

PROJECT FOODIE



mixing things up in the kitchen with GPL

Slightly More Than Chips and Dip - Feb. 8, 2011

Quick Appetizer Ideas:

Cold Cut Roll Ups: Spread cream cheese on slices of cold cuts. Then roll tightly. Slice off 1" pieces. Skewer with a toothpick and olives. Black or green olives work great!

Bacon Wieners: Purchase cocktail wieners and roll a 1/3 piece of bacon around each one. Place on cookie sheet, sprinkle with brown sugar, then bake until bacon is crisp and everything looks gooey! A dust of cayenne pepper will provide a little heat, if desired.

Mini Sausages: Purchase cocktail sausages. Heat in small saucepan or crock pot along with 1 cup grape jelly and 1/4 cup yellow mustard.

History of Appetizers In America courtesy of our friends at Duke Energy



Duke Energy is once again happy to sponsor Greenwood Public Library's Project Foodie event. Appetizers can be traced back to First Century Rome, where the upper class was served eggs, fruits, etc. as part of a three-course meal. Before the twentieth Century, appetizers consisted mostly of soups, oysters on the half-shell, or canapes (dainty open-faced sandwiches), served mainly at a table. Some researchers suggest that American cocktail appetizers evolved from the free nibbles set out on bars. Another theory is that prohibition launched finger foods, when hard liquor moved out of the saloons in to the homes. This created a need for handy, smart snacks to soak up the booze. Cocktail parties, powered by good bootleg liquor boosted the popularity of the bite-sized party morsels. Though prohibition ended in 1933, cocktail parties and appetizers did not go away. Parties where guests were forced to circulate, juggling drinks, cigarettes, napkins and nibbles, the easiest food was a morsel small enough to be popped into the mouth whole. The best had something creamy, and crunchy. But by the 1940's a whole new world of possibilities opened up. There were stuffed mushroom caps, numerous ways to stuff hard-boiled eggs, plus stuffed cucumber rings, artichoke buds, stuffed tomatoes and even stuffed dill pickles. Dips weren't really popular until the 1940's. Cream cheese mixed with onion soup mix, chopped chives and sour cream, or perhaps a little green pepper and a great deal of parsley, was very popular. Tonight's Project Foodie session proves that today, appetizers are not limited to cheese, crackers, dips, spreads and bite-sized stuffed vegetables. Enjoy!

Recipes

Vegetable Pizza

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Taken from Allrecipes.com

- 2 (8oz) crescent rolls
- 2 (8oz) cream cheese
- 1 cup mayonnaise
- 1 (1 oz) pkg. dry Ranch style dressing mix
- 1 cup fresh broccoli, chopped
- 1 cup chopped tomatoes
- 1 cup chopped green bell pepper
- 1 cup chopped cauliflower
- 1 cup shredded carrots
- 1 cup shredded cheddar cheese

Preheat oven to 375°. Roll out the crescent roll dough onto a 9x13" baking sheet, and pinch together edges to form the pizza crust. Bake crust for 12 minutes in preheated oven. Once finished cooking, remove crust from oven and let cool 15 minutes without removing it from the baking sheet. In a small mixing bowl, combine the cream cheese, mayonnaise, and dry Ranch dressing. Spread the mixture over the cooled crust. Arrange broccoli, tomato, green bell pepper, cauliflower, shredded carrots, and cheddar cheese over the cream cheese layer. Chill for one hour, slice and serve.

Super Healthy Hummus

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Taken from www.food.com

- 3 garlic cloves, minced (more if you like)
- 1/4 cup plain low-fat yogurt
- 1 tablespoon lemon juice
- 1 teaspoon olive oil
- 1/4 tsp. salt
- 1/4 tsp. paprika
- 1/8 tsp. pepper
- 1 (19 oz) can chickpeas, drained and rinsed
- 1 tablespoon fresh parsley, chopped

Combine everything in a blender or food processor and process until smooth.
Add more yogurt, if needed
Serve with pitas, crackers or as a veggie dip.

Recipes

Man Dip

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Recipe provided by Jackie Wildey

- 1 lb ground sausage, browned and drained
- 2 boxes cream cheese (16 oz)
- 2 cans Ro-Tel tomatoes with chilies, lightly drained
- 1 can sliced black olives, drained

Put all ingredients into crockpot and warm up until cheese is melted, stirring to mix. Keep warm. Or, put everything into a microwave safe bowl. Microwave in small intervals until cheese melts. Stir and serve.

Buffalo Chicken Dip

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Submitted by Librarian Anna Roberts

- 8 oz. pkg. Cream Cheese, softened
- 1/2 cup blue cheese or ranch dressing
- 1/2 cup crumbled blue cheese
- 1/2 cup Frank's hot sauce
- 1.5 lbs shredded chicken

Directions: Heat oven to 350°F. Place cream cheese into deep baking dish. Stir until smooth. Mix in salad dressing, Frank's Hot Sauce and cheese. Stir in chicken. Bake 20 min or until mixture is heated through; stir. Garnish as desired. Serve with crackers, tortilla chips or celery sticks.

hint: Anna and Ben love this appetizer because it is like having buffalo chicken wings, without having to get your hands messy

Tex-Mex Chicken Salad

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Taken from Fine Cooking

For the dressing:

2 tbs. sour cream
1 1/2 tbs. fresh lime juice, more as needed
Generous pinch ground cumin
Kosher salt and freshly ground black pepper

For the salad:

1/2 ear corn, browned under the broiler
1 cup chopped or shredded chicken
1/3 cup medium-diced cherry tomatoes
1/3 cup small-diced avocado
2 tbs. thinly sliced scallions
2 tbs. chopped fresh cilantro
1 tsp. minced fresh jalapeno or Serrano
Kosher salt and freshly ground black pepper

In a small bowl, combine the sour cream, lime juice and cumin and mix well. In a medium bowl, combine the chicken, corn, tomatoes, avocado, scallions, cilantro and jalapeno. Add dressing and gently fold all ingredients together. Season to taste with salt and pepper. Refrigerate for at least 1 hr. Before serving, adjust the salt, pepper, and lime juice to taste.

Next Project Foodie Event:

Thursday, March 10

Irish Pub Grub!

Irish stew, soda bread & more!