

APPETIZER TABLE OF CONTENTS

BROCCOLI SALAD SQUARES.....24	BAKED SAUERKRAUT BALLS.....32
First Place Winner	Peg Roehm
Sherri Miller	
MANGO CHUTNEY SPREAD.....25	MARINATED SHRIMP.....33
Second Place Winner	Spark Shanel
Vi Vaudreuill	
HOT ARTICHOKE DIP.....26	CHEESE STUFFED APPLES..... 34
Third Place Winner	Peg Roehm
Pat Ostrom	
SHRIMP AND SNOW PEAS.....27	COCKTAIL MEATBALLS..... 35
Third Place Winner	Sandi Welsh
Sarah Bradford	
GOAT CHEESE STUFFED DATES..... 28	PARTY SIZE BEAN DIP.....35
Karen Hang	Peggy Bruhn
CHOLESTEROL BOMBS.....28	
Phyllis Fried	
VEGGIE BARS..... 29	
Toni Huther	
BACON WRAPS.....29	
Sarah Bradford	
BUFFALO CHICKEN WING DIP..... 30	
Jean Kin	
MUSHROOM BURGUNDY.....31	
Joyce Weidner/Ken Weidner	

Broccoli Salad Squares

Prepared by Sherri Miller

WINNER 2005

Ingredients:

- 1 package (8 oz.) refrigerated crescent rolls
- $\frac{3}{4}$ cup mayonnaise
- 2 teaspoons sugar
- 1 teaspoon white or cider vinegar
- 1 $\frac{1}{2}$ cups broccoli flowerets, chopped
- 4 slices bacon, crisply cooked, and chopped
- 2 tablespoons red onion, thinly sliced and quartered
- $\frac{1}{4}$ cup golden raisins (optional)
- 1 tablespoon sunflower seed kernels

Directions:

- (1) Preheat oven to 350 degrees
 - (2) Unroll crescent roll dough; do not separate.
 - (3) Flour and roll out dough on a 12X13" rectangle baking pan to within 1 inch of edges of pan.
 - (4) Bake 12-15 minutes until golden brown.
- Remove from oven and cool completely.
- (5) In bowl, mix mayonnaise, sugar and vinegar; set aside.
 - (6) Chop broccoli and bacon; cut thin slices of onion into quarters and separate pieces.
 - (7) Spread mayonnaise mixture over top of crust.
 - (8) Sprinkle with broccoli, bacon, onion, raisins and sunflower seeds.
 - (9) Serve immediately or refrigerate up to 1 hour.
 - (10) Cut into 24 squares with pizza cutter.

(24)

Mango Chutney Spread

Prepared by Vi Vaudreuil

Second Placed 2005

Ingredients:

- 8 oz. cream cheese
- 1-2 teaspoons curry powder (amount depends on strength of curry.)
- $\frac{1}{2}$ jar of Mango Chutney (9oz.)
- Shredded coconut
- Golden raisins
- Chopped nuts

Directions:

- (1) Blend the two ingredients and place on serving plate.
- (2) Add a layer of coconut.
- (3) Then a layer of raisins (Preferably golden raisins)
- (4) Finally a layer of chopped nuts.
- (5) Serve with Triscuits or your choice of crackers.

(25)

Hot Artichoke Dip

Prepared by Pat Ostrom
Third Place 2005

Ingredients:

Bunch of green onions – chopped
Jimmy Dean's regular sausage – cooked
1 cup Alfredo Sauce
½ cup shredded Italian cheese
16 oz. prepared artichoke dip (I used Publix brand)
1 egg
10 Ritz crackers - crushed

Directions:

- (1) Cook sausage and onion – drain well be sure it is chopped up.
- (2) Add ½ cup Alfredo Sauce and transfer to an 8" baking dish.
- (3) In a bowl, combine ½ cup Alfredo Sauce, ½ cup cheese, artichoke dip, and egg. (4) Finally a layer of chopped nuts.
- (4) Layer over top of sausage
- (5) Sprinkle crackers on top
Bake for 30 minutes at 350
Serve with tortilla chips or "Scoops"

The artichokes in the dip are often in big chunks. I chopped them with the spoon into smaller pieces. The extra Alfredo sauce and cheese can be frozen and saved for another time.

(26)

Shrimp and Snow Peas

Prepared by Sarah Bradford
Third Place 2005

Ingredients:

Cooked shrimp
Ken's Light Olive Oil Vinaigrette salad dressing
Snow peas
Head of cabbage

Directions:

- (1) Marinate 1-1/2 lbs. of large cooked shrimp overnight in Ken's light olive oil vinaigrette salad dressing
- (2) Cook 1/2 lb snow peas. Rinse and cool.
- (3) Wrap each shrimp with a snow pea, secure with a colored toothpick, and stick the toothpick into a washed head of cabbage. Continue to secure the shrimp/snow peas to the cabbage until the cabbage is completely covered.
- (4) Place ice in a shallow round dish, place the shrimp-covered cabbage in the bowl and circle with fresh flowers (can use silk flowers if fresh not readily available).

(27)

Goat Cheese Stuffed Dates **Wrapped in Prosciutto**

Prepared by Karen Hang

Ingredients:

Dates
Goat Cheese
Prosciutto

Directions:

- (1) Cut 20 dates in half.
- (2) Spread about ½ teaspoon of soft goat cheese on cut side.

Wrap in ½ a prosciutto slice.

Makes 40

Cholesterol Bombs

Prepared by Phyllis Fried

Ingredients:

1 package cocktail smoked sausage
1 pound bacon
1 pound brown sugar (I use about ½-1/3)

Directions:

Cut bacon into thirds (cut whole pound at once)
Wrap each sausage with bacon, secure with a toothpick.
Place in baking dish sprinkle brown sugar. Bake 350
until caramelized. (30-45 minutes)

(28)

Veggie Bars

Prepared by Toni Huther

Ingredients:

1 package crescent dinner rolls
1 8oz. package cream cheese – softened
½ package ranch dressing – mix
Finely chopped veggies (carrots, peppers,
olives, tomato, etc.)

Directions:

- (1) Mix dressing and cream cheese and sit aside
- (2) Put out rolls flattened onto flat pan in four sections. Do not roll into crescents.
- (3) Bake rolls according to directions.
- (4) Cool and then spread with cream cheese mixture.
- (5) Sprinkle with veggies.
- (6) Refrigerate overnight.
- (7) Cut into strips.

Bacon Wraps

Prepared by Sarah Bradford

Take one pound bacon and cut slices in half
Wrap 1/2 slice around a Club Cracker and repeat
for all the bacon
Bake at 325 degrees on a wire rack sitting in a
broiling pan to catch any drippings
Bake until done, about 25 to 30 minutes
Cool and Serve

Makes about 36 bacon wrap

(29)

Buffalo Chicken Wing Dip

Prepared by Jean Kin

Ingredients:

- 2 cups cooked, shredded chicken breast
- 6-8 oz. Frank's Hot Sauce
- 1 cup Ranch dressing
- 8 oz. cream cheese, melted
- 8 oz. shredded mozzarella cheese
- 8 oz. shredded cheddar cheese
- Tortilla chips

(You can use low-fat versions of ranch and cream cheese, if you please.)

Directions:

- Preheat the oven to 350 degrees
- (1) Lightly spray a 13"x9" glass pan with non-stick cooking spray.
 - (2) Place the chicken in the bottom of the pan.
 - (3) Put the other ingredients over the top and mix thoroughly.
 - (4) Bake uncovered for 30 minutes or until the cheese is completely melted.
 - (5) Serve warm with tortilla chips.

(30)

Mushroom Burgundy

Prepared by Joyce Weidner/Ken Weidner

Ingredients:

- 4 lbs. fresh mushrooms, whole
- 1 lb. butter
- 1 quart port or burgundy
- 1 1/2 Tablespoon Worcestershire sauce
- 1 teaspoon dill weed
- 1 Tablespoon Accent
- 1 teaspoon freshly ground pepper (coarse)
- 2 teaspoons salt (if desired)
- 1 teaspoon garlic powder
- 2 cups boiling water in which you dissolve 3 beef, 3 veggie, and 3 chicken bouillon

cubes

Directions:

- Combine all ingredients in a large pan.
(Except salt)
Bring to a slow boil on medium heat, reduce to simmer.
Cook 5-6 hours with pot covered.
Remove lid and cook another 3-5 hours until liquid is reduced to where it barely covers the mushrooms.

(31)

Baked Sauerkraut Balls

Prepared by Peg Roehm

Ingredients:

- 1 teaspoon olive oil
- 1 pound sweet Italian turkey sausage, crumbled
- 1 14.4 ounce can sauerkraut, drained & chopped
- 1 8 oz. package fat free cream cheese at room temperature
- ½ cup plain dry bread crumbs

Directions:

- (1) Heat oil.
- (2) Add sausage and cook breaking up with a wooden spoon. (About 10 minutes.)
- (3) Remove from heat and stir in sauerkraut and cream cheese until blended.
- (4) Cover and refrigerate for about 45 minutes.
- (5) Preheat oven to 350 degrees.
- (6) Spray a cookie sheet with nonstick spray. With wet hands, shape sausage mixture into 1 inch balls.
- (7) Roll balls into breadcrumbs to coat evenly.
- (8) Place in a single layer without touching each other.
- (9) Spray lightly with nonstick spray.
- (10) Bake until browned – 25 to 30 minutes.

Can be frozen and reheated in the microwave.

Serving size 3 balls= 73 calories, 1 point.

(32)

Marinated Shrimp

Prepared by Spark Shanel

Ingredients:

- 1 pound (24 count) shrimp
- 2 tablespoons vinegar
- 2 tablespoons lemon juice
- ¼ cup vegetable oil
- 1 small onion, minced
- 2 cloves of garlic, minced
- 3 tablespoons horseradish
- 1 tablespoon minced fresh parsley
- ¼ teaspoon paprika
- 1 teaspoon salt
- 1/8 teaspoon pepper

Directions:

- (1) Cook the shrimp in boiling water in saucepan for 4 minutes or just until cooked through.
 - (2) Rinse in cold water immediately to arrest cooking; drain in a colander.
 - (3) Combine the vinegar, lemon juice, oil, onion, garlic, horseradish, parsley, paprika, salt and pepper in a bowl and mix well. Add the\\\\\\
 - (4) Add the shrimp and stir to coat well.
 - (5) Marinate in the refrigerator for 4 hours or longer, stirring occasionally.
- Serve with cocktail picks.

Serves 8

(33)

Cheese Stuffed Apples

Prepared by Peg Roehm

Ingredients:

- 3 oz. package of cream cheese
- 1 1/3 oz. blue cheese
- 1 tablespoon dry white wine

Directions:

- (6) Beat ingredients together with an electric mixer.
- (7) Core 4 medium apples, scoop out the insides leaving shells about 1/2 inch thick.
- (8) Fill with cheese mixture.
- (9) Chill 2 to 3 hours.
- (10) Cut into wedges.

Cocktail Meatballs

Prepared by Sandi Welsh

Ingredients:

- 1/2 cup brown sugar
- 1 cans sauerkraut
- 1 can jelly cranberry sauce
- 1 package meatballs (Sam's or Costco)

Directions:

- Dissolve cranberry sauce.
 - Stir in brown sugar and sauerkraut.
 - Pour over meatballs.
- Can be done in slow cooker and let it cook for hours. Serve with toothpicks

Party Size Bean Dip

Prepared by Peggy Bruhn

Ingredients:

- 2 cans black beans
- 1 can refry fat-free beans
- 1 small jar of salsa (Choose the temp you like)
- 1 4oz. package of feta cheese
- 1/2 cup chopped fresh cilantro

Directions:

- Combine all ingredients and refrigerate for an hour or more.