

Anna Sheldon Hopkins passed away peacefully in her home at the age of 84 on November 2, 2006. To honor her memory and her wonderful cooking, we will continue to enclose bulletins from the past. We hope you will continue to enjoy reading, cooking, and eating these great recipes.

SHELDON GAS BULLETIN

AUGUST 2017

Are you tired of serving the same old cheese and salami appetizers for your summer parties? It's time for some new recipes that your guests are sure to enjoy. These snacks also serve as great additions to soups and salads.

ORANGE – GLAZED CHICKEN WINGS

A simple overnight marinade coats the wings to create a lovely glaze when baked.

- 1 ½ cups soy sauce
- 1 cup orange juice
- 1 Tsp. garlic powder
- 3 Lbs. chicken wings

In a large re-sealable plastic bag combine soy sauce, orange juice, and garlic powder; add wings. Seal the bag and turn to coat. Refrigerate overnight.

Drain and discard marinade. Place chicken wings on a greased foil-lined 15X10X1" baking pan. Bake at 350° for 1 hour or until juices run clear and glaze is set, turning twice.

TORTELLINI APPETIZERS

Everyone loves these little kabobs with some old ingredients and new.

- 18 refrigerated cheese tortellini; cooked, drained, cooled
- ¼ cup fat – free Italian salad dressing
- 6 thin slices (4 oz.) reduced – fat provolone cheese
- 6 thin slices (2 oz.) Genoa Salami
- 18 large stuffed olives
- Toothpicks

In a re-sealable plastic bag combine tortellini and salad dressing; seal bag and refrigerate for 4 hours. Drain and discard dressing. Place a slice of cheese on each side of salami, roll up tightly. Cut into thirds. For each appetizer thread a tortellini, salami piece, and olive on a toothpick. Arrange on platter to serve.

CREAMY TACO DIP

- 1 Pkg. (8 oz.) low – fat cream cheese
- ½ cup reduced – fat sour cream
- ¼ cup fat – free mayonnaise
- 2 Tsp. taco seasoning
- 1 cup taco sauce
- 2 cups (8 oz.) shredded part – skim Mozzarella cheese
- 1 medium green pepper, diced
- 3 green onions, chopped
- 1 medium tomato, diced
- Baked tortilla chips

In a mixing bowl beat cream cheese, sour cream, mayonnaise, and taco seasoning until smooth. Spread onto a 12" round serving plate. Spread with taco sauce; then sprinkle with Mozzarella cheese, green pepper, onions, and tomato. Cover and refrigerate until serving. Serve with tortilla chips.



PROSCIUTTO PUFFS

- 1 cup water
- 6 Tbs. butter
- ½ Tsp. pepper
- 1 cup flour
- 5 eggs
- ¾ cup minced prosciutto
- ¼ cup chopped fresh chives

Heat water, butter, and pepper in a medium saucepan; bring to a boil. Reduce to low and add flour all at once. Cook, stirring until mixture forms a ball; remove from heat. Add eggs one at a time until smooth. Stir in prosciutto and chives. Drop by teaspoonfuls 2" apart onto a buttered cookie sheet. Bake until puffed and golden brown for 30 – 35 minutes at 425°. Best if served warm.

MUSHROOM CHEESE BREAD

- 1 cup (4 oz.) shredded Mozzarella cheese
- 1 can (4 oz.) mushroom stems and pieces, drained
- ½ cup mayonnaise
- 2 Tbs. shredded Parmesan cheese
- 2 Tbs. chopped green onion
- 1 loaf (1 lb.) fresh bread baguette

In a bowl combine Mozzarella cheese, mushrooms, mayonnaise, Parmesan cheese, and onion. Cut bread in half lengthwise; spread cheese mixture over cut sides. Grill, covered, over indirect heat or broil 4" from heat for 5 – 10 minutes or until lightly browned. Slice and serve warm.

ANNA SHELDON HOPKINS