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### **Guacamole**

2 Avocados, mashed  
Juice of ¼ lemon  
Splash of Tabasco sauce  
Fresh ground pepper to taste

Mash all of the above together, then put in a pretty glass bowl and garnish with sour cream, shredded cheddar cheese and black olives.

### **Salsa** (Donna Mitchell)

1 #2 canned stewed tomatoes  
1 sm. can green chilies  
1 Tbl. Cornstarch  
Dash of garlic powder.  
Chopped onion (2 Tbl.)

Drain off a little juice. Mix w/ cornstarch & heat a little in the microwave. Mix with remaining ingredients.

### **Salsa** (Liz Lemmon)

16 oz. Can stewed tomatoes  
½ cup canned diced green chilis  
1/3 cup finely chopped onion

Chop tomatoes and combine with chilis and onions.  
Refrigerate.

### **Salsa** (Liz Lemmon)

6 tomatoes, peeled, seeded and chopped  
1 4 oz. Can green chilis  
¼ cup minced onion  
Optional – 1 or 2 minced, canned or fresh jalapeno chilis, vines and seeds removed.  
¼ cup chopped fresh cilantro  
Salt

### **Easy Tortilla Chip Dip** – Liz Lemmon

Pour salsa over a block of cream cheese

### **Easy Artichoke Dip**

2 8-oz. Jars marinated artichokes  
Dash of black pepper  
1 cup mayonnaise  
½ tsp. Tabasco sauce  
1 cup fresh grated parmesan cheese  
Paprika to sprinkle on top

Preheat oven at 350°. Drain and chop artichokes in a bowl. Mix all ingredients except paprika. Transfer to a 2 quart chafing dish or soufflé dish, sprinkle with paprika. Bake for 20 minutes or until bubbly.  
Can be made a day ahead for a party of six to eight. Bake at last minute and keep warm. Serve with toasted pita triangles, French bread, or plain crackers and chips.

### **Clam Dip**

1 clove garlic  
1 tsp. Lemon juice  
2 3oz. Pkg. Cream cheese  
½ tsp. salt  
1 Tbl. Worcestershire sauce  
½ cup minced clams  
A few grains pepper  
1 Tbl. Clam broth

Blend cream cheese with seasonings.  
Add clams which have been drained and chopped.  
Add clam juice. Chill in bowl.

### **Vegetable Dip**

1 8oz. Pkg. Cream cheese  
¼ cup milk  
2 cups shredded sharp cheddar cheese  
about ½ - 1 grated carrot  
½ stalk celery, minced  
½ - 1 green pepper, minced  
about 1 Tbl. Onion, minced fine or 1 green onion

Combine in order in electric mixer.

### **Ranch Taco Chicken Salad** – Donald Mitchell

Chicken, cut into small pieces  
1 pkg. taco seasoning  
1 to 2 cups water  
Tortilla chips  
Ranch dressing

Cook chicken in a large frying pan. When chicken is cooked through add taco seasoning (to taste) and water. Heat through. Serve with chips and toppings.

### **Pickled Mushrooms**

2/3 cup tarragon vinegar (or white vinegar but add tarragon)

¼ tsp. Oregano  
½ cup olive oil  
1 tsp. Worcestershire sauce  
1 med. Clove garlic, crushed  
dash Tabasco  
1 Tbl. Sugar  
1 med. Onion cut in rings  
2 Tbl. Water  
12 oz. Canned mushrooms drained  
1 ½ tsp. Salt  
dash pepper  
½ tsp. basil

In med. Bowl mix all ingredients except onions and mushrooms,

### **Shauna's Spinach Dip**

10 oz. frozen chipped spinach, thawed and drained  
16 oz. sour cream  
1 cup mayonnaise  
3 chopped green onions  
1 pkg. KNORR vegetable soup and recipe mix  
8 oz. can water chestnuts, drained and chopped

Mix all ingredients well. Cover and chill 2 hours.

### **Baked Asparagus with Ham**

1 ½ lbs. Asparagus  
¼ cup freshly grated Parmesan cheese  
8 slices boiled ham  
2 Tbl. Butter

Preheat oven to 350°. Butter an 11" x 7" baking dish. Cut off tough asparagus ends. Using a sharp knife or potato peeler, peel outer skin from asparagus. Tie asparagus together in 1 or 2 bunches with string of rubber bands. Pour cold salted water 2 to 3 inches deep in an asparagus cooker, tall stockpot or old coffeepot. Place asparagus upright in water. Bring water to a boil. Cover and cook over high heat 6 to 8 minutes, depending on size. Drain on paper towels; remove string or rubber bands. Divide asparagus into 4 bundles. Wrap 2 slices ham around each bundle. Arrange wrapped asparagus bundles in buttered baking dish in a single layer. Sprinkle with Parmesan cheese and dot with butter. Bake 8 to 10 minutes or until cheese is melted. Makes 4 servings.  
(you may also substitute ham with bacon)

### **Mozzarella & Tomatoes with Basil & Oil**

4 large firm tomatoes  
salt and freshly ground pepper to taste  
½ lb. Mozzarella cheese, sliced  
¼ cup olive oil  
10 to 12 fresh basil leaves

Wash and dry tomatoes. Cut into slices. On a large platter, alternate mozzarella cheese and tomato slices, slightly overlapping. Place a few basil leaves between slices. Refrigerate about 15 minutes. Season with salt and pepper. Drizzle with olive oil. Makes 4 to 6 servings.

### **Wonton Crisps**

12 wonton skins  
2 Tbl. Grated Parmesan cheese  
2 tsp. Margarine, melted  
¼ tsp. Dried basil, crushed  
nonstick spray coating  
1/8 tsp. Garlic powder

Brush wonton skins lightly on one side with margarine. Cut in half, diagonally. Spray a 15" x 10" x 1" baking pan with nonstick coating. Arrange triangles in a single layer in pan, margarine side up. Sprinkle with cheese, basil and garlic. Bake in a 400° oven for 7 minutes.

## **Wontons** (Deanna Johnson)

Beef filling –

- 1 lb. Ground beef
- 1 egg, beaten
- 2 green onions, chopped
- 1 can water chestnuts, chopped fine
- 1 Tbl. Soy sauce
- 1 Tbl. cornstarch
- dash salt
- 1 garlic clove, chopped fine (or garlic powder)
- dash accent

Mix all together. Use raw for either soup or fried wontons.

Pork filling –

- $\frac{3}{4}$  cup ground pork
- 1 egg, beaten
- 6 fresh shrimp, chopped fine
- 1 tsp. cornstarch
- 3 water chestnuts, chopped fine
- $\frac{1}{2}$  tsp. sugar
- 2 Tbl. Green onion, chopped fine
- $\frac{1}{2}$  tsp. Soy sauce
- 2 Chinese parsley, chopped fine (optional)

Mix all together. Will fill about  $\frac{1}{2}$  pound wonton wrappers. Cook before using for fried wontons. For wonton soup, boil in water, then drain and add to hot thicken broth. Add a few green onions for garnish.

## **Brown sweet and sour sauce** –

- 1  $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  cup soy sauce
- $\frac{2}{3}$  cup red wine or rice vinegar (mild)
- 1  $\frac{1}{3}$  cup cold water (may use  $\frac{1}{4}$  cup pineapple juice for part of this water)
- 6 Tbl. Cornstarch

Mix. Cook over low heat until thickened and clear. Add 1 Tbl. Catsup or more for color. (Smells very vinegary – stronger than it tastes). Add the following:

- 1 green pepper, diced
- 1 med. Onion, diced
- 1 med. Tomato, diced
- 1 20 oz. Can pineapple chunks, drained

If desired, use this recipe as a base for sweet and sour pork.

## **Red Sweet and Sour Sauce** – (Donna Mitchell)

- Mix  $\frac{1}{2}$  cup sugar
- $\frac{1}{3}$  cup vinegar
- $\frac{2}{3}$  cup water
- 2 Tbl. Cornstarch

Cook over med. Heat until thickened, stirring constantly. Remove from heat and add 4 to 5 Tbl. Catsup.

### **Yaki Mandu (Fried Wontons)** – Donald Mitchell

2 pkgs. Wonton wrappers  
1 lb. lean ground beef or chopped sirloin  
2 medium carrots, chopped  
20 to 25 medium mushrooms, chopped  
1 pkg. (12 oz.) firm tofu  
2 green onions, chopped  
3 cloves garlic, minced  
1 Tbl. sesame oil  
1 Tbl. sugar  
1 tsp. freshly ground black pepper  
1 tsp. toasted sesame seeds  
¼ cup soy sauce  
1 egg, lightly beaten

#### **Sauce:**

½ cup soy sauce  
1 tsp. sesame oil  
1 green onion, chopped  
Sprinkle of toasted sesame seeds  
Dash of chili oil or red pepper powder

Defrost wonton wrappers. Mix vegetables into meat. To soften tofu, either squeeze the tofu through your fingers or use a colander: line a colander with a paper towel, put the tofu in the colander, put another paper towel on top, put a small plate (smaller than the mouth of the colander but big enough to cover the tofu) over the tofu, and put a brick on top for one hour. Mix the tofu into your meat mixture. Add green onions and garlic, then sesame oil, sugar, pepper, and sesame seeds. Stir well, then add soy sauce and egg and stir again.

Put the defrosted wrappers in a bowl with a wet paper towel over the

### **Chicken Fingers with Honey Mustard**

4 skinless, boneless chicken breasts  
Honey mustard:  
1 cup all-purpose flour  
½ cup honey  
½ tsp. Salt  
¼ cup Dijon mustard  
¼ tsp. Pepper  
Blend in small bowl and set aside.  
¾ cup milk  
1 cup vegetable oil for frying

Prepare the honey mustard 1 or 2 days ahead of time so the flavors have time to blend.  
Cut chicken into ½" x 2" strips. Mix flour, salt and pepper in a shallow bowl. Dip chicken in milk. Roll in flour mixture to coat well. Place chicken on waxed paper. Pour ¼" of oil into a large heavy skillet. Heat over medium-high heat to 350° or until a cube of white bread dropped in oil browns evenly in 1 minute. Divide chicken into batches. Place chicken in an even layer in hot oil. Fry, turning once, for about 3 minutes on each side or until golden brown and crisp. Drain on paper towels. Serve with sauce.

## **Baby Shrimp with Oil & Lemon**

2 lbs. Precooked baby, bay shrimp

3 Tbl. Chopped parsley

Juice of 2 lemons

2 garlic cloves, finely chopped

1 tsp. Mustard

Lettuce

Salt and freshly ground pepper to taste

12 to 16 thick slices Italian bread

½ cup olive oil

Pat shrimp dry with paper towel. Place shrimp in a large salad bowl. Combine lemon juice, mustard and salt and pepper in a medium bowl. Add oil, parsley and garlic; mix until blended. Taste and adjust for seasoning. Pour oil and lemon dressing over shrimp. Toss lightly until shrimp are coated with dressing. Refrigerate until ready to use. Wash and dry lettuce thoroughly. Serve shrimp at room temperature garnished with lettuce. Toast bread until golden on both sides. Serve with shrimp. Makes 6 to 8 servings.

