# The secret to each of these quick bites is in the dough!

Using premade dough cuts down on the prep work, so you can get ready for the party in no time.



#### Jalapeño Poppers

These poppers will heat up any menu.

HANDS-ON TIME: 10-15 MIN TOTAL TIME: 30 MIN SERVES: 6

- 1 can (8 oz.) crescent rolls
- 3 oz. cream cheese, softened
- 1 can (4 oz.) diced jalapeño peppers, drained
- 1/2 cup bacon crumbles
- > Preheat oven to 350°F. Unroll crescent dough and create 4 rectangles by pressing together 2 triangles. Cut rectangles horizontally to create 3 smaller rectangles. Place about ½ tablespoon of cream cheese on each small rectangle, along with a teaspoon of diced jalapeño and bacon crumbles. Carefully fold crescent dough into a neat ball, making sure to completely seal the filling inside the dough. Place on greased baking sheet and bake for 15 minutes. Refrigerate any leftovers.

**Per Serving:** 110 Cals; 4 g Protein; 6 g Fat; 11 g Total Carb; 1 g Fiber; 1 g Sugar; 395 mg Sodium; 11 mg Cholesterol

Ann Bodinsted +

Peggy

## **Turkey Taquitos**

1 lb. lean ground turkey

1 small onion, diced

1 small red pepper, diced

1 package taco seasoning mix

2 Tbsp. water

4 oz. cream cheese (low fat is ok)

1/3 cup plain Greek yoghurt

1 Tbsp. lime juice

½ cup medium salsa

½ tsp. salt

½ tsp. pepper

12 whole wheat small tortillas - slice off rounded edges on 2 sides

shredded Mexican blend cheese

Brown the turkey, onion and red pepper. Drain off any grease. Stir in remaining ingredients, except tortillas and Mexican cheese. Stir over medium heat until well blended. Spray pan with cooking spray. Wrap tortillas with generous (1/4 cup ) amount of turkey mixture, sprinkle with shredded cheese, and place seam down in pan. Wipe the top of each tortilla with cooking oil. Bake uncovered at 350 F for 30 minutes. Taquitos can be frozen.



from Better Homes & Garden New Cookbook

½ cup finely chopped onion2 cloves garlic, minced1 Tablespoon olive oil or cooking oil

In a medium saucepan cook onion and garlic in hot oil until onion is tender.

#### Stir in:

¾ cup apple juice

 $\frac{1}{2}$  of a 6-ounce can ( $\frac{1}{3}$  cup) tomato paste

¼ cup vinegar

- 2 Tablespoons brown sugar
- 2 Tablespoons molasses
- 1 Tablespoon paprika
- 1 Tablespoon prepared horseradish
- 1 Tablespoon Worcestershire sauce
- 1 teaspoon salt
- ½ teaspoon black pepper

Bring to boiling; reduce heat. Simmer, uncovered, about 10 minute or until desired consistency, stirring occasionally.

Cover and chill any leftovers for up to 3 days.

#### **Nutrition Facts per 2 Tablespoons:**

52 cal., 2 g total fat (0 g sat. fat), 1 mg chol. 238 mg sodium, 9 g carbo., 1 g fiber, 1 g protein.

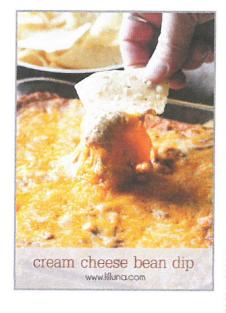
Vit A 7%; Vit C 5%; Calcium 2%; Iron 4%.

Tricia Ellersick Way Library Cookbook Club 9/7/2016

## Cream Cheese Bean Dip

### **Ingredients**

- 1 cup sour cream
- 1 16 oz. can refried beans
- 4 oz. (1/2 bar) cream cheese (softened)
- 1 package taco seasoning
- 1 cup mexican cheese
- Salsa (a few TB ¼ cup of your favorite kind) optional



#### **Instructions**

- 1. Preheat to 350.
- 2. Combine beans, sour cream, and cream cheese in a bowl until well combined. Add taco seasoning and salsa.
- 3. Pour into 8x8 pan. Top with cheese and bake for 25 minutes.
- 4. Serve hot with tortilla chips. ENJOY!

Recipe by Lil' Luna at http://lilluna.com/cream-cheese-bean-dip/

Homemade Baked Com Tortilla Chifi Total time: 20 min.

Preptime: 5 min.

Cooking Time: 15 min. Yield: 10 serving)

Ingredients:
15 corntertillas, Cut into wedges
Nonstick cooking spray
1 tsp. sea Salt

Prep:

- 1. Heat oven to 375°F
- 2. Lightly coat both sides
  of tortillas w/ spray.
  Arrange in a single
  layer on two baking
  sneets. Bake for 10-15
  min., or until crisp.
- 3. Sprinkle W Salt

9-7-16 From Kalkeer Dewar 1/2 white 1/2 BROWN) 1/2 cups chopped walnut or pecan Jused legg + 1 egg white 1 top part 3 cups All Purpose Hour gluten free Cinammon Baking SooA Oven 350° - 2 loaf paris - great + Hour Mix tomators, sugar, walnuts oil vanilla, sait in darge Bowl. Mix Hour Cinammon, baking powder in separak bowl Stir dry into egg mixture until just dental Put hower in loaf pans. Bake about I hour Bake about I hour until toothpick in Center comes out clean. Cool in pans for 10 minutes then transfer to wise RACK to cool CAN BE FROZEN

TAIGATE Theme From- Kathleer Dewar 9-7-16 " Themen Marcus Dip" Cup grated cheddar cheese 12 cup may onnaise 14 cup perfans or 41 monds 14 cup guer onion chopped 14-12 cup Baror Bits-real Litz crackers -Combine al in l Bowl. Refrigerate enjoy

# **Black Bean and Bell Pepper Salad**

Harriett Hall, Lake Wood Church of the Brethren

# Submitted by Carl Ruetz

Notes:

Can also add 8 oz. prepared miniature seashell pasta.

## Salad:

1 can (15 oz) Black beans, drained, rinsed, patted dry

1 ½ cups +- Frozen corn (or 2 ears fresh corn)

1 Bell pepper, small, red, diced small

Bell pepper, small, yellow, diced small

Bell pepper, , small, orange, diced small

1 Sweet onion, small, finely chopped

2 Tbls Cilantro, fresh, finely chopped

8 oz Miniature seashell pasta, cooked, drained, cooled (optional)

## **Dressing:**

½ cup

5 Tbls Red wine vinegar

2 tsp Thyme, fresh, finely chopped

Olive oil

1 large clove Garlic, minced

Salt and pepper to taste

- 1. In large bowl, combine salad ingredients and optional pasta, if using.
- 2. In small bowl, whisk together **dressing ingredients**.
- 3. Pour over salad and mix well. Chill at least one hour for flavors to blend.

Salsa Roll-Ups – Katie Ranck

1 package of tortilla wraps – I used a low carb variety

1 – 8 oz package of cream Cheese – I used 1/3 less fat Philadelphia

½ cup of Salsa – I used Ortega

1 cup of shredded cheddar cheese – I used 3 cheese variety blend

- 1. Mix together all the wet ingredients and spread on the tortillas.
- 2. Chill for several hours and slice into bite size pieces before serving

#### Stuffed Baked Potato Salad

microwave or oven bake three med baking potatoes then cool in the refrigerator

mix in large bowl 1/4 cup sour cream, 1/2 cup ranch dressing, 4 slices chopped cooked bacon, one cup shredded cheddar cheese, 1/4 cup minced fresh onion or green onion,

peel and dice cold potatoes and generously salt and pepper them then gently toss in dressing

if made ahead potatoes may absorb too much dressing and may need more ranch stirred in before serving

top with shredded cheese and bacon if desired, I have tasted it with dill added and chopped celery and olives which was also tasty

Sheila

Tail gote Impossible Pie with Pizza	Flavors L. Hoffman
1/2 medium prior sliced, souted, cool	Mac. Milk
1/3 e. black alives, sliced	314 e Bisquick
2. T. supplied to matoes, sliced rehydrate	3 1995
6 oz. jan antichokes, drain, dice 12" pieces, opt. It. salt	
1 c. grated provolone	1/4 to black pepper
1 c. grated provolone 14 c. Sliced pepperani or ham	
Heat over to 400°. Grease piepan or 8x8 easserb.	
Toss first a manadients whisk last 5 maredients just	
til smooth. Pour over veggles in pan. Bake 35-40 min	
or til Knite comes out clean. Rest 5-10 minutes before slicing	

Linda Hoffman