

The Hungry Scout

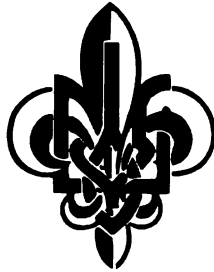


Голодні
Пластуни



The Hungry Scout

*A Collection of Recipes for Hors d'oeuvres
compiled by
Plast Sorority "Chortopolokhy"*

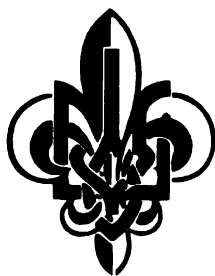


Commemorating the
50th Anniversary of Plast - Ukrainian Youth Organization
(Ukrainian Scouts) of USA

All proceeds to benefit the 50th Anniversary Celebration

Голодні Пластуни

*Збірка переписів на приставки
зорганізована
Пластовим Куренем “Чортополохи”*



З нагоди 50-річчя Пласту в Америці

Весь прихід призначений на кошти святкування 50-річчя

Expression of Appreciation

Plast Sorority "Chortopolokhy" wishes to extend its sincerest gratitude to all its members who contributed their favorite recipes or helped in the publication of this unique and exciting cookbook.

Most importantly, our deepest appreciation to the members of the Cookbook Committee without whom this wonderful collection would never have become a reality:

Zenia Brozyna
Michelle Gast
Christina Jackiw
Romana Klymkowych

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Голодні Пластуни

Далеко за містом на Чикагівському селі,
Сиділа курінна на тепленькій печі.
Писала листи, посилала у світ,
Закликала до себе весь Чортополохський рід.

Позіжджались Чортополохи, приїхали юрбами,
Посходились Філядельфійці і Пассейчани.
Раду радили годинами
Розпочали суд над пластовими кухарями.

Перевіривши стан Пласту за 50-літ у ЗСА,
Виглядало що перевершає лиш одна біда.
Пластуни голодні! І про це сумніву нема!
Занепав рівень куховарського знання.

Чортополохам скарги сипались ведрами,
Жалувались мужчини разом із жінками.
Про брак часу всі ту саму пісеньку співали,
Матеріалізм американський одноголосно винували.

Чортополохи взялись критичну справу рятувати,
Голодних пластунів з біди виручати.
Рішили пластунам кухонний підручник придбати,
Щоб кожний міг себе смачненько підгодувати.

В наступних 50-ть роках Чортополохи нові томи
обіцяють,

Поділитися переписами ситих пластунів закликають.
50-літний ювілей щасливо відсвяткувати бажують,
Пластовим привітом голодних і неголодних щиро вітають.

Join Us at Our Table

One may ponder the question "Are Ukrainian scouts really hungry?" The answer is simple. If life is like a hike, and Ukrainian Scouts are hikers, then they always have a good appetite. Therefore, it is essential to have on hand tasty snacks.

Plast sorority "Chortopolokhy" (which in Ukrainian means "thisle" and is plentiful in the Carpathian Mountains in Ukraine) put together a wealthy treasure of recipes. In this collection of delicious hors d'oeuvres, which is the first of a series, you will find a variety of easy to prepare dishes.

The Hungry Scout is a collection of carefully chosen recipes that will come in handy for any occasion. Some of the recipes are recent additions from our young hostesses, but most were prevalent on the kitchen tables of our mothers and grandmothers.

To preserve these recipes and pass them down to future generations, we consider it appropriate to publish this collection simultaneously with the Golden Jubilee of Plast in America. In this way, we are realizing the motto for this celebration, "Past Tracks into a New Century".

On the occasion of the 50th anniversary celebration of Plast in the USA, the members of the sorority "Chortopolokhy" designate all proceeds from the sale of this book to the needs of the Plast Jubilee Celebration Committee.

Happy Anniversary!

Просимо до Стола

Напевно в кожного читача виринає питання, “Чи пластуни справді голодні?” Відповідь проста. Якщо життя мандрівка, а пластуни мандрівники, то апетит все є добрий, і треба мати під руками смачні перекуски.

Чортополохи позбирали багату скарбницю переписів. В цій першій з черги збірці пишних приставок, знайдете різноманітні і легко до виготовлення страви.

“Голодні Пластуни” є колекція вибраних приставок, яка придасться Вам на кожному випадку. Деякі переписи є нововипробувані молодими господинями, але більшість знаходилися на кухонних столах наших матерів і бабців.

Щоб зберегти ці переписи і передати в наступні покоління, ми вважаємо за відповідне видати цей збір в час Золотого Ювілею Пласту в Америці покликуючись на клич “Давніми слідами у нове сторіччя”.

З нагоди святкувань 50-річчя Пласту в ЗСА, старшопластунський і сеньорський курінь “Чортополохи” призначає весь дохід із продажу цієї книжечки на потреби Пластової Крайової Ювілейної Комісії Святкувань.

На многі літа!

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Hot Appetizers



STUFFED MUSHROOMS

- 1 - 10 oz. package fresh mushrooms**
- Sausage or crab meat (optional)**
- 1 clove garlic, finely chopped**
- 1 medium yellow onion, chopped**
- 2 cups breadcrumbs**
- ½ cup grated Parmesan**
- Pepper**



Preheat oven to 350°F. Separate stems of mushrooms and finely chop. Sauté onion in olive oil until transparent; then add garlic and chopped mushroom stems. Add breadcrumbs and Parmesan to pan with garlic and mushroom stems to absorb any liquid. (If using sausage, fry separate then crumble into rest of mixture). Add pepper and more garlic as needed for taste. Fill mushroom caps with mixture and bake for 20-25 minutes. Serve hot.

Submitted by Natalia Czernyk



BAKED MUSHROOMS

- 12 medium mushrooms, cleaned, stems removed and chopped**
- Olive oil**
- ½ cup seasoned breadcrumbs**
- ¼ cup chopped black olives**
- 6 tbsp. marinara sauce**
- 3 tbsp. freshly grated Parmesan or Romano cheese**

Preheat oven to 350°F. Roll each mushroom cap in small amount of olive oil and place on baking sheet or dish. Combine remaining ingredients including stems, and divide evenly among mushrooms. Bake 10 minutes, just to heat through. Serve warm.

Submitted by Romana Klymkowych

MUSHROOM-FILLED PASTRIES

1 tsp. vegetable oil

12 oz. mushrooms, finely chopped (approx. 3 cups)

½ cup very finely chopped onion

1 ½ tbsp. all-purpose flour

1 ½ tbsp. sherry

1/8 tsp. each salt and pepper

1 - 10-oz. container refrigerator biscuits

Heat oil in a medium nonstick pan over medium heat. Add mushrooms and onion. Cook, stirring frequently, until most of the mushroom juices have cooked out, approx. 4 minutes. Sprinkle with flour, stirring to mix well. Stir in sherry, salt, and pepper. Cook and stir until mixture is almost dry, approx. 2 minutes. Remove pan from heat and set aside to cool slightly. Preheat oven to 400°F. Have an ungreased baking sheet ready. Separate biscuits and place them between two sheets of wax paper several inches apart. With a rolling pin, roll biscuits into 4 to 5-inch circles. Carefully remove the top sheet of wax paper. Using a heaping tablespoonful of filling, place slightly off-center on each circle. Carefully fold biscuits over, making a half-circle and stretching the dough gently over the filling. Crimp the edges together with a fork. Place pastries on baking sheet. Bake 8-10 minutes, until golden. Serve hot or at room temperature.

Submitted by Taisa Skubiak



RATATOUILLE IN RAW MUSHROOM CAPS

1 medium eggplant, cut into ½ x ½ -inch squares

2 tbsp. salt

Olive oil

3 medium zucchini, coarsely chopped

2 medium yellow onions, coarsely chopped

3-4 small tomatoes, peeled, seeded, and chopped

2 medium green, red or yellow bell peppers, seeded and chopped

Salt and fresh ground pepper, to taste

1 tsp. basil

1 tsp. dried cilantro

Fresh parsley

50 large firm white mushrooms, stems removed

Place chopped eggplant and zucchini in separate colanders and sprinkle with salt. Let stand 30 minutes to drain. Rinse and pat dry with paper towels. Heat approximately 3 tbsp. oil in large pan over high heat. Add zucchini and sauté for 5 minutes. Add the yellow onions and bell pepper. Cook for 15 minutes. In separate pan, sauté the eggplant for 15 minutes in a little olive oil; remove from pan. Sauté the tomatoes for about 3-4 minutes. Add the tomatoes and eggplant to the large pan with the zucchini, onions, and bell pepper. Add salt, pepper, basil and cilantro. Cook for 40-45 minutes, uncovered, on top of stove at medium heat. Be careful that the vegetables do not become too soft. Pour off any excess liquid. Taste and adjust seasoning. Fill each mushroom cap with about 1 ½ tbsp. ratatouille. Sprinkle with parsley. Serve warm or at room temperature.

Submitted by Romana Klymkowych



HAM FILLED MUSHROOM CAPS

1 lb. Mushrooms

Olive oil

¼ cup minced onion

1 clove garlic, minced

½ cup finely chopped ham

½ cup fine dry breadcrumbs

2 tbsp. grated Parmesan cheese

1 egg

1 tbsp. chopped fresh parsley

Dash of dried oregano

½ tsp. salt

Pepper to taste

Mushrooms should be no larger than about a ½ dollar. Wash but do not peel the mushrooms. Remove stems. Chop mushroom stems to make 1 cup. Heat ¼ cup olive oil in skillet. Add mushroom caps in the olive oil just long enough to coat them. Remove caps from pan and set aside. Add chopped mushroom stems, garlic and onion to pan. If mixture seems dry add another tablespoon of olive oil to pan. Cook over low heat for 10 minutes until mixture has cooked almost to a pulp. Remove pan from heat and stir in the ham, breadcrumbs, cheese, egg, parsley, oregano, salt and pepper. Spoon mixture into the mushroom caps. To bake, preheat oven to 325 °F. Arrange caps in a baking dish and pour a little oil over them. Bake for 30 minutes.

Submitted by Zenia Brozyna



SHIITAKE MUSHROOM AND TOFU CAKES

1 tsp. vegetable oil

4 oz. shiitake mushrooms, stems discarded and caps finely chopped (approx. 1 cup)

3 cloves garlic, finely chopped

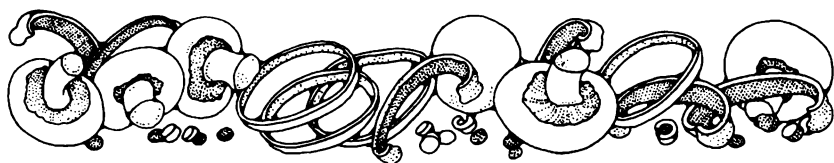
1 lb. medium or firm tofu, thinly sliced and drained well between layers of towels

2 tbsp. soy sauce

1/8 tsp. pepper

Heat oil in a small nonstick pan over medium heat. Add mushrooms and garlic. Cook, stirring frequently, until mushrooms are tender and fragrant, about 5 minutes. While mushrooms are cooking, place tofu in a large bowl. Mash with a fork or potato masher. Add soy sauce and pepper and mash again. Add cooked mushrooms to tofu. Mix well. Divide mixture evenly and shape into 32 small cakes, pressing mixture together firmly. Heat a large nonstick griddle or pan over medium heat. Oil it lightly or spray with a nonstick cooking spray. Place cakes on griddle and cook until the bottoms are nicely browned. Turn cakes several times, until nicely browned on both sides. Serve with your favorite dipping sauce.

Submitted by Taisa Skubiak



MINI MUSHROOM ROLLS

- 3 oz. pkg. cream cheese, softened**
- 4 oz. can mushroom pieces and stems, drained**
- 2 tbsp. chopped pimiento**
- 1 tbsp. hot mustard**
- 8 oz. can refrigerated crescent rolls**
- Beaten egg, if desired**
- Poppy, caraway or sesame seed**

Heat oven to 375°F. Lightly grease large cookie sheet. In small bowl, combine cream cheese, mushroom, pimiento and mustard; blend well. Separate dough into 4 rectangles; firmly press perforations to seal. Spread each rectangle with ¼ mushroom mixture. Starting at longest side, roll up; pinch seams to seal. Cut each roll into 6 slices. Place seam-side-down on prepared cookie sheet. Brush with egg; sprinkle with poppy seed. Bake at 375°F for 12-17 minutes or until golden brown. Serve warm or cool. Store in refrigerator. Makes 24 snacks.

Submitted by Lilianna Kalin



BLUE CHEESE WALNUT MUSHROOMS

- 1 lb. fresh whole mushrooms**
- 8 oz. cream cheese with chives and onions**
- 2 tbsp. crumbled blue cheese**
- 2 tbsp. chopped walnuts**
- ¼ tsp. dried basil leaves**
- Chopped fresh parsley**

Heat oven to 350°F. Clean mushrooms and remove stems. Place mushrooms stem side up in baking pan. In medium bowl, combine all remaining ingredients except parsley. Mix well. Spoon about one tsp. mixture into each mushroom cap. Bake for 15-20 minutes or until warm. Garnish with fresh parsley.

Submitted by Christina Jackiw

BRIE WITH APRICOT FILLING

- 2 lb. whole brie**
- 16 oz. apricot preserves**
- 1 sheet of frozen puff pastry, thawed**

Place whole brie, with rind, in oven-proof serving dish with shallow sides. Spread preserves over cheese. Stretch puff pastry to cover brie and tuck under sides. Bake in pre-heated 350°F oven for 25 minutes. Serve with wheat biscuits or crackers.

Submitted by Christina Jackiw



ALMOND-BUTTER BRIE

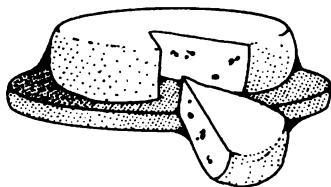
- ½ cup butter or margarine, softened**
- ¼ cup finely chopped toasted almonds**
- 3 tbsp. light rum**
- ¼ tsp. lemon juice**
- 1/8 tsp. garlic salt**
- 1/8 tsp. paprika**
- 6-inch wheel Brie cheese (approx. 1 lb.)**
- Whole toasted almonds**
- Fresh fruit, assorted crackers**

To toast almonds, place in small skillet, shaking the pan frequently, just until nuts turn golden-brown. In small bowl, beat butter with chopped almonds, rum, lemon juice, garlic salt, and paprika. Cut white crust from top of Brie and discard; spread Brie with butter mixture; garnish edge with whole almonds. Cover with plastic wrap; refrigerate until 1 hour before serving. Serve with fruit and crackers.

Submitted by Lilianna Kalin

TETA ANYA'S BRIE

- 1 wheel of Brie**
- 1 stick of butter**
- 3 scallions**
- 1 egg**
- Seasoned breadcrumbs**



Melt butter in a frying pan. Chop up scallions and sauté until are tender (not brown). Beat egg, brush egg onto Brie, coat Brie with breadcrumbs. Remove scallions from pan and set aside. Roll Brie in butter to sauté it, then fry on each side for 1-2 minutes. Garnish with scallions and serve with crackers or baguette.

Submitted by Daria Temnycky



APRICOT BRANDIED BRIE

- 1 lb. round imported Brie cheese, rind removed**
- Lemon leaves**
- 1 cup apricot preserves**
- ¾ cup Mandarin Napoleon brandy**
- 2 French bread baguette loaves, sliced in ½-inch slices**
- Strawberries**
- Red or green seedless grapes**

Let Brie come to room temp. for about 1 hour. Pierce with fork in several places. Arrange lemon leaves on serving platter and place Brie on top. In medium saucepan, mix preserves and brandy. Heat until hot but not boiling. Pour hot mixture over Brie. Garnish with strawberries and/or grapes. Serve with baguette slices.

Submitted by Lilianna Kalin

POTATO AND CASHEW CROQUETTES

- 2 cups mashed potatoes**
- ¼ cup arrowroot**
- 2 tbsp. minced cilantro (fresh coriander) leaves**
- 1 tsp. chili powder**
- 1 tsp. salt**
- ½ tsp. ground cumin**
- 30 cashew nuts (approx. ½ cup)**
- 1/3 cup fine dry breadcrumbs**
- Oil for deep-frying**
- Chutney**
- Lime wedges**

In large electric mixer bowl, combine potato, arrowroot, cilantro, chili powder, salt and cumin; mix well. Shape potato mixture into oval croquettes, using 1 tbsp. for each. Place a cashew in the center of each croquette; seal. Roll croquettes in breadcrumbs. In 2 inches salad oil, at 375°F, deep-fry until golden and heated through, approx. 1 minute. Drain on paper towels. Serve with chutney and lime wedges. Makes 2 ½ dozen.

Submitted by Lilianna Kalin



SPINACH BITES

- 2 pkg. frozen chopped spinach, thawed and drained**
- 2 cups bread-based stuffing mix**
- 1 onion**
- 4 eggs, beaten**
- ½ cup melted butter**
- ½ cup grated Parmesan cheese**

Preheat oven to 375°F. Combine all ingredients in a large bowl. Form into bite size balls and place on a slightly buttered cookie sheet. Bake for 20 minutes. Makes 36 spinach balls. Can be made in advance and frozen.

Submitted by Aurelia Slusarczuk

SPINACH BALLS WITH MUSTARD SAUCE

Mustard Sauce (begin preparing sauce first)

½ cup dry mustard

½ cup white vinegar

¼ cup sugar

1 egg yolk

Combine mustard and vinegar in small bowl. Cover and let stand at room temperature for 4 hours. After four hours, mix sugar and egg yolk in a small saucepan. Add mustard/vinegar mixture and heat at low temperature, mixing constantly until sauce thickens. Turn off heat, cover and let stand until cools. Serve at room temperature with spinach balls.

Spinach Balls

2 - 10 oz. pkg. frozen spinach, thawed and drained

2 cups breadcrumbs or herb stuffing mix

1 cup grated Parmesan cheese

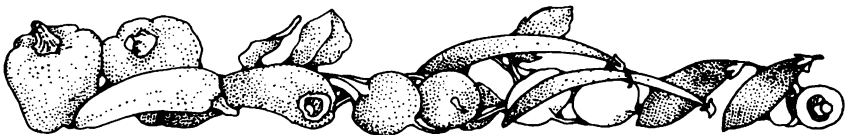
1 stick butter, melted

4 green onions, chopped

3 eggs

Preheat oven to 350°F. Mix together all ingredients. Form mixture into 1-inch balls and arrange on an ungreased baking sheet. Mixture may also be covered and placed in a refrigerator or freezer until time to bake. Bake spinach balls for 10-15 minutes, or until golden brown. Serve while hot with mustard sauce.

Submitted by Natalia Czernyĳ



SPINACH PIES

½ cup chopped onion
2 tbsp. olive oil
10 oz. pkg. frozen chopped spinach, thawed, well drained
1/3 cup Ricotta or Feta cheese, crumbled
1 egg, beaten
1/8 tsp. garlic powder
1/8 tsp. pepper
2 - 8 oz. cans refrigerated dinner rolls
1 egg, beaten
Sesame seed, if desired

Heat oven to 375°F. In medium skillet, cook onion in oil until tender; remove from heat. Stir in spinach, Ricotta or Feta cheese, egg, garlic powder and pepper; blend well. Separate dough into 8 rectangles; firmly press perforations to seal. Press or roll each rectangle into a 8 x 4-inch rectangle. Cut each in half crosswise to form 16 squares. Place about 1 tbsp. spinach mixture on center of each square; fold dough over filling forming a triangle. Press edges with a fork to seal; place on ungreased cookie sheets. Brush with beaten egg; sprinkle with sesame seed, if desired. Bake at 375°F for 10-15 minutes or until golden brown. Serve warm. Makes 16 appetizers.

Submitted Lilianna Kalin



ZUCCHINI STICKS

Oil for deep-frying
4 eggs
¼ cup whipping cream
½ tsp. freshly ground pepper
¼ tsp. salt
3-4 medium zucchini, quartered and cut into 2-inch lengths
¾ cup well-seasoned breadcrumbs

Preheat oil to 350°F. Mix eggs, whipping cream, pepper, and salt in blender. Transfer to bowl. Dip zucchini into egg mixture, then coat with breadcrumbs. Add to oil in batches and fry until browned and crisp, approx. 3-4 minutes. Drain on paper towels. Serve hot.

Submitted by Romana Klymkowych

VEGETABLE RICE PATTIES

- 1 tsp. vegetable oil**
- 1 cup finely shredded carrots**
- ½ cup finely chopped onion**
- 3 cloves garlic, very finely chopped**
- 1 ½ tsp. fresh ginger root, very finely chopped**
- 1 jalapeño pepper, finely chopped, seeds and inner membrane discarded (optional)**
- 1 ¼ tsp. ground cumin**
- ¾ tsp. curry powder**
- ½ tsp. each chili powder, ground coriander, and salt**
- ¼ cup water**
- 3 cups cooked brown rice**
- ½ cup all-purpose flour**
- 4 egg whites**

Heat oil in a small nonstick pan over medium heat. Add carrots, onion, garlic, ginger root, and jalapeño. Sprinkle with spices and mix well. Cook 8 minutes or until vegetables are tender, adding the water, a little at a time, to keep mixture from sticking. Remove from heat.

Place rice in a large bowl, add flour, and mix well. Add carrot mixture and mix until thoroughly combined. Add egg whites. Mix well.

Heat a large nonstick pan or griddle over medium heat. Oil it lightly or spray with a nonstick cooking spray. Using 2 tbsp. of rice mixture, form into patties ½-inch thick. Press mixture together firmly. Place in pan and when bottoms of patties are lightly browned, turn and brown the other side. Serve warm.

Submitted by Taisa Skubtjak

ASPARAGUS FRITTATA

- 3 tbsp. butter or margarine
- ¾ cup chopped onion
- 4 cooked asparagus spears, cut into 1-inch pieces
- 1 cup shredded Mozzarella
- 1 tsp. oregano
- 6 eggs
- ¼ tsp. salt
- 1/8 tsp. pepper
- 1 cup diced ham

In 10 inch skillet, melt 1 tbsp. butter over medium-high heat. Add onion; cook until soft, approx. 5 minutes. Preheat broiler. In medium bowl, combine cooked onion, asparagus, cheese and oregano; set aside. Melt remaining 2 tbsp. butter in skillet, in medium, beat together eggs, salt and pepper. Pour into skillet. Cook, stirring with a circular motion, until bottom of mixture starts to set. Continue to cook until top is just slightly runny. Remove from heat; sprinkle with ham and the cheese mixture. Place under broiler; broil 2 minutes or until cheese is melted.

Submitted by Nila Pawluk



SMOKED SALMON AND ONION CHEESECAKE

3 tbsp. fine breadcrumbs

5 tbsp. freshly ground Parmesan cheese

½ cup chopped onion (approx. 1 medium-sized onion)

½ cup chopped sweet green pepper

3 tbsp. butter

3 ½ - 8 oz. pkg. cream cheese, at room temperature

4 eggs

½ cup heavy cream

5 oz. Nova Scotia salmon, cut into small dice

½ cup grated Gruyere cheese

Pepper to taste

Preheat oven very slow to 300°F. Butter an 8-inch springform pan. Combine breadcrumbs with 2 tbsp. of the Parmesan; sprinkle bottom and sides of prepared pan with mixture; shake crumbs around the bottom and sides until coated. Sauté onion and green pepper in butter in medium-size skillet until tender. Put aside. Beat the cream cheese, eggs and heavy cream together in a large bowl until smooth and well blended. Fold in salmon, the remaining 3 tbsp. Parmesan, the Gruyere cheese, and the sauteed onion and green pepper; add pepper as desired. Pour batter into prepared pan; shake gently to level mixture. Set pan in slightly larger pan; pour boiling water into larger pan to depth of 2 inches; do not let edges of pan touch. Bake in preheated very slow oven (300°F) for 1 hour and 40 minutes. Turn off oven; let cake sit in the oven one hour longer. Lift cake out of the water bath; cool to room temperature on wire rack. Refrigerate. Remove from refrigerator 1 hour before serving. Loosen around edge with small knife. Unmold. Garnish with salmon rosettes and sprigs of dill if you wish.

Note: If springform does not fit tightly, tape around bottom seam to prevent seepage.

Submitted by Lidia Huk

LEMON SCALLOPS

3 large lemons

¼ cup dry white wine

1 lb. sea scallops, quartered

1 cup butter or margarine

1 small clove garlic, crushed

1 tbsp. minced fresh parsley

Halve the lemons. Squeeze juice from pulp to measure ½ cup. Remove all pulp. Remove a thin slice from bottom of each lemon shell to make shell stand level. Set shells aside. In heavy enamel or stainless saucepan, blend ¼ cup lemon juice and wine. Add scallops and simmer covered for 5 minutes or until tender. Drain scallops well. Discard liquid. In same saucepan, melt butter. Add remaining ¼ cup lemon juice and garlic. Heat gently to blend flavors. Remove from heat, add scallops and toss carefully. Fill lemon shells with scallops and lemon butter sauce. Place under broiler for 2 minutes to brown edges of scallops. Remove from broiler and sprinkle with minced parsley. Serve immediately.

Submitted by Lilianna Kalin



SHRIMP WEDGES

- 1 cup shredded Cheddar cheese**
- 1 cup mayonnaise**
- 6 oz. tiny shrimp**
- 1 tsp. curry powder**
- 1 green onion, chopped**
- 6 English muffins, split**

In medium bowl, mix Cheddar cheese, mayonnaise, shrimp, curry powder and onions. Toast muffins. Spread shrimp mixture on muffin halves and broil until bubbly. Cut each muffin into 4 pie-shaped wedges and serve warm. Makes 48 pieces. Can be made in advance and frozen before broiling.

Submitted by Lilianna Kalin



MINI QUICHES

- 1 ½ pkg. frozen pie crust, thawed**
- 4 large eggs**
- 2/3 cup heavy cream**
- ¼ cup grated Parmesan cheese**
- ¼ tsp. salt**
- 1/8 tsp. pepper**
- 1 tbsp. coarse Dijon-style mustard**

Preheat oven to 400°F. Place ten 2 ¾-inch tartlet pans or 4 ¼-inch shallow baguette pans on baking sheet; place pastry round over pans. With rolling pin, roll over pastry until edges of pan cut through. Press dough into pans. Repeat with remaining pastry; bake until light golden, approx. 10 minutes. In a large bowl, beat eggs, cream cheese, salt, pepper and mustard. Spoon 1-2 tbsp. filling into each pastry-lined pan. Bake until custard sets, about 8 minutes. If desired, garnish tops with sliced cherry tomatoes, snipped chives and crumbled blue cheese.

Submitted by Lilianna Kalin

SWEET AND SOUR MEATBALLS

1 lb. lean ground beef
¼ cup water
¼ cup breadcrumbs
1 egg
1 small onion, grated
1 tsp. salt
1/8 tsp. freshly ground pepper
1 cup canned chili (without beans)
½ cup grape jelly
Juice of one lemon

Combine ground beef, water, breadcrumbs, egg, onion, salt, and pepper and blend well. Shape into 1-inch meatballs. Combine remaining ingredients in medium saucepan and mix well. Add meatballs, stirring lightly to coat with sauce. Simmer about 1 hour, stirring occasionally. Serve hot. This can be prepared several days in advance and stored in refrigerator.

Submitted by Romana Klymkowych



BACON AND WATER CHESTNUTS

1 can water chestnuts, cut in half
1 lb. bacon, cut in thirds
½ cup catsup
¼ cup white sugar

Wrap bacon around chestnuts, securing with toothpicks. Bake at 350°F for 30 minutes on foil-lined cookie sheet. At this point, you can freeze for later use. When ready to serve, mix catsup and white sugar and drizzle over bacon. Reheat at 350°F for 20 minutes.

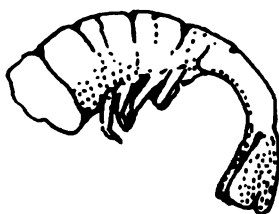
Submitted by Mishka Gast

Cold Appetizers



SHRIMP IN MUSTARD SAUCE

2 ½ lb. shrimp, shelled and deveined
¼ cup finely chopped parsley
¼ cup finally chopped shallots
½ thinly sliced red onion
¼ cup tarragon vinegar
¼ cup wine vinegar
½ cup olive oil
4 tbsp. Dijon mustard
2 tsp. salt
1 thinly sliced fresh lemon
Pepper to taste



Cook shrimp in boiling salted water to cover, just until they turn pink. Do not overcook. Drain and transfer to a larger bowl. Mix the remaining ingredients together and pour over warm shrimp. Mix well. Cover and refrigerate. Serve in a bowl lined with lettuce leaves.

Submitted by Zenia Brozyna



SHRIMP WITH GARLIC VINAGRETTE

1 lb. shrimp
5 cloves garlic
¼ cup olive oil
¼ cup lemon juice
Parsley
Lemon peel
Salt
Pepper

Cook shrimp in pot of boiling water until pinkish-orange, approx. 2 minutes. Remove and cool. Peel shrimp once they cool down. Mince the garlic and combine with olive oil, lemon juice, lemon peel and parsley. Add salt and pepper to taste. Whisk mixture, add shrimp and toss. Refrigerate and serve in a few hours.

Submitted by Vera Kaminsky

SALMON TORTE

Torte Layers

4 tbsp. butter

½ cup all-purpose flour

2 cups milk

4 egg yolks

1 tsp. sugar

1/8 tsp. salt

4 egg whites

1/8 tsp. cream of tartar

Smoked Salmon Layer

8 oz. cream cheese

½ cup sour cream

2 tbsp. fresh lemon juice

¼ cup chopped green onions

1/3 lb. smoked salmon, shredded

(reserve 1 whole slice)

¼ cup peeled and chopped cucumber

¼ tsp. dried dill weed or 1 tbsp. fresh dill weed

Sour Cream Frosting

½ pint sour cream

1 tsp. onion powder

1 tbsp. fresh lemon juice

Garnish

1 slice smoked salmon (reserved above)

Pitted black olives, sliced

Chives or green onion tops, cut into thin strips for stems and leaves

Sprigs of fresh dill or parsley

To prepare torte layers, melt butter in small saucepan. Stir in flour and cook over low heat until well blended, about 2 minutes; do not brown. Stir in milk and continue cooking until sauce comes to a boil and thickens. In small bowl, lightly whisk egg yolks, sugar and salt. Stir small amount of hot mixture into yolks; stir yolks into saucepan. Cook for 1 minute, stirring constantly. Remove from heat. Beat egg whites until

frothy, add cream of tartar, and beat until stiff peaks form. Fold sauce into whites.

Line bottoms of 2 - 9-inch layer cake pans with rounds of waxed paper; grease paper and sides of pans. Divide torte mixture between 2 pans, spreading evenly. Bake at 350°F for 15 minutes; rotate cakes and bake for an additional 20-25 minutes or until lightly browned and top springs back when pressed. Cool in pans for 10 minutes. Invert onto cake racks and pull off paper. Cool completely.

To prepare salmon filling, beat cream cheese, sour cream and lemon juice with electric mixer until smooth. Add green onions, salmon, cucumber and dill weed. Mix until blended. Place one torte on serving platter and spread with filling. Place second torte on filling. Several hours before serving, mix all frosting ingredients together until smooth. Frost torte and decorate top with flowers cut from smoked salmon and olives. Make stems and leaves with chives and green onions. Garnish with sprigs of fresh dill or parsley. Cut like a cake, and serve.

Submitted by Lilianna Kalin



SALMON MOUSSE

- ¾ cup water**
- 1 envelope unflavored gelatin**
- 2 medium-sized lemons**
- 1 cup heavy or whipping cream**
- 1 - 15 ½ oz. can salmon, drained and flaked**
- ½ cup mayonnaise**
- 2 tbsp. prepared white horseradish**
- 1 tbsp. chopped fresh dill or 1 tsp. dill weed**
- 1 tsp. paprika**
- ¼ tsp. ground cardamom**
- 2 small zucchini (6 oz. each)**
- Watercress sprigs for garnish**
- 1 pint cherry tomatoes**

Into 1-quart saucepan, measure water; sprinkle gelatin evenly over water. Cook over medium heat, stirring frequently, until gelatin is completely dissolved. Cover and refrigerate until mixture mounds slightly when dropped from a spoon, about 30 minutes. Meanwhile, from 1 lemon half, squeeze 1 tbsp. juice. Cut remaining lemon into wedges; wrap with plastic wrap and refrigerate. Grease 9x5-inch loaf pan or 6 cup fish mold. In small bowl with mixer at medium speed, beat heavy or whipping cream until stiff peaks form. In large bowl with same beaters and with mixer at medium speed, beat salmon, next 6 ingredients, lemon juice, and gelatin mixture until blended and smooth, scraping bowl often with rubber spatula. With rubber spatula or wire whisk, fold whipped cream into salmon mixture. Spoon salmon mixture into prepared pan; cover and refrigerate until set, about 3 hours. To serve, unmold mousse onto large platter. Thinly slice zucchini; cut each slice in half. Decorate top of mousse with zucchini slices arranged in rows, overlapping slices slightly. Garnish platter with watercress sprigs, cherry tomatoes, and reserve lemon wedges. Prepare about 4 hours before serving or day ahead

Submitted by Lidia Huk

SMOKED SALMON ROLLS

- 1 - 8 oz. pkg. cream cheese, room temperature**
- 3 tbsp. sour cream**
- 1 - 2 oz. jar red caviar**
- ½ pound thinly sliced smoked salmon**

Blend cream cheese with sour cream. Gently fold in caviar and spread salmon slices with mixture. Roll up and cut into 1 1/2 -inch lengths. Serve chilled.

Submitted by Romana Klymkowych

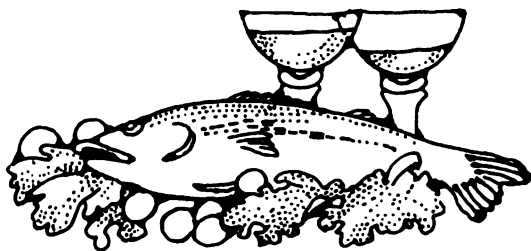


SALMON BALL

- 1 tbsp. finely chopped onion**
- 1 tbsp. lemon juice**
- 1 - 16 oz. can salmon, drained and flaked**
- 1 - 8 oz. pkg. cream cheese, softened**
- Chopped parsley or red paprika powder**

Mix all ingredients except parsley and paprika. Refrigerate about 3 hours until mixture is firm. Shape into ball. Roll in parsley or sprinkle in paprika. Cover and refrigerate no longer than 24 hours. Serve with crackers and apple wedges.

Submitted by Musia Jachens



CHICKEN PINWHEELS

1 pkg. boneless, skinless chicken breasts
2 cans deviled ham spread
Relish or sweet gherkins, finely chopped
Finely chopped onions
Finely chopped hard boiled eggs
Finely chopped pimientos
Flour
Egg yolks
Breadcrumbs

Tenderize chicken breasts until thin. Spread each breast with deviled ham. Sprinkle with relish, or sweet gherkins, chopped onions, hard boiled eggs, and pimientos. Beginning at the small end, roll the chicken breast over to form a roll. Secure with toothpicks. Dip entire roll into flour, then in beaten egg yolks and finally in breadcrumbs. Fry in light oil, so that it is browned on all sides and cooked through. Let cool, and refrigerate. When ready to serve, cut each breast into slices, forming pinwheels. Arrange on platter and serve cold.

Submitted by Nadia Nynka



STUFFED EGGS

8 eggs
1 can of red cocktail sauce with shrimp

Boil the eggs gradually so that they do not crack. Cool, peel them and cut in half. Scoop out the egg yolks. Mix yolks with can of cocktail sauce. If the mixture is too soft, add chopped-up hard boiled egg white. If the mixture is too hard, add mayonnaise. Fill the egg whites with the shrimp cocktail sauce mixture. Serve.

Submitted by Vera Kaminsky

STUFFED FRESH VEGETABLES

Tomatoes

- 1 pint red baby tomatoes
- 1 can tuna fish
- 2 tbsp. mayonnaise
- 1 tbsp. sour cream
- ½ sweet onion chopped



Combine the tuna, mayonnaise, sour cream and onion. Chop the tops off of the small tomatoes (do not cut them in half), scoop out the insides of the tomatoes and discard. Stuff the tomatoes with the tuna mixture. Garnish with fresh parsley. Chill before serving.

Sweet Peas

- 1 lb. fresh sweet peas
- ¼ pkg. cream cheese
- ½ tsp. Worcestershire sauce
- 2 tbsp. chopped chives
- ¼ tsp. salt

Combine the cream cheese, salt, Worcestershire, and chives. Mix well. Split the sweet peas, and remove the actual peas, set aside and do not discard. Gently spread the cream cheese mixture into the pea shells, and place the peas on top of the cream cheese.

Submitted by Alexandra Richardson



VEGGIE STUFFED CUCUMBERS

2 medium, ripe tomatoes, chopped into ¼-inch pieces (approx. 1 ½ cups)

1 ½ tsp. olive oil

1 tsp. vinegar

¼ tsp. dried oregano

Salt and pepper to taste

Pinch of sugar

4 ½ tbsp. Feta cheese, finely crumbled (approx. 1 ½ oz.)

2 large cucumbers

In a small bowl, combine chopped tomatoes, oil, vinegar, oregano, salt, pepper, and sugar. Toss gently until well mixed. Chill until serving time (at least two hours). Just before serving, add Feta cheese to tomatoes and mix well. Peel cucumbers and cut them in half lengthwise. Using a melon ball scoop or a spoon, scoop out and discard seeds. Pile tomato mixture into cucumbers. Serve immediately.

Submitted by Taisa Skubiak



SPICED MELON TRAY

½ medium, ripe honeydew melon, cut in half crosswise

½ medium, ripe cantaloupe

3 tbsp. honey

2 ½ tbsp. lime juice

2 ½ tbsp. orange juice

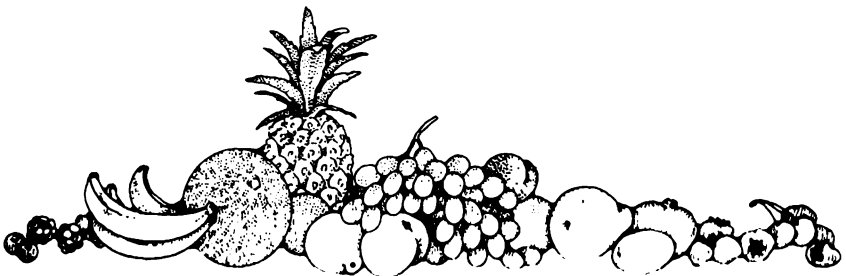
¼ tsp. ground cardamom

1/8 tsp. ground ginger

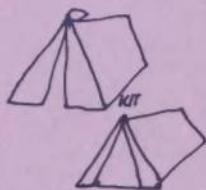
1 tsp. almond extract

Have a 14-inch round cake plate or platter (or two 9-inch pie pans) with raised edges ready. Peel the melon halves and remove the seeds. Slice each half into slices 1/8-inch thick. Cut each slice in half, making half-circles. Arrange slices, alternating about 5 slices of cantaloupe, then 5 slices of honeydew, in a circular pattern around the platter. Fill in the center of the platter with additional slices or a garnish of greens with orange and lime slices. In a small bowl, combine remaining ingredients. Mix until honey is incorporated into the liquid. Spoon evenly over fruit slices. Cover and chill 4-6 hours before serving.

Submitted by Taisa Skubiak



Finger Sandwiches



GOURMET GRILLED BREAD

- 2 tbsp. butter or margarine, melted**
- 2 tbsp. olive oil**
- ¼ cup packed fresh basil leaves, finely chopped**
- 3 - 7-inch Italian hoagie rolls**
- ¾ lb. whole-milk Mozzarella cheese**
- 2 plum tomatoes, chopped**
- ¼ cup bottled Italian dressing**

Prepare outdoor grill for barbecue. In small bowl, mix butter with olive oil and basil; set aside. Cut each roll crosswise into ¾-inch-thick slices; brush cut sides with basil butter. Place on grill, on top of foil. Cook breads 6 inches from heat until toasted on both sides. Cut cheese into 15 slices. On each of three 8-inch skewers, alternate bread with cheese. Wrap skewered bread loosely in square of heavy-duty foil. Again, cook bread 6 inches from heat, 3-5 minutes, or until cheese melts. Remove breads from foil; place on serving platter. In small bowl, toss tomatoes with dressing; spoon mixture over breads. Serve immediately. Makes 6-8 servings.

Submitted by Lilianna Kalin



PESTO AND TOMATO CROSTINI

- 12 slices French bread, 1-inch thick**
- 2/3 cup pesto**
- 3 small tomatoes, seeded and chopped**
- 1 cup shredded Mozzarella cheese**

Heat oven to 375°F. Place bread on ungreased cookie sheet. Spread each slice with a tbsp. of pesto. Top with tomatoes, sprinkle with cheese. Bake approx. 8 minutes or until hot and cheese is melted.

Submitted by Alexandra Richardson

ARTICHOKE CROSTINI

6 oz. marinated artichoke hearts, drained and chopped
3 green onions, chopped
5 tbsps. grated Parmesan cheese
2 tbsps. mayonnaise
12 slices French bread

Preheat broiler. Combine artichokes, green onions, 3 tbsp. cheese and mayonnaise in small bowl. Mix well. Arrange bread slices on baking sheet. Broil for 2-3 minutes on each side or until lightly browned. Remove and spoon about 1 tbsp. artichoke mixture on each bread slice and sprinkle with remaining 2 tbsp. of cheese. Broil 1-2 minutes until cheese is melted or until lightly browned.

Submitted by Christina Jackiw



MOZZARELLA CROSTINI

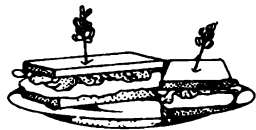
1 loaf Italian Bread
1/3 cup olive oil
1 clove garlic, minced
1/4 tsp. salt
1/4 tsp. pepper
1/2 cup sliced green onions
5-7 Roma tomatoes cut in 36 slices
1 1/2 cups shredded Mozzarella (approx. 6 oz.)

Slice bread into 36 slices (1/4-1/2 inch thick). Place on aluminum foil-lined baking sheet. Bake 400°F for 5 minutes until light brown. Combine olive oil, garlic, salt and pepper. Brush on bread slices. Top each slice with green onion and tomato slice. Spread with cheese. Bake 400°F for 5-7 minutes until cheese melts. Garnish with green onion, if desired.

Submitted by Daria Kowalczyrn

COCKTAIL REUBENS

- 1 pkg. of party rye bread**
- Thousand Island dressing**
- Corned beef, sliced**
- 8 oz. can of sauerkraut, drained and snipped**
- 6 oz. Swiss cheese, sliced**



Preheat oven to 400°F. Place slices of bread on cookie sheet. Spread each piece of bread with Thousand Island dressing. Place 1-2 slices of corned beef on bread. Next, put about 1 tbsp. sauerkraut on top of corned beef. Top each piece of bread with a small slice of Swiss cheese. Bake for 6-8 minutes, or until cheese melts.

Submitted by Mishka Gast



COCKTAIL BREAD

- 1 loaf French bread**
- ½ lb. cream cheese**
- ¼ lb. sweet butter**
- Polish ham, cut into small pieces**
- Olives, cut into small pieces**
- Pimientos, cut into small pieces**

Cut off end of the bread and hollow out the inside. Mix all ingredients together. Stuff bread and wrap in aluminum foil. Refrigerate. Immediately before serving, cut bread into small sandwich-size pieces.

Submitted by Christina Jackiw

SUN-DRIED TOMATO CANAPES

- 16 slices cocktail rye bread**
- 1/3 cup sun-dried tomato spread**
- 1 cup shredded cheddar cheese**
- 4 slices bacon, crisply cooked and crumbled**
- 1 tbsp. chopped fresh parsley**

Heat oven to 375°F. Place bread slices on ungreased baking sheet. Bake approx. 5 minutes or until toasted. Spread each slice with tomato spread. Sprinkle with cheese, bacon and parsley. Bake approx. 5 minutes or until cheese is melted. Serve warm.

Submitted by Alexandra Richardson



SPINACH AND FETA ROLLS

Filling

- 1 ¼ lb. fresh spinach, stemmed and washed**
- 1 tbsp. olive oil**
- 2 scallions, trimmed and chopped (approx. 1 ½ cups)**
- ¼ cup Feta cheese, freshly grated**
- 2 tbsp. Parmesan cheese**
- 1 tbsp. fresh dill, chopped**
- Lemon juice**
- 2 large egg whites**
- Salt and pepper to taste**

Phyllo Pastry

- 8 Phyllo dough sheets (14x18 inches)**
- 1 large egg white**
- 2 tbsp. olive oil**
- ¼ tsp. salt**
- 1 tsp. poppy or sesame seeds or a combination**

To make filling: Put spinach with water still clinging to the leaves in a large pot. Cover and cook over medium heat until the spinach is wilted, about 5 minutes. Drain and refresh with cold water. Squeeze the spinach quite dry and chop. In non-stick skillet, heat oil over medium heat. Add scallions and saute until softened, 2-3 minutes. Transfer to a medium sized bowl and stir spinach, Feta, Parmesan, dill and lemon juice. Season with salt and pepper. Beat egg whites lightly with a fork and stir into the spinach mixture.

To form Phyllo rolls: Set oven rack on the upper level; pre-heat to 350°F. Coat a baking sheet lightly with nonstick cooking spray. In a small bowl, whisk together egg white, oil and salt. Lay one sheet of Phyllo on a work surface with a short side toward you. Brush lower half of the sheet with the egg white mixture. Repeat this step with a second sheet of Phyllo and set on top of the first. Spoon $\frac{1}{4}$ of the spinach filling along one long edge. Tuck in the side edges and roll up long sides inwards. Place on the prepared baking sheet. Repeat with the remaining Phyllo, egg white mixture and filling, making 4 rolls in all. Brush tops with seeds, if desired. Bake for 25-30 minutes. With a serrated knife, cut each roll diagonally into 9 pieces and serve hot.

Submitted by Larysa Polansky



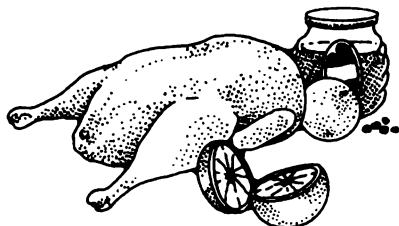
CHICKEN AND SPINACH ROLLS

- 1 - 5 oz. can chunk style chicken, drained and broken up
- 1 cup shredded cheddar
- 1 - 10 oz. pkg. frozen chopped spinach, thawed and well drained
- ½ of an 8 oz. pkg. cream cheese with chives and onions
- ½ cup chopped walnuts
- 1 tbsp. dry sherry
- ½ tbsp. Worcestershire sauce
- ¼ tsp. ground nutmeg
- 8 sheets Phyllo dough, thawed
- 1/3 cup butter or margarine melted

For filling: in a large bowl combine chicken, cheddar cheese, spinach, cream cheese, walnuts, sherry, Worcestershire, and nutmeg.

Lightly brush 1 sheet of Phyllo with melted butter, place another sheet on top, and melt with butter. Cover remaining Phyllo with damp cloth to prevent drying. Spoon ¼ of the filling evenly down the long side of Phyllo. Leave about 2 inches space between the filling and the edge of the long side and 1 inch from short side. Fold 2 inches of long side over filling, fold in the short sides. Roll up jelly-roll style from long side down on ungreased baking sheet. Repeat with remaining Phyllo and filling. Brush tops with melted butter. Use a sharp knife to score rolls at 1 ½ inch intervals (small cuts along the roll). Bake at 400°F for about 15 minutes until golden brown. Let stand for 5 minutes before slicing. Serve warm. Makes 36 pieces.

Submitted by Daria Kowalczyk



SPICY SAUSAGE ROLLS

1 lb. hot sausage

¼ cup green bell pepper, chopped

¼ cup onion, coarsely chopped

1 cup spaghetti sauce

½ cup Ricotta cheese

½ tsp. dried oregano leaves

12 frozen Phyllo sheets (18"x14"), thawed

½ cup margarine or butter, melted

Heat oven to 350°F. In large skillet, over medium heat, brown sausage, bell pepper and onions, drain. Add remaining ingredients, except Phyllo; stir and combine. Unroll Phyllo sheets; cover with plastic wrap or towel. Place 1 sheet on work area; brush with butter. Layer 2 more sheets, brushing each with margarine. With sharp knife, cut through layers to make 12 rectangles. Place 1 tbsp. filling in center of each rectangle. Bring corners up; gently press together to seal and form bundle. Repeat with remaining Phyllo sheets and filling. Place on ungreased cookie sheet. Bake 20-25 minutes or until golden. Let stand for 5 minutes before serving. To make ahead, prepare, cover and refrigerate up to 24 hours before baking. Bake at 350°F for 15-20 minutes, or until golden brown.

Submitted by Larysa Polansky



BEAN SPIRALS

¼ cup chopped onion

1-2 cloves garlic, coarsely chopped

1 lb. can kidney beans, rinsed and drained (or 2 cups cooked beans)

1 tsp. vinegar

1 tsp. chili powder

½ tsp. ground cumin

½ tsp. dried oregano

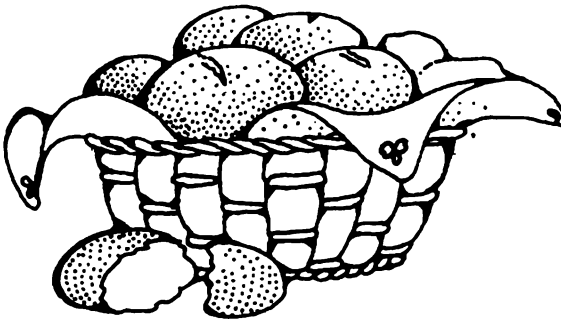
¼ cup each finely chopped red and yellow bell pepper

4 - 6-inch flour tortillas

Salsa (optional)

Place onion and garlic in a food processor. Process with a steel blade until finely chopped. Add beans, vinegar, and spices. Process until smooth. Spoon mixture into a bowl and add chopped peppers. Mix well. Divide mixture evenly and spread on tortillas, covering the entire tortilla. Roll tortillas tightly. Wrap rolls tightly in aluminum foil or plastic wrap. Chill several hours or overnight. To serve, slice tortillas crosswise into ½-inch slices using a sharp serrated knife. Arrange slices on a platter and serve with salsa, if desired.

Submitted by Taisa Skubiak



BACON AND GAZPACHO TORTILLA ROLLS

1 - 1 1/4 oz. pkg. taco-seasoning mix

1/4 cup water

1/2 lb. bacon, cooked until crisp; crumbled

2 medium tomatoes, chopped

1 medium cucumber, chopped

1 small onion, chopped

1 - 4 oz. can chopped green chilies, drained

8 - 8-inch flour tortillas

1 1/2 cups shredded Monterey Jack cheese (approx. 6 oz.)

To make filling: In a medium bowl, combine seasoning mix with water until blended. Add remaining ingredients; stir until blended. Cover, refrigerate until serving. On each flour tortilla, spread 1/3 cup filling. Sprinkle with 3 tbsp. cheese. Roll up tortilla to enclose filling; serve immediately.

Submitted by Lilianna Kalin



BACON CHEESE ROLLS

6 thin slices bread

12 slices bacon

1 cup grated Swiss cheese

Trim crusts and cut each slice of bread into 4 squares. Cut bacon slices in half. Put one square of bread on top of bacon, sprinkle with cheese and roll up tightly. Secure with toothpick. Bake on a cookie sheet at 400°F for 20 minutes, or until lightly browned. Serve immediately. May be prepared ahead of time and frozen raw.

Submitted by Musia Jachens

CRAB ROUNDS

- 1 cup mayonnaise**
- ½ cup grated onion**
- 1 cup shredded Cheddar cheese**
- 6 drops Tabasco sauce**
- ¼ tsp. curry powder**
- 1 - 6 ½ oz. can crabmeat, drained**
- 2 French bread baguettes, sliced ½-inch thick**

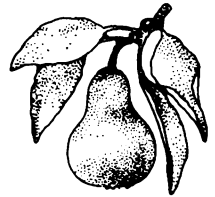
In medium bowl, combine mayonnaise, grated onion, Cheddar cheese, Tabasco sauce, curry powder and crabmeat. To serve, place mixture on bread rounds and broil until golden brown. Serve immediately. This may be made 1 day in advance.

Submitted by Lilianna Kalin



FRUIT QUESADILLAS

- 4 - 8-inch flour tortillas**
- Butter, melted**
- 1 ripe pear, peeled, cored and diced**
- 8 oz. Brie cheese, thinly sliced**
- ¼ cup chopped dried figs**



Brush one side of tortilla lightly with butter. Place buttered side down on baking sheet. Place diced pear, Brie and figs on bottom half of each tortilla. Fold in half. Bake at 350°F for 10 minutes, until cheese is melted, or heat on medium-hot griddle until golden brown. Cut each quesadilla into three wedges. Serve hot.

Submitted by Larysa Polansky

PETITE ONION BREADS

1 cup mayonnaise
½ cup Parmesan Cheese, grated
1 whole onion, chopped
Black pepper to taste
Italian bread slices

Heat oven to 375°F. Sauté chopped onions. Combine mayonnaise, Parmesan cheese, pepper and onions. Spread mixture onto bread slices. Toast in oven until golden brown.

Submitted by Adriana Helbig



Spreads/ Dips



BRIE FRUIT DIP

8 oz. ripe Brie, rind removed, room temperature

8 oz. cream cheese, room temperature

½ cup plain yogurt

¼ cup honey

1/8 tsp. cinnamon

Fresh fruit of choice, in decorative, bite-size pieces

Combine all ingredients with the exception of fruit. Mix well. Additional yogurt may be added to thin dip, if desired. Refrigerate. Arrange a decorative pattern of fresh fruit around bowl of dip.

Submitted by Christina Jackiw



FRUIT KEBOBS WITH COCONUT DIP

Coconut Dip

1 cup lowfat (1%) cottage cheese

3 tbsp. firmly packed brown sugar

2 tbsp. skim milk

1 tsp. vanilla extract

½ tsp. coconut extract



Fruit Kebobs

16 cantaloupe balls or 1-inch cubes

16 honeydew balls or 1-inch cubes

16 pineapple chunks, canned (packed in juice) or fresh

16 seedless red grapes

8 - 8-inch bamboo skewers

To prepare dip: in a blender container, combine all dip ingredients. Blend until smooth. Spoon into a bowl and chill several hours or overnight.

To prepare kebobs: have fruit well chilled. Alternate fruit on skewers, placing 2 pieces of each fruit on each skewer. Serve with dipping sauce. Can also be served with toothpicks. This can be done a few hours before serving and stored in a refrigerator.

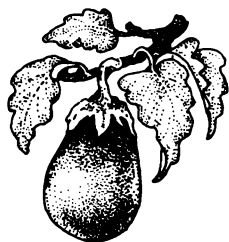
Submitted by Taisa Skubiak



BABA GANNOUJ

- 1 large eggplant (approx. 1 ½ lb.)**
- 3 ½ tbsp. lemon juice (preferably fresh)**
- ¼ cup tahini (ground sesame seeds)**
- 3 large cloves garlic, crushed**
- 1 tbsp. dried parsley flakes**
- ½ tsp. salt**
- 1/8 tsp. pepper**

Preheat oven to 400°F. Cut off and discard stem end of eggplant. Place eggplant on a baking sheet and bake 1 hour, until flesh is very soft and skin is slightly shriveled. Remove from oven and cool slightly. Cut eggplant in half. Spoon out pulp into a large bowl and discard the skin. Mash the pulp with a fork and add remaining ingredients, mixing well. Place mixture in blender and blend until mixture is smooth. (Do not blend until mixture is "soupy.") Spoon into a bowl and chill several hours or overnight to blend flavors. Serve with pita bread that has been cut into triangles for dipping.



Submitted by Romana Klymkowych

HUMMUS

- 15 ½ oz. canned garbanzo beans, drained**
- 2/3 cup fresh lemon juice**
- ¼ cup tahini paste (ground sesame seeds)**
- 4 cloves garlic, minced**
- 1 tsp. salt**
- ¼ tsp. pepper**
- 2 tbsp. olive oil**
- 1 tsp. paprika**
- Fresh parsley, finely chopped**
- Pita bread, sliced into 1 ½-inch strips**

In food processor combine beans, lemon juice, tahini paste, garlic, salt, and pepper. Process until smooth. Add olive oil. Process until smooth. Transfer to serving bowl. Sprinkle loosely with parsley and paprika. Place bowl in center of large plate and surround with pieces of pita bread for dipping. May also be served with sliced fresh vegetables.

Submitted by Christina Jackiw



CARAWAY DIP

- 8 oz. cream cheese**
- ½ cup sour cream**
- 1 stick melted butter**
- ½ tsp. dry mustard**
- 2 tsp. paprika**
- 1 tsp. caraway seed**
- ¼ cup chopped green onions**

Combine all ingredients in blender until mixture is smooth. Serve at room temperature with bite-sized chunks of rye bread.

Submitted by Mishka Gast

GREEN ONION DIP

- 1 cup mayonnaise**
- 1 cup sour cream**
- ½ cup sliced green onions**
- ½ cup parsley sprigs**
- 1 tsp. Dijon mustard**
- 1 clove garlic, crushed**

In blender or food processor, blend all ingredients until almost smooth. Cover; chill. Makes 2 cups.

Submitted by Nila Pawluk



THREE CHEESE ARTICHOKE DIP

- 8 oz. cream cheese**
- 12 oz. shredded Mozarella**
- 1 cup mayonnaise**
- 1 cup grated Parmesan cheese**
- 1 onion, finely chopped**
- 2 cloves garlic, finely chopped**
- 2 jars marinated artichoke hearts**
- 2 pita breads**



Drain artichokes well and tear them apart with your fingers. Cut up pita bread into chip size triangles, separate and bake on a cookie sheet until crispy, approx. 5 minutes. Combine all other ingredients and mash. Bake at 350° in an uncovered casserole dish for approx. 30 minutes, or until bubbly. Serve hot out of the oven and scoop up dip with pita bread.

Submitted by Larysa Polansky

FRENCH ONION DIP

- 1/2 cup mayonnaise**
- 2 cups sour cream**
- 1 pkg. dried French Onion soup mix**

Combine all ingredients; stir and mix well. Cover; chill.
Makes 2 1/2 cups.

Submitted by Nila Pawluk



MEXICAN LAYERED DIP

- 1 15 oz. can black beans, rinsed, drained**
- 2 tbsp. thick and chunky salsa**
- 1 8 oz. container sour cream**
- 1 cup thick and chunky salsa**
- 2 cups shredded lettuce**
- 4 oz. shredded Cheddar cheese**
- 1 - 2 or 3 oz. can sliced black olives, drained**
- 1/2 cup sliced green onions**
- 1 medium tomato, chopped**
- Tortilla Chips**

In a bowl, combine beans and 2 tbsp. salsa; mash with fork and stir until smooth. Spread mixture into 10" pie dish. Top with sour cream, followed by salsa, lettuce, cheese, olives, onions, and tomato. Cover and chill 1-2 hours. Serve with tortilla chips.

Submitted by Oksana Korduba

QUESO

- 1 lb. Monterey Jack, mozzarella or Havarti cheese, grated**
- 3 tbsp. vegetable oil**
- 1 large yellow onion, chopped**
- ½ cup chopped green bell pepper**
- 1 lb. mushrooms, sliced**
- ½ cup whipping cream**
- 18-20 flour tortillas, warmed**

Preheat oven to 200°F. Spread cheese evenly in shallow glass baking dish or casserole and place in oven until partially melted, approx. 10 minutes. Heat oil in large pan over medium-high heat. Add onion and pepper and sauté 3-4 minutes. Add mushrooms and cook, stirring frequently, until mushrooms are moist and slightly darkened, 4-5 minutes. Remove cheese from oven and gradually blend in cream, stirring until well mixed. Add mushroom mixture and any liquid in pan a little at a time, blending thoroughly. Bring immediately to a table and spoon over tortillas or place in individual containers for dipping.

Submitted by Taisa Skubiak



CHEESY BEAN DIP WITH PASTA CHIPS

- 2 - 1 lb. cans pinto beans**
- 4 slices bacon, chopped**
- 1 medium onion, finely chopped**
- 1 medium clove garlic, crushed**
- 2 tsp. chili powder**
- ½ tsp. dried oregano leaves**
- 1/8 tsp. hot-red-pepper sauce**
- 1 cup shredded Monterey Jack cheese**
(approx. 4 oz.)
- 1 box (1 lb.) rotelle or bow pasta**
- Salad oil for deep frying**



- 1 tsp. salt**
- 1/2 cup sour cream**
- 1 green onion, chopped**
- 2 tbsp. chopped pimiento**

Drain beans, reserve 1/2 cup liquid. In large skillet, over medium heat, sauté bacon until crisp. Drain on paper towel; reserve drippings. Sauté onion in reserved drippings until tender. Add beans, bean liquid and garlic. Mash until smooth. Stir in chili powder, oregano and red-pepper sauce. Cook, scraping bottom of pan, until thickened, approx. 10 minutes. Remove pan from heat; stir in cheese. Spoon into bowl. Refrigerate covered, 1 hour, or until ready to serve. Meanwhile, cook pasta as package label directs; drain. Rinse with cold water; drain well. Let stand until dry and sticky. Heat 1 inch oil in deep-fat fryer or 5-qt. oven to 375°F. Fry pasta, 1 cup at a time, in oil until crisp, 3-5 minutes. Drain on paper towels. Sprinkle with salt. To serve, stir sour cream, green onion, pimiento and crumbled bacon into bean mixture. If desired, garnish top with additional green onion and some shredded cheese. Serve with deep fried pasta. Makes 16 servings.

Submitted by Lilianna Kalin



SPICY CHEDDAR AND BEAN DIP

- 1/2 cup mayonnaise**
- 1 can pinto beans, drained, mashed**
- 1 cup shredded Cheddar cheese**
- 1 - 4 oz. can chopped green chilies, drained**
- 1/4 tsp. hot pepper sauce**

Combine all ingredients; stir to mix well. Spoon into small ovenproof dish. Bake at 350°F for 30 minutes or until bubbly. Makes 2 1/2 cups.

Submitted by Nila Pawluk

VEGETABLE CHEESE SPREAD

- 1 cup part-skim Ricotta cheese**
- 2 tbsp. shredded carrot**
- 2 tbsp. minced onion**
- 1 tbsp. chopped fresh parsley (optional)**
- ½ tsp. dried dill**
- 1 ½ tsp. Dijon mustard**
- 1 tsp. lemon juice**
- 1/8 tsp. black pepper**
- 1/8 tsp. salt**
- 8 drops hot pepper sauce**



Combine all ingredients and stir until well blended. Chill. Serve with crisp bread or melba toast.

Submitted by Nila Pawluk



VEGETABLE DIP

- 1 cup mayonnaise**
- ¼ cup sour cream**
- 1 tbsp. lemon juice**
- 1 tbsp. chopped fresh parsley**
- 1 tbsp. chopped fresh dill**
- 1 tsp. Dijon mustard**

Mix lightly and refrigerate at least one hour. Serve with fresh chopped vegetables.

Submitted by Musia Jachens

SPINACH AND PESTO DIP

- 1 cup lowfat (1%) cottage cheese**
- ½ cup packed fresh spinach, torn into small pieces with stems removed and discarded**
- ¼ cup loosely packed fresh basil, torn into small pieces**
- 1 clove garlic, chopped**
- 1 tbsp. chopped onion**
- 1 tbsp. grated Parmesan cheese**
- 1/8-1/4 tsp. pepper**

In a blender container, blend all ingredients until smooth. Chill several hours or overnight to blend flavors. Serve with fresh vegetables or spread over bread.

Submitted by Taisa Skubiak



BASIL PESTO SPREAD

- ¼ cup prepared sundried tomato spread**
- 1 jar prepared pesto**
- 8 oz. cream cheese, room temperature**
- 4 oz. soft goat cheese**
- 1 clove garlic**
- Pine nuts**
- Crackers**



Line 3-cup bowl with plastic wrap, leaving a 4 inch overhang. In processor blend cream cheese, goat cheese, and garlic until smooth. In bowl, layer: 1/3 cheese mixture, thin layer of pine nuts, a layer of pesto, thin layer of pine nuts ending with sundried tomato spread. Repeat layers till all is used. Refrigerate several hours or overnight. Invert the spread onto a plate, and serve with crackers. May be made up to 3 days ahead.

Submitted by Daria Kowalczyzn

RED CAVIAR DIP

8 oz. sour cream
2 oz. red caviar
2 medium green onions, chopped (approx. 2 tbsp.)
1 tbsp. chopped fresh parsley
1 tsp. lemon juice
Sliced green onion
Crackers

Mix all ingredients except crackers, reserving ½ tsp. of caviar and sliced green onions. Cover and refrigerate at least 2 hours but no longer than 48 hours. Garnish dip with reserved caviar and green onions. Serve with crackers.

Submitted by Christina Jackiw



HOT MUSHROOM AND CLAM DIP

1 lb. mushrooms, sliced
2 tbsp. butter
8 oz. cream cheese
16 oz. sour cream
5 - 6 ½ oz. cans minced clams, drained
1 tbsp. soy sauce
¼ tsp. freshly ground black pepper
½ tsp. seasoned salt
Melba Toast

Sauté mushrooms in butter until tender. In double boiler, melt cream cheese and sour cream, blending well. Add mushrooms, clams, soy sauce, pepper and seasoned salt. Place in dish and serve with Melba Toast.

Submitted by Lilianna Kaltn

CRAB DIP

8 oz. pkg. softened cream cheese
1/3 cup mayonnaise
1 tsp. mustard
1 tsp. horseradish
1 1/2 tbsp. dried minced onion
1/2 tsp. seasoned salt
Dash of garlic powder
1 tbsp. chopped parsley
6 oz. pkg. crab meat, thawed and separated into small chunks
Crackers

Mix all ingredients except crackers. Chill. Serve with crackers.

Submitted by Lesia Kachmar



HOT CRAB DIP

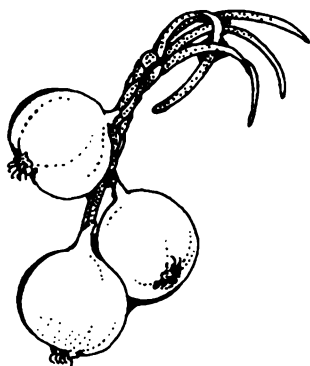
1 pkg. cream cheese, softened
1/2 cup mayonnaise
1 - 6 oz. can crabmeat, drained
1/4 cup minced onion
1 tbsp. lemon juice
1/8 tsp. hot pepper sauce

Beat cream cheese until smooth. Stir in remaining ingredients. Spoon into small ovenproof dish. Bake at 350°F for 30 minutes or until bubbly. Makes 1 cup.

Submitted by Nila Pawluk

CREAMY SAUSAGE DIP

- 1 lb. hot bulk pork sausage**
- ½ cup finely chopped onion**
- ½ lb. mushrooms, thinly sliced**
- 2 tbsp. all-purpose flour**
- 1 cup sour cream**
- 1 cup milk**
- 1 tbsp. Worcestershire sauce**
- 1 tsp. soy sauce**
- 1 tsp. paprika**
- Large corn chips**



In large skillet, cook sausage, crumbling with a fork, until well browned. Remove sausage with a slotted spoon and set aside. Add onion and mushrooms to fat in skillet and cook rapidly so mushrooms do not give off liquid. Stir often, until onion is golden. Drain fat and return sausage to skillet. In small bowl, gradually whisk flour into sour cream. Add milk, Worcestershire, soy sauce and paprika. Whisk to blend well. Add this mixture to meat mixture in skillet. Cook over moderate heat until thickened. Serve immediately with large corn chips.

Submitted by Lilianna Kalin



TOFU AND TAHINI SPREAD

- 1 lb. medium or firm tofu, drained slightly**
- 1/3 cup tahini (ground sesame seeds)**
- 1 ½ tbsp. soy sauce**
- ¼ cup chopped green onions (green part only)**
- 1/16 tsp. garlic powder**

Place tofu in a large bowl and mash with a fork. Add remaining ingredients and mix well. Chill several hours or overnight to blend flavors. Serve in pita bread with lettuce and tomato, or on toast or crackers.

Submitted by Taisa Skubiak

SALMON SPREAD

- 1 can salmon**
- ½ lb. cream cheese**
- Fresh dill**
- 2 tbsp. sour cream**
- Salt and pepper, if needed**

Drain salmon and crumble into bowl. Add cream cheese and mix with fork until well blended. Add sour cream as needed to make easier for spreading. Finely chop dill and add to mixture. Season with salt and pepper for taste. Mix well then chill in refrigerator. Serve with crackers or bread.

Submitted by Natalia Czernyk



CHEESY CRAB DIP

- ¼ lb. Butter**
- 6 cloves garlic**
- Chopped green onions**
- 16 oz. sour cream**
- 12 oz. grated Cheddar cheese**
- 8 oz. cream cheese**
- 1 can crab meat**



Sauté the butter, garlic and chopped onions. Add the sour cream, grated Cheddar cheese, cream cheese and crab meat. Scoop out any kind of round loaf of bread. Put warm dip into hole of bread. Replace top of bread. Wrap in foil and bake at 350°F for 1 ½-2 hours.

Submitted by Daria Kowalczyk

HOT CHIPPED BEEF DIP

- 8 oz. cream cheese**
- 2 tbsp. milk**
- 2 ½ oz. dried finely chipped beef**
- ½ cup finely chopped green pepper**
- 2 tbsp. dried onion flakes**
- ½ tsp. garlic salt**
- ¼ tsp. pepper**
- ½ cup sour cream**
- ¼ cup chopped pecans, sautéed in butter**

Add all ingredients to cream cheese. Put in flat oven-proof dish. Top with chopped pecans. Bake in 350°F oven for 20 minutes. Serve with wheat crackers.

Submitted by Marta Stawnychy



CUCUMBER DILL DIP

- 1 - 8 oz. pkg. cream cheese**
- 1 cup mayonnaise**
- 2 medium cucumbers, peeled, seeded, chopped**
- 2 tbsp. sliced green onion**
- 1 tbsp. lemon juice**
- 2 tsp. snipped fresh dill or ½ tsp. dried dill weed**
- ½ tsp. hot pepper sauce**

Beat cream cheese until smooth. Add remaining ingredients; stir to mix well. Cover; chill. Makes 2 ½ cups.

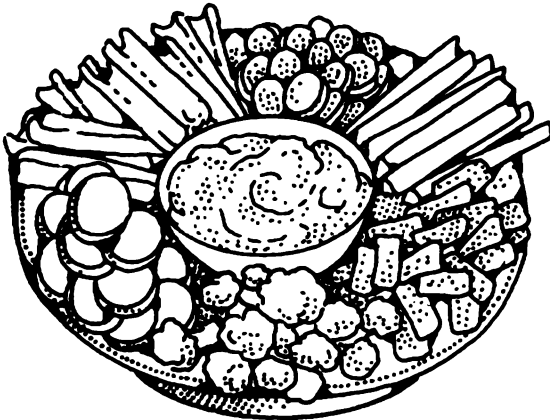
Submitted by Nila Pawluk

GREEN ONION AND HERB DIP

- 1/2 cup plain yogurt**
- 1/2 cup mayonnaise**
- 1/4 tsp. salt**
- 1/2 cup lightly packed watercress leaves**
- 1/2 cup lightly packed fresh parsley leaves**
- 1/2 cup lightly packed fresh basil leaves**
- 1 medium green onion, chopped**
- Thyme sprigs**
- Fresh or steamed vegetables**

Place yogurt, mayonnaise and salt in blender or food processor. Add watercress, parsley, basil and onion. Cover and blend on medium high speed for about 30 seconds, stopping blender occasionally to scrape sides, until leaves are finely chopped. Cover and refrigerate at least 1 hour, but no longer than 48 hours. Garnish with thyme. Serve with vegetables.

Submitted by Christina Jackiw



SAVORY CHEESE SPREAD

1 tbsp. butter or margarine

1 small onion, chopped

1 small clove garlic, crushed

2 - 10 oz. pkg. shredded sharp Cheddar cheese (approx. 5 cups)

1 - 8 oz. pkg. cream cheese, cubed

¼ lb. Blue cheese, crumbled

¼ cup sherry

1 tsp. dry mustard

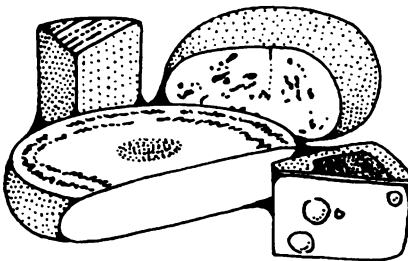
1 tsp. Worcestershire sauce

¼ cup chopped parsley or 1 ½ tsp. paprika

Chopped nuts or toasted sesame seeds

In a large bowl, cook butter on HIGH for 30 seconds. Add onion and garlic; cook on HIGH 1 minute. Add cheese; cook on MEDIUM 1-3 minutes, or until mixture is softened. With electric mixer at low speed, beat in sherry, mustard and Worcestershire until well blended and fluffy. On large sheet of waxed paper, spread 1/3 (approx. 1 ¼ cups) cheese mixture in a 9x6-inch rectangle. Sprinkle with either parsley or paprika. Starting from short side, roll jelly-roll fashion; twist ends of paper to seal. Repeat with remaining cheese mixture. Or shape cheese mixture in three balls. Refrigerate until slightly firm. Coat outside with either chopped nuts or toasted sesame seeds. Rewrap in plastic wrap; refrigerate. Makes 3 logs or balls.

Submitted by Lilianna Kalin



NOTES

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