

Cracker Spread

2 - 8 oz. cream cheese softened

Add $\frac{1}{2}$ cup of each:

Crushed pineapple (squeeze out liquid)

Green pepper - diced

Onion chopped fine

Mix together and shape into a ball.

Refrigerate overnight then roll the ball in the chopped nuts. Serve with your favorite crackers.

Sandra Jones

Rainbow Pasta Salad

- 2oz Rainbow Twisted Pasta
- 1 Red Onion - Sliced thinly
- 1 c grape tomatoes - quartered
- Orange, Red, yellow or green pepper - Julienned
- zucchini - sliced and cut into half moons
- 1 c Black olives - sliced
- 1 c Green olives - sliced
- Italian dressing

Prepare Pasta according to directions on package. Rinse & set aside. In large bowl combine all other ingredients along with rinsed pasta. Refrigerate in an airtight container for least 1-4 hours, but preferably overnight. Serve chilled. Refrigerate any leftovers.

Serves - 6



Forget me not!

Quesadilla

Wcm. Garlic Parmesan
Chicken Breast

3pc. Chicken stirfried w/Pam
8 Flour Tortillas
1 cup Colby Jack Cheese
cilantro leaves
3 tbs Onion

Salsa (Pico de gallo)
Chopped Tomatoes (1 big)
Red Onion (2 tsp)
Juice lime (1)
Jalapenos (1 or 2)
minced garlic (1 tsp)
2 tablespoons cilantro
Salt & pepper

BEAN SALSA

$\frac{1}{3}$ cup oil (CANOLA) I use
 $\frac{1}{2}$ cup PLAIN rice vinegar Dressing make
 $\frac{1}{4}$ cup SUGAR } FIRST

1 CAN black beans } DRAIN +
1 CAN Pinto beans } RINSE
1 CAN CORN

$\frac{1}{4}$ cup Cilantro

2 green onion's

2 garlic clove's

$\frac{1}{2}$ cup onion's (Purple one's I use them)

1 Jalapeno

cut up
of these

over →

DRAIN
mix black bean, pinto bean, corn
Altogether

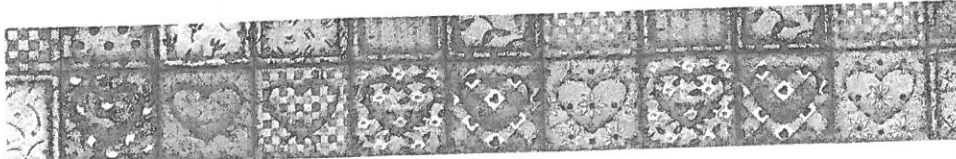
mix up oil, Vinegar, Sugar together

cut up Cilantro, green-onion's, garlic clove
onion's (purple) & Jalapeno, together

mix ~~altogether~~ together & put in Fridge
over night

Enjoy the next Day

Karen Shroyer



Recipe CORN CASSEROLE
 From TOM STURTON Makes _____
 1/2 C BUTTER
 2 TBSP CHOPPED ONION
 2 EGGS SLIGHTLY BEATEN
 8 OZ SOUR CREAM
 1 CAN MEXICANA CORN DRAINED
 1 CAN CREAMED CORN
 1 8OZ CORN MUFFIN MIX
 SALT TO TASTE
 MELT BUTTER, LIGHTLY SAUTE ONIONS
 BEAT EGGS. STIR IN BOTH CORNS ©CURRENT, INC.

ADD MUFFIN MIX SEASON WITH SALT
 TO TASTE. ADD SOUR CREAM ~~ADD~~
~~BUTTER~~ SPOON INTO 8x11
 CASSEROLE DISH BAKE 45 MINUTES
 AT 350° ~~AT~~ DRIZZLE MELTED BUTTER
 ON TOP BEFORE BAKING.

Chris Scarlett

ZAATAR GREEK SALAD Serves: 4-6
Ingredients:

- 2 cups diced English cucumber
- 1 can canned garbanzo or chickpeas, drained and rinsed (or fresh)
- 1 cup seeded and diced red bell pepper
- 1 cup diced plum tomatoes
- 1 cup chopped romaine lettuce
- 1 cup thinly sliced scallions
- 8 ounces reduced fat Feta cheese, crumbled
- 16 kalamata olives, pitted and chopped.

Vinaigrette:

- 1 large lemon (2-4 Tablespoons)
- 1 teaspoon Bumble Za'atar Bread Dipping Seasoning
- 1/4 cup Bumble Single Variety Olive Oil

Directions:

In a large bowl, combine the garbanzo beans, bell pepper, tomatoes, lettuce, scallions, feta and olives. In a small bowl whisk together the lemon juice and Za'atar. Slowly add the olive oil while whisking to combine until dressing comes together in a thick emulsion. Drizzle 1/2 of the dressing on the salad, toss. Divide the salad on 4-6 plates and drizzle equally with remaining dressing. Serve immediately.

Recipe from Bumble Olive Oil email newsletter

½ cup sliced celery
¼ cup sliced green onions
⅛ cup mayonnaise (light is OK)
⅛ cup plain Greek yogurt (low fat is OK)



submitted photo

CRAB SALAD

This is a great hot weather sandwich filling.

Ingredients:
4 cups fresh crab meat

Preparation:
In a medium bowl, combine all ingredients. Then pack the salad in a sealable container and store overnight in the fridge.

On game day, place the container in your cooler. Prepare each serving individually at your tailgate.

With a serving spoon and fork, place portions on your favorite bread or lettuce leaves or put a serving

Crab salad is a good sandwich filling early in the season, when temperatures outside dictate cooler, lighter fare at football games.

on a plate with crackers that the guest chooses from your cracker and cheese board.

This recipe is for eight servings.

(Drozda, known as the "father of American tail-

gating," wrote the "Tailgater's Handbook" in 1996. He is a former resident of this area and lives in MAC/Big Ten country and maintains a web site at Tailgatershandbook.com.)

White Chicken Chili

48oz Great Northern beans
16oz Black bean & corn salsa
12.5oz CAN chicken breast, drained
28oz Chicken broth (1 or 2 14oz) CANS

Place all ingredients in crockpot and heat.

* serve with sour cream, shredded cheese and blue chips

- Linda Stoller