

WOMANLINKS.COM'S



FLAVORS OF THE SEASON
COOKBOOK

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BEVERAGES

Mulled Cider

by Betsy Gartrell-Judd of <http://ChefMom.com>

1 gallon apple cider
1 orange
1 T. whole cloves
1/2 cup brown sugar
2 three-inch cinnamon sticks
Extra cinnamon sticks for garnish

Place cider in a large pot or crockpot. Stud the orange with cloves and place in pot with cider and brown sugar. Add cinnamon sticks and bring liquid to a gentle boil and reduce heat to simmer. Serve hot with a cinnamon stick in each mug



Strawberry Punch

by Brenda Hyde of SeedsofKnowledge.com and OldFashionedHolidays.com

3 cups boiling water
1 small package strawberry gelatin
1 package (10 ounces) frozen, sugared strawberries
1 can frozen lemonade
1 liter ginger ale
1/4 cup sugar

Mix gelatin and water, add thawed strawberries, lemonade and sugar. Before serving add the ginger ale.

Banana Fruit Punch

by Brenda Hyde of SeedsofKnowledge.com and OldFashionedHolidays.com

5 Bananas

46 ounce can pineapple juice

12 ounce can frozen orange juice

4 tablespoons Real Lemon concentrate

4 cups sugar

6 cups water

2 liter bottle of lemon lime soda

Process bananas in blender until pureed. Mix with other ingredients, except for soda. At this point you can freeze the punch in a container, and break up in a punch bowl one hour before serving, adding the lemon lime soda at this time.

Citrus Punch with Sherbet

by Brenda Hyde of SeedsofKnowledge.com and OldFashionedHolidays.com

1 large can pineapple juice, chilled

1 large can grapefruit juice, chilled

2 liter bottle lemon lime soda

Lime or lemon and orange sherbet

Mix beverages together and place small scoops of sherbet on top. This makes 1 punch bowl.

Tropical Kiwi Punch

by Brenda Hyde of SeedsofKnowledge.com and OldFashionedHolidays.com

12 ounce can Pina Colada Mix

2 kiwi, peeled and sliced

1 banana, sliced

Vanilla ice cream

2 12 ounce cans cold ginger ale

In a blender combine the Pina Colada Mix, kiwi and banana. Mix until smooth. Freeze the mixture for one hour. Pour 1/4 cup of this mixture into 8 glasses, dividing evenly. Top each with a scoop of ice cream. Add the chilled ginger ale to each glass to fill. Top with a slice of kiwi if desired. Serve immediately.

APPETIZERS

Chex Muddy Buddies

by Brenda Hyde of SeedsofKnowledge.com and OldFashionedHolidays.com



9 cups Chex cereals (a mixture of all the varieties)
 1 cup semisweet chocolate chips
 1/2 cup peanut butter
 1/4 cup margarine
 1 teaspoon vanilla extract
 1 1/2 cups powdered sugar

Pour cereals into large bowl and set aside. In a microwave-safe bowl, combine semi-sweet chocolate chips, peanut butter, and margarine. Microwave on HIGH 1 to 1 1/2 minutes or until smooth, stirring after 1 minute. Stir in vanilla. Pour chocolate mixture over cereals, stirring until all pieces are evenly coated. Pour cereal mixture into a large resealable plastic bag with powdered sugar. Seal securely and shake until all pieces are well coated. Spread on waxed paper to cool. Makes 9 cups.

Sweet and Spicy Meatballs

by Brenda Hyde of SeedsofKnowledge.com and OldFashionedHolidays.com

1 egg
 1 1/3 cup picante or salsa, divided
 1/2 cup tortilla chips, finely crushed
 1/3 cup green onions, sliced
 3/4 tsp. salt
 1/2 tsp. ground cumin
 1 clove garlic, minced
 1 pound lean ground beef
 oil
 1/2 cup apricot preserves
 1/4 tsp. chili powder

In large bowl, lightly beat egg. Stir in 1/3 cup salsa. Stir in chips, onions, salt, cumin and garlic. Mix well. Mix in ground beef with hands or wooden spoon. Shape into 1 inch meatballs. Lightly coat large skillet with oil. Over medium heat brown meatballs half at a time. Drain, if necessary. Remove all meatballs from skillet. Combine remaining sauce, preserves and chili powder in skillet. Cook and stir until well blended. Stir in meatballs. Bring to boil. Reduce heat to low, simmer 10 minutes, stirring occasionally. Serve with toothpicks. Makes 32 meatballs.

Stuffed Jalapeno Peppers

by Brenda Hyde of by Brenda Hyde of SeedsofKnowledge.com and OldFashionedHolidays.com

12 whole green or red jalapeno peppers (can or jar)
 3 ounces cream cheese, softened
 1/2 cup cheddar cheese, shredded
 1/4 cup green onions, sliced
 dash garlic powder

Heat oven to 375 degrees. Rinse and drain peppers. Slit lengthwise on one side up to stem, leaving it attached. Remove seeds and veins. In small bowl beat cream cheese until fluffy. Beat in cheddar, onions, and garlic powder. Fill each pepper with cheese. Arrange on baking sheet or in heatproof serving dish. Bake about 10 minutes until cheese is melted. Serves 12.

Cheese and Tortellini Kabobs

by Brenda Hyde of by Brenda Hyde of SeedsofKnowledge.com and OldFashionedHolidays.com

1 package refrigerated cheese tortellini
 3/4 cup Italian Dressing
 1 cup cubed ham
 1 red pepper, cut into 1 inch chunks
 1 green pepper cut into 1 inch chunks
 1 cup mixed cheese cubes (cheddar, jack, etc.)
 toothpicks

Cook tortellini according to directions; drain. Place in plastic food bag; add dressing, ham and pepper chunks. Turn bag over; place in dish and refrigerate for 2 to 3 hours; drain. Thread tortellini, ham, peppers and cheese on toothpicks to make kabobs.

Basil Butter

by Brenda Hyde of by Brenda Hyde of SeedsofKnowledge.com and OldFashionedHolidays.com

1 stick butter, softened
 1 or 2 cloves garlic, minced
 1 tsp. lemon juice
 1/4 tsp. salt
 pepper to taste
 1 tablespoon finely chopped basil

Cream butter, beat in garlic and lemon juice. Mash in basil; season with salt and pepper. Place bowl in refrigerator to firm butter. For a nice, simple appetizer use room temperature butter on grilled pieces of baguette or French bread

Southwestern Dip Bowl

by Brenda Hyde of SeedsofKnowledge.com and OldFashionedHolidays.com

1 9 inch round loaf of dark bread
 16 ounces grated sharp cheddar cheese
 8 ounces cream cheese
 8 ounces sour cream
 1/2 cup chopped green onions
 1 tsp. Worcestershire sauce
 1 can chopped green chilies (4 1/2 ounces)
 1 cup chopped ham
 Tortilla chips

With a sharp knife, cut the top portion off the bread, reserving top. Scoop out inside of loaf, leaving 1/2-1 inch thick shell. (You can cut the scooped out bread into pieces to use with the dip later) In bowl, combine remaining ingredients except tortilla chips. Mix well. Fill bread shell with cheese mixture. Place on baking sheet, and cover shell with bread top. Bake at 350 degrees for one hour. When ready to serve, remove top and surround with chips and chunks of bread on a platter.

Holiday Beef Dip

by Brenda Hyde of SeedsofKnowledge.com

1 1/2 cups mayonnaise
 1 1/4 cups sour cream
 1 jar dried beef, coarsely chopped
 1/2 onion, minced
 1/2 tsp. garlic powder
 1 tsp. onion salt or seasoned salt

Combine items, chill several hours or overnight. Hollow out a round pumpernickel loaf of bread. Fill with dip. If desired you can cut up the bread you took out and bake in a low oven until crispy like croutons. Spray first with a butter flavored spray.

Potato Latkes

by Susan Wilkins of SecondWivesClub.com

2 lb (4 medium) baking potatoes, shredded

1/3 cup of minced onion

3 Tbsp flour

1 large egg

3/4 tsp salt

1/2 tsp pepper

Heat oven to 300 degrees F . Lightly oil 2 cookie sheets. Coarsely shred potatoes with a food processor , or use the large holes of a 4 sided grater. Place in large bowl. Add binders and seasonings; toss to mix well. Heat one tsp of vegetable oil preferably canola, in a large nonstick skillet over medium heat, tipping pan to coat bottom with oil. For each pancake, drop 1 heaping tbsp potato mixture into the hot oil, using back of the spoon to flatten each to about 2 1/2 inches across. Cook 2 minutes per side, turning pancakes over carefully with a pancake turner and pressing them down, until well-browned and tender. Place each batch in a single layer on the prepared cookie sheets. Place in the oven to keep warm. Serve with applesauce or reduced fat sour cream.

Easy Cheese Ball

by Susan Wilkins of SecondWivesClub.com

4 large 8 oz. packages of cream cheese, softened

1 large can of crushed pineapple, drained (reserve juice)

5 or 6 green onions, minced

1 cup of coarsely chopped pecans or walnuts

1 cup of very fine pecans (almost like a powder)

Cream the soft cream cheese in a large bowl. Add pineapple. Add chopped green onions. Add coarsely chopped nuts. Mix and form into a ball, add a bit of juice if needed. Roll cheese ball in fine pecans chopped like powder. Chill overnight in plastic wrap. Serve with your favorite crackers.

ENTREES

Crusty Pineapple Ham

By Cindy Sanchez of PracticalKitchen.com



3 lb. canned ham
 1 tsp. dry mustard
 1/4 tsp. ground cloves
 1 flat can pineapple slices
 1 can refrigerated flaky biscuits

Remove ham from can and remove jelly. Place in a shallow roasting pan. Mix mustard and cloves with juice drained from pineapple slices; spoon over ham. Roast in preheated 350 F oven for 40 minutes, spooning pan juices over ham every 10 minutes. Remove from oven, top with halved pineapple slices. Open biscuits and separate. Place on pineapple in overlapping rows. Raise oven temperature to 400 F and bake another 20 minutes or until rolls are richly browned. Cut into slices to serve.

Pot Roast Burgundy

By Cindy Sanchez of PracticalKitchen.com

3 to 4 pound lean beef, chuck or bottom round roast,
 1 1/2 cups Burgundy wine,
 2 large onions, sliced,
 1 lemon sliced,
 2 tablespoons sugar,
 1 tablespoon salt,
 1 teaspoon ginger-optional,
 12 whole peppercorns,
 4 tablespoons fat,
 2 tablespoons flour

On the day before you cook your pot roast, place it in a deep bowl and add all ingredients EXCEPT fat and flour--the meat should be half covered with Burgundy mixture. Let stand 18-24 hours in a cold place, turning occasionally during the day. The next day remove meat from liquid and drain. Place 2 tablespoons fat in a heavy pan and brown meat, then add the wine mixture in which the meat was soaked. Cover pan and simmer 3 to 4 hours--add water if it cooks dry. Take meat out of liquid and strain the remaining liquid in the pan. In the pan, melt 2 tablespoons fat, stir in flour and brown lightly. Add the strained liquid and cook, stirring, until slightly thickened--if too thick, thin with water to the desired consistency. Taste, add salt if needed. Place meat into gravy and heat 5 minutes longer. Serve sliced on a hot platter, pouring gravy over meat. Makes 8 to 12 servings.

Steak Roulade

By Cindy Sanchez of PracticalKitchen.com

3 pounds Round steaks (thin)
 1 teaspoon salt
 1 teaspoon pepper
 3/4 cup onion, chopped
 3/4 cup bacon, chopped
 1/4 cup water

Trim fat off steaks. Season with salt and pepper. Mix onion and bacon, spread over each steak. Roll steaks (as you would do for a jelly roll), tie rolls tightly in several places with a string. Put steaks into slow cooker. Add water. Cover pot. Cook on LOW for 8 hours. If you want to serve this with gravy, remove meat when done, and thicken liquid with a mixture of flour and water and cook it in pot set at High for 15 minutes.

Creamy Seafood in Wine Sauce

By Cindy Sanchez of PracticalKitchen.com

1 pound scallops
 1/2 pound shrimp
 1/2 pound crab meat
 8 ounces mushrooms, sliced
 1/2 cup chopped leek
 1/2 cup butter
 1/4 cup all purpose flour
 1/4 teaspoon salt
 1/8 teaspoon dry mustard
 dash of pepper
 1 1/2 cups half-and-half
 Dry white wine

If scallops are large, cut into 1-inch pieces. Cook and stir mushrooms and leek in 2 tablespoons of the butter in 10-inch skillet over medium heat until mushrooms are light brown and liquid is evaporated. Remove from skillet. Heat 2 tablespoons of butter in skillet until hot. Cook and stir scallops over medium heat until white, 4-5 minutes. Remove with slotted spoon. Drain liquid from skillet, reserving 2 tablespoons.

Heat remaining 1/4 cup butter in skillet over low heat until melted. Stir in flour, salt, mustard and pepper. Cook over low heat, stirring constantly, until smooth and bubbly. Remove from heat; stir in half-and-half. Add enough wine to reserved scallop liquid to measure 1/3 cup; stir into half-and-half mixture. Heat to boiling, stirring constantly; boil and stir one minute. Stir in mushroom mixture, scallops, shrimp and crab. Simmer till everything is hot. Serve over hot linguini noodles.

Lentils with Pasta

By Cindy Sanchez of PracticalKitchen.com

1 cup dried lentils
4 cups water
2 tablespoon olive oil
1 cup finely chopped onion
3 cloves garlic, minced
2 teaspoons ground coriander
3/4 pound vermicelli, broken into 3-inch lengths
3 tablespoons unsalted butter
1 1/2 teaspoons salt
1/4 teaspoon freshly ground pepper

Heat lentils and water in medium saucepan to boiling, reduce heat. Simmer, uncovered, until lentils are very tender, about 1 hour. Drain: reserve. Heat oil in large skillet over medium heat until hot. Add onion, garlic, and coriander, sauté until onion is golden, about 12 minutes. Meanwhile, cook vermicelli in large pot of boiling salted water until al dente, about 12 minutes: drain. Add vermicelli, reserved lentils, butter, salt, and pepper to skillet. Cook over low heat, stirring occasionally, until butter is melted and lentils are heated through.

SIDE DISHES

Old-Fashioned Green Bean Casserole

by Betsy Gartrell-Judd of <http://ChefMom.com>



3 tablespoons butter
 2 tablespoons all-purpose flour
 1 teaspoon salt
 1 teaspoon white sugar
 1/4 cup onion, diced
 1 cup sour cream
 3 (15 ounce) cans green beans, drained
 2 cups shredded Cheddar cheese
 12 1/2 Ritz crackers, crumbled

Preheat oven to 350 degrees F (175 degrees C). Combine 2 tablespoons margarine and flour, cook gently. Remove from heat. Stir in salt, sugar, onions and sour cream; stir in beans. Place bean mixture in shallow 2 quart casserole dish. In a small bowl, toss together cracker crumbs and remaining butter. Top beans with cheese and follow with cracker crumbs. Bake for 30 minutes or until cheese is bubbling.

Classic Au Gratin Potatoes

by Betsy Gartrell-Judd of <http://ChefMom.com>

1 clove garlic, peeled and slightly crushed with the flat side of a knife
 3 lb baking potatoes (about 6 large), peeled and sliced in 1/8 inch thick rounds
 6 oz. Gruyere or Swiss cheese, finely shredded
 1/2 tsp salt
 1 cup heavy (whipping) cream

Heat oven to 350 degrees F. Rub a shallow 2 qt baking dish with the garlic. Layer half the potatoes evenly over bottom of prepared dish. Sprinkle with half the cheese and salt; drizzle with half the cream. Repeat with remaining ingredients. Bake uncovered 1 1/2 hours or until potatoes are tender when pierced and top is brown and crisp.

Green Bean Casserole with an Oriental Twist

by Dawn Lloyd of BabyUniversity.com and MyBabyShops.com

Casserole:

- 1 small onion, minced
- 3/4 cup fresh mushrooms
- 2 cans French Style Green beans
- 1 can Cream of Mushroom soup
- 1/2 cup Bread Crumbs
- 1/2 cup shredded Cheddar Cheese (preferably sharp)
- 2 Tbsp Soy Sauce
- 1 Tsp Ginger
- 1 Tsp Black Pepper
- 1 Tsp Garlic Powder

Topping:

- 1/4 Bread Crumbs
- 1/4 cup Shredded Cheese

Sautee minced onion and mushrooms until tender. Combine with all other casserole ingredients. (Can be mixed in baking dish, if desired). Sprinkle remaining bread crumbs and shredded cheese over top. Cover with foil and bake at 350 degrees for 20 minutes. Remove foil and bake an additional 10 - 15 minutes, or until cheese is bubbly.

Sweet and Sour Red Cabbage

by Betsy Gartrell-Judd of <http://ChefMom.com>

1 head red cabbage
1 cup distilled white vinegar
3/4 cup sugar

Cut cabbage in half from top to bottom and cut out core. Cut each half into three wedges, then thinly slice. Place cabbage, vinegar and sugar in a large, heavy pot. Cover and bring liquid to a boil. Reduce heat, cover and simmer, stirring occasionally, 1.5 hours or until cabbage is tender. Serve.

Creamed Onions

by Betsy Gartrell-Judd of <http://ChefMom.com>

24 small onions or pearl onions
12 sliced fresh mushrooms
1/4 cup butter
2 tablespoons flour
2 cups heavy cream or half-and-half
1 teaspoon salt
2 teaspoons lemon zest
2 teaspoons lemon juice
1/4 cup chopped fresh parsley
Couple pinches paprika

Peel and trim onions. Boil gently in salted water for about 30 minutes, until onions are tender. Place the onions in a shallow, buttered casserole dish. Preheat oven to 350F. Sauté sliced mushrooms in butter. Stir in the flour, then stir in the cream, salt, 1/2 the lemon zest and all of the lemon juice. Stir over medium heat letting the sauce thicken. Pour the mushrooms over the onions in the casserole dish. Bake for 20 minutes. Serving suggestion: Garnish with chopped parsley, remaining lemon zest and pinches of paprika

Broccoli Salad

by Betsy Gartrell-Judd of <http://ChefMom.com>

2 bunches broccoli
Sweet red pepper
8-10 slices of bacon
1 cup raisins
1/4 cup sunflower seeds
1/2 cup pecans
Dressing for Salad
1 cup Mayonnaise
1/2 cup White sugar
3 teaspoons Vinegar

Chop broccoli, red pepper and cut up bacon. Mix in raisins, pecan halves and sunflower seeds. Blend dressing ingredients together and refrigerate for one hour, then mix with salad ingredients and chill for 2 hours. Wonderful dish for a potluck. Make at night and mix together right before the party.

DESSERTS



Molasses Butterball Cookies

by Brenda Hyde of SeedsofKnowledge.com and
OldFashionedHolidays.com

1 cup butter or margarine
 1/4 cup molasses
 2 cups flour
 2 cups crushed walnuts
 Powdered sugar

In bowl, beat butter on medium speed for 30 seconds. Add molasses and beat until fluffy. Add flour; beat at low speed until well blended. Stir in nuts. Using about 1 tablespoon dough for each, shape into 1 inch balls. Place on engrossed baking sheet. Bake at 325 degrees for 20 minutes. Remove to wire rack. When cool roll in powdered sugar to coat. Makes 4 dozen

Brown-Edge Saucies

By Cindy Sanchez of PracticalKitchen.com

2 cups sifted flour
 1 teaspoon baking powder
 1/2 teaspoon baking soda
 1/2 teaspoon salt
 1/2 teaspoon nutmeg
 1/2 teaspoon cinnamon
 1/4 teaspoon cloves
 1/2 cup shortening
 1 cup sugar
 1 egg
 1 teaspoon vanilla
 1 cup canned applesauce

Measure flour, baking powder, baking soda, salt, cinnamon, nutmeg, and ground cloves into sifter; save. Cream shortening until soft, add sugar, gradually creaming after each addition until well-blended. Stir in egg and vanilla, beat until mixture is light and fluffy. Sift and add dry ingredients alternately with applesauce, blending well after each addition. Drop batter by heaping teaspoonfuls onto lightly greased cookie sheets--about 2 inches apart. Bake in 350 degree oven 12 minutes or until cookies are lightly browned around edge. Loosen at once from cookie sheet by running spatula under each cookie. Cool on wire racks. Store cookies in air-tight container to keep them soft. Makes about 3 dozen cookies

Tarts

By Cindy Sanchez of PracticalKitchen.com

2 - 8 Oz packages of cream cheese softened--leave out of refrigerator for about an hour, 1/2 cup of sugar,
3 eggs,
1 teaspoon vanilla,
vanilla wafer cookies,
1 can pie filling--cherry strawberry, blueberry, etc.

Place vanilla wafers in paper muffin cups in muffin pan flat side down. Beat cheese and sugar together in bowl. Add eggs one at a time, beating well after each. Beat in vanilla, Fill cups 1/2 full and bake at 350 degrees for about 25-30 minutes. Do not allow to brown. Tops may crack slightly. Cool. Spoon on topping. Store in refrigerator. Makes about 2 dozen.

Orange Kiss- Me Cake

By Cindy Sanchez of PracticalKitchen.com

Cake :

6-ounce can (3/4 cup) frozen orange juice concentrate, thawed,
2 cups regular flour
1 cup sugar
1 teaspoon baking soda
1 teaspoon salt
1/2 cup shortening
1/2 cup milk
2 eggs
1 cup raisins
1/3 cup chopped walnuts

Topping:

1/3 cup sugar
1/4 cup chopped walnuts
1 teaspoon cinnamon

Grease and flour bottom of 13x9-inch pan. Combine 1/2 cup orange juice concentrate with remaining ingredients in large mixer bowl. Blend at lowest speed for 30 seconds. Beat 3 minutes at medium speed. Pour into pan. Bake at 350 degrees for 40 to 45 minutes. Drizzle remaining orange juice concentrate over warm cake. Sprinkle with topping.

Cashew Peanut Butter Bars

By Cindy Sanchez of PracticalKitchen.com

1 cup all purpose flour
1/4 cup packed brown sugar
1/2 tsp baking powder
1/4 tsp baking soda
1/2 cup cold butter, cut into small pieces
3 tsp vanilla, divided
3 cups miniature marshmallows
1 can eagle brand sweetened condensed milk
1 cup peanut butter chips or 1/2 cup creamy peanut butter
2 cups chow mien noodles
1 cup coarsely chopped cashews or peanuts

Preheat oven to 350 F (180 C) or 325 F (160 C) for glass dish.

In medium mixing bowl combine flour, sugar, baking powder and baking soda.

Cut in butter and 1 tsp of the vanilla, until mixture resembles coarse crumbs.

Press firmly on bottom of 13 x 9 pan. Bake 15 minutes or until lightly browned.

Top evenly with marshmallows, bake 2 minutes longer or until marshmallows

begin to puff. Remove from oven. Cool thoroughly. In heavy saucepan over

medium heat combine eagle brand and chips. Cook and stir until slightly

thickened, about 4 to 6 minutes. Remove from heat, stir in chow mien noodles,

nuts and vanilla. Spread evenly over marshmallows. Chill thoroughly. Cut into

bars. Store loosely covered, at room temperature. Makes 36 bars.

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