



Appetizers

FETA AND SPINACH DIP

4 cups spinach, fresh, chopped (about 2 ounces)
 1/2 cup light cream cheese
 1/2 cup fat-free sour cream
 1/4 cup crumbled feta cheese
 1/4 cup chives, fresh, minced, divided
 2 tsp. fresh lemon juice
 1/4 tsp. black pepper
 1/4 tsp. table salt, or less to taste



Place spinach in a small saucepan with 2 cups of water. Bring to a boil over high heat and then cook for 1 minute; drain well.

Place spinach, cream cheese, sour cream, feta cheese, 2 tablespoons of chives, lemon juice and pepper in a blender; puree. Taste dip and add salt if desired. Spoon dip into a serving bowl and sprinkle with remaining tablespoons of chives.

GREEN BEAN BUNDLES

3 (16 ounce) cans of whole green beans, drained
 1/2 cup butter (melted)
 1 cup brown sugar
 1-1/2 packages of bacon (cut in half)
 Garlic, salt, pepper, (red pepper-optional)

Wrap about 7-9 (more or less) beans in a half slice of bacon and place seam-side down in a greased baking dish. (9x13 pan or larger. This recipe makes enough for 2 cookings). Melt butter. Stir in brown sugar and garlic salt (and whatever spices you prefer). Sprinkle some more garlic salt/powder over bundles. Bake covered at 350 degrees for 45 minutes. Remove cover and bake for additional 10 minutes.

HOT WASSAIL

1 gallon apple cider
 1 † cinnamon
 1 † nutmeg
 1T lemon juice
 12 oz. pineapple juice
 2 oz. honey
 6 oz. cranberry juice

Put cinnamon and nutmeg into coffee filter and tie tightly. Combine all ingredients and bring to a boil. Turn heat down and hold to 175°-190°. Serve hot with cinnamon stick.

MANGO SALSA

1 Cucumber, chopped
 1 Red pepper, deseeded, chopped
 1/2 Red onion, chopped
 1 Mango, chopped (or pineapple)
 5 Roma tomatoes, deseeded, chopped
 1-2 Jalapenos (to suit your taste—you may want more)
 3/4 c. apple cider vinegar

Sugar, salt and pepper and chopped cilantro to taste. Let sit at least at hour (better, if overnight).



TEXAS CAVIAR

1 can black beans*
 1 can black-eyed peas
 1 can white shoe-peg corn
 2 cans diced tomatoes
 Drain all above ingredients

Add:

2 cans Rotel (mild or hot)
 1 red onion, chopped fine
 1 bell pepper, chopped
 1 8 oz. bottle Zesty Italian Dressing**

Mix all ingredients and chill for several hours.
 Will keep in the refrigerator for a week.

*1 typically use two cans of black beans

**Or, mix in one dry package of Ranch Dressing

STUFFED MUSHROOMS

1 lb. whole mushrooms with stems popped out, finely chopped and the insides cleaned out
 1/4 cup bread crumbs
 1/2 cup butter
 1/4 cup onion, finely chopped
 1 tbsp. Parmesan cheese
 Mozzarella cheese
 Optional: finely cut up 1-2 slices of sandwich ham

Grease baking dish with butter.

In a bowl, mix butter, bread crumbs, onion, Parmesan cheese and chopped stems.

Stuff mixture into mushrooms. Sprinkle mozzarella cheese on top. Bake in 350 degree oven until mushrooms are cooked and cheese is slightly browned.

HOT CHEDDAR MUSHROOM DIP

2 c. mayo
 2 c. (8 oz.) shredded cheddar cheese
 2/3 c grated Parmesan cheese
 4 cans (4.5 oz. each) sliced mushrooms, drained (or 2 small containers of fresh, sliced mushrooms)
 1 envelope ranch salad dressing mix

In large bowl, combine mayo, cheeses, mushrooms and dressing mix. Spread into greased 9-inch pie plate.

Bake, uncovered, at 350 for 20-25 minutes or until cheese is melted. Sprinkle with parsley. Serve with crackers.
 Yield: 3 cups.

SHRIMP DIP

1 (12 oz.) container whipped cream cheese
 1 bag shredded cheddar cheese
 1 bottle zesty cocktail sauce
 2 cans drained, tiny shrimp

Spread cream cheese in a pie pan. Smooth a layer of cocktail sauce over cream cheese. Sprinkle shrimp over sauce. Top with cheese. Serve with crackers.