



UT Extension

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National Association For
Family & Community Education

Programs in agriculture and natural resources,
4-H youth development, family and consumer sciences,
and resource development.

University of Tennessee Institute of Agriculture,
U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.

**Bedford County
Family and Community
Education Clubs**

June 2013

Share Fair Foods

**Blueberry Crisp
Extension Office
Whitney Danhof**

**Cream Cheese Roll Ups with Broccoli
Normandy Club
Nancy Trankovich**

**Sausage Pinwheels
Sulphur Springs Club
Tewaan Tucker**

**Blue Cheese and Chive Crisps
Unionville Club
Virgie Summers**

**Sausage Wild Rice Casserole
Wheel Club
Carolyn Hulshof**

**Liberty's Hot Crackers
Liberty Club
Sara Kelly**

**Crockpot Double Nut Clusters
Pleasant Grove Club
Sherry Brown**

**Pretty Party Mints
Town and Country Club
Janet Boyce**

Notes:

Pretty Party Mints

1/2 cup butter
1 (1-pound) box powdered sugar (3 3/4 cups)
1 tablespoon (more or less) milk
Few drops of peppermint oil
Few drops of food coloring
Sugar

Directions:

Allow butter to reach room temperature. Mix together with hands the butter, powdered sugar and milk. The consistency should be moldable but not sticky or too dry as to "crack". May have to add a little more milk or sugar. Add peppermint to taste. Knead in food coloring. Continue to knead until ball is pliable. Put several tablespoons of granulated sugar in a small dish. Pinch off a marble sized piece of dough, roll in sugar and place in rubber mint mold. Flex mold to remove mint. Place mints on cookie sheet to "set-up" for an hour or so. Store mints in air tight container in refrigerator. Place waxed paper between layers of mints to prevent them from sticking.

Blueberry Crisp

3 pints blueberries
3/4 cup sugar
1/4 cup flour
1/4 + 1/8 teaspoon salt
1/4 teaspoon cinnamon
3 teaspoons lemon juice
2 1/4 cups flour
1/4 + 1/8 teaspoon salt
3/4 cup sugar
1 cup butter, melted
1 cup pecans, chopped

Directions:

In a large bowl combine blueberries, sugar, flour, salt, cinnamon and lemon juice. Pour into a greased 9x13 inch pan. In another bowl combine flour, salt, sugar, butter and pecans into a crumbly mixture. Sprinkle over the blueberries. Bake at 350 degrees for 45-50 minutes.

Cream Cheese Roll Ups with Broccoli

1 (8-ounce) package cream cheese, room temperature
1 large bunch broccoli
Flour tortillas

Directions:

Roughly chop the broccoli and add to food processor. Process broccoli until chopped finely. Add to cream cheese and mix well. Spread mixture onto tortillas, roll up and cover with plastic wrap. Let chill 2 hours to overnight. Unwrap and slice into individual bites.

Other Cream Cheese Roll Ups:

Spread room temperature cream cheese on tortillas and add a slice of deli ham (dry the ham with a paper towel). Add 2 or more (depending on the size of the tortilla and ham slices) pickled okra with stems removed (also dried with paper towel) end to end. Wrap tortilla with ham and cream cheese around okra. Chill as above. Slice. These roll ups can also be made without the tortilla.

In place of okra use blanched asparagus which is also very good.

One more cream cheese idea:

Add 2 tablespoons of Good Seasons dry Italian dressing seasoning to one 8 ounce block of cream cheese. Great on crackers and much less expensive than prepackaged herb cheese spreads.

Crockpot Double Nut Clusters

1 pound unsalted peanuts
1 pound salted cashew nuts
1 (12-ounce) package semi-sweet chocolate chips
8 ounce bar German sweet chocolate, chopped
2 ounces milk chocolate bars, chopped
2 pounds almond or dark chocolate bark, chopped
1 pound raisins, optional - add last 15 minutes

Directions:

Place nuts in bottom of 3 quart crock pot and stir to mix. Add all of the chocolate. Cover and cook on low for 1 1/2 - 2 hours until chocolate is melted, stirring once during cooking time. Stir well, then drop spoonfuls of the mixture onto waxed paper or parchment lined cookie sheets. Refrigerate until set. Makes 100 pieces.

Liberty's Hot Crackers

1 1/2 cups canola oil
2 tablespoons crushed red pepper
1 envelope ranch salad dressing mix
2 packages oyster crackers

Directions:

Mix oil, red pepper and ranch dressing mix. Place crackers in a container with a tight fitting lid. Pour mixture over crackers. Put on lid. Turn container over several times, about every 5 minutes for about 30 minutes. Enjoy!

Sausage Pinwheels

1 pound pork sausage
1 (8-ounce) package cream cheese, softened
2 (8-ounce) tubes crescent roll dough

Directions:

In a medium skillet, brown the sausage and drain off excess grease. Add cream cheese and stir over medium heat until cheese is melted. Cut each crescent roll diagonally with pointy end to your right to make two smaller triangle shapes. Spoon sausage mixture onto cut roll and fold over. Bake at 375 degrees for 10-15 minutes or until golden brown.

Blue Cheese and Chive Crisps

2 cups crumbled blue cheese
1/2 cup unsalted butter, softened
1 egg
1 egg yolk
2 teaspoons chopped fresh chives
Black pepper
2 cups all-purpose flour, sifted

Directions:

The day before serving, beat together cheese and butter until blended. Add the egg, egg yolk, chives and a little pepper and beat until just blended. Add the flour in three batches, folding in well between each addition. Divide the dough in half and shape each half into a log about 2 inches in diameter. Wrap in waxed paper and chill overnight. Preheat the oven to 375 degrees F. Lightly grease two baking sheets. Cut the dough logs across into slices about 1/4" thick. Place on the prepared baking sheets. Bake for about 10 minutes, until just golden around the edges. Transfer to a wire rack to cool. The cheese crisps will keep up to 10 days in an airtight container.

Sausage Wild Rice Casserole

1 pound hot or mild sausage
1 (6-ounce) package Uncle Ben's long grain and wild rice mix
1 green bell pepper, chopped
1 medium onion, chopped
1 tablespoon margarine or butter
1/2 cup chopped celery
1 (10 1/2-ounce) can cream of mushroom soup
1 (10 1/2-ounce) can cream of celery soup
1 cup water
2 cups shredded Cheddar cheese, divided

Directions:

In large skillet, brown sausage and drain. Cook wild rice mix as directed on box. Sauté green pepper and onion in margarine. To the sausage, add rice, green pepper and onion mixture, celery, mushroom soup, celery soup, water and 1 cup of the cheese. Pour into a 9"x13" baking dish. Bake at 325 degrees for 1 hour. Sprinkle with remaining cup of cheese as soon as it comes out of the oven.