopped onion, vinegar, lemon juice, vegetable oil, maple syrup.
- Mix and refrigerate to cool.

## **PINEAPPLE PECAN CHEESE BALL**

Stephanie Pulley

2 8-oz. cream cheese

1 T seasoned salt

1/4 cup chopped green bell pepper

2 T diced onion

8 oz. can crushed pineapple, drained

Chopped pecans

Mix until combined completely. Shape into a ball. Roll in chopped pecans. Chill overnight for tastiest results. Serve with crackers.

## **COLD CHICKEN AND RICE PILAF**

Sheri Jones

1 chicken breast  
1 Rice a Roni pilaf  
4 green onions  
1 large can artichoke hearts  
1/2 green bell pepper, chopped  
1 can black olives, chopped  
1/3 cup mayonnaise

- Boil chicken and cut into bite-size pieces.
- Prepare Rice a Roni as instructed on box.
- Drain artichokes, saving liquid. Chop artichokes.
- Combine all ingredients.
- Mix reserved artichoke liquid and mayonnaise.
- Add liquids to other ingredients. Stir well.
- Chill 3 hours before serving.

## **SWEET AND SOUR BLACK-EYED PEA SUCCOTASH**

Mila Baris

4 ears corn, shucked  
2 T canola oil, plus more for brushing corn  
Kosher salt and freshly ground black pepper  
1 small red onion, finely diced  
1 small red bell pepper, finely diced  
1 Fresno chile, finely diced  
1 clove garlic, chopped  
One 15 1/2-oz. can black-eyed peas, drained, rinsed well and drained again.  
2 T sugar  
1/4 cup cider vinegar  
1/4 cup chopped fresh parsley

Heat a grill to medium; brush corn cobs with canola oil and season with salt and pepper. Grill until lightly charred on all sides, 2 to 3 minutes per side. Set aside to cool slightly, then slice the kernels off the cobs and reserve.

Heat the 2 T canola oil in a large skillet over medium heat. Add the red onions, bell peppers and Fresno chile; cook, stirring occasionally, until soft, about 5 minutes. Add the garlic and cook 30 seconds. Add the black-eyed peas and cook another 2 minutes. Add the sugar and vinegar; bring to a boil, and cook, stirring occasionally, until the sugar dissolves, about 3 minutes. Fold in the reserved corn and the parsley and transfer to a serving bowl. Serve warm or at room temperature.

## FIESTA SALAD

Ashley Payne

1/4 cup fresh lime juice  
3 T avocado oil  
1 small garlic clove, grated  
1/2 tsp. cumin  
3/4 tsp. sea salt  
Freshly ground pepper  
1 1/2 cups cooked black beans, drained and rinsed  
1 1/2 cups kernels from 2 ears fresh corn (raw)  
1 red bell pepper, stemmed, seeded, diced  
1/2 cup chopped cilantro plus more for garnish  
1/2 cup diced red onion  
1/2 to 1 jalapeño, seeded and diced,  
**OR** 1 serrano pepper sliced  
1 ripe, but firm, avocado, pitted and diced

Whisk dressing ingredients. Add salad ingredients except avocado. Toss to coat. Fold in avocado and season to taste. Extra cilantro for garnish.

NOTE: Avocado should be added shortly before serving.

## EASY MEDITERRANEAN CHICKPEA SALAD

2 14-oz. cans chickpeas, low sodium, drained and rinsed  
1 long English cucumber cut into bite-size pieces  
2 cups grape tomatoes cut in half  
1 large red bell pepper, diced  
1/2 cup red onion, diced  
1/3 cup fresh basil, finely chopped  
1/4 cup parsley, finely chopped  
3/4 cup feta cheese, crumbled

### Lemon vinaigrette:

1/3 cup extra virgin olive oil  
3 T red wine vinegar  
Juice of half a lemon  
1 T oregano, dried  
1 tsp. salt  
1/2 tsp. ground black pepper to taste

Combine salad ingredients and carefully toss with prepared Lemon vinaigrette. Chill and serve.



## **ROASTED CAPRESE SALAD**

Michelle Terry

Slice large tomatoes in half and coat in olive oil.  
Top with garlic rosemary, salt and pepper.  
Place in oven-proof pan.

Roast @ 300° for 2 ½ hours.

Toss arugala, radish slices with balsamic dressing.  
Add shredded mozzarella cheese. Add roasted  
tomatoes, fresh sliced tomatoes, sliced basil and  
drizzle with olive oil, balsamic reduction and salt &  
pepper.

Enjoy!

## **CHICKEN SALAD**

Debbie Smith

6 cups cooked chicken breast, chopped  
1 cup celery, chopped  
1/2 cup red onion, chopped  
1/2 cup red bell pepper, chopped  
1 cup red grapes, quartered  
1 cup green apple, chopped  
Lemon juice to taste  
2 cups Hellmann's mayonnaise

Combine chicken, celery, onion, pepper, apple and  
grapes.

Add mayonnaise and mix well.  
Salt to taste

Chill before serving.

## HAM AND PINEAPPLE PASTA SALAD

Sue Eichelberger

8 ounces rotini or bow tie pasta  
1 can pineapple tidbits (14 oz.) with juice reserved for dressing.  
1 red bell pepper, diced  
2 cups diced ham  
1 green onion, thinly sliced

### Dressing:

1/2 cup mayonnaise or dressing  
1/3 cup pineapple juice  
1/4 cup sour cream  
1 tsp. cider vinegar  
1 tsp. honey  
1/4 tsp. garlic powder  
Salt/pepper to taste

- In a large pot, cook the pasta according to the package directions. Drain the pasta and run it under cold water to cool.
- In a bowl, whisk together all dressing ingredients until smooth.
- In a large bowl, combine cooled pasta, ham, pineapple, bell pepper, green onion, and dressing. Gently toss to combine.
- Refrigerate the pasta salad for at least 2 hours before serving.
- Add more dressing as needed.

**NOTE:** I doubled the dressing. Leftover used for other salads. Prefer 3 onions rather than 1; and 12 oz. bow tie pasta.

## SIMPLE PASTA SALAD

Carole Lee

1 16-oz. package uncooked rotini pasta  
1 16-oz. bottle Italian salad dressing  
2 cucumbers, chopped  
6 tomatoes, chopped  
1 bunch green onions, chopped  
4 oz. grated Parmesan cheese  
1 T Italian seasoning

- Bring a large pot of lightly salted water to a boil. Place pasta in the pot, cook for 8 to 12 minutes until al dente, and drain.
- Toss cooked pasta with Italian dressing, cucumbers, tomatoes, and green onions in a large bowl.
- Mix Parmesan cheese and Italian seasoning in a small bowl, and gently mix into the salad.
- Cover and refrigerate for at least 30 minutes before serving

Enjoy!

## DESSERTS—BREADS, CAKES, COOKIES, PIES

### GERMAN CHOCOLATE PECAN PIE BARS

Robin Pond

Makes about 2 dozen

#### Ingredients:

3 cups pecan halves and pieces  
1 3/4 cups all-purpose flour  
3/4 cup powdered sugar  
3/4 cup cold butter, cubed  
1/4 cup unsweetened cocoa  
1 1/2 cups semisweet chocolate morsels  
3/4 cup firmly packed brown sugar  
3/4 cup light corn syrup  
1/4 cup butter, melted  
3 large eggs, lightly beaten  
1 cup sweetened flaked coconut

Preheat oven to 350°.

Bake pecans in a single layer in a shallow pan 8-10 minutes or until lightly toasted and fragrant, stirring halfway through.

Line bottom and sides of a 13 x 9-inch pan with heavy-duty aluminum foil, allowing 2-3 inches to extend over sides. Lightly grease foil.

Pulse flour, powdered sugar, butter, and cocoa in a food processor 5 to 6 times or until mixture resembles coarse meal. Press mixture on bottom and 3/4-inch up sides of prepared pan.

Bake crust at 350° for 15 minutes. Remove from oven, and sprinkle chocolate morsels over crust. Cool completely on a wire rack (about 30 minutes).

Whisk brown sugar, corn syrup, melted butter and eggs together until smooth. Stir in coconut and toasted pecans, and spoon into prepared crust.

Bake at 350° for 25 to 30 minutes or until golden and set. Cool completely on a wire rack (about 1 hour). Chill for 1 hour.

Lift baked bars from pan using foil sides as handles. Transfer to a cutting board and cut into bars.

Optional: Whisk 1/4 cup of your favorite bourbon into brown sugar mixture.

## ONE-BOWL LEMON-BLUEBERRY QUICK BREAD

Susan Stanek

Zest of 2 lemons

1 cup sugar

1/2 cup EVOO or vegetable oil

1 tsp. vanilla

2 large eggs

2 T freshly squeezed lemon juice

1/2 cup sour cream

2 tsp. baking powder

1/2 tsp. Kosher salt

1 1/2 cups all-purpose flour

\*1 1/2 cups fresh or frozen blueberries

Turbinado sugar for sprinkling (hope y'all know where to find this!)

\*blueberries or blackberries—if blackberries are used, roughly chop them before adding them to the batter.

Heat oven 350°. Grease 8 1/2 x 4 1/2-inch loaf pan with softened butter. Then line pan with parchment paper up and over edges to easily lift out the baked cake.

Rub lemon zest into sugar with your fingers in a large bowl until fragrant. Whisk in oil and vanilla. Whisk in eggs one at a time, vigorously whisking after each. Gently fold in flour. The batter will be slightly lumpy. Fold in 1 cup of berries.

Scrape batter into prepared pan, smooth the top and arrange remaining 1/2 cup of berries over the top, pressing down gently. Lightly sprinkle turbinado sugar on top and bake 60-70 minutes, rotating pan at the halfway point.

The cake is done when a wooden skewer inserted in the center comes out clean. Remove from oven and let cool in the pan for 20 minutes.

Run a knife around the edges, then lift the cake out by gently lifting the parchment paper and transfer to a cooling rack. Let cool at room temperature before slicing and serving.

Keep cake wrapped on the counter for up to three (3) days.

## **WHITE CHOCOLATE AMBROSIA**

Judy McDaniel

1 can of lite fruit cocktail  
(I prefer to double the mandarin oranges and omit fruit cocktail)  
1 20-oz. can crushed pineapple in its own juice  
1 10-oz. can mandarin oranges  
1 small sugar-free, fat-free vanilla instant pudding  
1 small sugar-free, fat-free white chocolate pudding  
1 cup fat-free sour cream  
1 8-oz. fat-free Cool Whip, thawed

Drain canned fruit—reserve 1 1/2 cups of the juice

Mix pudding and juice for two minutes.

Stir in sour cream and Cool Whip

Fold in fruit and chill for one hour minimum.

## **TURTLE BROWNIES**

1 box brownie mix  
Salted caramel chips  
Chopped pecans

Prepare mix as directed.  
Stir in chips and pecans.  
Bake according to directions on the box.

## **BROWNIES**

Barbara Williams

### With Nuts:

Duncan Hines, Dolly Parton's Fabulously Fudgy Brownie Mix—has butter, not vegetable oil.

### Without Nuts:

Duncan Hines, Dark Chocolate Fudge Brownie Mix—has vegetable oil.

## SIDE DISHES

### JOE'S BEANS

Joe Krimm

6 oz. bacon, cut into 1/4-inch pieces  
1 large onion, finely chopped  
3 cans (15.5-oz. each) great northern beans  
3 T brown sugar  
3 T molasses  
3 T maple syrup  
3 T basic BBQ sauce  
2 T A-1 sauce  
1 1/2 T dry mustard  
1 1/2 T Worcestershire sauce  
1 1/2 T cider vinegar  
Salt & pepper

- Place bacon and onion in a large pot and heat on medium/high until bacon renders and onion turns translucent/golden brown.
- Stir in beans, brown sugar, molasses, maple syrup, BBQ sauce, A-1 sauce, mustard, Worcestershire sauce and vinegar.
- Simmer about 30 minutes; add salt and pepper as desired.

**NOTE:** Made many times over the last 15 + years and always a hit!

### FRANK'S REDHOT BUFFALO CHICKEN DIP

Barbara Atkins

A good side dish for Joe's Beans!

2 cups shredded cooked chicken  
8 oz. cream cheese  
1/2 cup Frank's Hot Sauce  
1/2 cup Ranch dressing  
1/2 cup blue cheese crumbles

Mix all ingredients together.  
Lightly grease a 1-quart baking dish.  
Spoon mixture into the baking dish and bake 20 minutes in a 350-degree oven.

Sprinkle with chopped green onions and serve with Scoops, crackers or celery.

