

Knowledge @ Noon

“Patio Meals”



Wednesday, June 15 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*

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Patio Meals

Summer is here and part of the fun is entertaining outdoors even if it is just you and your family. Here are some tips to make the experience safe, comfortable and enjoyable.

Clean the area where you are going to eat. Hose down the patio or deck well in advance so it is good and dry. You don't want any slip and falls. Wipe down chairs and tables. A fresh mowed yard looks nice, feels nice and smells good. Be sure your grill is good and clean in advance of cooking.

Decorate your tables or the area in bright pretty summer colors.

If an evening function is planned, remember you will need lighting. String lights or use candles but if using candles you might want to place them in sand buckets or use a hurricane lantern so they won't blow out if a breeze.

Place a fan or two in the area to help keep guests cool and it will also help to keep the mosquitos away. Have bug spray on hand for anyone who might want to use it. You can also spray the area for bugs but if you do, you want to do it at least an hour in advance of cooking or your guests arriving so you don't contaminate your food.

Cool beverages in ice at least 30 minutes before serving.

Remember to keep cold foods cold and hot foods hot. Place your cold foods in a bowl that will easily set in another bowl filled with ice.

If entertaining in the day, provide some shade for people to cool off.

Don't forget to have a trash can on hand, empty and clean.

Use paper or melamine dinnerware to reduce the risk of breakage and someone getting cut. Use plastic cups or serve beverages in cans rather than glass.

Play some fun summer music. Salsa, reggae or Beach Boys are always good summer music choices.

Yard games are always fun to have on hand and will add to your gathering.

Keep your grill away from where your guests are mingling so people are less apt to bump into it and get burned. Have a meat thermometer on hand and be sure you are cooking meat to the appropriate temperature. Remember that casseroles and such should be served at 160 degrees and you can use your thermometer to test the temperature on those too.

COOLER TIPS

Put ice in the bottom of the cooler for 30 minutes before you pack it, close the lid and let it cool down before you pack it with food and more ice.

Pack your cooler completely with ice and chilled food. A full cooler stays colder longer than a half-empty one.

Keep the cooler lid closed as long as possible, and pack the foods you'll eat first on top.

Pack raw meat in a separate cooler from ready-to-eat foods and drinks

BE COOL

To keep dairy-based dips chilled, fill a large bowl with ice, and sprinkle it with kosher salt. Place the dip bowl on top

Buy a small square inflatable kiddie pool. Fill it up with ice and nestle your bowls, plates, and trays inside. This should take care of most if not all of your cold food items. Wait until the very moment your guests start to arrive before filling the pool with ice and adding your food items.

Freeze your tray before you put the food on it. Right before serving put food on tray and set in a tub of ice.

Fill a plastic storage container with ice and wrap it with a table cloth, set your trays or bowl inside

Put ice packs in the bottom of a bowl, place a dish towel on top of the ice packs and place a smaller bowl or item inside the bowl.

Use Fruit as ice cubes in lemonade and water

Use re-freezable ice cubes.

Use an under-bed storage box filled with ice to put all your cold items in one place. Fill the box with ice and place cold items on top. You can use the lid to keep items covered and keep the bugs away.

KEEP IT HOT

Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook. At home, the cooked meat can be kept hot in an oven set at approximately 200 °F, in a chafing dish or slow cooker, or on a warming tray.

Use 2 aluminum trays. Put water in the bottom one and put the 2nd one on top. Place food from the grill in the top pan to keep it warm without overcooking it.

MONITOR LEFTOVERS

Perishable food like cooked or raw meats and salads should never be left out at room temperature for over 2 hours. When the weather gets hot - above 90 degrees Fahrenheit - your window for leaving food lying out is only 1 hour. Toss any unrefrigerated food if it surpasses the time limit.

I'VE GOT YOU COVERED

Keep bugs away from food with an up-ended wire-mesh colander, food tents, or an upside down flower pot.

Use Popsicle sticks to distinguish the rare burgers from the well-done.

Keep your drinks covered by making a small hole in the center of the cupcake liner, pop a straw through, cover your filled glass, and sip away.

Make your own bowl covers with an embroidery hoop and some mesh screen. Cut the mesh screen a little larger than the embroidery hoop and then place the screen in the hoop. An inexpensive way to keep all the bowls covered.

Put a knob on the top of a flower pot then turn it over and cover a bowl.

<http://www.ksre.k-state.edu/foodsafety/topics/outdoor.html>

Food Safety Outdoors

Barbecue and Grilling

Having a barbecue is a fun way to gather family and friends. Don't spoil the fun and give your guests foodborne illness. Use these resources to provide the safest food possible.

- [Food Safety While Hiking, Camping & Boating |](#)
- [Handling Food Safely on the Road |](#)
- [Barbecue and Food Safety |](#)
- [Foodborne Illness Peaks in Summer - Why? |](#)

Tailgating

- [Keep Food Safety in Mind When Tailgating](#)
- [How to Keep Food Safe When Tailgating](#)
- [Tailgating Tips: Be on the "Offense" Against Foodborne Illness](#)
- [USDA Food Safety Advice for Tailgate Parties](#)
- [Food Safety on the Move](#)

Picnics

- [Eating Outdoors, Handling Food Safely](#)
- [Perfect Food Safe Picnics!](#)
- [How to Prevent 7 Picnic Food Safety Mistakes](#)



FOOD FACTS

From the U.S. Food and Drug Administration

Eating Outdoors

Handling Food Safely

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Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. But these warm weather events also present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical. Read on for simple food safety guidelines for transporting your food to the picnic site, and preparing and serving it safely once you've arrived.



Pack and Transport Food Safely

Keep your food safe: from the refrigerator/freezer . . . all the way to the picnic table.

- **Keep cold food cold.** Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at **40 °F or below** to prevent bacterial growth. Meat, poultry, and seafood may be packed while still frozen so that they stay colder longer.
- **Organize cooler contents.** Consider packing beverages in one cooler and perishable foods in another. That way, as picnickers open and reopen the *beverage* cooler to replenish their drinks, the *perishable foods* won't be exposed to warm outdoor air temperatures.
- **Keep coolers closed.** Once at the picnic site, limit the number of times the cooler is opened as much as you can. This helps to keep the contents cold longer.
- **Don't cross-contaminate.** Be sure to keep raw meat, poultry, and seafood securely wrapped. This keeps their juices from contaminating prepared/cooked foods or foods that will be eaten raw, such as fruits and vegetables.
- **Clean your produce.** Rinse **fresh fruits and vegetables** under running tap water before packing them in the cooler — including those with skins and rinds that are not eaten. Rub **firm-skinned fruits and vegetables** under running tap water or scrub with a clean vegetable brush while rinsing with running tap water. Dry fruits and vegetables with a clean cloth towel or paper towel.
 - Packaged fruits and vegetables that are labeled “ready-to-eat,” “washed,” or “triple washed” need not be washed.

Quick Tips for Picnic Site Prep

Food safety begins with proper hand cleaning — including in outdoor settings. Before you begin setting out your picnic feast, make sure hands *and* surfaces are clean.

- **Outdoor Hand Cleaning:** If you don't have access to running water, simply use a water jug, some soap, and paper towels. Or, consider using moist disposable towelettes for cleaning your hands.
- **Utensils and Serving Dishes:** Take care to keep all utensils and platters clean when preparing food.

Follow Safe Grilling Tips

Grilling and picnicking often go hand-in-hand. And just as with cooking indoors, there are important guidelines that should be followed to ensure that your **grilled food** reaches the table **safely**.

- **Marinate safely.** Marinate foods in the refrigerator — *never* on the kitchen counter or outdoors. In addition, if you plan to use some of the marinade as a sauce on the cooked food, *reserve a portion separately* before adding the raw meat, poultry, or seafood.
Don't reuse marinade.
- **Cook immediately after “partial cooking.”** If you partially cook food to reduce grilling time, do so *immediately before* the food goes on the hot grill.
- **Cook food thoroughly.** When it's time to cook the food, have your food thermometer ready. Always use it to be sure your food is cooked thoroughly. (See **Safe Food Temperature Chart** at right.)
- **Keep “ready” food hot.** Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals. This keeps it hot but prevents overcooking.
- **Don't reuse platters or utensils.** Using the same platter or utensils that previously held raw meat, poultry, or seafood allows bacteria from the raw food's juices to spread to the cooked food. Instead, have a clean platter and utensils ready at grill-side to serve your food.
- **Check for foreign objects in food.** If you clean your grill using a bristle brush, check to make sure that no detached bristles have made their way into grilled food.

SAFE COOKING TEMPERATURES	
as measured with a food thermometer	
GROUND MEAT & MEAT MIXTURES	Internal temperature
Beef, Pork, Veal, Lamb	160°F
Turkey, Chicken	165°F
FRESH BEEF, PORK, VEAL & LAMB	145°F
	with a 3 minute rest time
POULTRY	
Chicken & Turkey, Whole	165°F
Poultry Parts	165°F
Duck & Goose	165°F
Stuffing (cooked alone or in bird)	165°F
HAM	
Fresh (raw)	160°F
Pre-cooked (to reheat)	140°F
EGGS & EGG DISHES	
Eggs	Cook until yolk & white are firm
Egg Dishes	160°F
SEAFOOD	
Fin Fish	145°F
	or flesh is opaque and separates easily with fork
Shrimp, Lobster & Crabs	Flesh pearly & opaque
Clams, Oysters & Mussels	Shells open during cooking
Scallops	Milky white or opaque & firm
LEFTOVERS & CASSEROLES	165°F

Platter Warning:



Prevent
“Cross-Contamination”
When Serving

Never reuse a plate or utensils that previously held **raw meat, poultry, or seafood** for serving — unless they've been washed first in hot, soapy water. Otherwise, you can **spread bacteria** from the raw juices to your cooked or ready-to-eat food. This is particularly important to remember when serving cooked foods from the grill.

Serving Picnic Food: Keep it **COLD/HOT**

Keeping food at proper temperatures — indoor and out — is critical in preventing the growth of foodborne bacteria. The key is to never let your picnic food remain in the **“Danger Zone”** — between **40 °F and 140 °F** — for more than 2 hours, or 1 hour if outdoor temperatures are above 90 °F. This is when bacteria in food can multiply rapidly, and lead to foodborne illness.

Instead, follow these simple rules for keeping **cold foods cold** and **hot foods hot**.

COLD FOOD

Cold perishable food should be kept in the cooler at **40 °F** or below until serving time.

- Once you've served it, it should not sit out for longer than 2 hours, or 1 hour if the outdoor temperature is above 90 °F. If it does — discard it.
- Foods like chicken salad and desserts in individual serving dishes can be placed **directly on ice**, or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently.

Everyone can practice safe food handling by following these four simple steps:

HOT FOOD

Hot food should be kept hot, at or above **140 °F**.

- Wrap it well and place it in an **insulated container** until serving.
- Just as with cold food — these foods should not sit out for more than 2 hours, or 1 hour in temperatures above 90 °F. If food is left out longer, throw it away to be safe.



Corn, Avocado, Bean Summer Salad

Ingredients

2 cups fresh or frozen corn	2 avocados, diced
2 cups grape tomatoes, halved	1 red onion
1 . 15 oz can of black beans, drained and rinsed	¼ cup cilantro

Dressing

2 Tbsp. olive oil	1 teaspoon salt
2 Tbsp. lemon juice	1 teaspoon black pepper

Instructions

1. In a small bowl or measuring cup, add all dressing ingredients and whisk to combine. Set aside.
2. In a food processor add onion and cilantro and pulse until finely chopped, about 30 seconds. (You may also hand chop/finely dice these ingredients)
3. In large bowl, add corn, avocado, black beans, tomatoes, cilantro, and onion. Toss to combine. Pour dressing over top and toss again to evenly coat.
4. Serve immediately or store in fridge for 3-4 days.

Recipe submitted by Maria McDonald, MFV

Red/Black Bean & Corn Salad/Salsa

1 can black beans (drained)	1 Tbsp. extra virgin olive oil
1 can kidney beans (drained)	2 Tbsp. lemon juice
1 can full of frozen corn	¾ cup picante or 1 can rotel tomatoes
½ cup chopped green onion	½ teaspoon garlic powder
1 ½ cups of a mixture of chopped celery, red, yellow or green peppers	1 teaspoon cumin
	¼ teaspoon salt and pepper

Mix veggies together, make dressing and pour over veggie. This can be eaten as a side salad or as a salsa dip with tortilla chips (scoops are best!) *Recipe submitted by Ann Detwiler, MFV*

Vegetables & Dip

Cleaned and sliced vegetables such as carrots, broccoli, celery, cucumber

1 ½ teaspoons black pepper	¾ teaspoon dill weed
2 ½ tablespoons dried parsley flakes	1 cup light plain yogurt (or sour cream)
1 ¾ teaspoons garlic powder	1 cup buttermilk (or milk plus lemon juice)
½ teaspoon kosher salt	¾ cup mayonnaise
1 ½ tablespoons onion powder	½ teaspoon lemon juice

Directions

1. Wash your hands and make sure your work area and equipment is clean.
2. Mix seasonings together and store in airtight container.
3. To make the dip, use 1 tablespoon of the dry mix with the sour cream, buttermilk, mayonnaise and lemon juice.

*This dip is also great on salads!

Nutritional Information varies depending on ingredients used. Serving: 1 Tablespoon, Calories 6. Total fat 4 g, Cholesterol 5 mg, Sodium 100mg, Total Carbs. 7 g., Dietary Fiber 2 g. Sugar 3g., Protein 1 g.

Grandmother Rule's Baked Beans 16 servings

Four 15 1/2 oz. cans Brook (or other quality brand) pork and beans
1 medium onion, sliced
3 Tbsp. cooked bacon fat
1/2 Cup Brooks hot catchup or other brand
2 Tbsp. white vinegar
1/4 cup white sugar (scant)
1/2 tsp. cinnamon

Set oven to 225 F. degrees

Put bacon fat into large saucepan or dutch oven that will hold all ingredients.

Sauté sliced onion until golden.

Mix together ketchup, vinegar, sugar, cinnamon and beans.

Add to sautéed onion and simmer for 10 minutes.

Pour into 9+x 13+pan.

Bake in 225 F degree oven for at least 2 hours or five to ten minutes more or less.

Recipe submitted by Janet Rhea, MFV

Chili Dog Casserole

10 hot dogs	2 cups shredded cheddar cheese
1 can Chili with or without beans	2 packages hot dog buns
1 medium onion (chopped)	

Slice hot dogs into bite sized pieces and boil about 5 minutes. Drain water off hot dogs and stir in chili and chopped onion. Put in foil pan and cover with cheddar cheese and foil. Bake in 350 degree oven or put on hot grill and cook until chili is bubbly and cheese is melted. Spoon onto hotdog buns and serve.

Foil Pack Taco Chicken

4 small boneless skinless chicken breast halves (1 lb)
4 teaspoons Taco seasoning (look at ingredients to find a brand that is GF. I use McCormick)
1/2 lb red potatoes peeled thinly sliced (about 2 cups)
1/2 cup salsa
3/4 cup four cheese Mexican style cheese
1/4 cup sour cream

Preheat oven 400.

Sprinkle chicken with taco seasoning. Place 1/2 C of potatoes on center of each of 4 large sheets of heavy duty foil: top evenly with chicken, salsa and cheese.

Bring up foil sides double fold top and both ends to seal each packet, leaving room for heat to circulate. Place on a baking pan.

Bake 35 minutes or until chicken cooks though. Remove from packets and serve with sour cream.

Recipe from Ann Detwiler, MFV

Pork and Pineapple Kabobs - 4 servings

½ cup Barbecue Sauce	1 cup fresh pineapple chunks
2 Tbsp. Dijon Mustard	1 cup green pepper chunks (1 inch)
1 Tbsp. finely chopped fresh rosemary	½ cup red onion chunks (1 inch)
1 lb. boneless pork loin, cut into 1-inch chunks	

MIX first 3 ingredients in large bowl. Reserve ¼ cup for later use. Add meat to remaining sauce; toss to coat. Refrigerate 15 min. to marinate.

HEAT grill to medium-high heat. Remove meat from marinade; discard marinade. Thread meat onto skewers alternately with pineapple, peppers and onions.

GRILL 12 to 14 min. or until meat is done, turning occasionally and brushing with reserved sauce.

Substitute: Prepare using ½ tsp. dried rosemary leaves.

Nutritional information Per serving Calories 190

Total fat 4.5 g Saturatedfat 1.5 g Cholesterol 55mg Sodium 470mg Carbohydrate 15 g Dietary fiber 2 Sugars 12g Protein 23 g Vitamin A 4 %DV Vitamin C 40 %DV Calcium 4 %DV
Iron 6 %DV *Recipe from Kraft Kitchens recipe*

Beer Brats and Cheese

8 to 10 Brats	1 cup cream cheese
2 cans Beer	2 cups cheddar cheese

Put brats in a pan and cover with 2 cans of beer. Place lid on pan and boil on a hot grill for 10 to 15 minutes.

Remove brats and place on grill to brown them.

Stir together 1 Cup of the hot beer, the cream cheese and the cheddar cheese to make a cheese sauce. Put brats in a bun and spoon cheese over top.

Recipe submitted by Debi Doering, MFV

Beer Butt Chicken

1 whole chicken	2 teaspoons Onion powder
1 can beer (or you can use soda)	2 teaspoons Paprika
½ to ¼ Onion	2 teaspoons Dry mustard
2 teaspoons Brown sugar	2 teaspoons seasoned salt
2 teaspoons Garlic powder	

Mix all seasoning together. Wash chicken well and pat dry. Spray chicken with cooking spray. Rub seasoning mixture on outside, under skin and inside of chicken.

Pour out ½ of the beer in the can. Place the butt of the chicken over the can and place all in a foil baking pan (standing up). Place the onion in the neck cavity of the chicken to help hold in the moisture. Cook over hot coals on the grill for an hour to an hour and a half or bake in 350 degree oven for 45 minutes to 1 hour. Test with meat thermometer and when temperature reaches 185 degrees the chicken is done. When you remove from heat, sprinkle chicken with more brown sugar. Take out the can and place the chicken on platter for serving. Let rest 5 to 10 minutes before slicing.

Recipe submitted by Debi Doering, MFV

Cheesy Potatoes

2 Cans of sliced potatoes
1 Small onion (thinly sliced)

2 Tablespoons butter
1 cup shredded cheddar cheese

Drain potatoes and place in a foil pan. Layer with onion, dot with butter and sprinkle on the cheddar cheese. Cover with foil and place on hot grill and cook until cheese is melted.

Grilled Cheesy Olive Bread . 16 servings

2 cups shredded American and Cheddar cheese blend (8 ounces)
1 jar (5 oz.) olive-pimiento cheese spread
1 can (4.5 oz.) Old El Paso chopped green chilies
¼ cup mayonnaise or salad dressing
½ teaspoon onion powder
1 loaf (1 lb.) unsliced French bread, cut horizontally in half
Sliced pimiento-stuffed olives, if desired

Heat coals or gas grill for indirect heat. If using charcoal grill, arrange coals around edge of firebox. Mix all ingredients except bread and olives in medium bowl. Place bread, cut sides down, over center of charcoal grill or over unheated side of gas grill and over medium-low heat. Cover and grill 4 to 5 minutes or until toasted. Remove bread to cookie sheet; spread toasted sides with cheese mixture. Cover and grill bread, cheese sides up, 5 to 7 minutes or until cheese is hot and melted. Garnish with olives. Cut bread into slices to serve.

If your grill is full, or you don't want to light it up, just broil the bread in the oven instead. Before adding the cheese mixture, broil bread, cut sides up, 2 to 3 minutes or until golden brown. Spread with the cheese mixture, then broil 2 to 3 minutes longer until cheese is hot and melted.

Variation: Kids love cheesy bread, but if they don't care for olives and green chilies, leave them out and use plain cheese spread.

Do-Ahead Tip: The toasted bread can be topped, covered and refrigerated for up to 2 hours before heating it on the grill.

Nutrition Information:

1 Serving: Calories 180 (Calories from Fat 90); Total Fat 10g (Saturated Fat 4 1/2g, Trans Fat 0g); Cholesterol 20mg; Sodium 460mg; Total Carbohydrate 16g (Dietary Fiber 1g, Sugars 1g); Protein 7g

Percent Daily Value*: Vitamin A 6%; Vitamin C 0%; Calcium 10%; Iron 6%

Recipe from Betty Crocker

Coleslaw

1 (16 ounce) bag coleslaw mix
2/3 cup creamy salad dressing
(such as Miracle Whip)
3 Tablespoons canola oil

1/3 cup white sugar
1 Tablespoon white wine vinegar
¼ teaspoon salt

Directions

1. Put coleslaw mix in a large bowl.
2. Whisk together the salad dressing, vegetable oil, sugar, vinegar, salt in Pyrex measuring cup or medium bowl and blend thoroughly. Pour dressing mixture over coleslaw mix and toss to coat. Chill before serving

Recipe submitted by Ann Detwiler. MFV.

8.

Potato Salad

2 lbs. red potatoes, peeled or unpeeled	2 Tbsp. yellow mustard
3 large eggs, hard boiled, peeled	1 Tbsp. white sugar
½ cup sour cream	1 Tbsp. red wine vinegar
½ cup mayonnaise	½ teaspoon black pepper
4 oz. jar chopped pimento peppers	1 teaspoon salt
2 green onions, chopped	1 teaspoon celery seed
1 slices cooked bacon, crumbled	½ teaspoon garlic powder.

Cook potatoes in salted water until tender. Cool and dice.
Combine cooled potatoes and chopped hard boiled eggs together in a large bowl.
Mix the rest of the ingredients together until creamy and pour over potatoes and eggs.
Mix. Serve cold.

Recipe submitted by Mary Ann Maisch, MFV

Potato Salad - Made Over

2 lbs. red potatoes, peeled or unpeeled	2 Tbsp. yellow mustard
3 large eggs, hard boiled, peeled	1 Tbsp. Splenda
1 Recipe Tofu Imitation Mayonnaise	1 Tbsp. red wine vinegar
(1 10.5 oz. pkg. firm silken tofu)	½ tsp. black pepper
(1 1/2 tsp. white vinegar)	1 tsp. Mrs. Dash
(1 5.3 oz. carton of plain Greek yogurt)	½ tsp. garlic powder
(1 tsp. Mrs. Dash- {Mrs. Dash table blend roasted with garlic & herbs})	

Blend Tofu Imitation Mayonnaise ingredients until smooth. Keep refrigerated.
Mix Tofu Imitation Mayonnaise with mustard, Splenda, red wine vinegar, pepper, Mrs. Dash and garlic powder.

Pour over cooked potatoes and chopped hard boiled eggs.

Add ½ cup red pepper . green pepper is good also.

2 green onions

3 or 4 stems of celery, chopped

2 slices turkey bacon cooked and crumbled.

Mix all together. Cool and serve. (Better the day after mixing)

Recipe submitted by Mary Ann Maisch, MFV

Calico Beans (12 to 16 side dish size servings)

1 cup chopped onion	¾ cup ketchup
6 slices bacon, cut up	½ cup molasses
1 clove garlic, minced	¼ cup brown sugar
1 can lima beans, drained	1 Tablespoon yellow mustard
1 can pork and beans in tomato sauce	1 Tablespoon Worcestershire sauce
1 can red kidney beans, drained	1 Tablespoon cider vinegar
1 can butter beans, drained	

Brown onions, bacon and garlic until bacon is crisp and onion tender. Drain. Combine all ingredients.
Transfer to 3 quart casserole. Bake covered at 375 degree F. for 1 hour.

Slow Cooker Directions: Transfer bean mixture to slow cooker and cook for 10 to 12 hours on low or
4 . 5 hours on high. *Recipe submitted by Royce Collins, MFV*

Corn Casserole

2 cans whole corn (drained) 8 oz. sour cream
2 cans cream corn 1 box Jiffy corn muffin mix
1 stick butter (melted)

Mix all together and put in a 9 X 12 baking dish and bake 350 for 45 minutes or until golden brown.

Recipe submitted by Debi Doering, MFV

4- Bean Salad

1 can cut green beans, drained 1 can kidney beans, drained
1 can cut wax beans, drained 1 cup thinly sliced red onion rings
1 can green lima beans, drained 1 cup chopped celery
OR 2 cups frozen cooked and drained ½ cup diced peppers- red, yellow, green or combination

Dressing:

4 teaspoons Dijon mustard 1 teaspoon dried thyme
¼ cup vinegar 2 cloves garlic, crushed or minced
1 teaspoon sugar ½ cup olive, canola, or vegetable oil

Combine all beans, onions, celery and peppers in a large bowl. In a small bowl whisk together all ingredients for the dressing. Pour the dressing over the bean mixture and toss to mix well.

Cover and refrigerate 1-2 days before serving.

Recipe submitted by Royce Collins, MFV

Marinated Potato Salad (10 side dish servings)

2 pounds red potatoes (about 6 medium)
1/3 cup olive or canola oil
1/3 cup white wine vinegar
2 teaspoons Dijon mustard
1 ½ teaspoon Italian seasoning
½ teaspoon salt
¼ teaspoon pepper
¾ cup chopped red sweet pepper
1 cup cherry tomatoes, halved
½ cup sliced green onion (about 4)

1. In a large saucepan cook potatoes, covered, in a large amount of boiling salted water for 25 to 30 minutes or just until tender. Drain well; cool slightly. Cut into ½ inch cubes. Place in a large bowl.
2. For the dressing, in a screw-top jar combine oil, vinegar, mustard, Italian seasoning, salt and pepper. Cover; shake well. Pour dressing over potatoes. Add red peppers, tomatoes, and green onions. Toss gently to mix. Cover and chill for 4 to 24 hours, stirring once or twice. Let stand at room temperature 30 minutes before serving.

Nutrition per ¾ cup: 126 calories, 7 gram fat, 148 mg sodium, 13 gram carbohydrate, 2 gram protein.

Adapted from Better Homes and Garden Cook book

Strawberry Pretzel Dessert Squares

Recipe by Kraft Recipes. Prep Time 20 min. Total Time 5hr. Servings 20 servings

2 cups finely crushed pretzels
½ cup sugar, divided
2/3 cup butter or margarine, melted
1-1/2 pkg. (8 oz. each) Cream Cheese (12 oz.), softened
2 Tbsp. milk
1 cup thawed Whipped Topping
2 cups boiling water
1 pkg. (6 oz.) Strawberry Flavor Gelatin
1-1/2 cups cold water
4 cups fresh strawberries, sliced

Heat oven to 350°F.

Combine pretzel crumbs, ¼ cup sugar and butter; press onto bottom of 13x9-inch pan. Bake 10 min. Cool.

Beat cream cheese, remaining sugar and milk with mixer until blended. Stir in whipped topping; spread over crust. Refrigerate until ready to use.

Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved. Stir in cold water. Refrigerate 1-1/2 hours or until thickened. Stir in berries; spoon over cream cheese layer.

Refrigerate 3 hours or until firm.

Kitchen Tips Nutrition

5/20/2016 Strawberry Pretzel Dessert Squares - Kraft Recipes

<http://www.kraftrecipes.com>

Variation: Prepare using Neufchatel Cheese, fat-free milk and LITE Whipped Topping.

Substitute Prepare using 2 pkg. (3 oz. each) JELL-O Strawberry Gelatin.

Make it Easy

Substitute 1 pkg. (20 oz.) frozen whole strawberries, sliced, for the fresh strawberries.

Stir into gelatin along with the cold water. Refrigerate 10 to 15 min. or until thickened; spoon over cream cheese layer. Continue as directed.

Servings 20 servings **Nutritional Information** AMOUNT PER SERVING Calories 210 Total fat 13g Saturated fat 8g Cholesterol 40mg Sodium 240mg Carbohydrate 21g Dietary fiber 1g Sugars 15g Protein 3g

Jell-O Fruit Bars – 24 servings

2 pkg. (3 oz. each) JELL-O Strawberry Flavor Gelatin
2 envelopes KNOX Unflavored Gelatin
1-1/2 cups boiling water
4 cups mixed fresh berries (blueberries, raspberries, chopped strawberries)

MIX first 2 ingredients in medium bowl. Add boiling water; stir 2 min.

POUR into 13x9-inch pan sprayed with cooking spray. Stir in berries.

REFRIGERATE 3 hours or until firm. Cut into bars

Nutritional information per serving

Calories 40 Total fat 0 g Saturated fat 0 g Cholesterol 0 mg Sodium 30mg Carbohydrate 9 g
Dietary fiber 1 g Sugars 8 g Protein 1 g Vitamin A 0 %DV Vitamin C 15 %DV Calcium 0 %DV Iron
0 %DV *Recipe from Kraft*

Lemonade Makes: 4 servings Serving Size: 8 ounces

3 cups cold water	Ice Cubes
1 cup lemon juice	Lemon slices
¾ cup sugar	

In a 1-1/2-quart pitcher stir together the water, lemon juice, and sugar until sugar is dissolved. If desired, chill in the refrigerator. Serve over ice. Garnish with lemon slices.
Makes 4 servings.

Peachy Lemonade

Prepare Lemonade as above. Place half of one 15- to 16-ounce can peach slices (juice pack), chilled and undrained, in a blender or food processor with 1 cup of the Lemonade. Cover and blend or process until smooth. Pour into a large pitcher. Repeat with remaining undrained peaches and 1 cup Lemonade. Stir in remaining Lemonade. Serve over ice. If desired, garnish with peach slices. Makes 6 servings.

Per about 8-ounce serving: 114 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 13 mg sodium, 29 g carbo., 1 g fiber, 1 g pro.

Watermelon and Strawberry Lemonade

6 cups cubed seeded watermelon
2 cups quartered fresh strawberries
1/3 cup agave nectar
1 cup lemon juice
1 2 liter bottle club soda or sparkling water, chilled
Ice cubes
Watermelon wedges (optional)
Whole fresh strawberries (optional)
Directions

In a food processor or blender combine half of the cubed watermelon, half of the quartered strawberries, and half of the agave nectar. Cover and process or blend until smooth. Transfer to a pitcher. Repeat with the remaining cubed watermelon, quartered strawberries, and agave nectar.

Add lemon juice to mixture in pitcher. Chill for 4 to 24 hours or until very cold.

To serve, in a very large pitcher or punch bowl combine the fruit juice mixture and the chilled club soda. Serve over ice. If desired, garnish with watermelon wedges and whole strawberries.

Nutrition Facts (Watermelon and Strawberry Lemonade)

Per serving: 74 kcal cal., 0 g fat , 0 mg chol., 43 mg sodium, 19 g carb., 2 g fiber, 16 g sugar, 1 g pro. Percent Daily Values are based on a 2,000 calorie diet