

Knowledge @ Noon

Gifts from the Kitchen



Wednesday, November 20, 2019

Session 1 - 9:00-10:30 a.m.

Session 2 - 12-1:30 p.m.

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

Instructors:

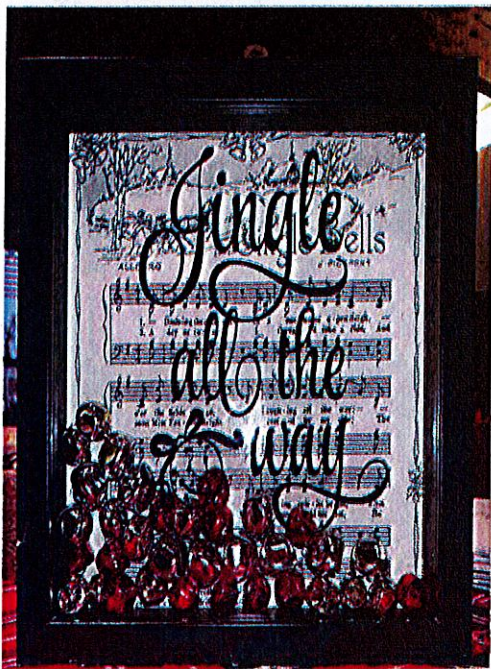
Marais des Cygnes Extension District Master Food Volunteers

K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact Diane Burnett at 913-294-4306.

Chocolate Cupcake
'Liners'



Button
Snowmen
And
Christmas
Trees



Shadow
Box

Mason
Jar
Winter
Survival
Kit



Mason Jar
filled with
wrapped
chocolates

Mason
Jar filled
with
birdseed



Easy Cheese Stick Snowman

Supplies:

Mozzarella cheese sticks

[Ribbon](#)

[Hat printable](#) (hats cut out)

[Double-sided tape](#)

[Black Sharpie](#)

[Orange sharpie](#)

Scissors

Directions:

1. Place a small piece of double-sided tape onto the back of a paper hat and place at the top of the cheese stick (use the side of the cheese stick w/no logo showing on the packaging).
2. Using the black sharpie, place two dots under the hat for eyes. Using the orange sharpie, draw a carrot nose. Switching back to the black sharpie, draw five small dots in an upward angle under the nose to create the snowman's mouth.
3. Cut a piece of ribbon and wrap it around the cheese stick under the face to make the snowman's scarf. Tie it into a knot and trim it to an appropriate length.
4. Using the black sharpie, draw 3 dots down the center (under the ribbon scarf).





Candy Turkeys

Ingredients: Fudge stripes cookies, peanut butter cups, candy corns, red hots, chocolate chips.
Melt the chocolate chips to use as glue to assemble the turkey.

Minestrone Soup Gift Mix in a Jar

1/4 cup red lentil

1/4 cup split peas

1/4 cup barley

1/3 cup beef bouillon granules

2 T parsley flakes

3 T onion flakes

1/3 teaspoon thyme

1/3 teaspoon black pepper

1 teaspoon basil

1/4 cup pasta noodles

In a two cup jar layer from bottom in the order given and seal the jar.

Include these instructions on your gift tag:

In a large saucepan, combine 8-10 cups of water, a 28 oz. can of crushed tomatoes and soup mix.

Add 2 chopped carrots and 2-4 chopped potatoes (optional 2 cups chopped cabbage)

Bring to a boil; reduce heat and let simmer for one hour or until all ingredients are tender.



Nutrition Facts

servings per container	
Serving size	(262g)
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2590mg	113%
Total Carbohydrate 46g	17%
Dietary Fiber 8g	29%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 88mg	6%
Iron 3mg	15%
Potassium 632mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Spinach Balls Recipe

10 oz. package chopped frozen spinach, thawed and drained

2 cups herb-seasoned dry bread stuffing finely crushed

½ cup parmesan cheese grated

2 tsp garlic powder

½ tsp black pepper

1 tsp Italian seasoning

½ cup melted butter

3 eggs beaten

¼ block of cream cheese

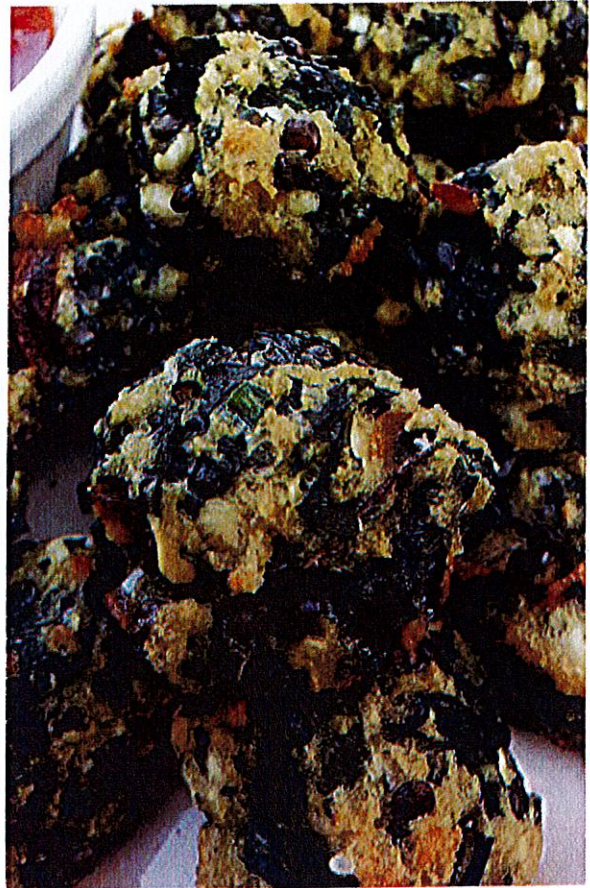
½ lb. Italian sausage

Preheat oven to 350 degrees

In a large bowl combine all ingredients together mixing well. Shape into walnut-sized balls and place on baking sheet.

Bake in preheated oven for 20 minutes or until heated through and browned.

Serves 10



Nutrition Facts

servings per container
Serving size (113g)

Amount per serving
Calories 260

% Daily Value*

Total Fat 21g 27%

Saturated Fat 10g 50%

Trans Fat 0g

Cholesterol 100mg 33%

Sodium 530mg 23%

Total Carbohydrate 9g 3%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 1mcg 6%

Calcium 100mg 8%

Iron 1mg 6%

Potassium 195mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cheese Ball

8 oz. Velveeta Cheese (room temperature)

8 oz. cream cheese (room temperature)

4 oz. grated cheddar cheese

¼ Cup Mayonnaise

2 teaspoons Worcestershire

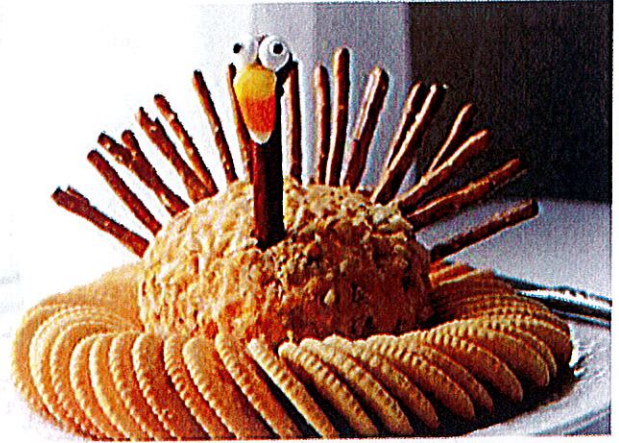
1 Tablespoon grated onion

1 teaspoon garlic salt

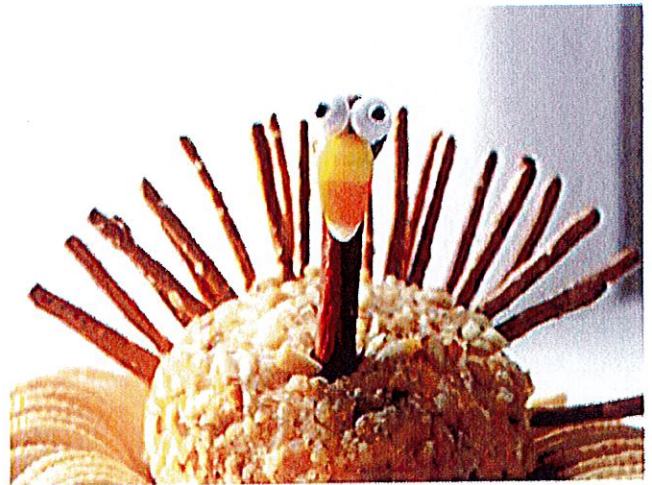
¼ teaspoon Tabasco

½ Tablespoon horseradish

Mix all together with mixer. Shape into balls, wrap in parchment paper or waxed paper and refrigerate at least overnight. Roll in parsley flakes or chopped nuts. Serve with crackers.



Thanksgiving Turkey Cheeseball



Nutrition Facts

servings per container
Serving size (26g)

Amount per serving
Calories 80

% Daily Value*

Total Fat 7g 9%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 300mg 13%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 94mg 8%

Iron 0mg 0%

Potassium 45mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

