



**Texas Children's
Hospital[®]**

Family Favorites

In honor of celebrating 100 years of insulin this holiday season, the Certified Diabetes Care and Education Specialist Team shared their favorite recipes for your enjoyment.

Happy Holidays!

Alfajores

Contributed by Melissa Hepler

~20gm carb per serving (1 cookie)

Yield About 50 cookies

Time 4 hours, plus cooling

Popular all over Latin America, Dulce de leche confections called alfajores come in many varieties. In this popular version, delicate, crumbly butter cookies are sandwiched with a thick layer of Dulce de leche before being rolled in coconut. They are petite yet decadent morsels that go particularly well with strong black coffee to cut their creamy richness. You can make the Dulce de leche a week ahead (store it in the refrigerator) and the cookies 5 days ahead (store them in an airtight container at room temperature). Once sandwiched together, the cookies will keep in a sealed container in the refrigerator for 3 days, but are best eaten within 24 hours of filling.



Ingredients

2 (13.4 oz.) cans sweetened condensed milk, labels removed	1 tsp/5gm baking powder
1 Tbsp/15 milliliters brandy	¼ tsp/1gm baking soda
1 tsp/2 gm finely grated lemon zest	½ tsp/3gm fine sea salt, plus a pinch for Dulce de leche
2 tsps./10 milliliters vanilla extract	½ cup/100gm granulated sugar
1 cup/125 gm all-purpose flour	10 Tbsp/141 gm unsalted butter, at room temperature
1 cup plus 1 Tbsp/165 gm cornstarch	2 large egg yolks
	1 cup/100 gm finely ground dried coconut

Preparation

Make the Dulce de leche: Bring a large pot of water to a boil, then carefully lower condensed milk cans on their sides into the water. Simmer for 3 hours 15 minutes, refilling with hot water as needed to keep cans submerged. Never let the water boil away, or the cans could burst. Using tongs, transfer cans to a rack to let cool completely before opening.

In a small bowl, combine brandy, lemon zest and 1 tsp vanilla.

In a large bowl, whisk together flour, cornstarch, baking powder, baking soda and salt.

In the bowl of an electric mixer, beat sugar and butter until light and fluffy, about 3 minutes. Add yolks and beat to combine, then add brandy mixture and beat until just combined. Add flour mixture, and mix on low speed until the dough just comes together.

Divide the dough in half and roll each piece into a log about 1 ½ inches thick. Wrap in plastic and chill until firm, at least 2 hours.

Heat oven to 350 degrees. Line 3 baking sheets with parchment paper. Remove dough from plastic wrap and slice into ⅜ -inch-thick rounds.

Place on prepared sheet pans, then bake until edges start to turn golden, about 7 minutes. Transfer each pan to a rack to cool completely. In a small bowl, combine Dulce de leche with remaining 1 tsp vanilla and a large pinch of salt. Spoon the mixture into a plastic zipper bag and cut a corner off. (Or you could scoop it into a pastry bag if you prefer, or just use a spoon.)

Flip half of the cookies upside down and pipe a thick layer of Dulce de leche onto bottoms (or use a spoon to spoon the mixture on). Top with remaining cookies to sandwich the Dulce de leche in the middle. Roll sides in coconut. Eat right away, or store in the refrigerator until serving.

<https://cooking.nytimes.com/recipes/1018002-alfajores>

Food for the Gods Recipe

Contributed by Sem Ohland – from Pinterest

~60gm carb per serving (12 servings)

Yield 24 bars (12 servings)

Time about 1 hour

Ingredients

1 ½ cups all-purpose flour

½ tsp baking powder

½ tsp baking soda

¼ tsp salt

1 cup butter

1 ½ cups dark brown sugar

½ cup white sugar

3 eggs

1 cup dates

1 cup walnuts

Yield: 24 bars



Preparation

Sift together flour, baking powder, baking soda and salt. Set aside.

Melt together butter and the two sugars. Cool first before proceeding with the next step.

Add the eggs one at a time.

Fold in date and walnuts.

Add flour to the batter, mix until just combined.

Pour batter over a lined 9x13 pan and bake at 350F for 40-45 minutes or until done.

Cool completely before cutting into bars.

Homemade Cannoli

Contributed by Bridget Pazeti

~15gm carb per serving (1 cannoli)

Yield 24 servings

Time 1 hour 30 minutes

Ingredients

For the Shells:

2 cups all-purpose flour, plus more for dusting

1 Tbsp granulated sugar

¼ tsp kosher salt

1 Tbsp plus 2 tsp cold unsalted

butter, cut into small pieces

1 large egg yolk, plus 1 beaten egg for brushing

½ cup grape juice

Canola oil, for frying

For the Filling:

2 cups whole-milk ricotta cheese, drained in a sieve for 30 minutes

¾ cup confectioners' sugar, plus more for dusting

1 tsp ground cinnamon

¼ tsp ground allspice

¼ cup cold heavy cream

¼ cup mini semisweet chocolate chips

1 lemon



Preparation

Make the dough: Sift together the flour, granulated sugar and salt into a medium bowl. Work in the butter with your fingers until the mixture becomes coarse and sandy. Add the egg yolk and grape juice and mix with a wooden spoon to make a smooth dough. Spread a piece of plastic wrap on a flat surface and place the dough in the center. Wrap the plastic loosely around it and press the dough into a disk. Let rest in the fridge while you make the filling.

Make the filling: Whisk the ricotta in a medium bowl until smooth. Sift in the confectioners' sugar, cinnamon and allspice. Whisk to blend. In a separate bowl, beat the heavy cream with a whisk until fairly stiff then gently fold into the ricotta mixture using a rubber spatula. Fold in the mini chocolate chips. Zest the lemon and fold it into the ricotta. Refrigerate for 30 minutes to an hour while you make the shells.

Make the shells: Fill a large Dutch oven with 2 inches of canola oil; heat to 360 degrees F. meanwhile, sift an even layer of flour onto a flat surface. Dust the dough with flour and roll out slightly. Cut the dough into 4 pieces. Working with 1 piece of dough at a time, roll out until about 1/8 inch thick. With a paring knife, cut out 3- to 4-inch rounds using a small bowl as a guide. You should have about 24 rounds total. Wrap each round of dough around a cannoli mold, brushing with a little beaten egg to seal the seam and ensure the dough won't slide off the mold. Flare out the edges of the dough slightly (this lets the oil penetrate each shell as it fries). Working in small batches, hold one end of each mold and carefully add to hot oil. Fry the shells until crispy, 2 to 3 minutes. Remove the shells from the oil using tongs and transfer to a baking sheet lined with paper towels. Let cool slightly. Using a kitchen towel, grip the mold in one hand and hold the shell in the other. Twist the shell slightly to pull it off the mold; set aside to cool. Repeat to make more shells.

Fill the cannoli: Using a spatula, transfer the refrigerated filling to a pastry bag and snip the corner. Just before serving, pipe the filling into the shells from both sides so it runs through the whole shell. Dust the cannoli with confectioners' sugar.

<https://www.foodnetwork.com/recipes/alexandra-guarnaschelli/homemade-cannoli-3612578>

Carrot and Pineapple Cake

Contributed by Jamie Segovia

Ingredients

For the cake:

- 2 cups granulated sugar
- 1 ½ cups vegetable oil
- 3 extra-large eggs, at room temperature
- 1 tsp pure vanilla extract
- 2 ½ cups plus 1 Tbsp all-purpose flour, divided
- 2 tsp ground cinnamon
- 2 tsp baking soda
- 1 ½ tsp kosher salt
- 1 cup raisins
- 1 cup chopped walnuts
- 1 pound carrots, grated
- ½ cup diced fresh pineapple



For the frosting:

- ¾ pound cream cheese, at room temperature
- ½ pound unsalted butter, at room temperature
- 1 tsp pure vanilla extract
- 1 pound confectioners' sugar, sifted

For the decoration:

- ½ cup diced fresh pineapple

Preparation

Preheat the oven to 350 degrees F.

Butter 2 (8-inch) round cake pans. Line with parchment paper, then butter and flour the pans.

For the cake: Beat the sugar, oil, and eggs together in the bowl of an electric mixer fitted with the paddle attachment until light yellow. Add the vanilla. In another bowl, sift together 2 1/2 cups flour, the cinnamon, baking soda, and salt.

Add the dry ingredients to the wet ingredients. Toss the raisins and walnuts with 1 Tbsp flour. Fold in the carrots and pineapple. Add to the batter and mix well.

Divide the batter equally between the 2 pans. Bake for 55 to 60 minutes, or until a toothpick comes out clean. Allow the cakes to cool completely in the pans set over a wire rack.

For the frosting: Mix the cream cheese, butter and vanilla in the bowl of an electric mixer fitted with the paddle attachment until just combined. Add the sugar and mix until smooth

Place 1 layer, flat-side up, on a flat plate or cake pedestal. With a knife or offset spatula, spread the top with frosting. Place the second layer on top, rounded side up, and spread the frosting evenly on the top and sides of the cake. Decorate with diced pineapple.

Cheesy Bacon Stuffed Mini Peppers

Contributed by Cari Thiede

<15gm carb per serving

Yield 6 servings (2 halves of peppers)

Time Prep: 15 minutes

Cook: 12 minutes

Ingredients

6 mini sweet peppers or jalapeno peppers, sliced in half with seeds and membranes removed

4 oz. cream cheese

2 Tbsp green onions, sliced

4 slices of bacon, cooked and crumbled

½ tsp garlic powder

½ cup shredded cheddar cheese + ¼ cup for topping

1 tsp Worcestershire sauce

Chopped cilantro for topping (optional)



Preparation

Preheat oven to 400 degrees. Spray a cookie sheet with nonstick cooking spray and set aside.

In a small bowl, beat together the cream cheese, green onions, bacon, garlic powder, ½ cup of cheddar cheese, and Worcestershire sauce with an electric mixer until smooth

Fill the sliced peppers with the filling (about 1.5 Tbsp each), pressing into the peppers well.

Place on prepared cookie sheet and sprinkle each pepper with the other ¼ cup of cheddar cheese.

Baked in preheated oven for 10-12 minutes until cheese is melted and bubbly and peppers have been softened.

Allow to cool slightly and then top with cilantro if desired. Then eat while warm!

<https://belleofthekitchen.com/cheesy-bacon-stuffed-mini-peppers/>

Warm Bacon Blue Cheese Dip

Contributed by Cari Thiede

<15gm carb per serving

Yield 12 servings (2 Tbsp)

Time Prep 20 minutes

Cook 30 minutes

Ingredients

7 slices of bacon

2 cloves garlic, peeled and minced

1 8 oz. package of cream cheese, softened

¼ cup half and half or whole milk

4 oz. blue cheese, crumbled

2 Tbsp chopped fresh chives

Preparation

Place bacon in large, deep skillet. Cook over medium heat until evenly browned.

Removed bacon from skillet, drain on paper towels, and crumble

Drain all but 1 Tbsp bacon grease from pan. Add garlic to pan. Cook and stir until soft (about 1 minutes). Remove from heat.

Preheat oven to 350 degrees F. Place cream cheese and half and half or milk in a medium bowl. Beat with electric mixer until blended. Stir in bacon, garlic, blue cheese, and chives. Transfer mixture to medium baking dish

Bake covered in preheated oven 30 minutes or until lightly browned and bubbly.

Note: if you want to change the half and half to skim or low fat milk that's totally fine.

<https://www.allrecipes.com/recipe/24732/warm-blue-cheese-dip-with-garlic-and-bacon/>



Greek Yogurt Spinach Artichoke Dip

Contributed by Marko Paulic

~ 4gm carb per serving

Yield 16 Servings

Time Prep 5 minutes

Cook 25 minutes

Ingredients

1 10oz package frozen spinach, thawed

1 ½ cups plain Greek yogurt (whole milk, nonfat or 2%)

1 14oz can artichoke hearts, drained and chopped

2 cloves garlic, minced (or 2 tsp minced)

6oz feta, crumbled (about 1 cup)

⅔ cup shredded mozzarella, plus more for topping

⅓ cup shredded parmesan, plus more for topping



Preparation

Preheat oven to 350°F. Grease a 1-quart casserole dish or 8×8 glass pan, set aside.

Make sure frozen spinach is completely thawed before squeezing out liquid. Cut a small hole in the bag and squeezed the spinach in the bag and let the water drain out. Open up bag completely place spinach between cheese cloth, tea towel or mesh strainer bag. Make sure all of the liquid is out.

In large bowl add yogurt, chopped artichoke hearts, squeezed out spinach, garlic, crumbled feta, mozzarella and shredded parmesan. Fold in all of the ingredients with large spatula to combine, mixing together well.

Transfer mixture to prepared baking dish. Topping with more sprinkles of mozzarella and parmesan.

Bake for 30-35 minutes, until cheese topping is golden. You can also switch the oven to broil the last 5 minutes to get the cheese golden.

Serve with your favorite chips, crackers, and/or veggies, enjoy!

<https://www.fitmittenkitchen.com/spinach-artichoke-dip/>

Denise's Karo® Syrup Classic Southern Pecan Pie

Contributed by Denise Bryant

~60gm carb per serving

Yield 8 servings

Time 24 hours +

Ingredients

3 large eggs

1 cup Karo® Light Syrup

1 cup granulated sugar

2 Tbsp unsalted butter melted (salted is ok as well)

1 tsp vanilla extract

1 ½ cup whole pecans

1 frozen deep dish 9-inch pie crust

Preparations

Preheat oven to 350°. Place the pie crust on a baking sheet for easy handling and clean up

In a large mixing bowl mix the eggs, corn syrup, sugar, melted butter, and vanilla until thoroughly combined. Add the pecans and stir.

Pour the mixture into the pie crust. Place the pie on the baking sheet and place in preheated oven and bake for one hour.

Remove from the oven and cool for 24 hours before cutting to allow the filling to congeal.



Kiara's Side Dish

Contributed by Kiara Thompson

~45gm carb/serving (6 servings)

Ingredients

3 cups Brussel sprouts, trimmed
4 cups butternut squash, peeled, seeded, and cubed
3 Tbsp olive oil
½ tsp ground cinnamon
Dash of salt (¼ tsp)
4 Tbsp maple syrup
2 cups pecan halves
1 cup dried cranberries

Preparation

Preheat oven to 400 degrees F. Line a baking sheet with foil and lightly coat with cooking spray

Slice Brussel sprouts in half

In a medium bowl, combine halved Brussel sprouts, 1 Tbsp of olive oil and salt (to taste)

Place cut side down on baking sheet. Roast in oven for 20-25 minutes

Set Brussel sprouts aside in a large bowl

Place butternut squash on baking sheet with 1 Tbsp of olive oil, cinnamon, and 2 Tbsp of maple syrup. Bake in oven for 25 minutes

Add roasted butternut squash to large bowl with Brussel sprouts. Mix in remaining maple syrup, pecan halves and dried cranberries.

Place mixture into a serving dish. Enjoy!



Fresh and Simple Salsa

Contributed by Kim Mason

<15 gm total

Ingredients

4 Roma tomatoes cut into 4 pieces
1/4 small white onion
1 Serrano chili pepper split in half and remove seeds
1 Tbsp of fresh cilantro leaves
1/2 tsp of sugar
1/2 tsp salt
1/4 piece of lime, juice squeezed from it
Pinch of oregano
Pinch of cumin

Preparation

Step 1 Combine all of the above ingredients in food processor

Step 2 Pulse about 5 times or until desired consistency

Tip: Do not pulse too much or it will become foamy, frothy

Step 3 Enjoy!!

It is very quick and my children love it!

Recipe from the Ninja Storm Quick Start Guide



Sweet Potato Casserole with Marshmallows

Contributed by Katherine Trimino

~75gm carb per serving

Yield 8 servings

Time Prep 20 minutes

Bake 1 hour + cooling

Ingredients

For Sweet Potatoes

Cooking spray

4 cup large sweet potatoes, peeled & cubed

½ cup packed brown sugar

8 Tbsp (1 stick) butter, melted

1 tsp pure vanilla extract

½ cup milk

2 large eggs

½ tsp kosher salt

For Streusel Topping

1 cup packed dark brown sugar

½ cup all-purpose flour

4 Tbsp butter, melted

1 cup chopped pecans

2 ½ cup mini marshmallows

Preparation

Preheat oven to 350° and grease a 9-x-13" baking dish with cooking spray.

Place sweet potatoes in a large pot and cover with water.

Bring to boil then reduce heat and simmer until the sweet potatoes are tender, about 15 minutes.

Drain and let cool slightly then transfer to a large bowl.

In a large bowl, stir together sweet potatoes, sugar, butter, vanilla, milk, eggs, and salt until smooth.

Pour into prepared dish.

In a medium bowl, stir together sugar, flour, and butter until it clumps.

Stir in pecans, then spread evenly over potatoes.

Top with marshmallows.

Bake until cooked through and golden, about 30 minutes.



<https://www.delish.com/cooking/recipe-ideas/a21960705/best-sweet-potato-casserole-marshmallows-pecans-recipe/>

Hot Broccoli Dip

Contributed by Gloria Tilson

~20 gm carb total

1 package frozen chopped broccoli

1 can cream of mushroom soup

Velveeta cheese

Garlic powder

Cayenne pepper

Cook broccoli as directed on package and drain well.

Combine mushroom soup and melt cheese.

Add garlic powder and cayenne pepper to taste.



Holiday Wreaths (or Holly Cookies)

Contributed by Amber Smith

~23 gm carb per serving (1 wreath)

Yield 16 servings

Time 1 hour 10 minutes

Ingredients

1/3 cup margarine

1 package (10 oz.) regular marshmallows

1 tsp green food coloring

6 cups corn flakes cereal

1 tsp vanilla

Red cinnamon candies

Preparation

In a large sauce pan, melt margarine over low heat.

Add marshmallows and stir until completely melted.

Remove from heat. Stir in food coloring and vanilla.

Add cereal, stirring until well coated. (Don't give up! This takes determination to turn all the cereal green.)

Using a ¼ cup dry measure coated with cooking spray, evenly portion warm cereal mixture.

Dampen fingers with water to quickly shape into individual wreaths.

Dot with cinnamon candies.

Notes: corn flakes can be substituted for a gluten-free version. I prefer vanilla paste instead of vanilla extract.

https://www.kelloggsfamilyrewards.com/en_US/recipes/holiday-wreaths-recipe.html



Orange Cranberry Cupcakes

Contributed by Jacqueline Hernandez

~60gm carb/serving (1 cupcake)

Yield 12 cupcakes

Time 1 hour

Ingredients

Cupcakes:

- 1 1/2 cups plus 1 Tbsp all-purpose flour
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp fine sea salt
- 2/3 cup whole milk
- 2 Tbsps. lightly packed finely grated orange zest (from 2 large oranges)
- 1/2 tsp pure vanilla extract
- 1/2 cup (1 stick) unsalted butter, slightly softened
- 1 cup sugar
- 1 large egg
- 2 large egg whites
- 1 cup fresh or unthawed frozen cranberries



Orange frosting:

- 1 cup (2 sticks) unsalted butter, slightly softened
- 1/8 tsp fine sea salt
- 3 cups confectioners' sugar, sifted
- 1 tsp whole milk
- 1 Tbsp lightly packed finely grated orange zest (from 1 large orange)
- 1 Tbsp fresh orange juice
- 1/8 tsp pure vanilla extract

Preparation

Cupcakes:

Preheat the oven to 325°F. Line a 12-cup cupcake pan with paper liners.

In a medium bowl, whisk together 1 1/2 cups of the flour, the baking powder, baking soda, and salt. In a small saucepan, heat the milk and orange zest over low heat until hot (but not boiling); cool to lukewarm, 4 to 5 minutes. Stir in the vanilla.

In the bowl of a stand mixer fitted with the paddle attachment, beat the butter and sugar on medium-high speed until light and fluffy, 2 to 3 minutes. Reduce the speed to medium-low, add the egg and egg whites one at a time, and beat until creamy, 1 to 2 minutes. Slowly add half the flour mixture, then the milk mixture, then the remaining flour mixture, beating until just blended after each addition. In a small bowl, toss the cranberries with the remaining 1 Tbsp flour. Using a silicone spatula, gently fold the cranberries into the batter.

Divide the batter evenly among the liners and bake until the tops are just dry to the touch (some may be slightly golden on the sides before this happens) and a toothpick inserted into the center comes out clean, 17 to 19 minutes. Transfer the pan to a wire rack and cool completely before frosting with orange frosting.

Frosting:

In the bowl of a stand mixer fitted with the paddle attachment, beat the butter and salt on medium speed until light and fluffy, 2 to 3 minutes. Reduce the speed to low, gradually add the confectioners' sugar, and beat until incorporated. Increase the speed to medium, add the milk, orange zest and juice, and vanilla and beat until fully blended, 1 to 2 minutes, making sure not to incorporate too much air into the frosting.

<https://www.epicurious.com/recipes/food/views/orange-cranberry-cupcakes>

Strawberry Pretzel Salad

Contributed by Nathan Lore – original family recipe!

~25gm carb per serving

Yield 12 servings

Time 4 hours

Preparation

Preheat oven to 350°.

Prepare Third (top) layer first and place flat, in the refrigerator. This will take about 1 hour and 45 minutes.

Third (top) layer:

6oz strawberry Jell-O®

2.5 cups boiling water

1 10 oz. package of frozen strawberries

Dissolve gelatin in boiling water. Stir in strawberries; refrigerate until partially set, about 1 hour 45 minutes.

First (bottom) layer:

2 cups crushed pretzels

3 Tbsp sugar

¾ cup melted butter

Mix ingredients together and spread in a 9" x 13" baking pan.

Bake for 10 minutes and let cool on cooling rack.

Second (middle) layer:

8 oz. cream cheese

8 oz. Cool Whip®

1 cup powdered sugar

1 egg

In medium bowl, beat Filling ingredients with electric mixer on medium speed until smooth. Spread over cooled crust. Cover and refrigerate until cool and gelatin topping in bowl is partially set.

Remove crust with spread and Jell-O from the refrigerator.

Mix the Jell-O layer together and spread over top of second layer

Refrigerate and serve once the Jell-O has set completely. This may take an additional 2 hours.



Green Beans Almondine

Contributed by Kevin Hernandez

<10gm carb per serving

Yield 6 servings

Cook 15 minutes

Ingredients

1 lb. green beans.

Also known as string beans or haricots verts, look for a vibrant green hue and a strong "snap" to ensure freshness

2 Tbsp olive oil

6 garlic cloves, thinly sliced

¼ cup slivered almonds

1 tsp salt



Preparation

In a large skillet heat 1 teaspoon olive oil over medium heat.

Add the almonds and toast until golden brown, about 2 minutes, set aside.

Heat the remaining olive oil in the same skillet over medium-high heat.

Add in the green beans and cook until green beans turn bright green in color and begin to soften, about 6-8 minutes.

Add in garlic and cook, stirring often until fragrant, about 1 more minutes.

Stir in almonds and salt stirring to combine everything for another 1 minute.

Enjoy!

<https://thmodernproper.com/green-beans-almondine>

Chocolate Swirled Cheesecake

Contributed by Nicole Barnes

~17gm carb per serving

Yield about 12 servings

Time Prep: 30 minutes + chilling

Bake: 40 minutes + cooling

Ingredients

2 cups 2% cottage cheese

1 cup crushed chocolate wafers (about 16 wafers)

1 package (8 oz.) reduced-fat cream cheese, cubed

½ cup sugar

Dash salt

1 Tbsp vanilla extract

2 large eggs, lightly beaten

1 large egg white

2 oz bittersweet chocolate, melted and cooled.

Fresh raspberries, optional



Preparation

Line strainer with four layers of cheesecloth or one coffee filter; place over a bowl. Place cottage cheese in strainer; refrigerate, covered, 1 hour. Place a 9 in. spring form pan on a double thickness of heavy duty foil (about 18 in. square); wrap foil securely around pan. Coat inside of pan with cooking spray. Press crushed wafers onto bottom and 1 in. up sides.

Preheat oven to 350°. In a food processor, process drained cottage cheese until smooth. Add cream cheese, sugar and salt; process until blended. Transfer to a bowl; stir in vanilla, eggs and egg white. Remove 1 cup batter to a small bowl; stir in melted chocolate.

Pour plain batter into crust. Drop chocolate batter, by spoonfuls, over plain batter. Cut through batter with a knife to swirl. Place spring form pan in a larger baking pan; add 1 in. of boiling water to larger pan.

Bake until center is just set and top appears dull, about 40 minutes. Turn off oven; open door slightly. Cool cheesecake in oven 30 minutes.

Remove spring form pan from water bath; remove foil. Loosen sides of cheesecake with a knife; cool on a wire rack 30 minutes. Refrigerate overnight, covering when completely cooled.

Remove rim from pan. If desired, top with raspberries.

<https://www.tasteofhome.com/recipes/chocolate-swirled-cheesecake/>

Green Bean Bundles

Contributed by Gerri Carlisle

Ingredients

Large fresh, frozen or canned green beans
Bacon cut into halves
Brown sugar
Butter/margarine
Salt/pepper

Preparation

Wrap bacon around green beans and bundle using toothpicks
Soften butter/margarine in microwave
Drizzle over bundles
Sprinkle each bundle with brown sugar
Place on large, flat baking sheet
Bake 375° for 10 to 12 minutes or until sizzling and brown



Grape Salad

Contributed by Gerri Carlisle

Ingredients

2 ½ lbs seedless red grapes
1 8 oz cream cheese
1 8 oz sour cream
1 tsp vanilla
½ cup sugar
½ cup brown sugar
1 cup pecans

Preparation

Mix cream cheese, vanilla, sugar, and sour cream in blender and fold into grapes

As garnish sprinkle brown sugar and pecans over grapes

