



# Recipes

## **WIC Fall Social – 2009**

*Providence Reformed Presbyterian Church  
9124 Sappington Road  
St. Louis, Missouri 63126*



## Cheese Crisps

Dough for these crisp wafers is kept rolled and chilled in the ice box for serving with cocktails, morning coffee for callers, or with a luncheon salad. They are sliced thin and served hot from the oven.

Grate 1 lb. aged cheese (sharp American or Cheddar, not the gluey kind). Pour over the cheese one-half cup of melted butter.

Sift together 2 cups flour, 1 ½ tsp. salt, and ¼ tsp. crushed red pepper (cayenne). Add this to cheese, working ingredients with fingers until well-mixed. Press with hands into two long rolls. Wrap with wax paper and chill. Cut in very thin slices, put on greased cookie sheet, and bake in a hot (450) over about 4 to 6 minutes or until lightly browned. Do not overbrown. Serve hot. This dough will keep for weeks in the refrigerator and may be sliced as needed.

## Cheese Ball – Mary Grace Moore



1 cup Hellmann's Mayo  
1 cup shredded cheddar  
10 pieces of bacon, fried and crumbled

½ cup green onion tops, minced  
1 cup pecan pieces or slivered almonds

Stir together and combine to form a ball. Make a day ahead of serving.  
Can cover with raspberry preserves.



## Simple Lasagna with Tomato Meat Sauce (served at the luncheon on 2/6/10)

### Tomato meat sauce:

1 T olive oil  
1 medium onion, chopped fine  
6 medium garlic cloves, minced  
½ pound each ground beef and Italian sausage  
½ t. salt and ½ t. ground black pepper  
¼ cup heavy cream  
1 (28 oz.) can pureed tomatoes  
1 (28 oz.) can diced tomatoes, drained

### Ricotta, Mozzarella and Pasta Layers:

15 oz. ricotta  
1 ¼ cups grated Parmesan cheese  
½ cup chopped fresh basil leaves  
1 large egg, lightly beaten  
½ t. salt and ½ t. pepper  
12 no-boil lasagna noodles  
16 oz. shredded mozzarella cheese



375 degrees. Heat oil in Dutch oven over medium heat 2 minutes; add onions and cook, stirring occasionally, until softened but not browned, 2 minutes. Increase heat to medium-high and add ground meats and salt and pepper. Cook, breaking meat into small pieces, until meat has lost its raw color but hasn't browned, 4 minutes. Add cream and simmer until liquid evaporates. Add tomatoes and tomato puree, bring to a simmer, reduce heat to low and cook 3 minutes; set sauce aside.

Mix ricotta, 1 cup Parmesan, basil, egg, salt and pepper with a fork until creamy. Smear entire bottom of a 13x9 pan with ¼ cup meat sauce. Place 3 noodles to create first layer. Drop 3 T. ricotta mixture down center of each noodle. Spread it by pressing with the back of a spoon and then top with 1 cup mozzarella. Repeat the layering 2 more times. Place 3 remaining noodles on top of sauce, spread remaining meat sauce over noodles, sprinkle with remaining 1 cup of mozzarella then the remaining ¼ cup Parmesan. Spray a piece of foil with cooking spray and cover lasagna. Bake for 15 minutes, then remove foil. Return lasagna to oven and continue to bake until cheese is spotty brown and sauce is bubbling, 25 minutes longer. Cool 10 minutes before cutting into pieces and serving.



## Ooey Gooey Squares

1 (18.25 oz.) box yellow cake mix  
 ½ cup butter, melted  
 1 egg  
 1 T. water  
 1 (8 oz.) package reduced-fat cream cheese

1 (16 oz.) box confectioners' sugar  
 2 egg whites  
 1 t. vanilla  
 1 cup semisweet chocolate chips

Preheat oven to 350 degrees. In a mixing bowl, beat together the cake mix, butter, egg and water until well mixed. Spread the batter into the bottom of a 13x9 baking pan coated with non-stick cooking spray. In a mixing bowl, beat together the cream cheese, confectioners' sugar, egg whites, and vanilla. Stir in the chocolate chips. Pour this mixture over the batter in the pan. Bake for 40 to 50 minutes or until the top is golden brown.

Cool to room temperature and cut into squares. Can be frozen up to 4 - 6 months.

## Buffalo Chicken Wing Dip – Angie Anderson



3 boneless skinless chicken breasts; cooked and shredded  
 2 cups cheddar cheese; shredded  
 1 (8 oz.) package cream cheese

1 small bottle ranch dressing  
 ¾ of a 12 oz. bottle Franks Hot Wing Sauce

Combine all ingredients. Bake at 350 degrees for 30 minutes.

## Shrimp Dip – Barb Hoover



2 (8 oz.) packages cream cheese  
 1 can of cream of shrimp soup  
 1 ½ cup chopped cooked shrimp  
 1 t. dry mustard  
 1 t. Worcestershire sauce

¼ t. garlic powder  
 ½ - 1 t. paprika  
 ¾ - 1 C. mayonnaise  
 salt and pepper to taste

Mix ingredients thoroughly in large bowl. Chill at least 2 hours before serving. Serve with Ritz or Townhouse Crackers. Yield 25-30 servings.



## Feta Cheese Dip – Rachel Nicoletti

1 cup feta cheese, crumbled  
 1 cup sour cream  
 2 T. minced scallion  
 2 T. minces fresh parsley, plus some more  
 ½ t. minced garlic (optional)

1 t. minced fresh marjoram or oregano or ½ t. dried  
 ½ t. fresh thyme leaves or ¼ t. dried thyme  
 lots of freshly ground pepper and salt to taste  
 freshly squeezed lemon juice to taste (optional)

Combine all ingredients except the salt and lemon juice and mash with a fork or potato masher. Taste and add salt and lemon juice if necessary.

Garnish with extra parsley and serve immediately, with bread, crackers, pita, or vegetables. Can cover and refrigerate for up to a day.

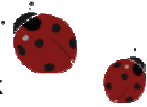


## Orange Glazed Smokies – Dottie Devlin

- 1 cup packed brown sugar
- 1 T. all purpose flour
- ¼ cup orange juice concentrate
- 2 T. prepared mustard
- 1 T. cider vinegar
- 1 pkg. (16 oz.) miniature smoked sausages

In a large microwave safe bowl, combine the first five ingredients. Add sausages, stir to coat. Cover and microwave on high for 3-4 minutes or until bubbly, stirring three times. Yield: about 4 dozen

## Stuffed Mushrooms – Anne Hiers



- 24 oz. white button mushrooms
- 1/3 pound hot pork sausage
- ½ whole medium onion, finely diced
- 4 cloves garlic, finely minced
- 8 oz. cream cheese
- 1 whole egg yolk
- ¼ cup Parmesan cheese, grated
- 1/3 cup dry white wine
- salt and pepper to taste

Brown and crumble sausage. Set aside on a plate to cool. Add onions and garlic to the same skillet; cook for 2 minutes over medium low heat. Pour in wine to deglaze pan, allow liquid to evaporate. Add in chopped mushroom stems, stir to cook for 2 minutes. Add salt and pepper to taste. Set mixture aside on a plate to cool. In a bowl, combine cream cheese and egg yolk. Stir together with Parmesan cheese. Add cooled sausage and cooled mushroom stems. Stir mixture together and refrigerate for a short time to firm up. Smear mixture into the cavity of each mushroom, creating a sizeable mound over the top. Bake at 350 degrees for 20-25 minutes, or until golden brown. Allow to cool at least ten minutes before serving.



## Artichoke Dip

- 1 jar of artichoke antipasto (Trader Joe's)
- 1 package of frozen chopped spinach; thawed, rinsed and drained (10 oz.)
- ¼ cup mayonnaise
- 1 cup of shredded Parmesan

Mix above ingredients together, spread in baking dish and bake at 350 degrees for approximately 10 minutes or until cheese is slightly browned. Serve with your favorite crackers.

## Pineapple Torte – Amy Sterner



Make crust first. Mix together the following and pat into 9X13 pan. Bake 375 degrees for 15 minutes.

- 2 sticks of butter, softened
- 1 ½ cup flour
- 2 T. sugar



Make topping while crust is in the oven. In a saucepan mix together:

- 1 large can crushed pineapple
- ¼ cup sugar
- 2 T. cornstarch

Cook over medium heat, stirring frequently, until thickened. Let cool. In a large bowl, whip 6 egg whites until stiff. Fold cooled pineapple mixture into egg whites. Spread over crust. Bake 15-20 minutes at 375 until peaks are light brown.

## Disappearing Brownies – *Melissa Samaki*

1 (6 oz.) package butterscotch morsels  
½ cup of butter (1 stick)  
½ cup firmly packed brown sugar  
1 t. vanilla  
2 eggs  
1 ½ cup flour

½ salt  
2 t. baking powder  
½ cup chopped nuts (optional)  
2 cups miniature marshmallows  
1 (12 oz.) package semi-sweet chocolate morsels



Melt butterscotch and butter in a saucepan over medium heat until the morsels are melted, stirring well. Remove from heat and add brown sugar, vanilla and eggs. Next add flour, salt and baking powder. Mix well. Fold in nuts, chocolate morsels and marshmallows. Spread in greased 13X9 inch pan. Bake at 350 degrees for 18-20 minutes. Do not overbake. Center will jiggle but will firm upon cooling.



## Goey Butter Cake – *Kathy Pratt*

1 package yellow cake mix  
½ cup butter  
1 egg, lightly beaten  
Mix and pat into bottom of greased 9X13 pan.

Beat together:  
8 oz. cream cheese (softened)  
1 (1 lb.) box powdered sugar  
2 eggs

Pour over the top of the first layer. Bake 30 minutes at 350 degrees. Sprinkle with powdered sugar.



## Cream Cheese Roll-Ups

1 (8 oz.) package cream cheese, softened  
1/3 cup mayonnaise  
2/3 cup pitted green olives, chopped

1 (2.25 oz.) can black olives, chopped  
6 green onions, chopped  
8 (10-inch) flour tortillas

In a medium bowl, mix together cream cheese, mayo, green olives, black olives, and green onions. Spread cream cheese mixture in a thin layer onto each tortilla. Roll up tortillas. Chill about 1 hour or until the filling is firm. Slice chilled roll-ups into 1-inch pieces.

## Coconut Treats



1 cup butter  
¼ cup powdered sugar  
1 t. vanilla

2 cups unbleached flour  
2 cups shredded coconut  
powdered sugar for coating



Preheat oven to 350 degrees. Blend butter, vanilla, and ¼ cup powdered sugar. Add flour until well blended. Stir in shredded coconut. Roll dough into one inch balls. Place about two inches apart on greased baking sheets. Bake for 15-20 minutes until lightly browned. Upon removal from oven, roll the cookies in the powdered sugar. Cool before eating.

## Sour Cream Chocolate Cake – Annie Barlow

Makes 2 9-inch cake layers or 24 cupcakes



2 2/3 cups all purpose flour

2 1/2 cups granulated sugar

1/2 cup natural (not Dutch) cocoa powder

1 1/2 t. baking soda

1/2 t. salt

3 large eggs

2/3 cup sour cream

1 T. vanilla

10 T. butter, melted and cooled

2/3 cup oil (corn, canola, vegetable)

1 1/4 cup ice-cold water

1. Position rack in the center of the oven and heat to 350 degrees. Grease bottom and sides of 2 9-inch cake pans and dust them with flour. Use paper liners if making cupcakes.
2. Sift together the flour, sugar, cocoa powder, baking soda and salt into a medium bowl.
3. In another bowl, whisk together the eggs until blended. Whisk in the sour cream and vanilla until blended.
4. In the bowl of a standing mixer, using the paddle attachment, mix the melted butter and oil together at low speed. Add the sour cream/egg/vanilla mixture and mix for 30 seconds or so. Then add the cold water and mix to blend. Add the dry ingredients all at once and mix for another minute or two, scraping down the bowl a few times. Scrape the batter into the prepared pans or cupcake liners.
5. Bake for 35-40 minutes (if doing cakes), until a toothpick inserted into the center comes out clean. Cool the cakes in the pans on wire racks for 15 minutes. Then invert the cakes onto the racks and cool completely.

Store at room temperature, wrapped in foil, for up to 5 days.



## Dark Chocolate Sour Cream Frosting – Annie Barlow

1 cup bittersweet chocolate chips

1/2 cup butter, softened

1/2 cup sour cream, at room temperature

2 1/2 cups confectioners' sugar, sifted

1. Melt the chocolate and then cool until tepid.
2. In the bowl of a standing mixer using the paddle attachment, beat the butter at medium speed until creamy, about 30 seconds. Add the sour cream and beat at medium speed until blended and smooth, about 1 minute. Add the sugar gradually and beat at high speed until light and creamy, about 2 minutes. Add the cooled chocolate at low speed, mixing until blended and scraping down the sides of the bowl as necessary. Increase speed to high and beat until slightly aerated, about 1 minute. Store in an airtight container at room temperature for up to 3 hours, or refrigerate for up to a week; bring to room temperature before using.



## Cowboy Caviar – Marne Wood

1 (15 oz.) can black-eyed peas; rinsed and drained

1/4 cup green onions; thinly sliced

1/2 cup sweet red pepper; finely chopped

2 cloves garlic; minced

2 T. extra virgin olive oil

4 T. red wine vinegar (or more to taste)

1-2 fresh jalapeno peppers; chopped

1/4 t. black pepper

Combine all ingredients. If possible, chill for 3 hours (covered). Serve with tortilla chips.