

Knowledge @ Noon

Quick Meals & Snacks



Photo Source: Creative Commons

Tuesday, June 18th, 2024

Marais Des Cygnes Extension District

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Master Food Volunteer
Marais des Cygnes District

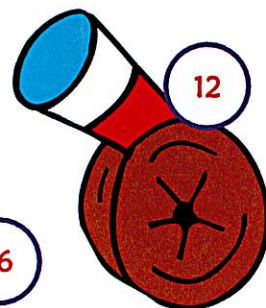
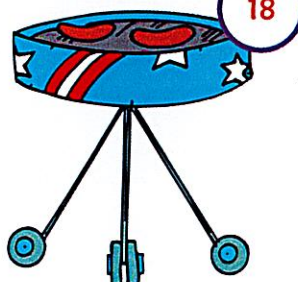
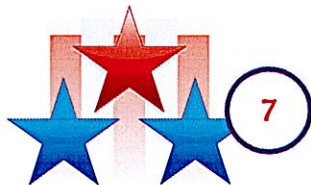
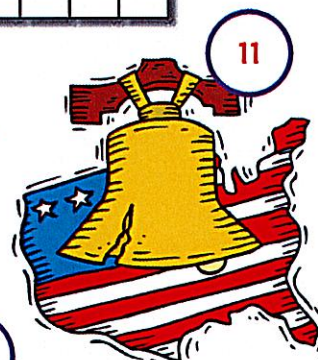
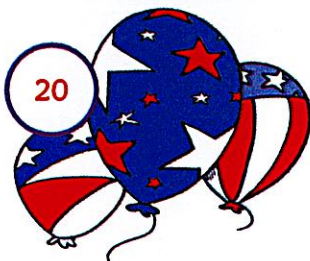
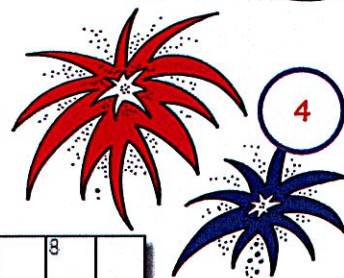
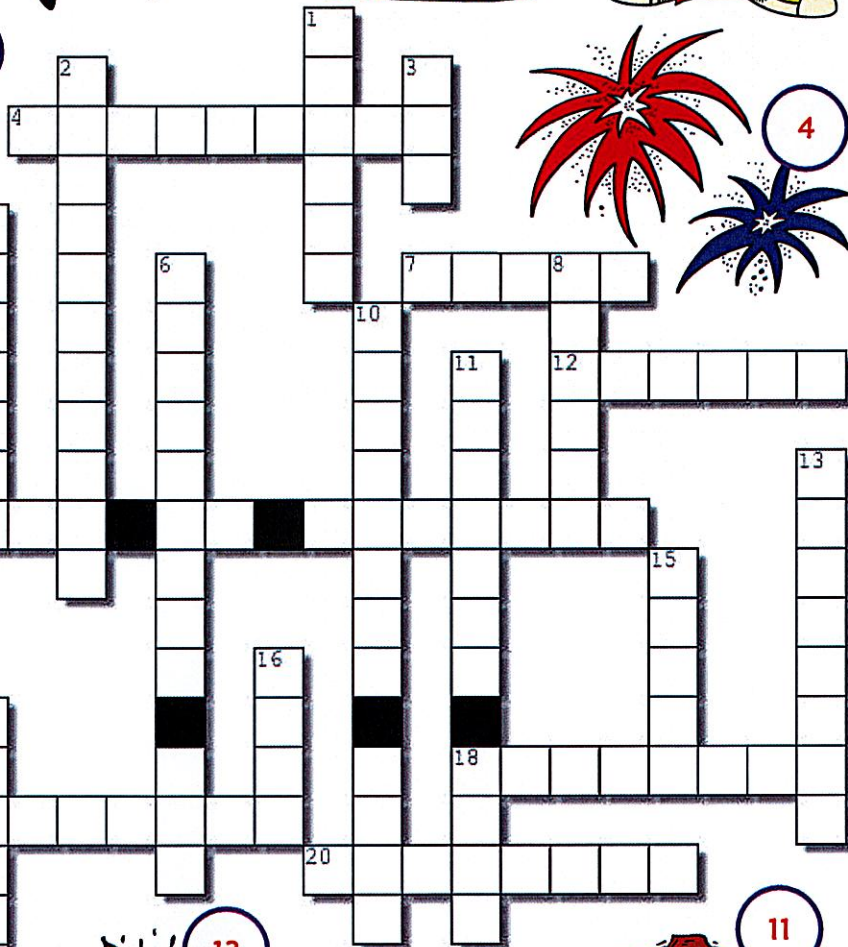
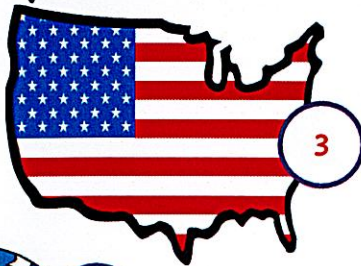
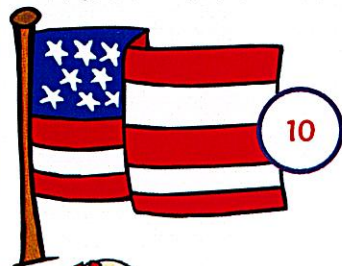
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4th OF JULY CROSSWORD PUZZLE

Look at the numbers on the pictures and write the 4th of July vocabulary in the crossword puzzle



ANSWER KEY

Across

- 4. fireworks
- 7. stars
- 12. cannon
- 14. Statue of Liberty
- 18. barbecue
- 19. cupcake
- 20. balloons

Down

- 1. parade
- 2. firecracker
- 3. USA
- 5. patriot
- 6. patriotic hat
- 8. rocket
- 9. fourth of July
- 10. American flag
- 11. liberty bell
- 13. sparkler
- 15. eagle
- 16. cake
- 17. picnic

Things to Know About Juneteenth

May 13

May 2023

On June 17, 2021, President Biden signed a bill making June 19th—known as Juneteenth—a federal holiday. Although Juneteenth has been celebrated in African American communities since its inception over a century and a half ago, many white Americans only learned about it recently. If you're among those still learning about the holiday and you're not sure exactly what it's about, keep reading. Here's what everyone needs to know about **Juneteenth history** and the [Juneteenth federal holiday](#).

What Is Juneteenth?

To comprehend the meaning of this holiday, it helps to understand a few things about Civil War history. You might know that the American Civil War began on April 12, 1861, and that it officially ended almost exactly four years later on April 9, 1865. This was the date on which Confederate General Robert E. Lee surrendered to Lieutenant General Ulysses S. Grant in Appomattox, Virginia. News traveled slowly and by letter in those days.

As a result, it wasn't until two months afterward that Union General Gordon Granger came to Galveston, Texas with about 2,000 Union troops to inform the community that the war was over and African Americans could no longer be legally enslaved. He arrived on June 19, 1865, and it's on this day each year that Juneteenth is celebrated. Because it was the last place to learn the news, Galveston, Texas is considered the true birthplace of Juneteenth.

Why Is It Called Juneteenth?

To anyone unfamiliar with its history, the exact date indicated by "Juneteenth" might seem a little vague. As a reference to the date on which General Granger arrived in Galveston, it was coined as a simple combination of the words "June" and "nineteenth." (When in doubt, remember that the last consonant in the former word is the first letter in the latter).

Because Juneteenth is effectively America's second independence day, the holiday is also known as "Juneteenth Independence Day," "Freedom Day," and "Emancipation Day."

Key Things To Know About Juneteenth History

Here are some [key things to know about the history around Juneteenth](#):

- On the eve of January 1, 1863, which is the date the Emancipation Proclamation was signed, African Americans held gatherings in churches and homes waiting to hear that the law had taken effect. Churches continue to bear a strong symbolic connection with Juneteenth observances today.
- After the Emancipation Proclamation was signed, Union soldiers traveled throughout the South reading copies of it to the public as they spread the news. Many of these soldiers were Black, a fact which must have made this process all the more empowering and joyful for these men and for the communities they liberated.
- Although President Lincoln signed the Emancipation Proclamation in 1863, making it effective immediately, the law could not actually be enforced in areas still under armed Confederate control as long as the war continued. Texas was the last standing state of the Confederacy, which is why enslaved African Americans in Galveston weren't actually liberated until two years after the Proclamation was signed.
- The Emancipation Proclamation only applied to slaves in Confederate states. Even though Juneteenth marks the day that the last remaining slaves in the final Confederate holdout were freed, slavery was not actually abolished as a matter of national policy until the Thirteenth Amendment was ratified on December 6, 1865.

How Juneteenth Is Celebrated Today

Today, America's second independence day is celebrated in many of the same ways as its first. Here are some of the most important elements of Juneteenth observances that have survived from 1865 to the present:

- Church services. [Faith and gospel music were deeply important](#) for helping many Black Americans to endure slavery, particularly given the Biblical parallels with the bondage of the Israelites in Egypt. These cultural elements

have continued to strengthen Black Christians through modern history as they have coped with systemic racism and racially motivated violence. For these reasons and others, church services form an integral part of Juneteenth celebrations.

- Cookouts. As they are for all Americans, cookouts are important communal events for Black Americans. They are joyful, relaxing, and comforting events that allow people to spend quality time with family, friends, loved ones, or even a whole neighborhood or town. For African Americans in particular, cookouts are events where people can be themselves and embrace parts of their cultural identity that white Americans may not understand.
- Parades and festivals. Just as there are July 4th parades and festivals, so there are for Juneteenth as well. These events are elaborate official celebrations that connect people across entire cities and geographic regions.
- Music. It's hard to have a major celebration without music, especially since music has the power to express what words cannot. Particularly on an occasion that is both so solemn and so joyful, concerts are an excellent way to help communities tap into all the complex emotions to which Juneteenth gives rise.

Source: <https://www.joinarcc.org/>

Sugar Cookie Flag Fruit Pizza

★★★★☆

Make this super easy Sugar Cookie Flag Fruit Pizza for a fun 4th of July Dessert.

Prep Time	Cook Time	Total Time
25 mins	20 mins	45 mins

Course: Dessert Cuisine: American Keyword: Sugar Cookie Flag Fruit Pizza
Servings: 15 Calories: 238kcal

Ingredients

- 1 17.5 ounce package refrigerated sugar cookie dough
- 1 8 ounce package cream cheese, room temperature
- 1 cup powdered sugar
- 1 teaspoon vanilla
- Strawberries blueberries and whipped topping for decorating

Instructions

1. Preheat oven to 350 degrees.
2. Line a baking sheet with parchment paper. On the parchment, press or roll the cookie dough into a large rectangle. You may need to use flour to keep hands or rolling pin from sticking.
3. Bake the cookie for 15 to 20 minutes or until the edges are golden brown and the middle is cooked. Remove from oven and allow to cool completely before decorating.
4. In a medium bowl, beat together the cream cheese, powdered sugar, and vanilla. Mix until smooth.
5. Wash and dry the fruit. Slice the strawberries.
6. Spread cream cheese mixture evenly over the surface of the cookie. Decorate flag as shown with fruit.
7. Place whipped topping in a piping bag fitted with an open star tip. Create white stripes with the whipped topping.
8. Refrigerate until ready to serve. Best if served immediately.

Nutrition

Calories: 238kcal | Carbohydrates: 31g | Protein: 2g | Fat: 12g | Saturated Fat: 5g | Cholesterol: 20mg | Sodium: 145mg | Potassium: 118mg | Fiber: 1g | Sugar: 22g | Vitamin A: 219IU | Vitamin C: 19mg | Calcium: 23mg | Iron: 1mg

Sugar Cookie Flag Fruit Pizza (pg 6)



Graceful Little Honey Bee

Pulled Pork in Crock Pot

1 Pork Shoulder Roast cut into 2" chunks

Pork Rub - just use your favorite

1 can root beer

Bar BQ Sauce

Buns or Hawaiian Rolls

Season pork chunks with pork rub and place in a crock pot that is sprayed with cooking oil spray. Pour in 1 can of root beer. Cook on high for 4 hours or low for 8 hours. Using a mixer shred the pork (or you can shred by hand with two forks pulling the meat apart). Stir in enough bar bq sauce to keep it moist. Serve on buns or Hawaiian rolls.

Coleslaw Dressing

6 T Mayonaise

$\frac{2}{3}$ C onion finely chopped

$\frac{1}{4}$ C white vinegar

$\frac{1}{2}$ C sugar

$\frac{1}{2}$ tsp salt

$\frac{1}{4}$ tsp pepper

$\frac{3}{4}$ tsp celery salt or celery seed

Mix all together and pour over and stir into 2 quarts of shredded cabbage and carrots. Refrigerate in a covered dish.

pulled Pork

Nutrition Facts	
Servings: 12	
Amount per serving	
Calories	725
	% Daily Value*
Total Fat 35.5g	46%
Saturated Fat 12g	60%
Cholesterol 120mg	40%
Sodium 1833mg	80%
Total Carbohydrate 62.1g	23%
Dietary Fiber 4.9g	17%
Total Sugars 40.2g	
Protein 32.5g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 3mg	15%
Potassium 0mg	0%

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

Coleslaw Dressing

Nutrition Facts	
Servings: 12	
Amount per serving	
Calories	224
	% Daily Value*
Total Fat 16.8g	22%
Saturated Fat 2.5g	12%
Cholesterol 13mg	4%
Sodium 1996mg	87%
Total Carbohydrate 19.2g	7%
Dietary Fiber 1.2g	4%
Total Sugars 8.3g	
Protein 1g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 1mg	5%
Potassium 87mg	2%

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

Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	65
	% Daily Value*
Total Fat 1.9g	2%
Saturated Fat 0.5g	2%
Cholesterol 15mg	5%
Sodium 451mg	20%
Total Carbohydrate 6.3g	2%
Dietary Fiber 0.9g	3%
Total Sugars 4.4g	
Protein 6.3g	
Vitamin D 0mcg	0%
Calcium 16mg	1%
Iron 4mg	20%
Potassium 168mg	4%
<i>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <u>2,000 calorie a day</u> is used for general nutrition advice.</i>	

Super Sloppy Joes

1 lb. ground beef
 3/4c. onion, diced (I leave this out)
 1 can chicken gumbo soup, undiluted
 1 T catsup
 1 T prepared mustard
 salt and pepper to taste.

Brown hamburger and onion in a small amount of oil. Stir in remaining ingredients. Continue browning and stirring until well blended. Serve on buns.

Gayle Plummer MFV

FROZEN CHOCOLATE PUDDING GRAHAM CRACKERS-UPDATED

1 package instant chocolate pudding

2 c. milk

1 c. creamy peanut butter

1 box graham crackers

Break graham crackers in half to make 2 squares. Mix milk and instant pudding, let thicken a bit and then add the peanut butter. Mix thoroughly. Let stand until it begins to thicken. Put enough of the mix on one cracker to cover it and then put the other half on top. Continue until you have used up all the pudding mix. Put in layers, separated by wax paper, in a plastic, freezer proof container and freeze until firm. To eat, get out 1 or 2 and let them warm up just enough to be able to bite into it.

Original recipe submitted by the late Cwen Sims, one of our first Master Food Volunteers 10 years ago.

Submitted by Beverly Burke, MFV

Nutrition Facts	
Servings: 20	
Amount per serving	
Calories	75
% Daily Value*	
Total Fat 3.2g	4%
Saturated Fat 0.7g	4%
Cholesterol 1mg	0%
Sodium 137mg	6%
Total Carbohydrate 9.8g	4%
Dietary Fiber 0.4g	2%
Total Sugars 6.1g	
Protein 1.9g	
Vitamin D 0mcg	0%
Calcium 13mg	1%
Iron 1mg	4%
Potassium 45mg	1%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <u>2,000 calorie a day</u> is used for general nutrition advice.	

Listen to your gut

A recent study showed that people with MS who reported healthy eating also reported significantly less disability progression over more than seven years.

This new study from the University of Melbourne in Australia is part of an ongoing effort to provide rigorous results on how lifestyle factors may affect MS outcomes. Researchers analyzed data from 602 participants. Diet quality was assessed using a questionnaire that reported on the types of healthy and unhealthy foods eaten. Disability progression was measured using a self-reported assessment of mobility impairments.

Responses relating to higher dairy consumption and eating more fat had the strongest link to increases in disability. Eating more fruits and vegetables, fiber, omega-3 fatty acids and other healthier food choices were also associated with less risk of progression.

While we do not yet know that a specific diet will help your MS, any positive changes you make are likely to help your overall health and well-being. Learn more about various diets and how they can impact MS by visiting momentummagazineonline.com/diets-for-ms.

RECIPE

Fruitastic salad

1 pint strawberries, stemmed and sliced lengthwise
1 pint blueberries
2 bananas, peeled and thinly sliced
1 clementine or orange, peeled and divided into sections
 $\frac{1}{4}$ cup honey
2 tablespoons balsamic vinegar

1. Place berries and bananas into a medium-sized bowl.
2. In a separate bowl, whisk together the honey and balsamic vinegar.
3. Drizzle the mixture over the berries and bananas and toss lightly.
4. Divide this into four serving bowls and garnish each salad with two sections of a clementine or orange.

Serves 4

NUTRITIONAL ANALYSIS PER SERVING:

277 calories, 0.5 g total fat, 0.1 g saturated fat, 0 g cholesterol, 72 g carbohydrates, 6.6 g fiber, 2.2 g protein



4th of July Celebration

We've got your Independence Day celebration covered, and it's not just for the grown-ups. Our 7 Layer Flag Dip and 4th of July Fruity Grahams are kid-approved and party-ready. Plus, don't forget the star-spangled punch – the watermelon stars are a fun and festive addition that keeps the festivities going strong. Gather your loved ones, deck out in red, white, and blue, and let the fireworks begin!



7-Layer Flag Dip

Servings: 12 • Prep Time: 15m + 30m Refrigeration • Cook Time: 10m

- 1 lb. ground beef
- 1 (1-ounce) package taco seasoning mix
- 1 (8-ounce) cream cheese, softened
- 1 (8-ounce) container sour cream
- 1/3 cup salsa
- 1 (8-ounce) package Mexican blend shredded cheese, divided
- 1 (8-ounce) bag shredded iceberg lettuce
- 1/2 cup black beans, drained and rinsed
- 1 cup cherry tomatoes, halved

1. Cook ground beef with taco seasoning mix as directed on package; let cool.
2. Mix cream cheese, sour cream, and salsa until blended; spread onto bottom of 13 x 9-inch dish. Top evenly with layers of meat mixture, 1 cup shredded cheese, and lettuce.
3. Arrange black beans on top left corner of dip to resemble stars on the U.S. flag. Add rows of tomatoes and remaining cup of shredded cheese to create stripes.
4. Refrigerate 30 minutes.

7 layer flag dip analysis

Nutrition Facts

Servings: 20

Amount per serving

Calories 422

% Daily Value*

Total Fat 36.6g 47%

Saturated Fat 22.9g 115%

Cholesterol 110mg 37%

Sodium 427mg 19%

Total Carbohydrate 7.1g 3%

Dietary Fiber 0.7g 3%

Total Sugars 1g

Protein 17.2g

Vitamin D 5mcg 24%

Calcium 378mg 29%

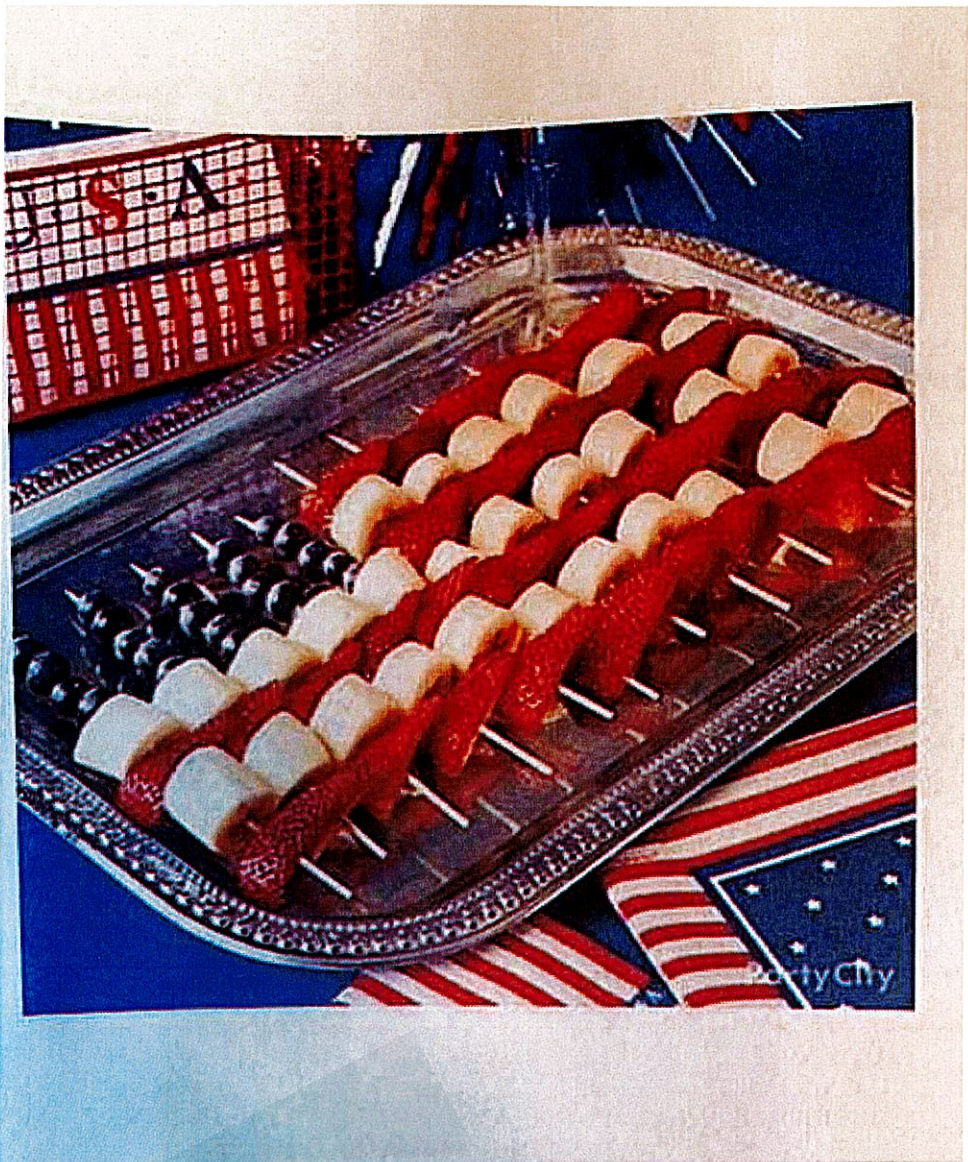
Iron 3mg 17%

Potassium 289mg 6%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*







BY **LENA ABRAHAM** UPDATED: APR 4, 2024

 **APPROVED BY THE DELISH TEST KITCHEN**

YIELDS:
8 serving(s)

PREP TIME:
15 mins

TOTAL TIME:
30 mins

CAL/SERV:
78

Ingredients

FOR SAUCE

- 1/4 c. barbecue sauce
- 1 1/2 Tbsp. ketchup
- 1 Tbsp. soy sauce
- 1 tsp. rice wine vinegar
- 1/2 tsp. chili powder

FOR SKEWERS

- 1 8 pack hot dogs, quartered
- 3 c. pineapple, cut into 1" pieces
- 1 red bell pepper, cut into 1" pieces
- 1 green bell pepper, cut into 1" pieces
- small red onion, cut into 1" pieces

Directions

[SAVE TO MY RECIPES](#)

Step 1

In a medium bowl, whisk to combine all sauce ingredients. Preheat grill or grill pan on medium heat.

Step 2

Build skewers by alternating hot dogs, pineapple, peppers, and red onion. Brush all over with sauce and place on preheated grill.

Step 3

Grill on medium heat, flipping every couple minutes and basting with remaining sauce, until skewers are charred, about 8 to 10 minutes total.

[See All Nutritional Information](#) ✓

Nutrition Information Per Serving (Serves 8)
Calories78, Fat 2g, Saturated fat 1g, Trans fat 0g, Cholesterol 3mg, Sodium 281mg, Carbohydrates 13g, Fiber 2g, Sugar 11g, Protein 2g, Vitamin D 0 mcg, Calcium 18mg, Iron 1mg, Potassium 188mg



Best Classic Potato Salad

BY **LAUREN MIYASHIRO** UPDATED: APR 30, 2024✓ **APPROVED BY THE DELISH TEST KITCHEN****YIELDS:**
6 serving(s)**PREP TIME:**
10 mins**TOTAL TIME:**
25 mins**CAL/SERV:**
627

Ingredients

3 lb. Yukon Gold potatoes, cut into 1/2" pieces

Kosher salt

1 small red onion, finely chopped

1 1/2 c. mayonnaise

1/4 c. chopped dill pickles

1 Tbsp. Dijon mustard

1 Tbsp. fresh lemon juice

1/2 tsp. paprika

4 hard-boiled eggs, chopped

1/4 c. thinly sliced chives

Freshly ground black pepper

Directions

Step 1

In a large pot, cover potatoes with water; generously season with salt. Bring water to a boil and cook until potatoes are easily pierced with a knife, 12 to 15 minutes. Drain and let cool slightly.

Step 2

In a large bowl, mix onion, mayonnaise, pickles, mustard, lemon juice, and paprika until well combined. Fold in potatoes, eggs, and chives; season with salt and pepper. Refrigerate until ready to serve.

Nutrition Information Per Serving (Serves 6)

Calories 627, Fat 48g, Saturated fat 8g, Trans fat 0g, Cholesterol 122mg, Sodium 785mg, Carbohydrates 37g, Fiber 6g, Sugar 3g, Protein 8g, Vitamin D 1 mcg, Calcium 56 mg, Iron 2mg, Potassium 1052mg



Berries & Cream Charcuterie Board

BY **BROOKE CAISON** PUBLISHED: JUN 30, 2022

 **APPROVED BY THE DELISH TEST KITCHEN**

YIELDS:
8 – 10 serving(s)

PREP TIME:
20 mins

TOTAL TIME:
20 mins

CAL/SERV:
205

Ingredients

SWEET WHIPPED RICOTTA

8 oz. whole milk ricotta cheese

1 Tbsp. honey

Pinch of kosher salt

ASSEMBLY

Homemade or store-bought angel food cake, pound cake, biscuits, or shortbread cookies

1 c. each fresh strawberries, blueberries, cherries, blackberries, and raspberries

[See All Nutritional Information](#)

Directions

SWEET WHIPPED RICOTTA

Step 1

In a food processor or blender, blend ricotta, honey, and salt on high speed until ricotta is fluffy and light, about 2 minutes. Transfer whipped ricotta to a small serving bowl.

Step 2

Make Ahead: Whipped ricotta can be made 5 days ahead. Transfer to an airtight container and chill.

ASSEMBLY

Step 1

Using a star-shaped cookie cutter, cut baked goods into star shapes, if desired.

Step 2

Rinse fruit and pat dry with paper towels. Place bowl of whipped ricotta on a platter alongside baked goods. Arrange fruit by color around bowls.

Berries & Cream Charcuterie Board

Nutrition Information Per Serving (Serves 10)

Calories 164, Fat 3g, Saturated fat 2g, Trans fat 0g, Cholesterol 11mg, Sodium 292mg, Carbohydrates 29g, Fiber 3g, Sugar 7g, Protein 4g, Vitamin D 0 mcg, Calcium 107mg, Iron 1mg, Potassium 193 mg



Best Pasta Salad

BY **MAKINZE GORE** UPDATED: APR 12, 2024

 **APPROVED BY THE DELISH TEST KITCHEN**

YIELDS:

6 – 8 serving(s)

PREP TIME:

20 mins

TOTAL TIME:


20 mins

CAL/SERV:

613

Ingredients

1 lb. cooked fusilli pasta
 8 oz. mozzarella balls, halved
 4 oz. salami, quartered
 1 c. artichoke hearts, chopped
 1 c. cherry tomatoes, halved
 1/2 c. pitted black olives, sliced
 1/3 c. extra-virgin olive oil
 1 clove garlic, finely chopped
 2 Tbsp. red wine vinegar
 1 Tbsp. chopped fresh parsley
 2 tsp. Italian seasoning
 Pinch of crushed red pepper flakes
 Kosher salt
 Freshly ground black pepper

[See All Nutritional Information](#) 

Directions

Step 1

In a large bowl, toss pasta, mozzarella, salami, artichokes, tomatoes, and olives.

Step 2

In a jar, combine oil, garlic, vinegar, parsley, Italian seasoning, and red pepper. Secure with a lid, then shake to combine; season with salt and black pepper.

Step 3

Pour dressing over pasta salad and toss to combine.



Nutrition Information Per Serving (Serves 8)

Calories 459, Fat 22g, Saturated fat 6g, Trans fat 0g, Cholesterol 38 mg, Sodium 520mg, Carbohydrates 44g, Fiber 4g, Sugar 3g, Protein 18g, Vitamin D 0mcg, Calcium 189 mg, Iron 2 mg, Potassium 371 mg

Butterflied Grilled Chicken Drumsticks

BY **BROOKE CAISON** PUBLISHED: AUG 17, 2023

 **APPROVED BY THE DELISH TEST KITCHEN**

YIELDS:
4 serving(s)

PREP TIME:
15 mins

TOTAL TIME:
30 mins

CAL/SERV:
603

Ingredients

3 lb. whole chicken drumsticks

1 Tbsp. chili powder

1 Tbsp. dark brown sugar

1 Tbsp. kosher salt

1 1/2 tsp. onion powder

1 tsp. dried thyme

1 tsp. freshly ground black pepper

1 tsp. garlic powder

1 tsp. smoked paprika

1/2 tsp. cayenne pepper

1 Tbsp. canola oil

Alabama white sauce, for serving

[See All Nutritional Information](#)

Directions

Step 1

Prepare a grill up for dual-zone heat, heating the direct heat zone over medium-high heat to 375° to 400°. Alternatively, heat a grill pan over medium heat and preheat oven to 350°.

Step 2

Pat drumsticks dry with paper towels. Using a gentle swiping motion (with a sharp knife!), cut through the meat and expose the bone. Using knife, separate more of the flesh from top of bone, until leg opens up (like a butterfly!).

Step 3

In a small bowl, whisk chili powder, brown sugar, salt, onion powder, thyme, black pepper, garlic powder, paprika, and cayenne until combined. Add oil and mix until a paste forms. Rub seasoning paste all over drumsticks.

Step 4

meat is charred, 3 to 4 minutes. Turn chicken and continue to grill until skin side is charred, 3 to 4 minutes. Move chicken to indirect heat, cover, and grill until an instant-read thermometer inserted into thickest part registers 165°, 12 to 15 minutes more. Alternatively, place grill pan in oven and bake until chicken is cooked through, 10 to 12 minutes more.

Step 5

Transfer chicken to a platter. Let rest 5 minutes. Serve with Alabama white sauce alongside.

Nutrition Information Per Serving (Serves 4)

Calories 603, Fat 35g, Saturated fat 9g, Trans fat 0g, Cholesterol 313mg, Sodium 817mg, Carbohydrates 4g, Fiber 1g, Sugar 3g, Protein 62g, Vitamin D 0 mcg, Calcium 49 mg, Iron 3mg, Potassium 805 mg



Hot Dog Board



How to make a Hot Dog Board

First build your board with little bowls and ramekins of your favorite toppings, then add in buns and hot dogs, before filling in any empty gaps with salty sides like potato chips and crispy French fries. Toppings can go *way* beyond ketchup and mustard; here are some of our favorites. Think of these as a jumping off point and go crazy with your own.

Toppings

- **Relish:** Mandatory for its crunch; go for one with extra-chunky texture.
- **Grainy mustard:** More texture and mellower taste than plain yellow.
- **Grilled onions and bell peppers:** Drizzle with Italian dressing and grill in a foil pack.
- **Chili:** Go meat or go home. And if things get a bit soggy? That's what the bun is for.
- **Queso:** The saucy creaminess makes any dog feel fancy in a way shredded cheese just can't. (Best part: Whip up a batch as an app with tortilla chips and encourage people to spoon extra on their dogs.)
- **Guacamole:** Mash yours with extra lime; it'll help cut the fat.
- **Pineapple salsa:** Pineapple, jalapeño, and cilantro—the sweet offsets a salty dog.
- **Dill pickles:** Pile on the chips: The salty, vinegary snap always hits.
- **Pickled red onions:** A flavor bomb: Their tart tanginess wakes up everything.

Grilled Zucchini

BY **LENA ABRAHAM** UPDATED: MAY 17, 2023 **APPROVED BY THE DELISH TEST KITCHEN****YIELDS:****2 serving(s)****PREP TIME:****5 mins****TOTAL TIME:****10 mins****CAL/SERV:****95**

Ingredients

2 medium zucchini, sliced into thick strips

1 Tbsp. extra-virgin olive oil

1/2 tsp. lemon zest

1/4 tsp. crushed red pepper flakes, plus more for garnish

Kosher salt

Freshly ground black pepper

4 basil leaves, torn into medium pieces

[See All Nutritional Information](#)

Directions

Step 1

Preheat grill on medium-high. In a large bowl, toss zucchini with oil, lemon zest, and red pepper flakes. Season with salt and pepper.

Step 2

Once grill is hot, carefully use tongs to rub an oiled paper towel over grates.

Step 3

Using tongs, place zucchini on grill. Cover and cook, 3 minutes. Flip and continue cooking on high, covered, 2 to 3 minutes more.

Step 4

When zucchini is tender, remove from heat and garnish with basil and more red pepper flakes.

Advertisement - Continue Reading Below

Grilled Zucchini

Nutrition Information Per Serving (Serves 2)

Calories 95, Fat 7g, Saturated fat 1g, Trans fat 0g, Cholesterol 0mg, Sodium 477mg, Carbohydrates 4g, Fiber 2g, Sugar 5g, Protein 2g, Vitamin D 0mcg, Calcium 37 mg, Iron 1 mg, Potassium 525 mg



Pimento Cheese

BY **TAYLOR ANN SPENCER** UPDATED: FEB 21, 2024

 **APPROVED BY THE DELISH TEST KITCHEN**

YIELDS:**3 c.****PREP TIME:****5 mins****TOTAL TIME:****10 mins**

Ingredients

1/2 c. (4 oz.) cream cheese,
room temperature

1/4 c. mayonnaise

2 tsp. vinegar-based hot sauce,
such as Frank's

1 tsp. kosher salt

1/2 tsp. garlic powder

1/2 tsp. mustard powder

1/4 tsp. freshly ground black
pepper

8 oz. jarred pimento peppers,
drained and chopped

8 oz. sharp cheddar cheese,
shredded

1/4 c. finely sliced chives, plus
more for serving

Directions

Step 1

In a medium bowl, mix cream cheese, mayonnaise, hot sauce, salt, garlic powder, mustard powder, and pepper until smooth. Fold in peppers, cheese, and chives.

Step 2

Cover and chill at least 1 hour or up to overnight. Top with more chives before serving.

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Pimento Cheese:



Nutrition Facts

Servings: 24

Amount per serving

Calories 179

% Daily Value*

Total Fat 12.9g 17%

Saturated Fat 7.6g 38%

Cholesterol 38mg 13%

Sodium 2059mg 90%

Total Carbohydrate 6.9g 2%

Dietary Fiber 1.4g 5%

Total Sugars 3g

Protein 9.9g

Vitamin D 4mcg 20%

Calcium 265mg 20%

Iron 1mg 6%

Potassium 175mg 4%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet.*

Pull-Apart Pigs In A Blanket

BY **LAUREN MIYASHIRO** PUBLISHED: OCT 1, 2018

 **APPROVED BY THE DELISH TEST KITCHEN**

YIELDS:
10 serving(s)

PREP TIME:
15 mins

TOTAL TIME:
1 hr 25 mins

Ingredients

Cooking spray

6 Tbsp. melted butter

1 tsp. Italian seasoning

1 tsp. garlic powder

Pinch kosher salt

Pinch crushed red pepper flakes

All-purpose flour

1 tube Pillsbury pizza dough

2 (12-oz.) packages cocktail weiners

DIPPING SAUCES

Marinara, warmed

Mustard

Ranch

Directions

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Step 1

Preheat oven to 400°. Grease inside of a 8" springform pan with cooking spray. In a small bowl, whisk together butter, Italian seasoning, and garlic powder. Season with salt and pepper flakes.

Step 2

On a lightly floured surface, unroll pizza dough and cut into 1"-x-2" rectangles.

Step 3

Brush top of each with butter mixture, then wrap each cocktail weiner in pizza dough and pinch seam shut.

Step 4

Place pigs in blanket standing upright in springform pan. They should be snug, but not too tightly packed together. (Otherwise dough won't bake!) Brush top with remaining melted butter mixture.

Step 5

Step 6

Let cool for 10 minutes before removing from pan.

Step 7

Serve warm with dipping sauces.



Nutrition Facts	
Servings: 20	
Amount per serving	
Calories	636
% Daily Value*	
Total Fat 61.6g	79%
Saturated Fat 28.3g	141%
Cholesterol 142mg	47%
Sodium 1414mg	61%
Total Carbohydrate 8.5g	3%
Dietary Fiber 0.6g	2%
Total Sugars 3.9g	
Protein 14.1g	
Vitamin D 17mcg	84%
Calcium 98mg	8%
Iron 2mg	10%
Potassium 65mg	1%

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