

Knowledge @ Noon
“Celebrate Super Foods”



Wednesday, January 20, 2016

12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

*Instructors: Marais des Cygnes Extension District
Master Food Volunteers*

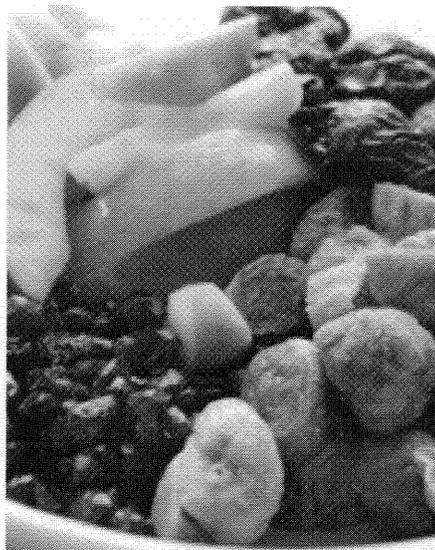
Snacks and Entertaining - Think Small Plates

A long time subscriber recently requested that we work on appetizer ideas for Super Bowl and entertaining.

We set to work with the idea of *tapas* - or small plates - which are a tradition among many Mediterranean countries for meals.

Small plates are easy and fun to make. And as we discovered in a party we gave, they generate a lot of interest and all vegetables consumed!

Here is what we made (see the recipes on the preceding page and below):



Apple and dried fruit platter - Apples are cored and cut in wedges. Serve fresh apple slices on a small colorful plate with a variety of dried fruits. Our choice for these dried fruits included: figs, cranberries and plums. **SPEED TIP:** if you are in a hurry, used apple wedges from the grocery store.

Chips and salsa - if you are going to serve chips, it may as well be with salsa so more vegetables can be consumed. We chose to make a quick home-made salsa with no-salt-added tomatoes.

Fruit plate - use a variety of fresh and dried fruit for color and texture variety.

A variety of **dips and fresh veggie plates** - choose about 6 or 7 different veggies and 2 different dips and make at least 2 different small plates. By mixing them up and serving on a variety of small



Home made salsa and chips - We made the salsa with no-salt-added canned tomatoes blended with a little hot pepper sauce. Serve with corn tortilla chips on a small colorful plate. You can also serve this low-sodium salsa with fresh veggies or warm rolled corn tortillas.

dishes they generated interest and can be placed around the room.

Pinwheels - we spread a flour tortilla with hummus and rolled it up with diced tomatoes in the center. Many more ideas came to mind - with peanut butter/fruit, black bean spread, feta/veggie and more being possibilities. Of course we served these with more tomatoes in the center for an accompaniment.

You can make all of these options a day ahead of time and store covered in the refrigerator.



Vegetables with hummus - Mix hummus with some tomato paste for a nice red color. Place the hummus in a small cup and put in the center of a small colorful plate. Arrange a variety of fresh vegetables around the hummus. We chose celery, grape tomatoes and fresh broccoli.

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Making nutrition education look and taste great!

Choosing better snacks over just one week can save big calories and bucks!

Apples versus chips

Take a look at our chart on the right. If you fill your refrigerator with one pound of apples and eat those in place of one pound of chips during the week, you will save \$2.29 and 2016 calories.

Over the course of one year this represents more than \$100 and 10,000 calories - or almost 3 pounds.

Plus apples contain a lot of benefits that are good for you. They have fiber and especially soluble fiber that helps lower cholesterol. They are rich in minerals that can help keep blood pressure in check.

Here are some more delicious ideas for items you can keep on hand for better snacking:

- ☀ Nonfat yogurt
- ☀ Bananas
- ☀ Baby carrots

	1 pound chips	1 pound apples	You Save
\$\$\$ Per Person	\$3.50	\$1.21	\$2.29
Calories Per Person	2240	224	2016

Keep healthful foods on hand so you can prepare a variety of salads, fresh fruits, whole grains and other good choices at home.

- ☀ Red grapes
- ☀ Raisins
- ☀ Dried cranberries
- ☀ Berries
- ☀ Pears
- ☀ Tangerines
- ☀ Sodium-free lowfat crackers
- ☀ Melon
- ☀ Broccoli
- ☀ Celery Sticks
- ☀ Microwave baked potato or yam



Here is another way to use apples during the week - we have wedged them and microwaved them to make apple sauce for snacks and desserts all week.

Microwave-baked apples

8 apples, cored and wedged

1/2 cup sugar

1 teaspoon cinnamon

1/4 cup water

Place apples in microwave-safe container and microwave on high for 10 minutes. Stir and serve warm or refrigerate for later use.

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Planning for Snacks

What is a Snack?

A snack is a food and/or beverage consumed between meals when you are hungry or bored. It should be:

- nutrient-rich and planned as part of your daily menu.
- satisfying enough to “tide” you over until the next meal without spoiling your appetite.
- smaller than a regular meal.
- quick, convenient and easy to make.
- tasty and eye-appealing.
- low in fat (total, saturated and trans fat), sodium (salt), cholesterol, added sugars and alcohol.

Choose Snacks From MyPlate

A smart snack is a mini-meal that helps provide nutrients and food energy. It includes healthy choices from the five food groups in MyPlate, the United States Department of Agriculture (USDA)’s latest food guide. The food groups are grains, vegetables, fruits, protein foods and dairy products. Consume a variety of foods and beverages within each food group. Choose nutrient-rich items to get the most nutrition out of calories consumed.

A few examples of smart snacks are whole-grain breads and cereals, fresh vegetables and fruits, low-fat dairy and lean protein foods. A smart snack includes items from two of these food groups. For example, bean dip spread thin on crackers or a piece of fruit and low-fat milk.

For more information on the five food groups, go to www.choosemyplate.gov.

Keep Healthy Snacks on Hand

Planned snacks help you stay committed to a healthy diet. They also help to balance out the menu, especially if you are planning for children. Make snacking creative, interesting and fun by consuming an array of healthful foods and beverages in moderation.

Keep a variety of tasty, nutritious, ready-to-eat snacks available at home, at work, and anywhere else you need to take the edge off hunger. This will help eliminate unhealthy eating from vending machines, fast food restaurants, convenience stores, and a poorly-stocked home kitchen.

Stock your shelves, refrigerator and freezer with your favorite healthy snacks, such as cut-up raw vegetables (e.g. broccoli, cauliflower, carrots), favorite breads, muffins, bagels, pretzels, graham crackers, low-fat cheeses, string cheese, yogurt, pudding, fruit, low-fat ready-to-eat meats, 100% fruit juices and 100% vegetable juices. If you have children, stock a snack drawer in the refrigerator that they can reach and help themselves.

Do not buy tempting, high-calorie foods and fried foods, which are filled with fat and calories. This includes snacks such as French fries, burgers, regular soft drinks, doughnuts, cookies, candy bars, cakes and other prepackaged sweets.

When you buy items in bulk or occasionally splurge on some cookies, chips or ice cream, you should store them in an inconvenient place or out of sight (e.g. on a high shelf or in the back of the freezer).

Know When to Snack

A healthy snack satisfies between-meal hunger. It allows you to go to lunch or dinner without being overly hungry and able to make healthy choices.

Enjoy a snack two to three hours before a meal so that your appetite isn't ruined for the next main meal. Eat slowly to savor the flavor of the food.

Spread your snacks throughout the day. Going hungry for long periods may cause you to crave high carbohydrate foods (e.g. cookies and chips) that are often full of refined sugars, have too much fat and are low in fiber. Try not to do all your snacking in the evening.

Your child learns snack habits by watching you, so be a good role model. Do not snack "mindlessly" while watching TV or doing another activity. If you are bored, frustrated or stressed, find something else to do (e.g. take a walk, do your nails, read a book or play with your kids). Be aware that social situations (e.g. going to a party, dating or entertaining friends and family) also can trigger eating, even when you're not hungry.

Take a little time to talk to your child or do something fun with them. Sometimes children say they're hungry when they really want attention. Don't offer your child a snack to quiet tears, calm them or reward behavior. That can lead to emotional overeating later in life.

Remember to brush your teeth after snacking, especially after eating sugary and starchy foods, such as bread, crackers and sweet foods. Snacks that include milk or cheese help prevent tooth decay, while fruits and vegetables keep teeth and gums healthy.

Practice Portion Control

Eating a small portion of food can take away hunger pangs between meals without spoiling your appetite for the next meal. Pay attention to portion size, because many people eat enough for several servings. Examples of appropriate portion sizes are four to six crackers, one regular size muffin or a piece of fruit.

To limit the amount of food or drink consumed:

- Choose a small-size snack, and avoid "super," "mega" and other oversized items.
- Serve it in the smallest plate, bowl, cup or container possible.
- Share a large snack with a friend, or save some of it for later.

Try single serving packs, either the ones from the grocery store or packs that you make up yourself in zip lock bags. These are easy to carry and may keep you from over-eating the junk food that you really want. Be aware, however, that many of the 100-calorie snack packs from the grocery store are not nutritious.

If you buy a large package, divide the food into several small bags or containers. Usually you will eat more if you eat straight from a larger package or bowl.

Don't let a snack replace a meal. If a snack sometimes takes the place of a meal, however, choose meal-type food (e.g. a sandwich, a hearty salad or a small entrée).

Snacking does not cause weight gain. Regardless of what you eat and drink, you gain weight by consuming more calories per day than you use for energy. Most of the extra calories usually come from eating large portion sizes, sweet and salty snacks, regular soft drinks and food purchased away from home. When you eat high-calorie items, balance them with plenty of low-calorie foods.

Read Food Labels

Always read the Nutrition Facts Food Label on snack foods. Compare products to decide which one is best for you.

The Nutrition Facts label will help you determine the fat, sodium, cholesterol, vitamin, mineral and fiber content of foods, as well as the number of calories. Choose foods and beverages that are low in fat (total, saturated and trans fat), cholesterol, salt, added sugars and alcohol.

Consider the serving size and the number of servings in the container. Sometimes snack packages provide more than one serving. If the

package says “Serves 2,” it contains twice the calories listed on the Nutrition Facts panel.

Check the ingredients list, which tells what’s in the food. All ingredients are listed in order of weight, or concentration, with the largest amount listed first and the smallest amount listed last. Avoid cookies, bakery products and other foods that contain coconut, palm and palm kernel oils, as well as trans fats and hydrogenated fats. The word hydrogenated is the process of adding more hydrogen to vegetable oils, which makes them saturated and unhealthy.

Beware of “low-fat” foods, which may have the same calories as regular foods. Sugar often replaces the fat to keep the flavor.

Eat whole fruits and vegetables, which contain fiber and other nutrients not found in juice. Drink juice in moderation, and always choose 100% vegetable juice and 100% unsweetened fruit juice.

Healthy Snacking Tips

- Use snacks to fill the nutritional gaps in your diet.
- Choose a solid snack, which satisfies longer than a liquid snack. Research shows that people eat less food at mealtime if they consume a solid snack than a liquid snack with the same amount of calories.
- Vegetables and fruits are good snack choices, because they are low in calories and high in fiber, vitamins and minerals. They also can decrease the risk for certain cancers and heart disease. Seasonal vegetables and fruits taste great and are less expensive.
- Choose snacks that provide dietary fiber as well as other nutrients. Some good sources of dietary fiber are fresh fruits with edible seeds (berries) or skins (apples, peaches), dried fruits, raw vegetables and whole-grain bread or crackers (whole-wheat, rye).
- Enjoy a lean-protein food with a small amount of fat. This makes you feel satisfied and staves off hunger longer. Protein takes longer to digest, and fat helps slow the amount of time that food reaches your intestines from the stomach.
- Surround yourself with healthy snacks in small portions. Stash them in your

refrigerator, desk drawer, briefcase, backpack, gym bag and car.

- Try new food or different forms of your old favorites, such as frozen bananas or grapes.
- Eat sensible portions. Single-serve containers can help you limit portion sizes. Choose the smallest plate, bowl or container possible, because the bigger the container, the more you tend to eat, although you think you’re eating the same amount. Don’t eat directly from the package. Skip “super” and “mega” size drinks and snacks.
- Be aware that adding snacks on top of your usual diet may lead to weight gain.
- When you have a high-fat snack during the day, eat a low-fat dinner to stay within your daily limits of calories, fats and salt.
- At an office celebration, eat only a small piece of cake. When it’s your turn to bring a snack, bring bagels and fruit instead of doughnuts.
- Let your child decide when they’ve had enough. If they are still hungry after eating an amount appropriate for their age, then let them ask for more.

Healthy Snacks

When you crave something sweet, sour, salty, savory, crunchy or chewy, choose a healthful snack that is low in calories, added sugar and fat like these foods and beverages.

- apple or banana with peanut butter*
- cheese sandwich
- string cheese or individually wrapped cheese slices
- carrot sticks or other ready-to-eat raw veggies with low-fat dressing or tofu dip
- cereal with milk
- fruit and yogurt smoothie
- fortified cereal bar
- fruit flavored yogurt
- frozen fruit bar
- canned fruit packed in juice
- peanut butter and pretzels
- whole-wheat crackers with bean dip
- hummus (chickpea dip) and pita bread
- salsa and baked tortilla chips
- 100% unsweetened fruit or vegetable juice

- glass of plain or chocolate milk
- hard-cooked egg
- cold piece of roast chicken
- trail mix (ready-to-eat cereals mixed with raisins or other dried fruit)
- ¼ cup nuts
- ¼ cup sunflower seeds

*Slicing the fruit makes it seem like more food. Natural peanut butter tastes like real peanuts and has no added sugar or salt.

Healthy Beverages

Many beverages provide important nutrients while quenching your thirst. However, other beverages provide lots of calories and little else. Follow these tips when choosing a nutritious beverage.

- Water is a low-cost drink that satisfies thirst without adding calories or sugars. Calorie-free seltzer or sparkling waters also are healthy choices.
- Choose only 100% vegetable and fruit juices, which do not contain added sugar or high fructose corn syrup. Although 100% juices can be part of a healthful diet, they lack dietary fiber found in whole fruits and vegetables and when consumed in excess can contribute extra calories. The majority of fruits and vegetables consumed should come from whole or cut up pieces. Limit fruit juice to six ounces per day for one- to six-year-olds and 12 ounces per day for seven- to eighteen-year-olds. Remember that punches, ades and most fruit “drinks” contain only a little juice and lots of added sugars. A 12-ounce serving of fruit drink or ade contains about 12 added teaspoons of sugar. Non-diet soft drinks have about 9 teaspoons of added sugars but little nutritive value.
- Drink low-fat and fat-free milk instead of whole and 2% milk. Children will get the same amount of calcium, vitamin D and other nutrients without all the fat found in whole and 2% milk. However, do not give low-fat or fat-free milk to a child under the age of two, because they need the extra fat to grow and develop.
- Low-fat soy, almond and rice “milks” also are healthy choices if they are fortified with

calcium and vitamin D. Read the label to check for fortification.

- Consuming four to six cups of green, black or oolong teas, which contain antioxidants, may reduce your risk of gastric, esophageal and skin cancers and may protect you from heart disease and stroke.

Vending Machine Snacks

Some vending machine snack items are better than others. Choose a single-serving item that is either low in fat or low in sugar, and skip the candy bars. Read the food label to find out the number of servings in the package, because sometimes snack packages provide more than one serving.

Pretzels, which are low in fat, are always a good choice, although they are high in carbohydrates. Scrape off the salt to reduce the sodium content. Other good choices include: a piece of fresh fruit, sugar-free yogurt, milk, bottled water, fig bars, trail mix, peanuts, light popcorn, whole grain crackers and baked chips.

If you must eat something sweet, choose a small bag of peanut M&M’s instead of regular M&Ms, because the peanuts provide a little protein. Crackers with peanut butter provide some protein, but they also are high in fat. A fudgsicle, sugar-free hot chocolate or chocolate pudding, or a Peppermint Pattie are much lower in fat and calories than a chocolate bar or M&Ms.

To make it hard to buy a high calorie snack, don’t carry money for vending machines. Plan ahead and take a nutritious snack or meal from home instead.

What if you have to choose between eating food from a vending machine and skipping a meal? Then grab something from the vending machine, but make your choice as healthful as possible.

For More Information

For additional information on snacks for children and teens, refer to [HGIC 4115, *Smart Snacking*](#). To learn more about calorie-controlled snacking, refer to [HGIC 4123, *Snacks With 100 Calories or Less*](#).

Revised by Janis G. Hunter, HGIC Nutrition Specialist, 11/12.
Originally prepared by Janis G. Hunter, HGIC Nutrition Specialist, and Katherine L. Cason, Professor, Department of Food, Nutrition and Packaging Sciences, Clemson University, 12/09.

Simple Chicken Noodle Soup

- 4 cup low sodium Chicken Broth or Certified Organic Chicken Broth
- 1 medium carrot, sliced
- Generous dash pepper
- 1 stalk celery, sliced
- ½ cup uncooked medium egg noodles
- 1 cup cubed cooked chicken

Mix broth, pepper, carrot & celery in saucepan. Heat to a boil. Stir in noodles & chicken. Cover and cook over medium heat 10 minutes or until noodles are done. Serves 4

Dilly Crackers

- 1 package of dry Ranch Dressing mix
- 1 Tablespoon dill weed
- ½ teaspoon garlic powder
- 2/3 cup canola oil
- 1 10 oz. package Oyster Crackers

Mix dry ingredients together. Sprinkle on crackers. Add oil and mix well. Store in air tight container. *Recipe submitted by Jerri Hefling, MFV.*

Cheesy Meatballs

- 1 lb. bulk Italian sausage
- 1 lb. ground beef
- ½ cup whole milk
- ½ cup dried parsley flakes
- 1 cup bread crumbs
- ½ teaspoon garlic powder
- 2 teaspoon salt
- 1 teaspoon pepper
- 2 eggs
- ¼ cup parmesan cheese
- 1 jar spaghetti sauce (or make your favorite)
- Cubed mozzarella cheese (sticks)

Mix first 10 ingredients together. Form meatballs around cheese cubes. Pour ½ sauce in crockpot. Add meatballs. Pour rest of sauce over meatball and cook on high 2-3 hrs.

Recipe submitted by Ann Detwiler, MFV

Stuffed Grilled Cheese Rolls

Stuffed Grilled Cheese Rolls are a pull-apart goodness to dip into your soup! The crust on top is crispy thanks to some melted butter & the inside is stuffed with some melty cheese. It's almost too simple & delicious to be true!

1. Start by thawing 12 Frozen White Dinner Rolls in a greased 8x8" square dish.
2. Cut twelve, 1 ½" cube of cheese or use cheese sticks. .
3. Flatten a roll & wrap a cube of cheese in the center. Pinch the roll dough together to make a good seal. Repeat with the remaining rolls. Some of the cheese may still sneak out the bottom when it's baking, but try your best to seal it tight.
4. Re-grease the dish & place the rolls back inside, seam-side down. Cover with plastic wrap that has been greased with pan spray. Allow the rolls to puff up/rise. After the rolls have risen, brush 2 Tbsp. of butter over & in-between any cracks of the rolls. This creates that crisp of the "grilled cheese."

Bake at 350° F for 15-20 minutes or until the rolls have browned. Check the doneness by making sure the dough is baked where the rolls touch each other. Pull rolls apart & enjoy with hot soup! Be careful, the melty cheese is hot!

Recipe submitted by Ann Detwiler, MFV

Garlic & Herb Cheese Bombs

by Jamie @ Love Bakes Good Cakes

Yield: (20 bombs)

Ingredients

- 2 cans (7.5 oz. each) refrigerated biscuits
- 4 oz. Mozzarella cheese, cut into 20 cubes
- 4 Tablespoon butter, melted
- ½ teaspoon Italian seasoning
- ½ teaspoon garlic powder

Instructions

1. Preheat oven to 400°F.
2. Separate biscuits. Place on cube of cheese in the center of each biscuit. Carefully wrap the biscuit dough around the cheese and seal. Place seam side down about an inch apart on an ungreased baking sheet. Bake 10 minutes or until the biscuits are golden brown and the cheese is melted.
3. While the biscuits bake, mix the butter, Italian seasoning and garlic powder together and set aside.
4. Remove the biscuits from the oven and immediately brush with butter mixture. Serve warm.

Confetti Dip

- 1 Package Hidden Valley Dip Mix
- 16 oz. sour cream-lite
- 1 cup shredded cheese (Colby, sharp cheddar, Swiss)
- ¼ cup bacon bits

Mix together. Keep in refrigerator.

Use dip for veggies or crackers.

Very Good!

Recipe from Abby Hedrick

Dip for Raw Veggies

- 1 cup mayonnaise (can use low-fat mayo)
- 1 cup sour cream (can use low-fat sour cream)
- 1 package of Hidden Valley Ranch salad dressing mix
- 1/2 teaspoon ground thyme
- 1 teaspoon curry powder
- 1/2 teaspoon garlic salt
- 4 teaspoons white vinegar
- 4 teaspoons canola salad oil (or your choice)

Blend together by hand or mixer until well mixed.

Refrigerate in covered container up to two weeks.

Recipe submitted by Janet Rhea, MFV

Ham Roll-Ups

- 1 pkg. (8 oz.) cream cheese, softened
- 1 can (2 ¼ oz.) chopped ripe olives, drained
- 1/3 cup thinly sliced green onions
- 8 to 10 thin slices fully cooked ham

In a mixing bowl, beat cream cheese until smooth; stir in the olives and onions. Spread over ham slices. Roll up, jelly-roll style, starting with a short side. Chill for at least 1 hour. Just before serving, cut into 1-inch pieces.

Yield: 40 appetizers

Nutrition Facts: 1 serving (prepared with fat-free cream cheese & reduced-fat ham) 27 cal., 1g fat, 259mg Na, 1g carb, 4g protein. Diabetic Exchange: ½ meat

Recipe from lightandtasty.com/holidayrecipes2006

Triple Cheese Ball

- 2 8-ounce packages cream cheese, softened
- 2 ounces bleu cheese, crumbled
- 1 glass Old English Cheddar cheese
- 1 small white onion, finely chopped
- 1 clove garlic, minced
- 1 pimiento, finely cut

Place all ingredients in large mixing bowl.

Beat until well blended.

Chill until firm enough to handle.

Spoon onto waxed paper; shape into a large ball.

Decorate with chopped parsley, chopped pecans, chopped ripe olives and/or chopped pimiento strips.

Serve with party crackers.

Recipe submitted by Janet Rhea, MFV

Bacon Ranch Cheese Ball

- 2 (8 oz.) cream cheese, softened
- 1 ½ cups cooked bacon, crumbled and divided
- 1 cup sharp cheese, shredded
- 1 Tablespoon Ranch dry mix
- ¼ cup green onion, thinly sliced

Combine cream cheese and shredded cheese. Sprinkle in Ranch dressing. Mix in ¾ cup bacon bits and green onion. Mix well. Roll into a ball then roll in the remaining bacon bits. Refrigerate for at least 30 minutes then serve with crackers or fresh veggies.

Recipe submitted by Viola Lee, MFV

Sideline Smokies

- 1 (16 ounce) pound of bacon
- 1 (14 ounce) package of little smokie sausages
- 1 cup brown sugar

1. Preheat oven to 350 degrees. Line a baking sheet with foil.
2. Cut entire pound of bacon into thirds using knife or kitchen scissors.
3. Wrap 1/3 slice of bacon around each smokie and secure it with a toothpick.
Arrange wrapped smokies on baking sheet. Sprinkle brown sugar on each smokie.
4. Bake for 40-45 minutes or until bacon is crispy and the brown sugar has melted.
5. Serve immediately or keep warm in a slow cooker.

Makes 48 servings. *Recipe is from Betty Crocker.com*

Sherry Chicken Wings

Chicken wings

Sherry (not cooking Sherry)

Lemon Pepper

Soy Sauce

Cook at 300 degrees for 3 to 3 ½ hours

Place a layer of chicken wings in a shallow baking pan (use the throw away foil pans because the cleanup is a mess). Pour enough sherry over the wings to cover the bottom of the pan. Splash with soy sauce and sprinkle with lemon pepper. Cover with aluminum foil and bake.

Every 45 minutes, turn wings over and splash with soy sauce and sprinkle with lemon pepper.

Uncover for the last hour and drain the liquid off so the wings will brown.

Recipe submitted by Debi Doering, MFV

Sausage French Bread Pizza

1 French bread baguette, split lengthwise

1 -2 cups marinara sauce

1 pound Italian sausage, crumbled, cooked, and drained

2 cups shredded mozzarella cheese

1. Preheat oven to 450 degrees. Line baking sheet with foil.
2. Place baguettes on baking sheet with cut sides up. Spread with marinara sauce.
3. Sprinkle with sausage and shredded cheese.
4. Bake about 10 minutes until cheese is bubbling. Sprinkle with parmesan cheese if desired. Cut into serving pieces

From Food Network Magazine

“Hot” Pretzels

2/3 cup olive oil

1 teaspoon lemon pepper

1 teaspoon garlic powder

1 package Hidden Ranch dressing

¾ teaspoon cayenne pepper (or less)

1 pound bag mini pretzels

Mix the dry ingredients with the oil. Place the pretzels in a gallon ziploc bag and add the oil mixture. Toss to combine.

Recipe submitted by Viola Lee, MFV

Nuts and Bolts AKA Chex Mix

In a large pan mix 2 Cups each of the following

Wheat Chex

Corn Chex

Rice Chex

Pretzels

Cheerios

Cheese Crackers

1 Can Mixed Nuts

Stir all together

Mix the following with a whisk in a bowl or measuring cup

1 cup vegetable oil

1 Tablespoon Worcestershire sauce

1 teaspoon garlic salt

1 teaspoon seasoned salt

Pour the mixture over the cereal mix and stir until cereal mix is well coated. Bake at 250° F. for 45 minutes, stirring every 15 minutes.

Recipe submitted by Debi Doering, MFV

Reindeer Chow

Combine waffle pretzels or broken mini twist pretzels, M&M's, cinnamon candies (like red hots), Cocoa Puffs cereal, or Frosted Mini-Wheat or Rice & Corn checks.

Place in a holiday tin.

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Spiced Pecans

2 egg whites

1 teaspoon water

3 cups pecans

6 Tablespoon Sugar

1 ½ teaspoons salt

1 ½ teaspoons pepper

1 teaspoon cinnamon

¼ teaspoon Allspice (optional)

Beat egg whites and water until frothy. Mix sugar, salt, pepper, cinnamon and allspice together. Stir pecans into egg mixture until well coated and then add dry ingredients and stir until well coated. Bake pecans on parchment paper in a 250° F. oven for 1 hour stirring every 15 minutes.

Recipe submitted by Debi Doering, MFV