

WINNERS / APPETIZERS / SALADS / VEGETABLES

APPETIZERS/SALADS

VEGETABLES

1st

2nd

3rd

1st

2nd

3rd



Dolores Sabbag

SPICY GARLIC GRILLED SHRIMP WITH YOGURT DIP

Dip:
1 teaspoon prepared horseradish
1 med cucumber, minced
¼ cup plain yogurt
1 teaspoon fresh tarragon
1 small garlic clove, peeled, and pounded with a mortar and pestle
1 small boiled potato

Place all dip ingredients in a food processor and puree for about a minute. All ingredients must be pureed. Set in fridge until ready to serve.

Appetizer:
4 medium cloves garlic, peeled
½ cup mayonnaise
1 tbl. extra virgin olive oil
½ teaspoon cayenne pepper
1 teaspoon salt
1 teaspoon lemon juice
1 lb de-veined skinned uncooked shrimp
Skewers

Using a mortar and pestle pound peeled garlic cloves with a pinch of salt until they become very smooth, and lumps disappear. In a med mixing bowl, add pounded garlic, mayo, olive oil, pepper, salt and lemon juice, mix well. Add shrimp and mix well until all shrimp is coated well with mayo mix. Cover bowl with plastic wrap and refrigerate for a few hours, preferably overnight. Skewer shrimps, and grill on a medium high grill for 2 minutes (1 minute on each side) Temperature varies, therefore adjust cooking time accordingly. Meat must be done but not burnt or dried. Serve hot shrimp with cool dip and garnish with a sprig of fresh mint.

Dolores Sabbag
Calhoun

SOUTHERN-KISSED CRANBERRY AMBROSIA CRÈME SPREAD

2 packages (8-ounce) creamcheese, softened (can use lowfat)
1/4 cup powdered sugar
1/2 teaspoon coconut extract
1/4 teaspoon almond extract
1 package (6oz) sweetened dried cranberries, divided usage
1 can (15 1/2 oz) crushed pineapple, well-drained by pressing out liquid
1 can (11 oz) mandarin oranges
1 can (3 1/2oz) shredded coconut, divided usage
1 cup lightly toasted chopped pecans
1 can (11oz) mandarin oranges, well-drained, patted dry
Fresh mint
Gingersnaps or favorite cookies

In a large bowl, blend together the cream cheese, powdered sugar, coconut and almond extracts until smooth. Reserve 1/4 cup cranberries and stir in remainder along with pineapple, mixing well. Reserve 1/4 cup coconut and add remaining to cream mixture. Stir in pecans. Spoon into a serving bowl. Cover and refrigerate to allow flavors to blend. When ready to serve, sprinkle remaining 1/4 cup cranberries around outer edges of bowl. Arrange orange sections around inside edge next to cranberries. Sprinkle center with remaining 1/4 cup coconut. Garnish with mint. Serve with gingersnaps. Makes 36 appetizer servings.

Mary Louise Lever
Rome



Frances Herron

CHICKEN AND BLACK BEAN SALAD WITH CREAMY BLUE CHEESE DRESSING

Dressing:
1/3 cup buttermilk
¼ cup sour cream
½ cup blue cheese
1 clove garlic, minced
1 tablespoon white vinegar
½ teaspoon freshly ground black pepper
1/8 teaspoon salt

Salad:
½ cup canned chicken broth diluted
¼ cup water
½ pound boneless, skinless chicken breast, diced
6 cups shredded mixed salad greens
½ cup dried cranberries
1 cup sliced red bell pepper
1 (10 ½ ounce) can black beans, rinsed and drained
¾ cup shredded carrots
½ cup cherry tomatoes, quartered

Prepare the dressing in a small bowl by whisking together the buttermilk, sour cream, blue cheese, garlic, vinegar, pepper and salt. Mash any large blue cheese lumps. In a medium saucepan, bring the chicken broth and water to a boil over high heat. Add the chicken and reduce the heat to medium. Cook, stirring frequently, until the chicken is cooked thoroughly, about 2 minutes. Drain and reserve chicken. Toss the mixed salad greens in a large salad bowl. Arrange the chicken, dried cranberries, bell pepper, beans, carrots and tomatoes in strips on top of the greens. Drizzle with the dressing. Toss just before serving. Makes 4 servings.

Frances Herron
Rome

LOW-CARB QUICHE PIZZA SQUARES

4 ounces cream cheese
3 eggs
¼ cup parmesan cheese
1/3 cup heavy cream
½ teaspoon oregano
2 cups shredded Italian cheese
¼ teaspoon garlic powder
¼ cup tomato sauce
1 cup shredded mozzarella cheese
20 pepperoni slices

Beat cream cheese and eggs until smooth. Add cream, parmesan and spice. Spray 9 x 13 pan with nonstick cooking spray. Put 2 cups pizza cheese in dish and pour eggs mixture over. "Squish" around to mix. Bake at 375 degrees for 30-40 minutes until well-browned. Remove from oven and cool. When you're ready to eat, spread on pizza sauce, sprinkle on mozzarella, and layer with pepperoni (or any other meat topping you choose). Bake 10 minutes in 375 degree oven until the toppings are bubbly and brown. Cut into 8 squares. 8 servings - 3 carbs per serving.

Lynn Holloway
Silver Creek



Julie Privett

MINI HAM & CHEESE BISCUITS WITH APPLE SALSA

3 cups self-rising flour
½ tsp. kosher salt
½ cup vegetable shortening, chilled, cubed
1 tbsp chopped fresh sage
1 ¼ cups Braeburn apple, diced
¼ cup apple jelly
1 tbsp minced fresh parsley
1 tsp sugar
½ tsp baking soda
½ cup Gruyere cheese, shredded
1 cup + 2 tbsp. buttermilk
1 tbsp unsalted butter
1 tsp fresh lemon juice
1 lb. sliced ham, cut into pieces

Preheat oven to 450 degrees; line baking sheet with parchment or coat lightly with non-stick spray. Whisk flour, sugar, and baking soda together in a bowl. Cut in the shortening with a pastry blender until the size of peas. Mix in cheese and sage, then stir in the buttermilk just until a dough forms. Knead dough 1-2 times on a floured surface until it holds together; roll into a ½" thick circle. Cut biscuits with a 2 " round cutter and arrange on the prepared baking sheet. Bake 10-12 minutes, or until golden. Sauté apple in butter in a skillet over medium heat until softened, 1 minute. Add jelly and lemon juice; simmer until jelly melts and salsa thickens. Stir in parsley. Halve biscuits and fill with ham and apple salsa.

Julie Privett
Mentone

SURE FIRE BALSAMIC VINAIGRETTE

2 oz. water
¾ T. garlic, minced
1 T. Zatarian's Creole mustard
¾ c. balsamic vinegar
3 oz. sugar
1 t. black pepper
1 t. Blackening seasonings
½ t. salt
1/4 c. olive oil
1/2 c. Crisco

Place all ingredients except oils in a blender. Turn on and blend, then slowly drip oils until the vinaigrette thickens. Makes about 2 ½ cups.

Sandra Salmon
Armuchee



Lynn Bradfield

ASIAN GREEN BEANS

1 pound fresh green beans
2 teaspoons oil
2 tablespoons soy sauce
1 clove garlic, minced
1 teaspoon hot chili garlic sauce
1 teaspoon honey
1/2 teaspoon sesame seeds

Blanch or steam green beans until nearly tender crisp. In a three quart pot, heat oil over medium. Add green beans & cook three to five minutes until tender crisp. Combine remaining ingredients. Pour over beans & cook two minutes more. Sprinkle with sesame seeds.

Lynn Bradfield
Rome

TUSCAN-STYLE BROCCOLI TORTA

4 eggs
1 cup milk (can use skim)
1/4 cup mayonnaise (can use lowfat)
1/2 teaspoon salt-free garlic and herb seasoning blend
3 slices good quality sandwich bread, crusts removed, cubed
4 cups small broccoli florets, cooked tender-crisp, coarsely chopped
1 cup chopped Vidalia or other sweet onions
3/4 cup shredded sharp cheddar cheese
3 tablespoons diced sweet roasted red peppers (can use pimentos)
1/4 cup shredded Parmesan cheese

Heat oven to 350 degrees. Beat together the eggs, milk, mayonnaise and seasoning blend in large bowl. Add bread and mix lightly; stir in the broccoli, onions, cheese and peppers until well-blended. Pour mixture into a 9-inch nonstick sprayed quiche or baking dish. Sprinkle top with Parmesan cheese. Bake about 40-45 minutes until center is just set. Let stand 10 minutes before cutting to serve. Garnish with parsley sprigs. 6 servings. *Cook's note:* Allow bread slices to dry out for easier slicing.

Mary Louise Lever
Rome



Sheree Darnell

EGGPLANT CASSEROLE

2 ½ cups eggplant cubed and cooked
2 eggs beaten
½ large onion chopped
1 stick butter melted
1 stack ritz crackers crushed
1 can mushroom soup
salt and pepper to taste
1 cup shredded sharp cheddar cheese
4 shakes hot pepper sauce

Mix all ingredients together reserving 1/3 ritz cracker crumbs. Pour in casserole dish sprayed with non-stick cooking spray and bake for 30 to 40 minutes. Sprinkle with rest of cracker crumbs and broil until golden brown. (about 3 minutes)

Sheree Darnell
Rome



Frances Herron

ORANGE AND CRANBERRY GLAZED BABY CARROTS

2 pounds baby carrots, peeled and trimmed
4 tablespoons butter, or margarine
2 tablespoons frozen orange juice concentrate, undiluted
1 teaspoon fresh lemon juice
2/3 cup whole berry cranberry sauce
1/3 cup packed light brown sugar
¼ teaspoon salt
¼ teaspoon freshly ground black pepper

Place carrots in saucepan and add enough water to cover. Boil gently, covered until crisp-tender, about 8 to 10 minutes. Drain and run under cold water to stop the cooking. Just before serving, melt butter in a large skillet over medium-high heat. Add cranberry sauce, orange concentrate, lemon juice, and brown sugar, stirring until smooth. Simmer for 2 minutes. Add carrots and cook, stirring occasionally until glazed and heated through, about 5 minutes. Sprinkle with salt and pepper. Makes 8 servings.

Frances B. Herron
Rome

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