

TEXAS CAVIAR

Ingredients

- 1 tomato
- 1 red pepper
- 1 yellow pepper
- 1 green pepper
- 1 bunch of green onions
- 2 cans shoepeg corn (drained)
- 2 cans black eyed peas (drained)
- 2 tablespoons Greek Seasoning
- 12 oz. Italian Dressing (or low fat/fat free dressing)

1. Cut tomatoes, peppers and onions into small pieces.
Mix all ingredients
2. Marinate overnight.

Serve with chips.

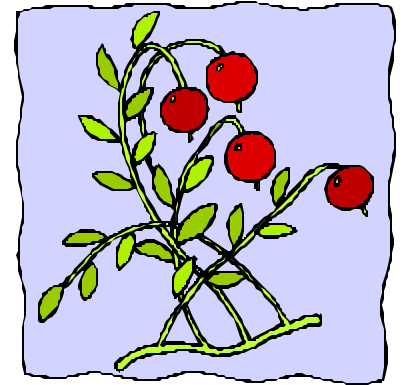


CRANBERRY MEATBALLS

**Cranberry Meatballs must be made at least 1 day in advance. For Fall Into Christmas we used the prepared meatballs and used the sauce below.*

Meatballs

1 pound lean ground beef
¾ cup plain bread crumbs
½ cup tomato juice
2 tablespoons prepared horseradish
1 egg, beaten
1 tablespoon Worcestershire sauce
1 tablespoon minced fresh parsley
1 teaspoon salt
¼ teaspoon ground black pepper



Sauce

1 tablespoon cornstarch
1 tablespoon hot water
1 can (16 oz.) whole berry cranberry sauce
1/3 cup firmly packed brown sugar
1 tablespoon lime juice

Preheat oven to 350°. For meatballs, combine all ingredients in a large bowl; stir until well blended. Shape into 1-inch balls and place in an ungreased 9" x 13" baking dish. Bake approximately 30 minutes or until meat browns. Place meatballs on paper towels to drain; set aside.

For sauce, combine cornstarch and water in a small bowl; stir until smooth. In a large skillet, combine remaining ingredients. Cook over medium heat, stirring until sugar dissolves. Add cornstarch mixture and cook, stirring constantly, until sauce

thickens. Stir in meatballs. Transfer to a 2-quart casserole, cover, and refrigerate 8 hours or overnight to allow flavors to blend.

To serve, preheat oven to 350°. Cover and bake 30 to 35 minutes or until heated through. Serve warm.

Yield: about 4 dozen meatballs.

“LITE” NORTH STARS

1 package (11 oz.) refrigerated French bread dough
1 cup (4 oz.) reduced-fat shredded Swiss or Cheddar cheese
½ cup fat-free mayonnaise
½ cup fat-free sour cream
1 package (0.7 oz.) dry Italian salad dressing mix
½ cup red bell pepper, chopped
½ cup green bell pepper, chopped

Preheat oven to 375°. Spray a star-shaped bread tube with vegetable oil or non-stick cooking spray. Cap bottom of bread tube; fill with dough and place cap on top. Bake upright, 50 – 60 minutes. Cool 10 minutes. Remove bread from tube onto cooling rack; cool completely. Using a serrated knife, slice bread into ¼” thick slices; place on a baking stone or cookie sheet. In 1-quart bowl, combine cheese, mayonnaise, sour cream and dressing mix; mix well. Using small food scoop, place 1 scoop of cheese mixture onto each bread slice and spread evenly. Chop bell pepper; sprinkle evenly over bread slices. Bake 10 – 12 minutes or until cheese is bubbly and melted. Serve immediately.

Yield: 12 servings or 24 sample servings

Approximately 110 calories and 2 grams of fat per serving (2 bread slices).



Recipe taken from ©The Pampered Chef, Ltd., 1996

PEPPERMINT BARK

9 peppermint canes
1 lb. of milk or dark chocolate
1 lb. of white chocolate
Approx. 1 tablespoon butter or margarine
*Waxed paper or Parchment Paper



Unwrap 9 of your peppermint sticks and put them in a large zip lock bag. Beat them with a big spoon, hammer or something heavy until they're broken into bits. Put them in a bowl and set aside.

Grate or chop chocolate and melt it on low temperature in the microwave for about two and a half minutes. Stir. Chocolate should be creamy and spreadable.

Line a 15" x 9" jelly roll pan or large cookie sheet with waxed paper and then butter the waxed paper. Alternatively, you may use Non-Stick Parchment paper, UNGREASED to line your pan. Pour your melted milk chocolate on the waxed paper and spread it out more or less evenly. Place in refrigerator for about 15 minutes to allow it to set and harden.

Grate white chocolate, place in a microwavable bowl and melt.

Pour melted white chocolate onto the cooled milk chocolate and spread evenly. It doesn't have to be 100% level or even -- close is good enough!

Sprinkle the crushed peppermint stick pieces all over the white chocolate while it's still warm and spreadable. Place in refrigerator for 15-20 minutes until the bark is firm and cooled.

Invert the cooled bark and peel the waxed paper off. Break into pieces. You'll lose some of your peppermint pieces, but that won't hurt a thing --you can even dump the extra peppermint crumbs in with the bark to add flavor.

Recipe taken from ©Kathy Niemer, 2003

PUMPKIN DIP



- 1 package (8 oz.) light cream cheese, softened
- 1 can (18 oz.) pumpkin pie mix
- 2 cups confectioner's sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger

Beat cream cheese in a mixing bowl until smooth. Add pumpkin pie mix; beat well. Add sugar, cinnamon and ginger; beat until smooth. Serve with gingersnap cookies. Store leftover dip in the refrigerator.

Yield: 3 cups

GINGERSNAPS

- ¾ cup shortening
- 1 cup sugar
- 1 egg
- 1/3 cup molasses
- 2 1/3 cups flour
- 2 teaspoons baking soda
- 1 teaspoon ginger
- 1 ½ teaspoons cinnamon
- ¼ teaspoon salt
- ½ teaspoon cloves (optional)



Combine ingredients. Roll into small balls. Dip in sugar. Bake at 350° for 10 minutes.



CHEESY BACON BITES

4 ounces cream cheese, softened
¼ cup real bacon pieces
2 tablespoons onion, chopped
1/8 teaspoon ground black pepper
1 package (8 ounces) refrigerated crescent roll
dough

Preheat oven to 375 degrees. In small bowl, combine cream cheese, bacon, onion and black pepper; mix well.

Unroll crescent dough; separate into 2 rectangles on cutting board. Press perforations together to seal. Spread cream cheese mixture on each rectangle using spatula. Starting at longest side, roll up each rectangle, jelly-roll fashion; press seams together to seal.

Cut each roll into 16 slices using a serrated knife. Place slices, cut side down, on flat baking stone. Bake 15 – 17 minutes or until golden brown. Serve warm.

Yield: 32 appetizers