

Knowledge @ Noon

“Favorite Party Foods”



Wednesday, December 17, 2014

12:00 - 1:00 p.m.

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

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Instructors:

Marais des Cygnes Extension District Master Food Volunteers

TINY TASTES Can Total BIG CALORIES Over the Holiday Season

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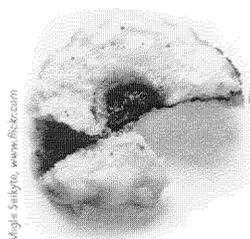
Know how. Know now.

Alice Henneman, MS, RDN, Extension Educator

UNL Extension in Lancaster County • Web: food.unl.edu • E-mail: ahenneman1@unl.edu

THE EXTRA CALORIES sometimes sneak up on us over the winter holidays. They don't always arrive in the form of large portions of calorie-laden food. Rather, they may tiptoe in through many tiny tastes throughout the day.

Let's look at "Holly Day's" food diary for one day and view how those "tiny tastes" can add up. Calories are approximate and will vary, depending on brand, recipe, exact serving size, etc.



Migie Jallayo, www.flickr.com

TASTE 1

Oops! I broke that cookie removing it from the baking sheet. I'll just eat the half that didn't get all crumbled up. I deserve it for getting up early to bake these cookies before heading to work.

Approx. 30 calories

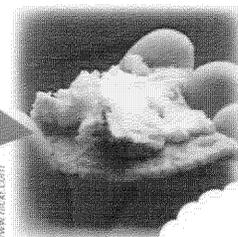


Kate Hopkins, www.flickr.com

TASTE 2

Someone brought holiday candy to work today! I'll just have one small piece of the peanut brittle.

Approx. 80 calories



Hodan Hignis, www.flickr.com

TASTE 3

It's mid-afternoon and I still haven't eaten lunch. I need to pick up a few things at the grocery store before I swing through a fast food place for a quick bite. The grocery store is offering food samples – I'll just eat a little cracker with spread to tide me over until I get to lunch.

Approx. 40 calories



Melanie (ellavivani), www.flickr.com

TASTE 4

The fast food place is giving out 1/4 cup samples of its special flavored holiday coffee. I can't pass that up!

Approx. 20 calories

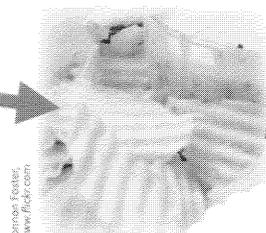


Iris Shreve Garratt, www.flickr.com

TASTE 5

Still a couple of hours to go at work before I head to the holiday dinner tonight. I think I'll check out the break room to see if any more goodies have shown up. Some chocolate-covered cherries have appeared! Chocolate is good for you, right? I'll just have one.

Approx. 60 calories

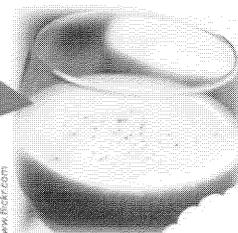


Lorimar Foster, www.flickr.com

TASTE 6

It's a great dinner party, but maybe I shouldn't stand near the snack table before the meal starts. I'm now dipping my third chip.

Approx. 75 calories

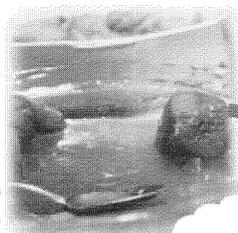


Jeanne Weirin, www.flickr.com

TASTE 7

Who can pass up old-fashioned eggnog? I'll just have a half cup.

Approx. 200 calories

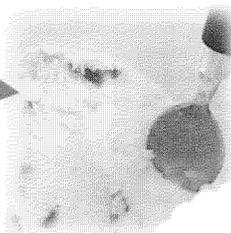


Kelly Tague, www.flickr.com

TASTE 8

There are just a couple of tablespoons of candied sweet potatoes left. Someone should enjoy them – it might as well be me!

Approx. 60 calories



Dae West, www.flickr.com

TASTE 9

The nice thing about helping dish up dessert is you can take a little "preview" taste – using a separate tasting spoon, of course! One heaping tablespoon of candy cane ice cream coming right up!

Approx. 70 calories

TOTAL TASTING CALORIES FOR THE DAY
635

If comparable types of "tiny tastes" are continued throughout the holidays, it might be possible to gain as much as a pound a week! On average, an additional 3,500 calories above your body's needs can lead to a weight gain of a pound. On the flip side, cutting back on just 100 extra calories per day can lead to a weight loss of 10 pounds per year. Maybe the tiny taste isn't so small after all.



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CHANGES



Sidestep holiday portion pitfalls with these tips



The holidays can be crazy, but don't let all the festivities derail your journey to good health. Try these strategies for successful portion control during the holidays.

Portion Control Tip #1: Get Online

If you're having a holiday gathering at a restaurant or coffee shop, check out the website. Lots of these places have made their **nutrition information available online**. What are the best options?

Look up the calorie, sodium, and fat content of your order before you head out the door. Make sure that the portion size is reasonable. If it's not, look for alternatives. Or **have a snack** to stave off temptation.

Portion Control Tip #2: Share

If you want to get or make something that only comes in a large portion, **share it with**

a friend or family member. Whether you're at a restaurant or a holiday party, it can be easier than you think to share a large portion of food. Portion sizes are so huge that you will usually feel full, even after splitting a special holiday meal.

Plus, though it may sound corny, this is the season of giving. Sharing a meal is a wonderful way to get in the holiday spirit.

Portion Control Tip #3: Read Nutrition Facts Panels

Picking up a treat for a holiday gathering or a quick snack while you're running errands? **Check the labels!**

The Nutrition Facts labels on foods are treasure troves of information. Use the Nutrition Facts to calculate serving size, nutrient content, and much more!



Crab Rangoon Dip - A party favorite!

2 cups crab meat	1 ½ teaspoons Worcestershire sauce
16 oz. cream cheese (2 blocks)	2 Tablespoons powdered sugar
1/2 cup sour cream	½ teaspoon garlic powder
4 green onions, chopped	½ teaspoon lemon juice

1. First, soften the cream cheese in the microwave for about a minute.
2. Chop your green onions. Add them and your two cups of crab meat.
3. Add the sour cream, Worcestershire sauce, powdered sugar, garlic powder and lemon juice.
4. Mix all the ingredients and bake for 30 minutes at 350 degrees. Serve hot with chips or fried wantons or pork rinds.

Baked Spinach Artichoke Dip

1 cup mayonnaise or salad dressing
1 cup freshly grated Parmesan cheese
1 can (14 oz.) artichoke hearts, drained and coarsely chopped
1 box frozen chopped spinach, thawed and squeezed to drain
½ cup chopped red bell pepper
¼ cup shredded Monterey Jack cheese
Toasted baguette slices or assorted crackers for serving

1. Heat oven to 350 degrees. Mix mayonnaise and Parmesan cheese. Stir in artichokes, spinach, and red pepper.
2. Spoon mixture into 1 quart casserole. Sprinkle with Monterey Jack cheese.
3. Cover and bake 20 minutes or until cheese is melted. Serve warm.

Nutrition Information: Serving size 2 Tablespoons: calories 100, fat 9 grams, protein 3 grams, carbohydrate 3 grams. *Recipe from Royce Collins, MFV*

Carrot Spread Surprise Servings: 16

1 (8 ounce) package cream cheese, softened
4 small carrots, grated
1 cup ground pecans
1 tablespoon finely chopped onion
1/4 cup mayonnaise
Salt and pepper to taste

In a medium bowl, thoroughly blend cream cheese, carrots, pecans, onion, and mayonnaise. Season with salt and pepper. Cover, and refrigerate until serving.

Nutrition Information: Servings Per Recipe: 16 Calories: 130 Total Fat: 13g, Cholesterol: 17mg, Sodium: 70mg, Total Carbs: 2.8g, Dietary Fiber: 1.1g, Protein: 1.9g
Printed from Allrecipes.com 12/9/2014

Family Hamburger Soup

1 pound lean (at least 80%) ground beef
¼ cup chopped onions
2 cups diced peeled potatoes
1 cup diced celery
1 pound Green Giant frozen mixed vegetables
5 cups water
6 Beef bouillon cubes
1 14 ½ oz. can diced tomatoes, undrained
1 Tablespoon Worcestershire sauce

In large sauce pan or Dutch oven cook ground beef & onions over medium heat with stirring until beef is thoroughly cooked. Drain.
Stir in all remaining ingredients. Heat to boiling. Reduce heat to low, cover & simmer 18 to 20 minutes or until vegetables are tender. Stir occasionally.

6 Servings, Per serving: Calories 260, Total fat 9g, Sodium 710 mg, Dietary fiber 5g.
Exchanges: ½ starch, 1 other carb, 1 vegetable, 2 ½ lean meat, carb choices 1 ½
Recipe from Sept 2006 *Pillsbury Hamburger*

Sausage Balls

1 pound Hot or regular sausage
8 ounces Grated sharp cheddar cheese
3 cups Bisquick

Mix well with hands & roll into balls 1 to 1 ½ inch in diameter.
Bake at 325°F for 35 minutes. Freeze well. Thaw before baking.

Wisconsin Potato Cheese Soup

2 Tablespoons butter
1/3 cup chopped celery
1/3 cup chopped onion
4 cups diced peeled potatoes
3 cups chicken broth
2 cups milk
1 ½ teaspoons salt (optional)
¼ teaspoon pepper
Dash paprika
2 cups (8 oz.) shredded cheddar cheese
Croutons
Fresh chopped parsley

In a large saucepan, melt butter over medium-high heat. Sauté onion and celery until tender. Add potatoes and broth. Cover and simmer until potatoes are tender, about 12 minutes. In batches, puree potato mixture in a blender or food processor. Return to saucepan. Stir in milk and seasonings. Add the cheese and heat only until melted.

Garnish with croutons and parsley.

Yield: 8 servings *Recipe from Country Oct 1991*

BBQ Lit'l Smokies

1 package Hillshire Farm Lit'l Smokies
1 bottle (28 oz.) barbecue sauce
1 cup grape jelly

Open package of Lit'l Smokies and drain off any liquid. Place in 3 quart slow cooker.
Pour barbecue sauce over Lit'l Smokies and stir to combine
Cover and cook on High for 2 hour. Turn heat to Low for serving.

Mini Cinnamon Rolls

2 cans (8 oz. each) refrigerated reduced-fat crescent-roll dough

6 Tablespoons (3/4 stick) unsalted butter, at room temperature

¼ cup granulated sugar

1 teaspoon ground cinnamon

¼ cup golden raisins (optional)

Glaze: 1 cup confectioners' sugar 2 tablespoons milk or orange juice

Place a rack in the center of oven and preheat to 350 degrees F. Open a can of dough and separate it into 4 rectangles, pressing the perforations together. Repeat with second can for a total of 8 rectangles. Spread the butter on the dough. Combine granulated sugar and cinnamon in a small bowl. Sprinkle evenly over dough. Press raisins into dough if desired. Starting from a short end, roll each rectangle up into a cylinder. Cut each roll into 5 equal slices. Place cut-side down on ungreased 9x13 inch metal baking pan. Bake until golden brown, 20 . 25 minutes. Let roll cool in pan while making glaze by whisking confectioners'sugar and milk or orange juice in a small bowl. Drizzle over rolls and serve warm. Makes 40.

Reprinted from Anne Byrn Saves the day! Cookbook.

“Sticky” Buns

18 to 20 Rhodes frozen dinner rolls (place them in a greased bundt pan)

Combine in a sauce pan

½ box of cook and serve butterscotch pudding

½ cup butter

½ cup brown sugar

½ teaspoon cinnamon

Bring to a boil and boil for 5 min. Add ½ cup chopped if desired. Pour over the frozen rolls. Cover the pan with foil and a kitchen towel. Place in oven overnight. Remove the foil and towel and bake in a 350 degree oven for 30 minutes. Let set in pan for 15 minutes before removing. *Recipes submitted by Viola Lee, MFV*

Favorite Old Fashioned Gingerbread

½ cup white sugar

½ cup butter

1 egg

1 cup molasses

½ cup applesauce

2 ½ cups all-purpose flour

2 teaspoons ground cinnamon

2 teaspoons ground ginger

1 teaspoon ground cloves

1 ½ teaspoons baking soda

½ teaspoon salt

1 cup hot water

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9 inch square pan.
2. In a large bowl, cream together the sugar and butter. Beat in the egg, molasses and applesauce.
3. In a bowl, sift together the flour, baking soda, salt, cinnamon, ginger, and cloves. Blend into the creamed mixture. Stir in the hot water. Pour into the prepared pan.
4. Bake 30 . 40+ minutes in the preheated oven, until a toothpick inserted in the center comes out clean. Allow to cool in pan before serving.

Gingerbread Boys

1 cup shortening	1 ½ teaspoons baking powder
¾ cup sugar	1 ½ teaspoons soda
¾ cup molasses	1 ½ teaspoons cinnamon
2 eggs	1 ½ teaspoons ground cloves
4 ½ cups flour	1 teaspoon ginger
¾ tsp. salt	¾ teaspoon nutmeg

Cream shortening, sugar and molasses. Add eggs. Sift dry ingredients together and add to creamed mixture. Mix well. Chill dough for several hours. Roll out dough on floured surface and cut out ~~boys~~ Bake at 350 for 8-10 minutes. Yield 3 doz. medium cookies.

Cranberry Nut Bread

1 cup cut up cranberries	1/2 teaspoon soda
1 Tablespoon grated orange rind	½ cup chopped pecans (optional)
2 cups flour	2 Tablespoons melted shortening
1 cup sugar	1 egg (well beaten)
1 1/2 teaspoon baking powder	¾ cup orange juice
1 teaspoon salt	

Whisk together the dry ingredients. Stir in the orange juice, orange rind, egg, and shortening just to moisten.. Fold in the cranberries and nuts. Pour into a greased and floured bread pan. Bake for 60 min. or until done in a 350 degree oven. Cool on rack for 15 minutes. Remove from pan and cool completely before wrapping. Can be frozen. *Recipe submitted by Viola Lee, MFV.*

Lemon Twist

1 cup milk	1 Tablespoon lemon peel
2 Tablespoons butter	¼ teaspoon ground nutmeg
2 Tablespoons sugar	½ cup candied cherries, cut in halves
1 ½ teaspoons salt	½ cup raisins
1 package active dry yeast	3 ½ cups all-purpose flour
1 egg	

Heat milk and butter on low until lukewarm. Combine sugar and salt in large bowl of electric mixer. Add warm milk and butter. Add yeast and mix on low until dissolved. Beat in egg, lemon peel, nutmeg, cherries and raisins. Add 3 cups of flour, 1 cup at a time, making sure flour is mixed in well after each addition. Place remaining 1/2 cup flour on cutting board or pastry cloth. Turn dough onto board and knead until smooth. Shape dough into a ball and place in greased bowl. Let rise in a warm place (80degrees) until doubled. Punch down, let rest 5 minutes. Divide dough into two equal parts. Form each part into a ~~loaf~~ about 18 inches long. Twist the two strands together to form a loaf. Place on a greased baking sheet. Let rise until doubled. Bake at 375 degrees for 20-25 minutes. Frost while hot.

Lemon Frosting

1 cup powdered sugar	1 teaspoon lemon peel	3 teaspoons light cream
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Mix together powdered sugar, lemon peel and cream. Beat until smooth. Drizzle over hot lemon twist loaf. Decorate with candied fruit and nuts. (I added lemon juice to frosting too.)

Recipe submitted by Barbara Wilson, MFV

Walnut Streusel Bread

Hands on time: 15 min. Total time: 1 hr. 15 min.

Streusel:

1/3 cup packed brown sugar	Dash of salt
1/3 cup rolled oats	2 Tablespoons butter, melted
1 Tablespoon all-purpose flour	2 Tablespoons chopped walnuts
1/4 teaspoon ground cinnamon	

1. Preheat oven to 350 degrees.
2. To prepare streusel, combine first 5 ingredients in a medium bowl. Add 2 Tablespoons melted butter, stirring until well combined. Stir in nuts. Set aside.

Bread:

2 cups all-purpose flour	2/3 cup granulated sugar
1/2 teaspoon baking soda	3 large eggs
1/2 teaspoon baking powder	1 teaspoon vanilla extract
1/2 teaspoon salt	1 cup fat-free buttermilk
5 Tablespoons butter, softened	Baking spray

To prepare bread, combine flour, baking soda, baking powder and salt. Combine 5 Tablespoons butter and sugar in a large bowl; beat with a mixer until well blended. Add eggs, 1 at a time, beating well after each. Beat in vanilla. Beating at low speed, add flour mixture and buttermilk alternately to sugar mixture. Beat just until combined. Scrape half of batter into a 9x5 inch pan coated with baking spray. Sprinkle with half of streusel mixture. Spread remaining batter over streusel; swirl. Sprinkle remaining streusel on top of batter. Bake at 350 degrees for 50 minutes or until a wooden pick inserted in the center comes out with moist crumbs clinging. Cool 10 minutes in pan on a wire rack. Remove from pan; cool completely on wire rack.

Serves: 16 Calories: 187; Fat 6.7g; Protein 3.9g; Carb 27.9g; Fiber 0.7g; Chol 47mg; Iron 1 mg; Sodium 200 mg; Cal 40 mg. *Recipe submitted by Barbara Wilson, MFV*

Chocolate Jelly Roll

4 egg whites	3/4 cup cake flour
1 cup sugar	1 teaspoon baking powder
4 egg yolks	1/2 teaspoon salt
4 Tablespoons cold water	1/2 teaspoon vanilla
4 Tablespoons cocoa	powdered sugar
	Cool whip or whipped cream

Beat egg whites until stiff; add sugar gradually, beating constantly. In another bowl beat egg yolks with water; blend with first mixture. Sift dry ingredients together; fold into first mixture with vanilla. Line a 10 1/2 x 15 1/2 inch pan with waxed paper; grease pan and paper thoroughly. Pour batter into pan. Bake in 350 degree oven for 18 . 20 minutes. Sprinkle clean cloth with powdered sugar. Turn cake out on cloth, remove paper. Trim edges if needed and roll cake up in cloth for jelly roll. Cool; unroll and spread with cool whip or whipped cream. Roll back up and spread with chocolate frosting if desired or serve with more of the filling mixture.

Serves 10 . 12. *Recipe submitted by Mary Ann Maisch, MFV.*

Strawberry Jelly Roll

4 eggs
1 teaspoon vanilla
1 cup sugar
1 cup sifted cake flour

$\frac{3}{4}$ teaspoon baking powder
 $\frac{1}{4}$ teaspoon salt
Cool whip and strawberries

Beat eggs and vanilla until thick and lemon colored. Gradually beat in sugar until mixture is thick and fluffy. Sift dry ingredients together; add all at once, folding in by hand. Pour into a foil lined pan that has been greased lightly. Bake at 350 degrees for 18 . 20 minutes until light brown. Do not over bake. Turn out on cloth sprinkled with powdered sugar. Peel off foil and trim edges. Roll up as for jelly roll, let cool. Unroll and spread with cool whip strawberry filling. Roll back up and refrigerate until serving time. Serve with more cool whip and berries. Make 10 servings.

Recipe submitted by Mary Ann Maisch, MFV.

Libby's Pumpkin Roll with Cream Cheese Filling

$\frac{1}{4}$ cup powdered sugar (to sprinkle on towel)
 $\frac{3}{4}$ cup all-purpose flour
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon ground cloves
 $\frac{1}{4}$ teaspoon salt
3 large eggs

1 cup granulated sugar
 $\frac{2}{3}$ cup Libby's Pumpkin
1 cup walnuts, chopped (optional)
1 (8 oz.) pkg. cream cheese, softened
1 cup powdered sugar, sifted
6 Tablespoons butter or margarine, softened
1 teaspoon vanilla extract
 $\frac{1}{4}$ cup powdered sugar (optional)

PREHEAT oven to 375 degrees F. Grease 15 x 10-inch jelly-roll pan; line with wax paper. Grease and flour paper. Sprinkle towel with powdered sugar.

COMBINE flour, baking powder, baking soda, cinnamon, cloves and salt in small bowl. Beat eggs and sugar in large mixer bowl until thick. Beat in pumpkin. Stir in flour mixture. Spread evenly into prepared pan. Sprinkle with nuts.

BAKE for 13 to 15 minutes or until top of cake springs back when touched. Immediately loosen and turn cake onto prepared towel. Carefully peel off paper. Roll up cake and towel together, starting with narrow end. Cool on wire rack.

BEAT cream cheese, powdered sugar, butter and vanilla extract in small mixer bowl until smooth. Carefully unroll cake; remove towel. Spread cream cheese mixture over cake. Reroll cake. Wrap in plastic wrap and refrigerate at least one hour. Sprinkle with powdered sugar before serving, if desired.

Caramel Popcorn

2 sticks butter
2 cups packed brown sugar
 $\frac{1}{2}$ cup light corn syrup
1 teaspoon salt

$\frac{1}{2}$ teaspoon baking soda
1 teaspoon vanilla
8 quarts popped corn

Melt butter in large pan; stir in brown sugar, syrup and salt. Bring to boil, stirring constantly. Boil without stirring for 5 minutes. Remove from heat, stir in soda and vanilla. Gradually pour over popped corn in 2 large shallow pans that have been sprayed with oil before corn was put in. Mix well. Bake at 250 degrees for 1 hour, stirring every 15 minutes. Store in air tight container.

Recipe submitted by Mary Ann Maisch, MFV.

Cinnamon Popcorn

8 quarts popped corn
1 cup butter

½ cup corn syrup
1 (9 oz.) package red hots

Put butter, corn syrup and red hots in saucepan. Bring to a boil over medium heat, stirring constantly. Boil 5 minutes, stirring occasionally. Pour over popped corn and mix well. Use 2 shallow pans that have been sprayed with cooking spray. Bake at 250 degrees for 1 hour stirring every 15 minutes. Store in an airtight container.

Recipe submitted by Mary Ann Maisch, MFV.

Aunt Ethel's Caramel Popcorn

1 ½ cup popcorn kernels
2 cups brown sugar

½ cup sorghum molasses
1 teaspoon salt

Pop popcorn.

Bring to a boil oleo, sugar, molasses and salt, boil for 5 minutes. Turn off burner and add ½ teaspoon soda and stir until foams up well. Pour over popcorn and stir. Place in oven at 250 degree for 1 hour. Stir every 15 minutes. Store in air tight container.

Recipe submitted by Jennie Miller, MFV.

Chocolate Truffles (makes 15 truffles)

8 ounces semisweet baking chocolate or white baking bars (white chocolate), chopped
2 tablespoons butter or margarine
¼ cup whipping (heavy) cream
1 tablespoon shortening
1 cup (6 ounces) semisweet or milk chocolate chips or white baking chips
Finely chopped nut or candy decorations, if desired
¼ cup powdered sugar with ½ teaspoon milk to drizzle on finished truffles

1. Cover cookie sheet with aluminum foil. Melt baking chocolate in heavy 2- quart saucepan over low heat, stirring constantly, remove from heat. Stir in butter until melted; stir in whipping cream. Refrigerate 10 to 15 minutes, stirring frequently, just until thick enough to hold a shape.
2. Drop mixture by teaspoonful onto cookie sheet. Shape into balls (if mixture is too sticky, refrigerate until firm enough to shape). Freeze 30 minutes.
3. Heat shortening and chocolate chips over low heat, stirring constantly, until chocolate is melted and mixture is smooth; remove from heat. Dip truffles, one at a time, into chocolate. Place on aluminum foil-covered cookie sheet. Immediately sprinkle some of the truffles with finely chopped nuts or decorating candies.
4. Refrigerate truffles about 10 minutes or until coating is set. Drizzle some of the truffles with prepared drizzle. Refrigerate Just until set. Serve at room temperature. Store in airtight container.
5. Place finished truffles in miniature decorative foil baking cup if desired.

Nutrition Information Serving size 1 truffle, Calories 145, fat 10 gram, carbohydrates 14 grams, sodium 20 mg. *Recipe from Betty Crocker.com*

Heath Bars

Melt 1/2 cup butter and 3/4 cup brown sugar in a sauce pan. Boil 5 minutes, stirring constantly. Pour into a buttered 9" cake pan. Spread 1 cup chocolate bits over the mixture. Cover with foil and let melt. Cool in refrigerator. Cut or break into smaller pieces.

Recipe submitted by Viola Lee, MFV

Texas Millionaires

Melt 2 cups semi-sweet chocolate chips in the microwave-stir so they don't burn.

Add 1 teaspoon vanilla and 1 can sweetened condensed milk and stir well.

Add 3 cups chopped pecans and stir. Drop by spoonful onto waxed paper. Let dry overnight.

Recipe submitted by Beverly Burke, MFV

My Christmas Fudge Recipe

4-1/2 cups sugar	2 oz. unsweetened chocolate, chopped
1 can (12 ounces) evaporated milk	3 cups chopped walnuts, toasted
1/2 cup butter, cubed	2 teaspoons vanilla extract
2 packages (11-1/2 ounces each) milk chocolate chips	4 oz. white baking chocolate, melted
4-1/2 cups miniature marshmallows	

1. Line a 13x9-in. pan with foil; coat with cooking spray.

2. In a heavy Dutch oven, combine sugar, milk and butter. Bring to a rapid boil over medium heat, stirring constantly. Cook and stir 5 minutes. Remove from heat.

3. Stir in chocolate chips, marshmallows and chopped chocolate until melted. Fold in walnuts and vanilla. Immediately spread into prepared pan. Drizzle with melted white baking chocolate; cool completely.

4. Using foil, lift fudge out of pan. Remove foil; cut fudge into 96 squares. Store between layers of waxed paper in airtight containers. Yield: 5-3/4 pounds (96 pieces).

Editor's Note: To toast nuts, spread in a 15x10x1-in. baking pan. Bake at 350° for 5-10 minutes or until lightly browned, stirring occasionally. Or, spread in a dry nonstick skillet and heat over low heat until lightly browned, stirring occasionally.

Nutritional Facts: 1 piece equals 127 calories, 6 g fat (2 g saturated fat), 6 mg cholesterol, 18 mg sodium, 17 g carbohydrate, 1 g fiber, 2 g protein. *Recipe from Taste of Home*

Appetizer Wreath Recipe

2 tubes (8 ounces each) refrigerated crescent rolls	1 1/2 cups chopped fresh broccoli florets
1 package (8 ounces) cream cheese, softened	1 cup finely chopped celery
1/2 cup sour cream	1/2 cup finely chopped sweet red pepper
1 teaspoon dill weed	Celery leaves
1/8 teaspoon garlic powder	

1. Remove crescent dough from packaging (do not unroll). Cut each tube into eight slices. Arrange in an 11-in. circle on an ungreased 14-in. pizza pan.

2. Bake at 375° for 15-20 minutes or until golden brown. Cool for 5 minutes before carefully removing to a serving platter; cool completely.

3. In a small bowl, beat the cream cheese, sour cream, dill and garlic powder until smooth. Spread over wreath; top with broccoli, celery and red pepper. Form a bow garnish with celery leaves. Yield: 16 servings.

Nutritional Facts: 1 serving (1 slice) equals 125 calories, 9 g fat (5 g saturated fat), 21 mg cholesterol, 166 mg sodium, 7 g carbohydrate, trace fiber, 3 g protein. *Recipe from Taste of Home.*

“Hot” Pretzels

Large bag of pretzel bows	¼ to ½ teaspoon cayenne pepper
2/3 cup canola oil	¾ teaspoon garlic powder
3/4 teaspoon lemon pepper	1 package ranch dressing

Place the pretzels in a gallon ziploc bag. Mix the dry ingredients with the canola oil and pour it over the pretzels. Toss the bag several times to coat the pretzels. Best if made the night before.

Recipe submitted by Viola Lee, MFV

Pickle Roll-ups

1 16 oz. pkg. deli ham or turkey or could use thinly sliced ham you have left over etc.

1 8 oz. pkg. of cream cheese - softened so you can spread easily.

Dill pickle spears - small jar - cut the spears in 1/3s or 1/4s to make thin wedges

Spread some cream cheese on each piece of the sliced deli meat to cover almost to the edges.

Lay one of the pieces of the pickle spears - on the short end of the cream cheese and roll up from short end.

Cut into 2 or more pieces depending on size of deli meat. These are eaten with the fingers...won't last long on the plate! Enjoy! *Recipe from Diane Burnett*

Noel Cheese Ball

(2) 8-oz packs cream cheese, softened	1 small onion, finely chopped
2-oz Bleu cheese, crumbled	1 clove garlic, minced
1 glass Old English cheddar cheese	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, ripe olives or pimiento strips.

Serve with party crackers. *Recipes submitted by Janet Rhea, MFV*

Raw Vegetable Dip

1 cup mayonnaise

1 cup sour cream

1 pkg. Good Seasons original salad dressing mix

1/2 teaspoon thyme

1 teaspoon curry powder

1/2 teaspoon garlic salt

4 teaspoon vinegar (cider)

4 teaspoon salad oil

Stir together and pour into choice of bowl

Serve with raw cut veggies such as: carrots, celery, sweet peppers, cucumber, broccoli, radishes, cauliflower, cherry tomatoes

Keeps two weeks in fridge *Recipes submitted by Janet Rhea, MFV*

Christmas Fruit Salad

1 apple
2 oranges
1 teaspoon cinnamon
6 ounces canned whole cranberry sauce

Core and slice apple, peel and section orange. Pulse apple and orange in food processor a few times till coarsely chopped, or just chop them up.
Mix cranberry sauce and cinnamon with apple/orange mixture in bowl and refrigerate until serving.

Nutrition facts: 5 servings per recipes, serving size 135 grams, Amount per serving. ·
calories 113.8, calories from fat 1 % daily value amount per serving.
Total fat 0.2g 0% Saturated fat 0.0g · 0% cholesterol 0.0g · 0% sugars 26.0g · ·
58% sodium 13.6mg · · 0% Total carbohydrates 29.3g · 9%
dietary fiber 2.8g · · 11% sugars 28.0g · · 104% protein 0.7g · · 1

Holiday Punch

1 (32 oz.) bottle of apple juice
1 (12 oz.) can frozen cranberry juice
1 cup orange juice
1 1/2 liters ginger ale
Garnish with apple and/or orange slices.
Recipe submitted by Viola Lee, MFV

Tea Toddy

1/2 cup instant tea
1/2 cup sugar
1 cup Tang
1 teaspoon cinnamon
1/2 teaspoon cloves
1 pkg. Wyler's lemonade mix
Mix well.
Add 3-4 teaspoons of mix to a cup of boiling water.
Recipe submitted by Viola Lee, MFV

An all time favorite recipe for dinner rolls!! They turn out sweet and fluffy just like a restaurant. Not quite as sweet as King's Hawaiian...but almost!!

CAKE MIX DINNER ROLLS

2½ cups warm water (110°)
2 pkg. (4½ tsp) active dry yeast
1 (15.25 oz – 18 oz) yellow cake mix (Duncan Hines French Vanilla)
1 Tbsp. oil
5 cups plain flour
1½ tsp salt

4 Tbsp. butter, melted - for spreading after they come out of oven

In bowl of mixer, pour warm water, sprinkle yeast over warm water, then sprinkle with cake mix. Let sit 5 minutes. Add oil, flour, and salt, mix all together. Knead to combine everything and make a smooth ball. Cover with a warm damp towel or plastic wrap. Let rise 1 hour. Knead lightly again.

Pat out and shape/cut for rolls and place on sprayed baking sheet or divide evenly into 30 pieces, make balls and place in two sprayed 9"x13" pans.

(Can also be made into two large loaves or rolled into cinnamon rolls.)

Let rise until double. Bake at 375° for 12-15 minutes for rolls and 30-35 minutes for loaves.

Brush with melted butter as they come from the oven.