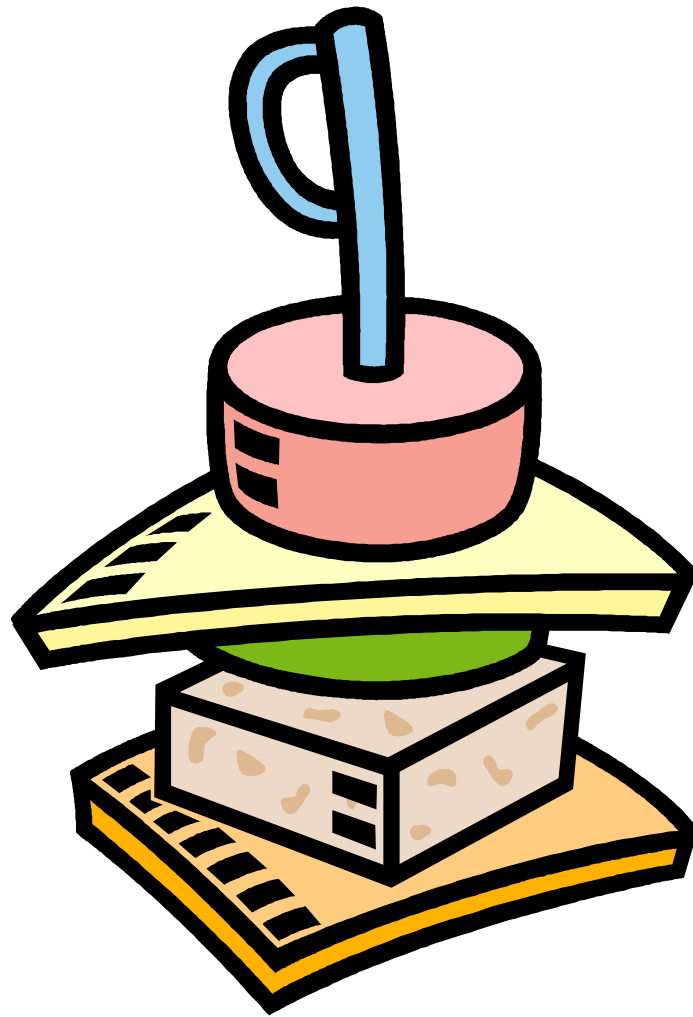


Appetizers

Submitted By: Rainbow Academy
Staff, Family and Friends



Buffalo Chicken Dip

Submitted BY: Erin Goldfeder

Ingredients:

1 lb. chicken breast (rotisserie)

1 c. blue cheese dressing

1 8oz pkg. cream cheese (lite is ok)

1/2 bottle "buffalo style" red hot sauce,
(must be buffalo style)

cheddar cheese (shredded)

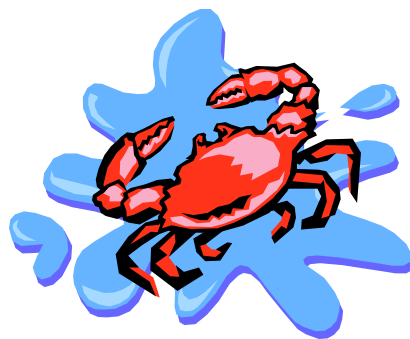
Cooking Instructions:

Preheat oven to 350 degrees. Cut up chicken breast into bit size pieces. Mix all ingredients in a bowl, then transfer to a lightly greased casserole dish. Heat in oven until bubbly. 8-10 min.

Sprinkle top with cheddar cheese.

New Orleans Crab Cakes

Submitted By: Tami Cymerman



Ingredients:

2 6oz cans crab meat
2 eggs
2 Tbsp. dry bread crumbs
5-6 drops hot pepper sauce

2 tsp. veg. oil divided
1/2 c. cocktail sauce
1 Tbsp. milk
1/4 tsp. lemon juice

Cooking Instructions:

Combine all ingredients except oil and cocktail sauce. Heat 1 tsp. oil on griddle pan or large frying pan. Shape crab mixture into 4 patties. Cook for 3 min. or until lightly brown on bottom. Turn; cook until browned on other side. Add remaining oil to pan as needed to prevent sticking. Serve with cocktail sauce. Approx. 188 calories 6g fat. Serves 4

Easy Guacamole Recipe

Submitted By: Freshwater

Ingredients:

2 ripe avocados

1 small onion

1 clove garlic

1 small tomato

1 1/2 Tbsp. lime juice or juice of 1 fresh lime

Salt & pepper to taste



Cooking Instructions:

Peel avocados and remove the pit. Peel and mince the onion and the garlic. Chop the tomato. Mash the avocado in a bowl and then stir in the remaining ingredients. Serve cold with tortillas.

Fresh Salsa

Ingredients: Submitted By: Karen Quigley

4 cups chopped, peeled fresh tomatoes

1/4 c. finely chopped onion

1 or 2 seeded jalapeno peppers, finely chopped

1 Tbsp. olive oil

1 Tbsp. red wine vinegar

1 tsp. ground cumin

1 tsp. salt

1 garlic clove, minced



Cooking Instructions:

Combine all ingredients in a bowl and mix well. Let stand about 1 hr. serve at room temp. with tortilla chips. Store covered in refrigerator. Makes 3 1/2 cups.

Hot Dog Hors D'oeuvres

Submitted By: Jennifer Repko



Ingredients:

2 pkgs cocktail franks or 1 lb pkg of hot dogs cut bite size

1/4-1/2 c of minced garlic

1/2 c brown sugar

4 c of ketchup

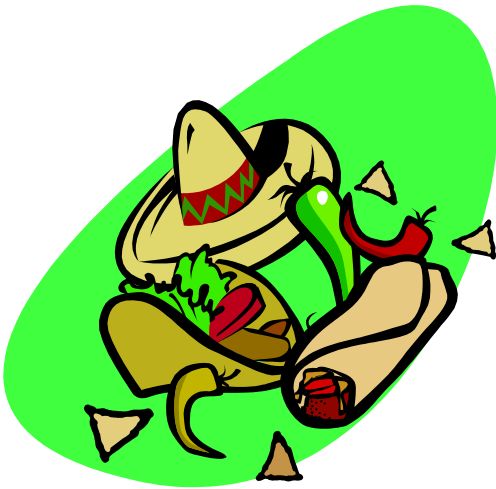
1/2-1 c bourbon

Cooking Instructions:

Mix all ingredients together in a medium sauce pan. Simmer for 1 hr. Serve with toothpicks.

Quesadilla Appetizer

Submitted By: Mary Doyle



Ingredients:

Tortillas

4 ounces softened sour cream

4 ounces shredded pepper jack cheese

Roasted red peppers (small jar)

Sliced black olives (small can)

Chopped green onion

Cooking Instructions:

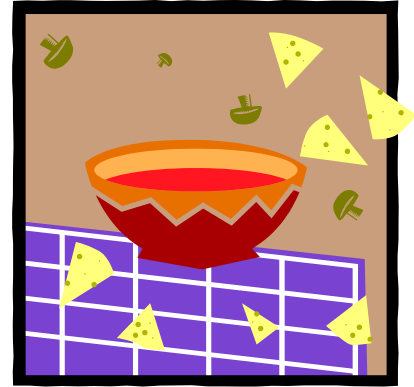
Mix all ingredients except tortillas in a mixing bowl.

Spread ingredient mix on half of each tortilla, then fold uncovered half over covered half.

Heat through by placing on BBQ grill or on lightly greased grill pan on stovetop—about 3 minutes per side or until heated through.

Mexican Dip

Submitted By: Noce



Ingredients:

- 1 1/2 lbs ground beef
- 1 jar salsa-mild or hot
- 2 packs shredded cheese (ie. Colby, cheddar, taco)
- Chopped jalapenos (optional)

Cooking Instructions:

Brown ground beef in a pan. Drain off grease. Add salsa to ground beef and cook for 10-15 min. Place a layer of cheese. Add another layer of beef and then cheese and so on until you finish with a layer of cheese on top. Cover and bake at 350 degrees for 20-30 min, until cheese has melted. Serve with tortilla chips. Add chopped jalapenos to ground beef and salsa for extra spice.

Pesto MÍNI-PÍZZAS

Submitted By: Mary Doyle

Ingredients:

Loaf of "Party Pumpernickel"—looks like a regular loaf but sliced in 2 inch squares

1 cup mayonnaise

1 cup shredded mozzarella

Cooking Instructions:

Heat oven to 350 degrees

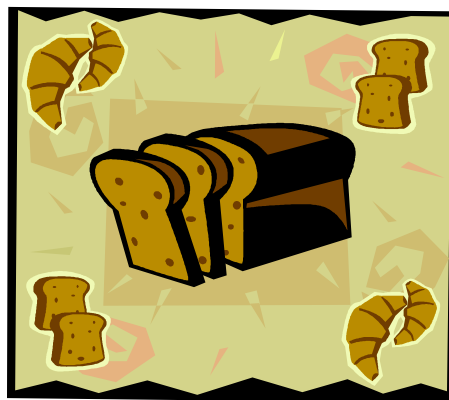
Blend mayo and pesto together in a bowl—adjust proportions to your liking.

Place slices of bread on a cookie sheet without overlapping

Spread mayo/pesto blend on each slice of bread

Sprinkle shredded mozzarella over all the pieces

Heat in oven until cheese has melted.



Pizza Wheels

Submitted By: Miriam Lopez



Ingredients:

English Muffins

Spaghetti Sauce

Mozzarella Cheese

Cooking Instructions:

Toast English muffins. Add sauce, and sprinkle mozzarella cheese on top. Put the English muffins back in toaster oven till the top is just a little brown.

Pear Pizza

Appetizer

Submitted By: Mary Doyle

Ingredients:

Pizza Dough

Fresh rosemary, chopped

Shredded mozzarella

Crumbles gorgonzola cheese

2-3 fresh sliced peeled pears

Olive oil



Cooking Instructions:

Heat oven to 400 degrees.

Spread pizza dough out on pizza stone or other baking sheet.

Lightly coat dough with olive oil.

Bake dough for approx 10 minutes, remove from oven.

Layer pears, cheeses and rosemary on baked pizza dough

Return pizza to oven, bake until cheeses are melted.

Garlic Potato Skins

Submitted By: Tami Cymerman

Ingredients:



3 lb russet potatoes (6-8 lg)
1 small head of garlic
6 Tbsp. unsalted butter, softened

1 tsp. salt
1/4 tsp. pepper

Cooking Instructions:

Preheat oven to 350 degrees, prick each potato with a fork. Cut off and discard top 1/4 of garlic head, then wrap it tightly with foil. Bake garlic and potatoes on same rack, in lower third of oven. Bake until potatoes are fork tender, about 50 min. to 1 hr. Remove potatoes and cool on metal rack for 15 min, then cool garlic in its foil for 15 min. While garlic cools, halve potatoes lengthwise, then quarter each half to form short wedges. Scoop out flesh, leaving 1/4 inch thick skins. Increase oven to 450 degrees. Squeeze garlic into small bowl and mash to a paste with butter, salt, and pepper. Using a fork, divide paste among skins (1/2 tsp. each), then roast on 1 inch deep baking dish for 20-25 min.