

CREAMED BROCCOLI SOUP

4 cups milk (or 3 cups water, 1 cup nonfat dry milk powder)
1 (10 ounce) package frozen chopped broccoli
2 tablespoons butter
1 (10¾ ounce) can Cheddar cheese soup, undiluted
1/8 teaspoon pepper
1/8 teaspoon hot sauce
Dash garlic powder
Salt to taste

Combine first 3 ingredients in a large saucepan (if using water/dry milk, only add water at this point). Bring to a boil; cover, reduce heat, and simmer 5 to 7 minutes or until broccoli is tender. Add remaining ingredients; cook over low heat, stirring frequently, just until thoroughly heated.
Yield: 5 cups

RICE WITH BLACK BEANS

1 medium onion, chopped
1 tablespoon oil
1 can (14.5 ounces) stewed tomatoes
1 can (16 ounces) black beans, undrained
½ teaspoon dried oregano leaves
½ teaspoon garlic powder
1½ cups Minute Instant Brown Rice

Cook and stir onion in hot oil in saucepan until tender but not browned. Add tomatoes, beans, oregano and garlic powder. Bring to boil. Stir in rice. Return to boil. Reduce heat; cover and simmer 5 minutes. (Note: if you like tomatoes you can use 2 cans instead of just 1.) Remove from heat. Let stand 5 minutes. Makes 8 servings.
Prep Time: 20 minutes

7-UP SALAD

1 small package lemon Jell-O
1 small package lime Jell-O
2 cups boiling water
2 8-ounce packages cream cheese, softened
2 teaspoons vanilla
2 tablespoons sugar
1 large can crushed pineapple, well drained
24 ounces of 7-Up
½ cup chopped nuts (optional)

Combine Jell-O with boiling water and stir until dissolved. Add cream cheese, vanilla, sugar, and pineapple; stir to combine. Fold in 7-Up until well mixed. Pour into a 9x12-inch pan. Sprinkle nuts on top (use none or more if you like). You can ½ this recipe if desired.

CHERRY CHIFFON DESSERT

1 (21-ounce) can Thank You Brand Cherry Filling or Topping, chilled

1 (15.25-ounce) can juice-pack pineapple chunks or crushed pineapple, chilled and well drained

1 (14-ounce) can Eagle Brand Sweetened Condensed Milk (not evaporated milk)

1 (8-ounce) container frozen non-dairy whipped topping, thawed (3½ cups)

1 cup miniature marshmallows

In large bowl, combine all ingredients; mix well. Spoon into individual serving dishes or large serving bowl. Chill 30 minutes. Garnish as desired. Refrigerate leftovers. Makes 8 to 10 servings.

THE DELTA KAPPA GAMMA SOCIETY INTERNATIONAL

RECIPES 2007



AlphaBits Newsletter Supplement

Alpha Chapter

Huntington, West Virginia

ALMOND CRESCENTS

Separate a package of crescent rolls into 4 rectangles. Pinch perforations.

Combine:
1 8-ounce package cream cheese, softened
¼ to ½ cup powdered sugar
¼ teaspoon almond extract

Spread over rolls. Roll up and refrigerate for 30 minutes. Cut into four or five sections and place on greased baking sheet.

Bake at 350°F until golden.

Combine:
¼ to ½ cup powdered sugar
¼ teaspoon almond extract
Add milk by tablespoon until drizzling consistency.

Drizzle over warm rolls.

MARINATED CARROTS

5 cups sliced carrots
1 medium sweet onion
1 small green pepper
1 cup sugar
¾ cup vinegar
1 teaspoon prepared mustard
1 (10¾-ounce) can tomato soup
1 teaspoon Worcestershire sauce
½ cup salad oil
1 teaspoon salt
1 teaspoon pepper

Cook carrots; drain and cool. Cut onion and green pepper in round slices; mix with cooked carrots. Combine remaining ingredients and pour over vegetables. Cover

and marinate for 12 hours or more. Drain to serve. This will keep for 2 weeks in the refrigerator. Serves 10.

MIXED BERRY MUESLI

Prep Time: 7 minutes

8 ounces fat-free vanilla yogurt
2 tablespoons quick-cooking oats
2 tablespoons chopped walnuts
¼ cup blueberries
¼ cup raspberries
½ small cantaloupe, seeds removed

In medium bowl, combine yogurt and oats, mixing well. Fold in walnuts, and then gently fold in blueberries and raspberries. Scoop mixture into melon and serve.

Makes 1 serving. Per Serving: 451 calories, 18g protein, 76g carbohydrate, 11g fat, 1.5g saturated fat, 4mg cholesterol, 7g fiber, 192mg sodium

From: Prevention Magazine, August 2006, page 84, Cynthia Sass, RD

IN A JIFFY MARINARA

Prep time: 3 minutes
Cooking time: 30 minutes

2 teaspoons olive oil
1 medium onion, chopped
1 clove garlic, crushed
1 can (28-ounce) diced tomatoes
2 teaspoons tomato paste
¼ teaspoon oregano

Heat oil in medium saucepan over medium heat. Once hot, add onion and sauté 3 minutes until softened. Toss in garlic and cook 2 minutes. Stir in tomatoes (with

juice), tomato paste, and oregano. Simmer, uncovered, about 25 minutes.

Makes 4 cups. Nutrition information per serving (1 cup): 80 calories, 3g protein, 15g carbohydrate, 2.5g fat, 0g saturated fat, 0mg cholesterol, 3g fiber, 330mg sodium

From: Prevention Magazine, January 2007, page 31

COPPER PENNIES

2 pounds cooked carrots, sliced (drained)
½ onion, sliced
½ cup green pepper, sliced
1 can tomato soup
½ cup corn oil
2/3 cup vinegar
1 teaspoon Worcestershire sauce
1 cup sugar

Mix tomato soup, corn oil, vinegar, Worcestershire sauce and sugar well in mixer or blender. Pour over carrots, onion and green pepper. Refrigerate. This is better after a few days. It will keep 3-4 weeks in the refrigerator.

NATURALLY MORE PEANUT BUTTER

Fortified with flaxseed and flaxseed oil. You can find it online or at WalMart.

<http://www.peanutsnack.com/>

Thanks to Suzanne Campbell for Copper Pennies and 7-Up Salad; Carol Hastie for Almond Crescents and Marinated Carrots; Carol Watson for the picture and information on Naturally More Peanut Butter.