

TNS* Cookbook

*Thursday Night Sailing

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Picnic Slaw with Poppy Seed Dressing

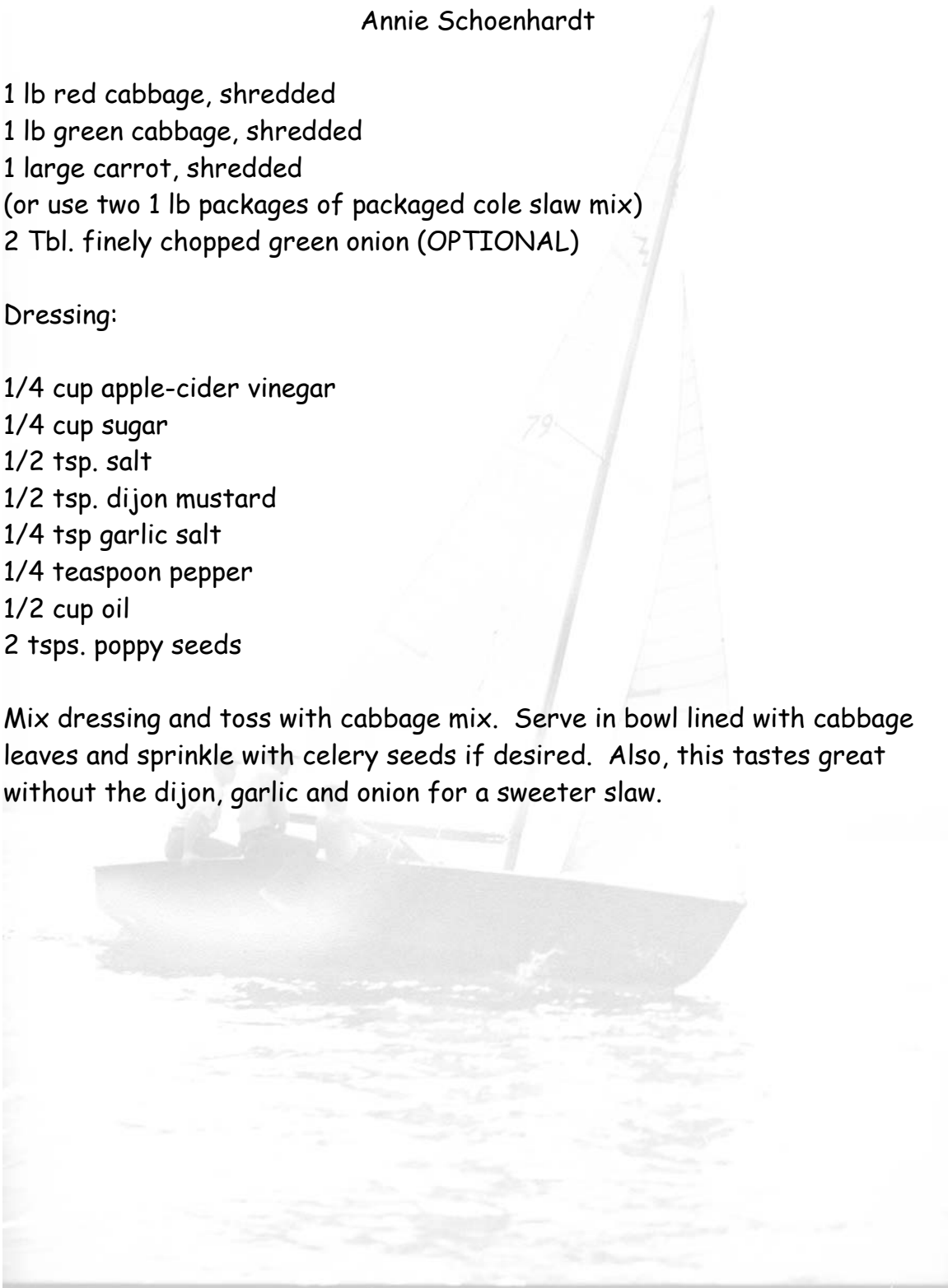
Annie Schoenhardt

1 lb red cabbage, shredded
1 lb green cabbage, shredded
1 large carrot, shredded
(or use two 1 lb packages of packaged cole slaw mix)
2 Tbl. finely chopped green onion (OPTIONAL)

Dressing:

1/4 cup apple-cider vinegar
1/4 cup sugar
1/2 tsp. salt
1/2 tsp. dijon mustard
1/4 tsp garlic salt
1/4 teaspoon pepper
1/2 cup oil
2 tsps. poppy seeds

Mix dressing and toss with cabbage mix. Serve in bowl lined with cabbage leaves and sprinkle with celery seeds if desired. Also, this tastes great without the dijon, garlic and onion for a sweeter slaw.



Bulger, Fruit and Cheese Salad

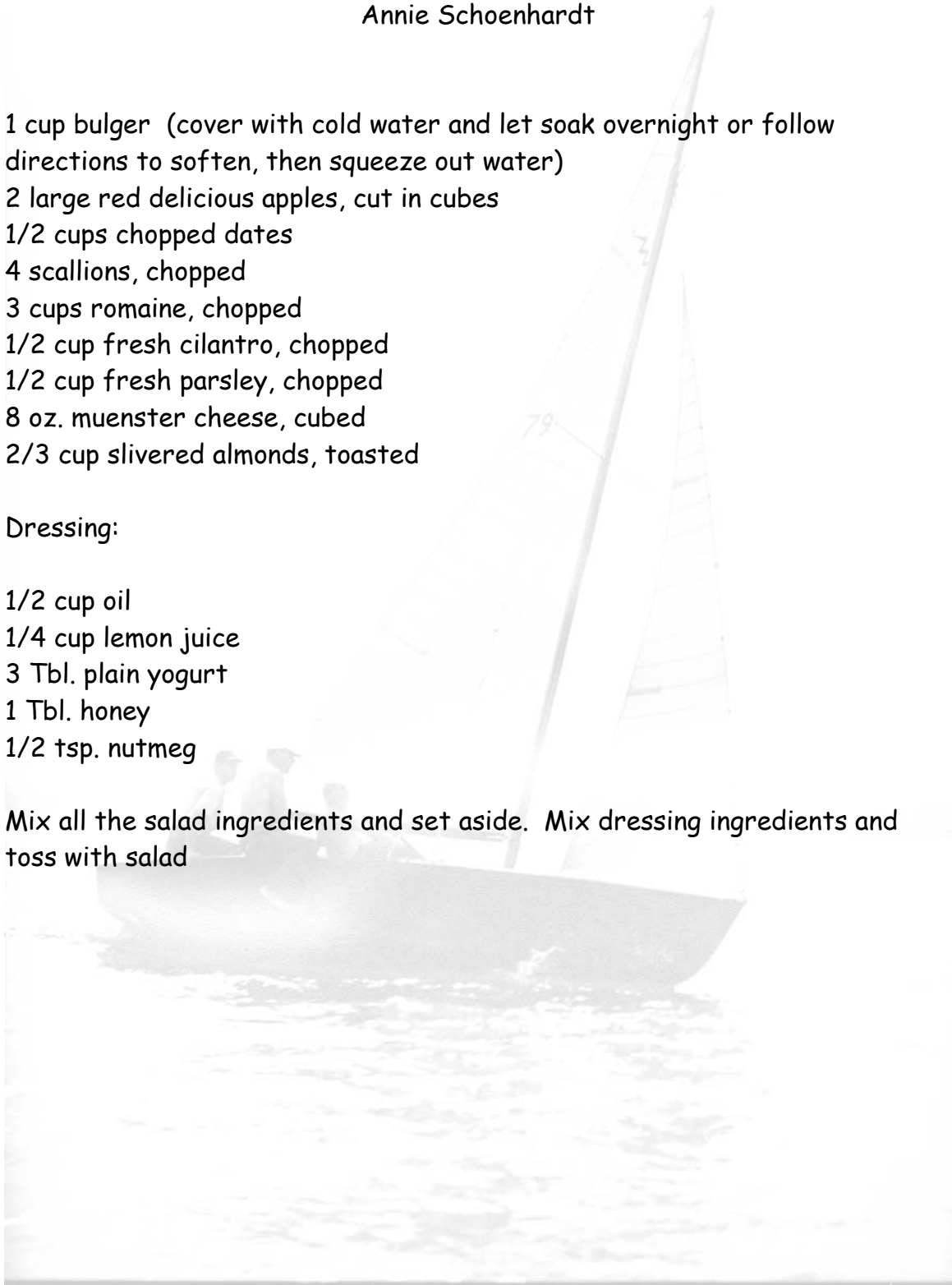
Annie Schoenhardt

1 cup bulger (cover with cold water and let soak overnight or follow directions to soften, then squeeze out water)
2 large red delicious apples, cut in cubes
1/2 cups chopped dates
4 scallions, chopped
3 cups romaine, chopped
1/2 cup fresh cilantro, chopped
1/2 cup fresh parsley, chopped
8 oz. muenster cheese, cubed
2/3 cup slivered almonds, toasted

Dressing:

1/2 cup oil
1/4 cup lemon juice
3 Tbl. plain yogurt
1 Tbl. honey
1/2 tsp. nutmeg

Mix all the salad ingredients and set aside. Mix dressing ingredients and toss with salad



Baked Beans

Annie Schoenhardt

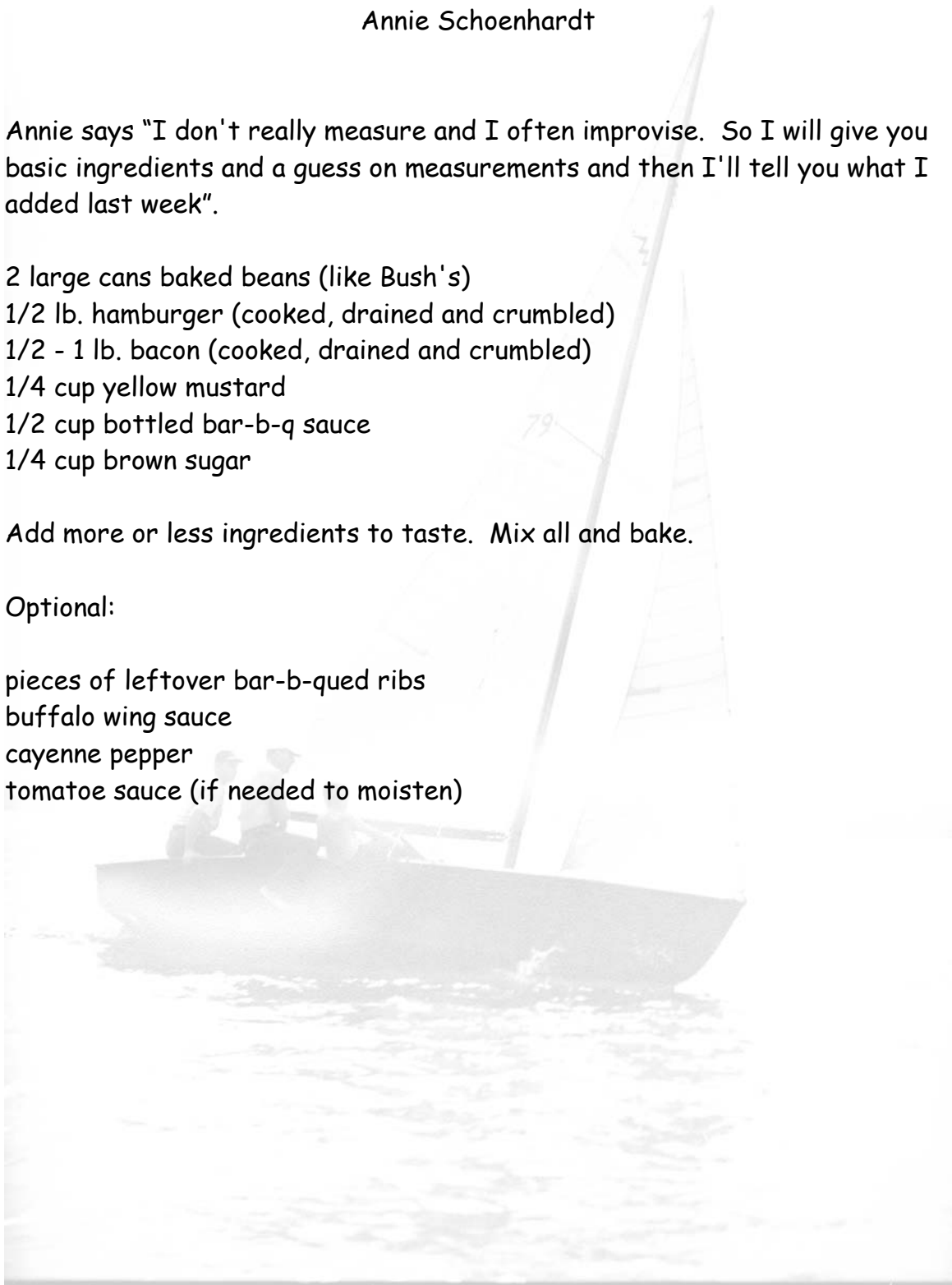
Annie says "I don't really measure and I often improvise. So I will give you basic ingredients and a guess on measurements and then I'll tell you what I added last week".

2 large cans baked beans (like Bush's)
1/2 lb. hamburger (cooked, drained and crumbled)
1/2 - 1 lb. bacon (cooked, drained and crumbled)
1/4 cup yellow mustard
1/2 cup bottled bar-b-q sauce
1/4 cup brown sugar

Add more or less ingredients to taste. Mix all and bake.

Optional:

pieces of leftover bar-b-queued ribs
buffalo wing sauce
cayenne pepper
tomatoe sauce (if needed to moisten)



KOREAN SALAD

(serves 8-10)

Eva Smith

2 lg bunches fresh spinach
4 hard boiled eggs, sliced
1 sm pkg fresh ban sprouts
1 8 oz can water chestnuts, sliced thin
or canned sprouts, drained
8 slices crisp, cooked, crumbled bacon
cherry tomato halves (optional)

Wash spinach, tear into bit-size pieces
Add remaining salad ingredients
Add desired amount of dressing just before serving, toss

Dressing

$\frac{1}{4}$ cup sugar
 $\frac{1}{3}$ cup catsup
2 tsp Worcestershire sauce
1 med onion, grated
1 cup salad oil

Combine dressing ingredients, adding oil last.
Shake well

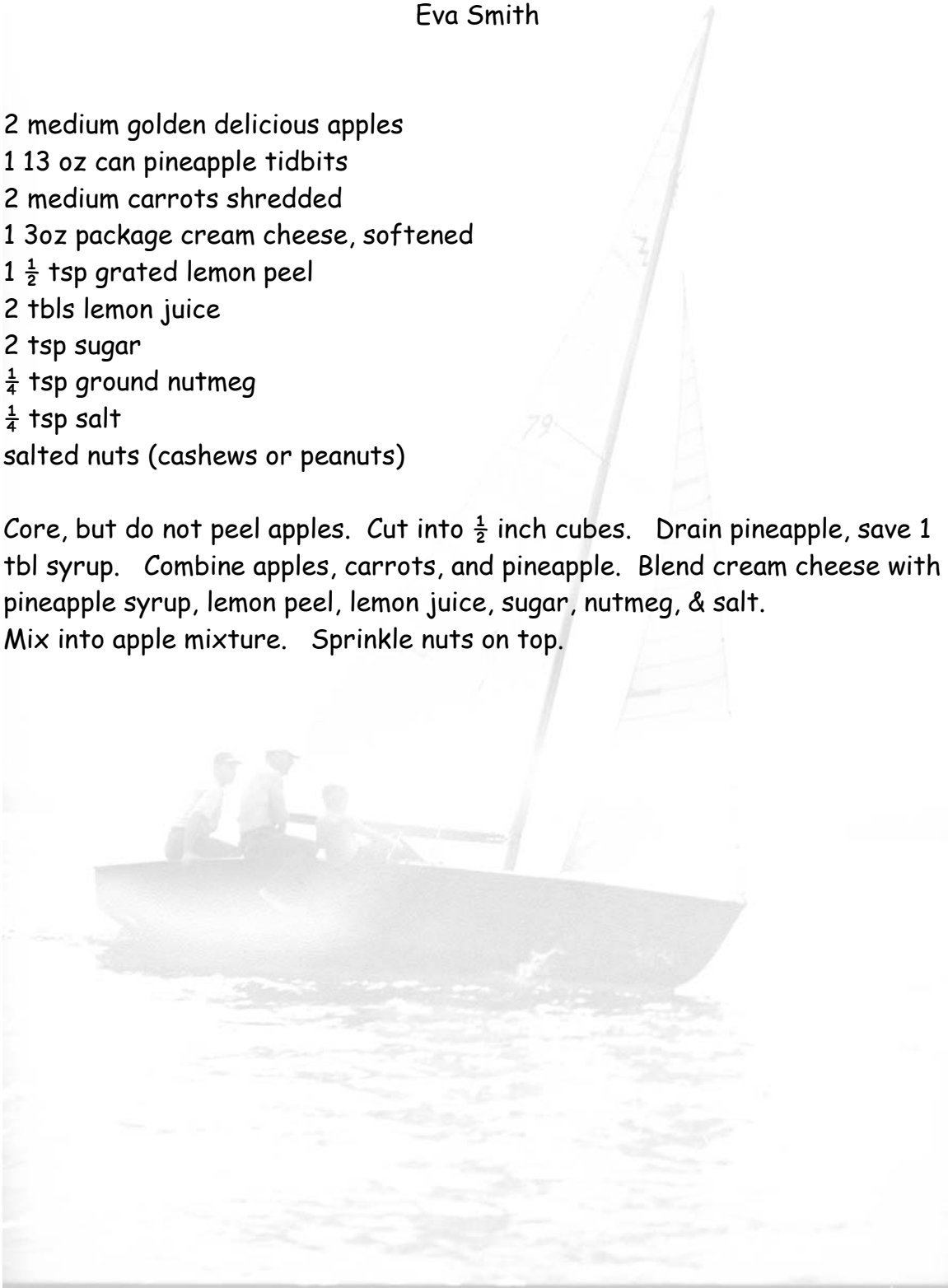
GOLDEN APPLE SALAD

(4-6 servings)

Eva Smith

2 medium golden delicious apples
1 13 oz can pineapple tidbits
2 medium carrots shredded
1 3oz package cream cheese, softened
1 $\frac{1}{2}$ tsp grated lemon peel
2 tbs lemon juice
2 tsp sugar
 $\frac{1}{4}$ tsp ground nutmeg
 $\frac{1}{4}$ tsp salt
salted nuts (cashews or peanuts)

Core, but do not peel apples. Cut into $\frac{1}{2}$ inch cubes. Drain pineapple, save 1 tbs syrup. Combine apples, carrots, and pineapple. Blend cream cheese with pineapple syrup, lemon peel, lemon juice, sugar, nutmeg, & salt. Mix into apple mixture. Sprinkle nuts on top.



Sour Cream Noodles

Rosemary Dahl

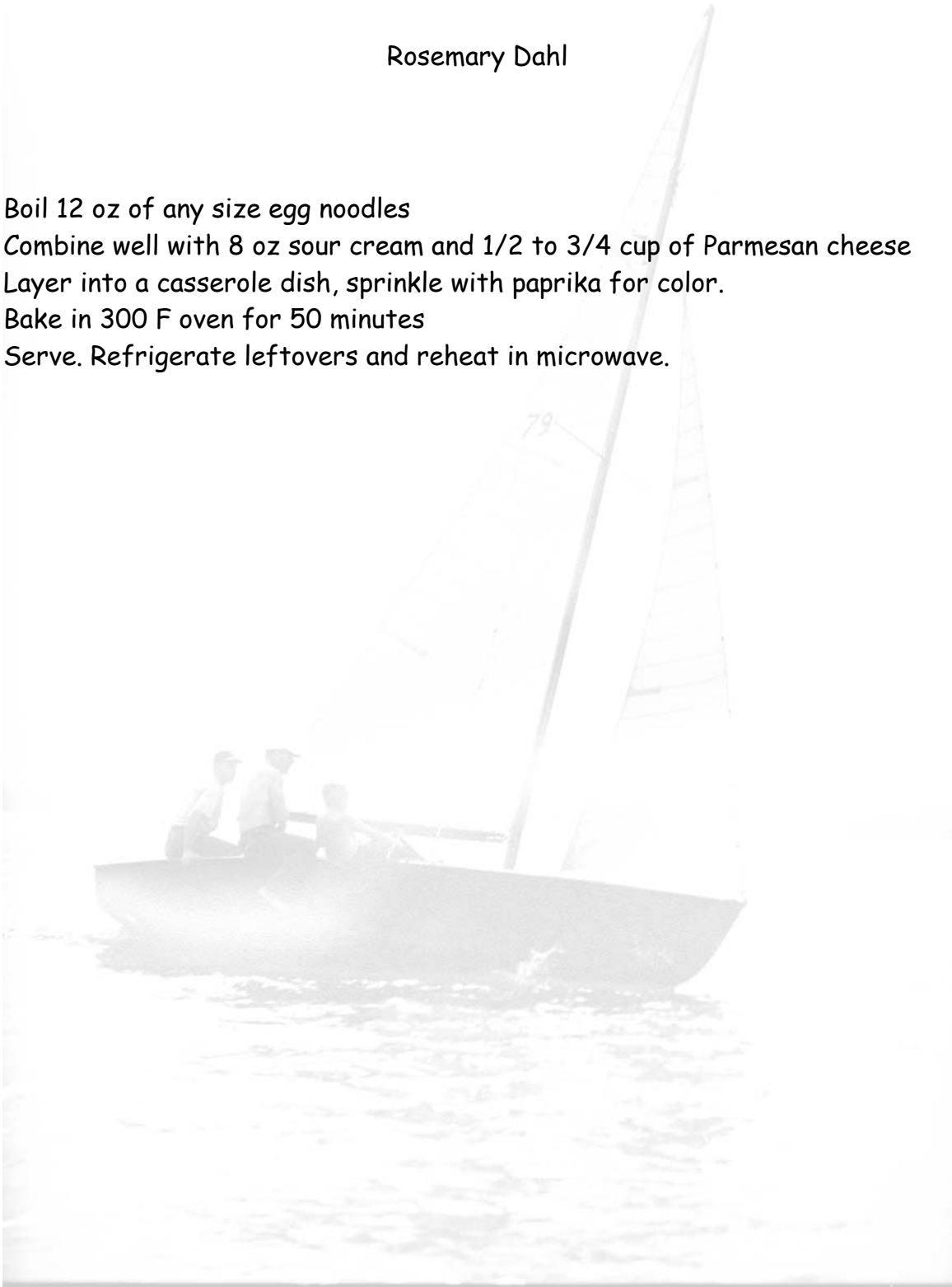
Boil 12 oz of any size egg noodles

Combine well with 8 oz sour cream and 1/2 to 3/4 cup of Parmesan cheese

Layer into a casserole dish, sprinkle with paprika for color.

Bake in 300 F oven for 50 minutes

Serve. Refrigerate leftovers and reheat in microwave.



Arugula, Lentil and Couscous Salad

John Boettcher and Norma Platt

Dressing:

$\frac{1}{2}$ c lemon juice
2 cloves garlic
1 T Dijon mustard
salt
red wine vinegar
 $\frac{1}{4}$ c olive oil

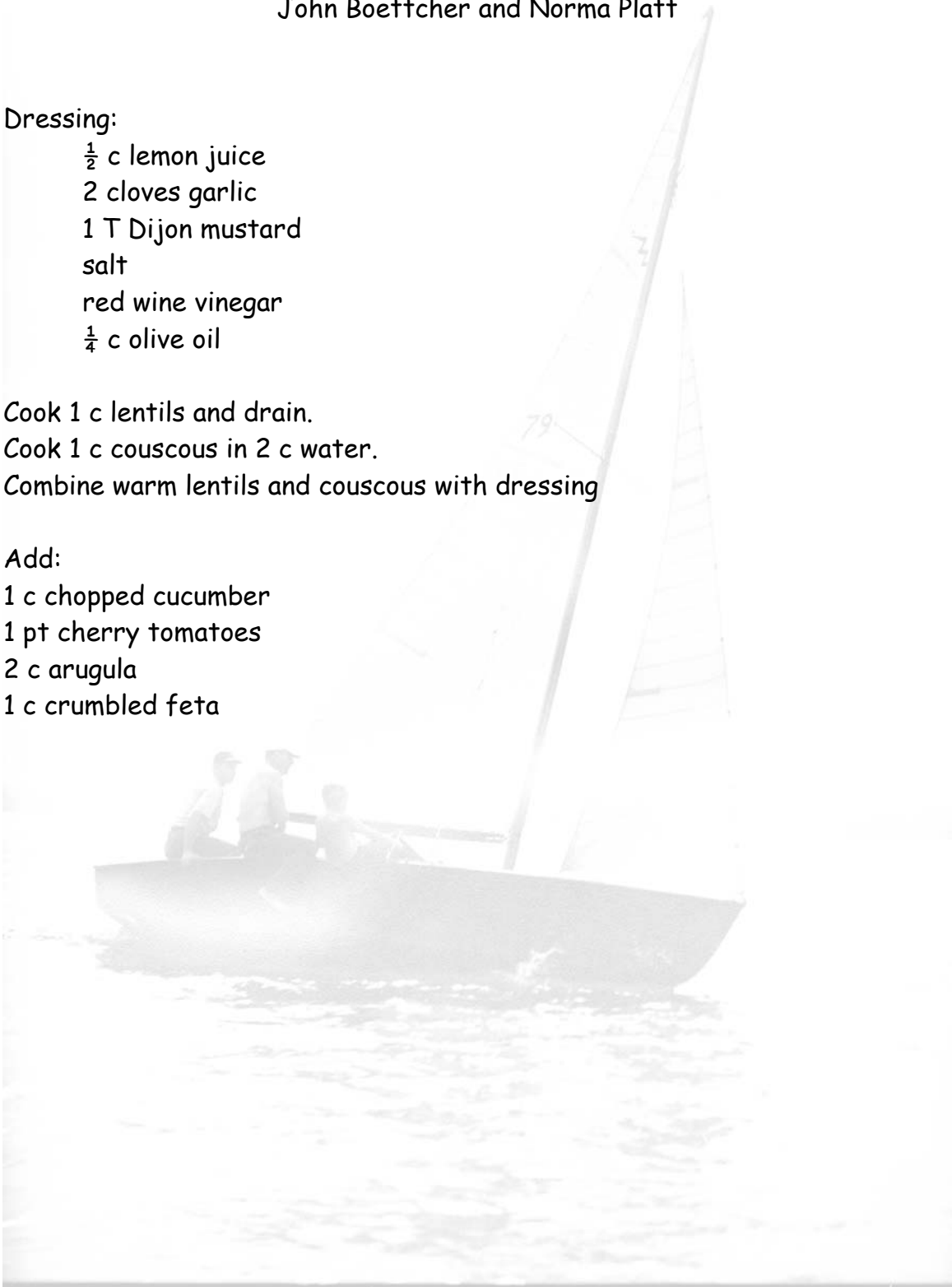
Cook 1 c lentils and drain.

Cook 1 c couscous in 2 c water.

Combine warm lentils and couscous with dressing

Add:

1 c chopped cucumber
1 pt cherry tomatoes
2 c arugula
1 c crumbled feta



Lentil Salad

Norma Platt

Lentils:

1 $\frac{1}{2}$ c French green lentils

3 $\frac{1}{2}$ c water

1 c chopped onion

1-2 sprigs fresh thyme

1 bay leaf

$\frac{1}{2}$ t salt

pinch of ground cloves

Simmer lentils, onion, thyme, bay leaf and spices for 25 minutes. Drain and cool 'til they are luke warm. Discard herbs.

Dressing:

2 T white wine vinegar

4 T virgin olive oil

$\frac{1}{2}$ t salt

$\frac{1}{4}$ t ground pepper

1 T Dijon mustard

tobasco to taste

Dress the warm lentils and add vegetables just before serving.

Vegetables:

1 large tomato, chopped

$\frac{1}{3}$ c finely chopped shallots

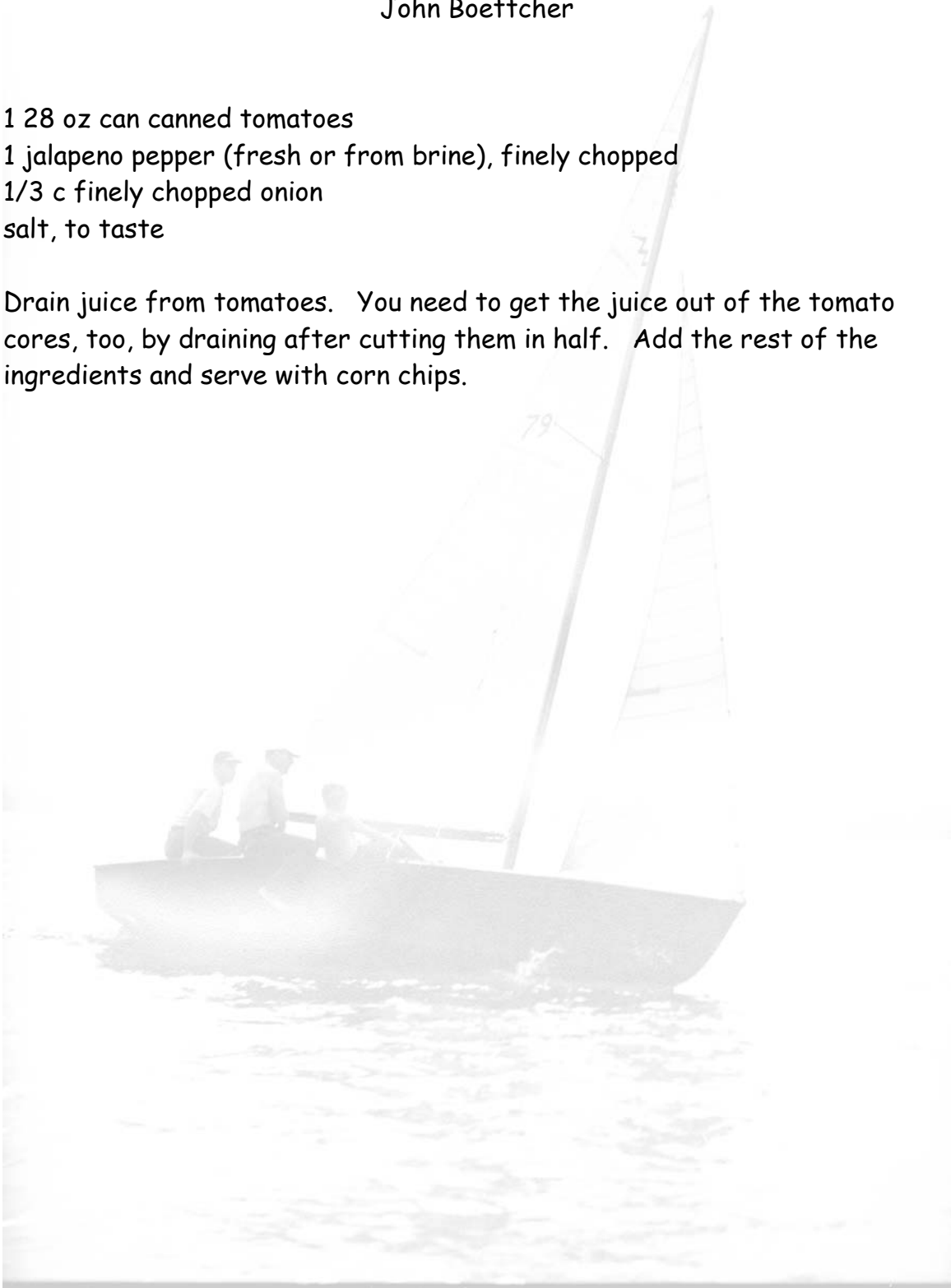
1 t finely mince garlic

Salsa

John Boettcher

1 28 oz can canned tomatoes
1 jalapeno pepper (fresh or from brine), finely chopped
1/3 c finely chopped onion
salt, to taste

Drain juice from tomatoes. You need to get the juice out of the tomato cores, too, by draining after cutting them in half. Add the rest of the ingredients and serve with corn chips.

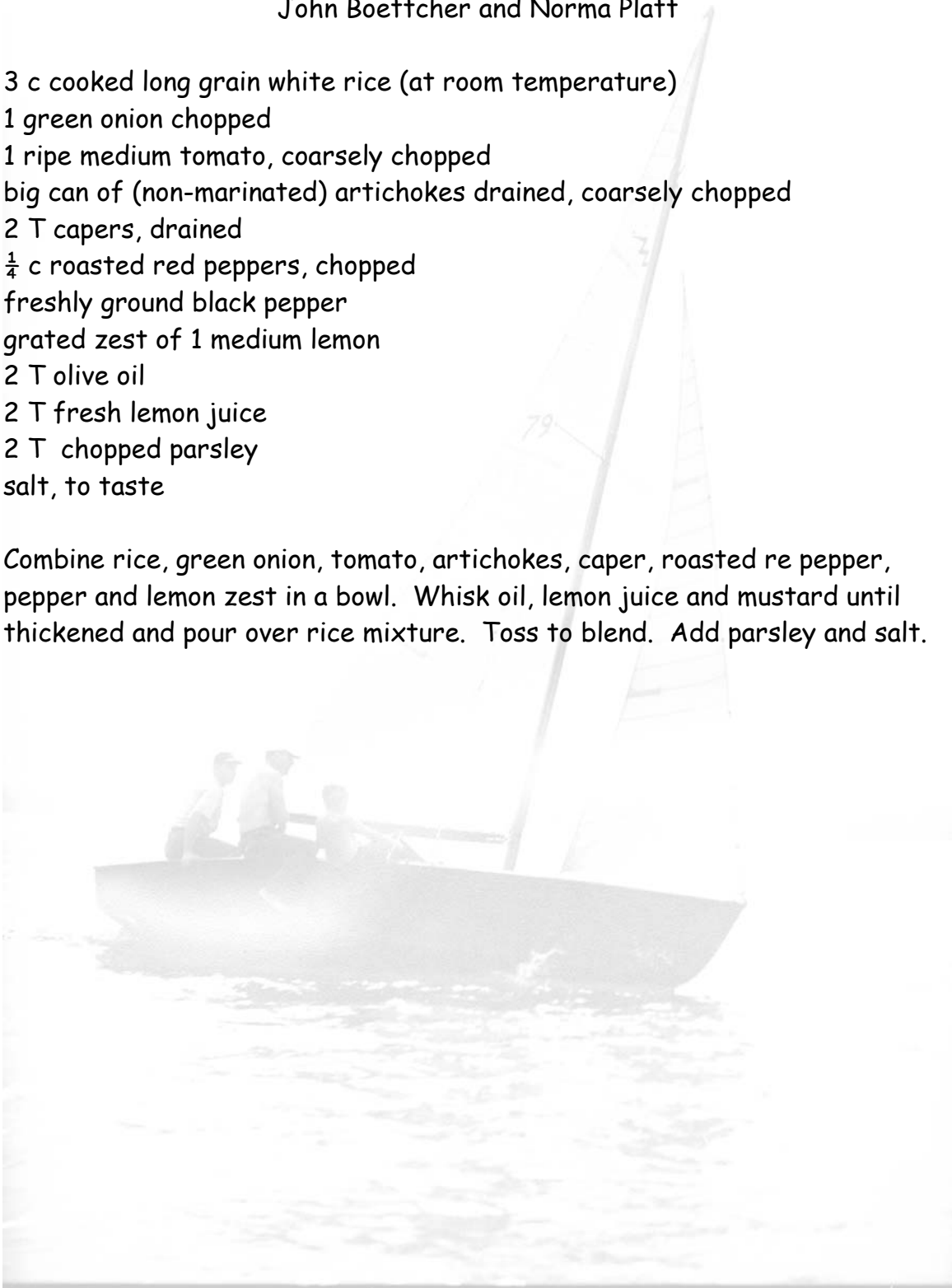


Artichoke, Tomato and Lemon Rice Salad

John Boettcher and Norma Platt

3 c cooked long grain white rice (at room temperature)
1 green onion chopped
1 ripe medium tomato, coarsely chopped
big can of (non-marinated) artichokes drained, coarsely chopped
2 T capers, drained
 $\frac{1}{4}$ c roasted red peppers, chopped
freshly ground black pepper
grated zest of 1 medium lemon
2 T olive oil
2 T fresh lemon juice
2 T chopped parsley
salt, to taste

Combine rice, green onion, tomato, artichokes, caper, roasted re pepper, pepper and lemon zest in a bowl. Whisk oil, lemon juice and mustard until thickened and pour over rice mixture. Toss to blend. Add parsley and salt.

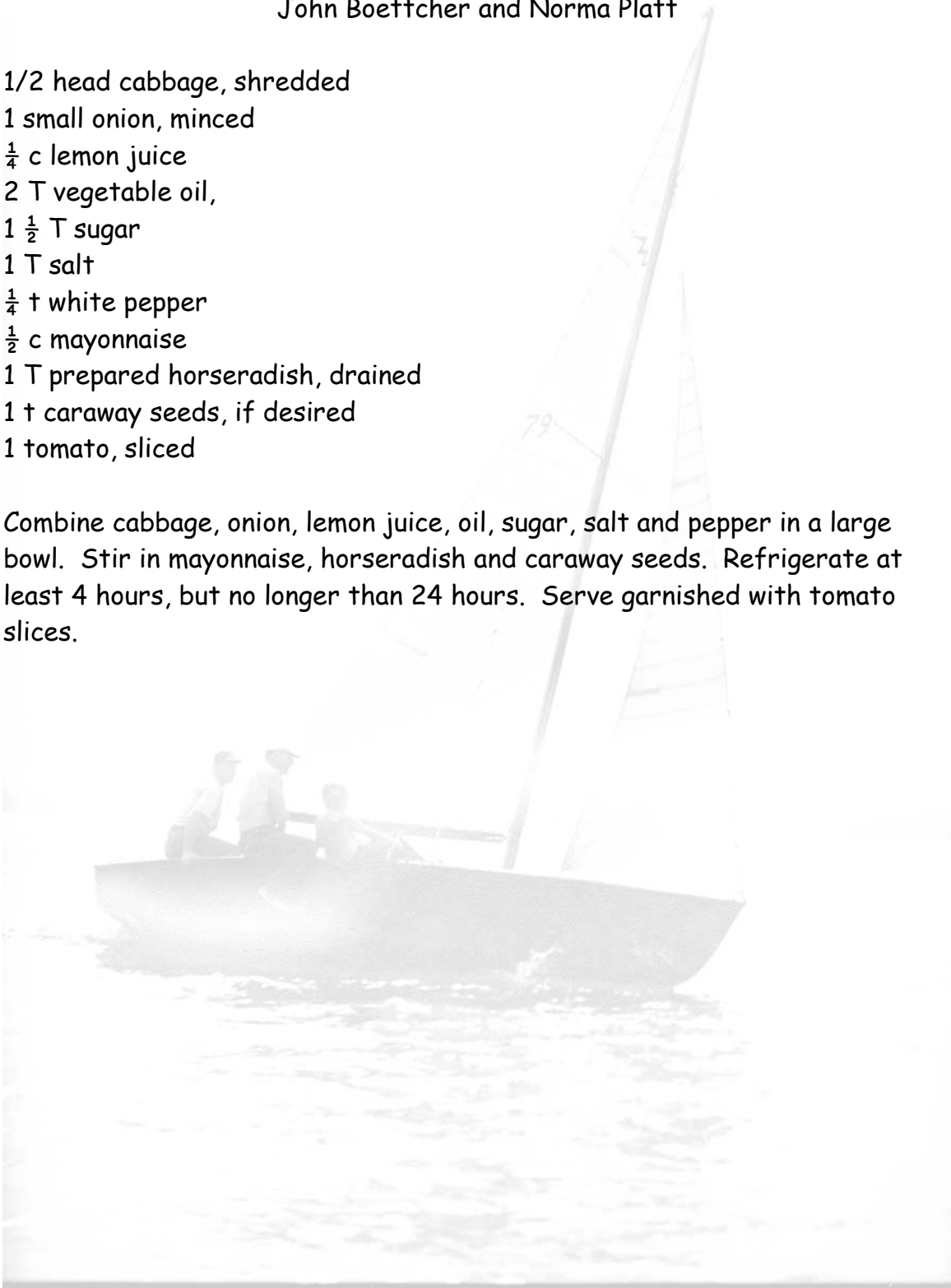


Zoe's Cold Slaw

John Boettcher and Norma Platt

1/2 head cabbage, shredded
1 small onion, minced
1/4 c lemon juice
2 T vegetable oil,
1 1/2 T sugar
1 T salt
1/4 t white pepper
1/2 c mayonnaise
1 T prepared horseradish, drained
1 t caraway seeds, if desired
1 tomato, sliced

Combine cabbage, onion, lemon juice, oil, sugar, salt and pepper in a large bowl. Stir in mayonnaise, horseradish and caraway seeds. Refrigerate at least 4 hours, but no longer than 24 hours. Serve garnished with tomato slices.



Ambrosia Fruit Salad

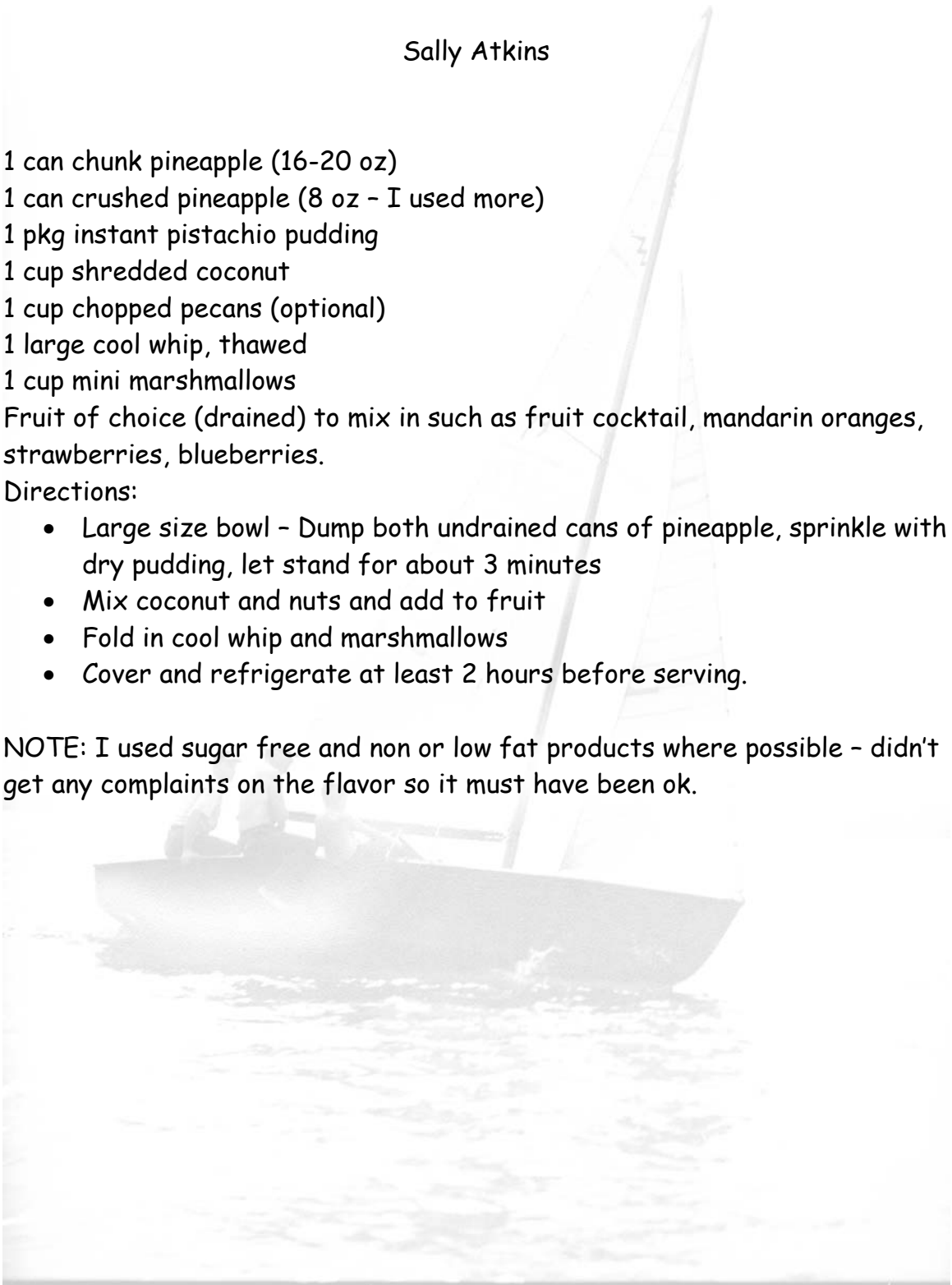
Sally Atkins

1 can chunk pineapple (16-20 oz)
1 can crushed pineapple (8 oz - I used more)
1 pkg instant pistachio pudding
1 cup shredded coconut
1 cup chopped pecans (optional)
1 large cool whip, thawed
1 cup mini marshmallows
Fruit of choice (drained) to mix in such as fruit cocktail, mandarin oranges, strawberries, blueberries.

Directions:

- Large size bowl - Dump both undrained cans of pineapple, sprinkle with dry pudding, let stand for about 3 minutes
- Mix coconut and nuts and add to fruit
- Fold in cool whip and marshmallows
- Cover and refrigerate at least 2 hours before serving.

NOTE: I used sugar free and non or low fat products where possible - didn't get any complaints on the flavor so it must have been ok.



Carrot Apple Salad

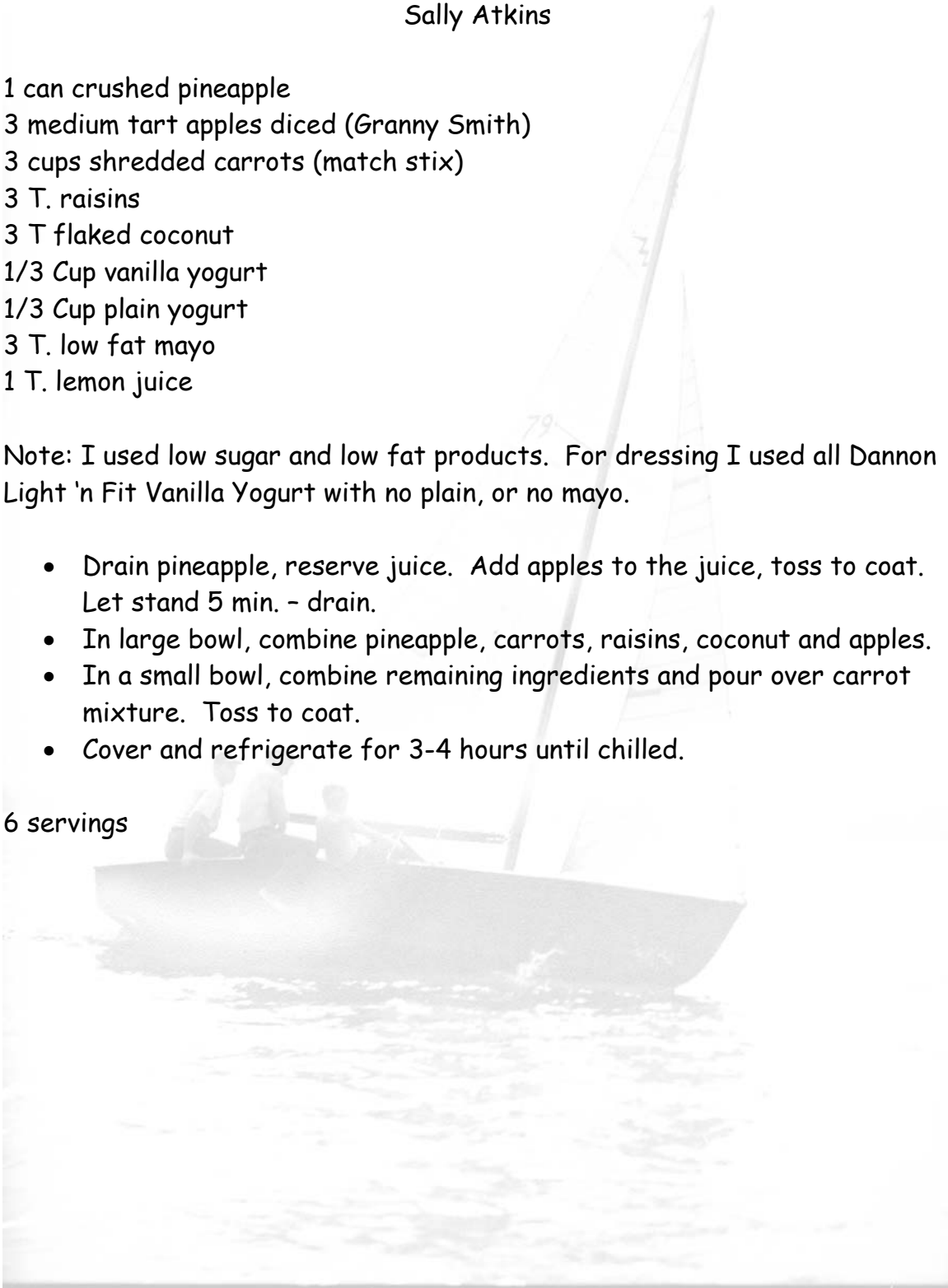
Sally Atkins

1 can crushed pineapple
3 medium tart apples diced (Granny Smith)
3 cups shredded carrots (match stix)
3 T. raisins
3 T flaked coconut
1/3 Cup vanilla yogurt
1/3 Cup plain yogurt
3 T. low fat mayo
1 T. lemon juice

Note: I used low sugar and low fat products. For dressing I used all Dannon Light 'n Fit Vanilla Yogurt with no plain, or no mayo.

- Drain pineapple, reserve juice. Add apples to the juice, toss to coat. Let stand 5 min. - drain.
- In large bowl, combine pineapple, carrots, raisins, coconut and apples.
- In a small bowl, combine remaining ingredients and pour over carrot mixture. Toss to coat.
- Cover and refrigerate for 3-4 hours until chilled.

6 servings



Weight Watchers Angel Food Cake

Sally Atkins

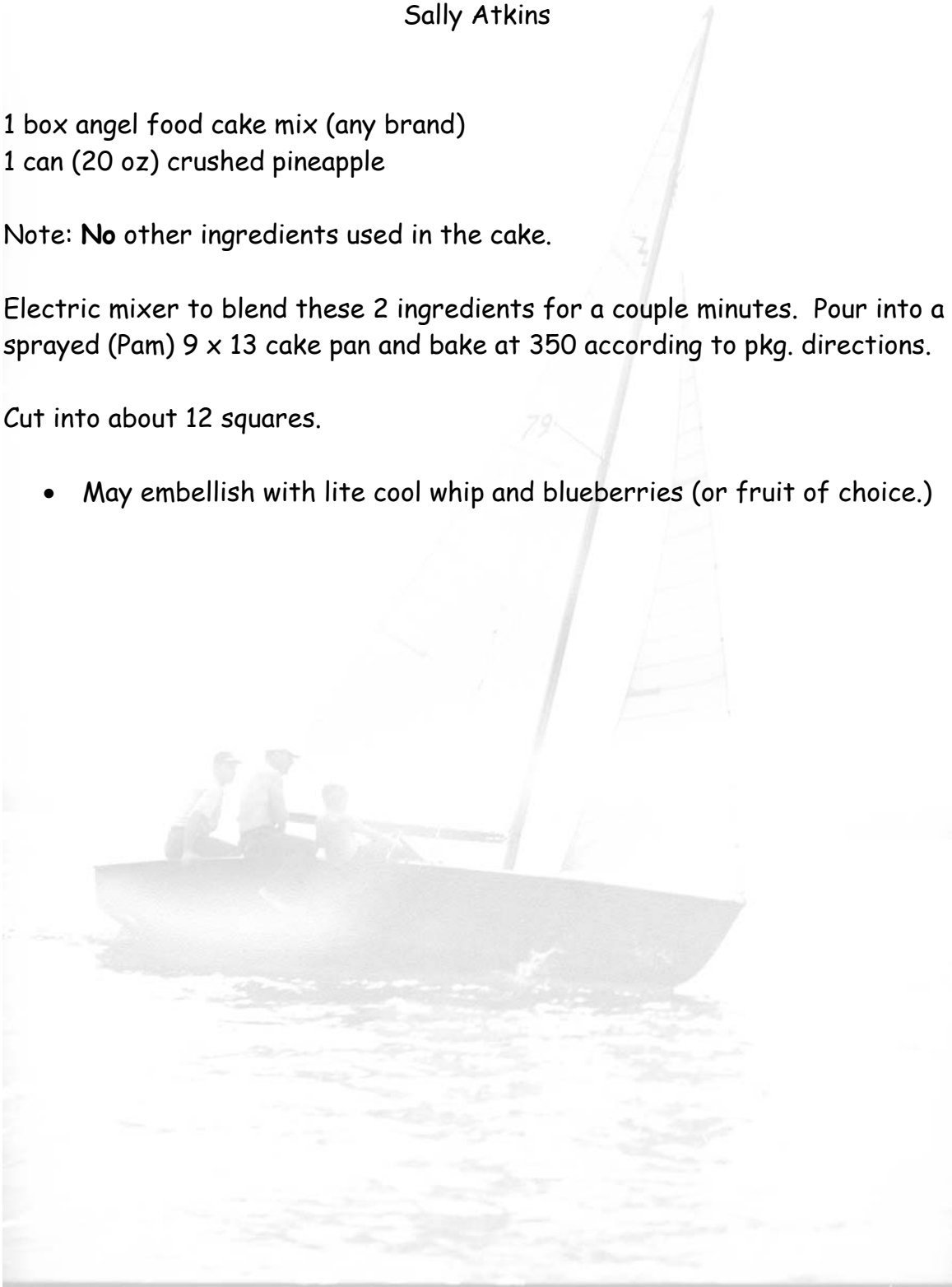
1 box angel food cake mix (any brand)
1 can (20 oz) crushed pineapple

Note: **No** other ingredients used in the cake.

Electric mixer to blend these 2 ingredients for a couple minutes. Pour into a sprayed (Pam) 9 x 13 cake pan and bake at 350 according to pkg. directions.

Cut into about 12 squares.

- May embellish with lite cool whip and blueberries (or fruit of choice.)



Julie's Crunchy Salad

Jan Crum

Greens

1 head napa or savoy cabbage, shredded/sliced as for cole slaw
1 bunch green onions, tender green parts, minced

Mix and chill greens, set aside.

Crunchies

2 pkgs ramen noodles, crunched up (save sauce mix for some other project)
2 T sesame seeds
1 small package sliced almonds
2(+) butter or margarine (Butter browns better, but scorches more easily.
If you are not going to be rigorous about tending to the browning, use margarine.)

Brown noodles, seeds & almonds in a non-stick skillet over medium high heat. Stir constantly & don't look away for a minute or they will scorch. Allow to cool to room temperature and store in airtight container.

Dressing

$\frac{1}{4}$ C cider vinegar
 $\frac{1}{2}$ C sugar
 $\frac{3}{4}$ C vegetable oil
2 T soy sauce

Optional::: The addition of a scant teaspoon of toasted sesame oil (perhaps to replace some of the vegetable oil adds a terrific flavor. It is available in the Asian foods section of the grocery store. It adds a wonderful touch to many dishes - but too much is very overpowering. It is not inexpensive, and will not last in the cupboard like your vegetable or olive oils. If you don't have some on hand, don't buy it for this recipe.

Mix and boil dressing ingredients for 1 minute. Cool

Keep components separate in 3 containers. Toss **immediately** before serving,

Jan Crum's crock-pot dish-to-pass beans

Jan Crum

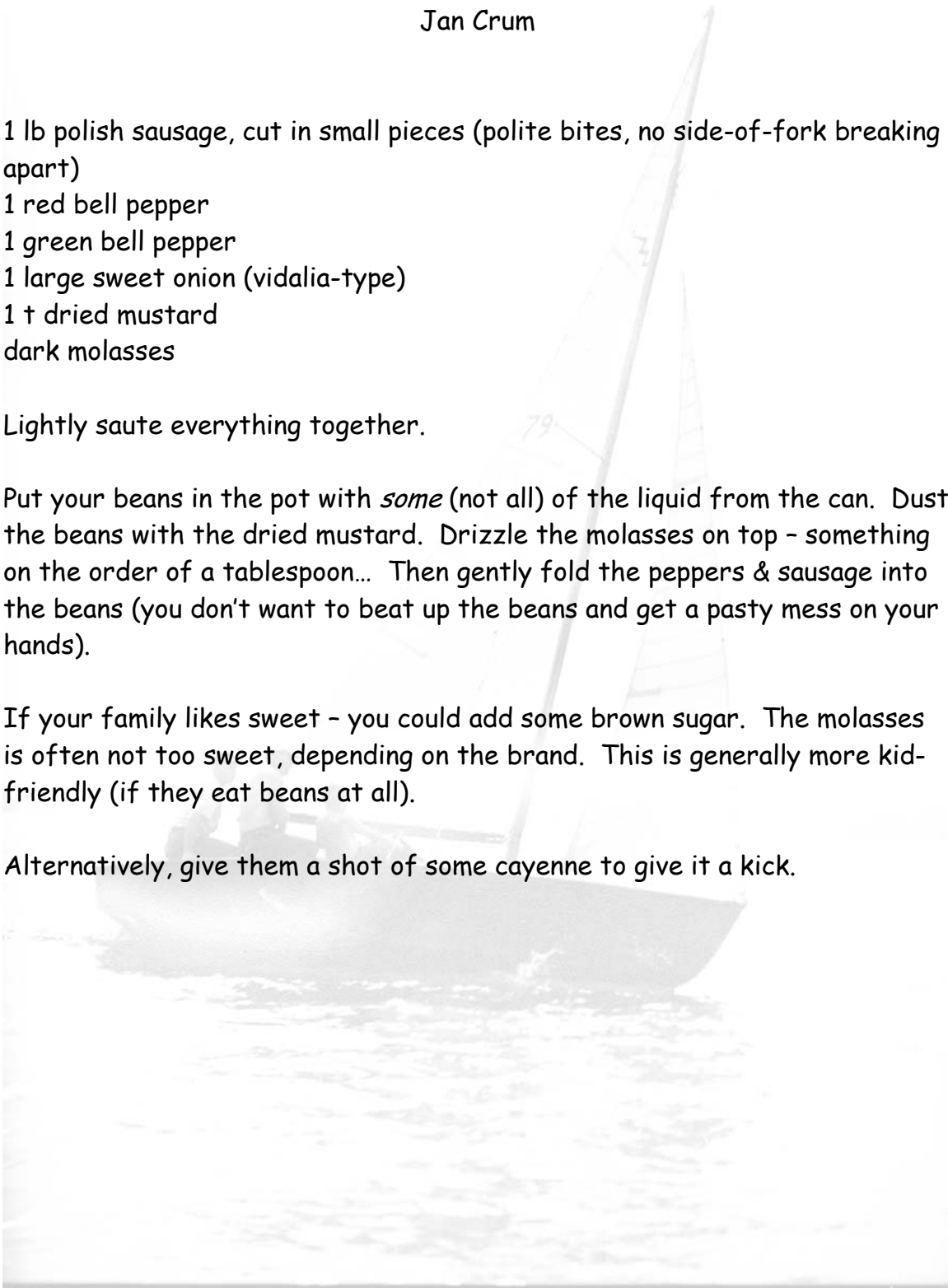
1 lb polish sausage, cut in small pieces (polite bites, no side-of-fork breaking apart)
1 red bell pepper
1 green bell pepper
1 large sweet onion (vidalia-type)
1 t dried mustard
dark molasses

Lightly saute everything together.

Put your beans in the pot with *some* (not all) of the liquid from the can. Dust the beans with the dried mustard. Drizzle the molasses on top - something on the order of a tablespoon... Then gently fold the peppers & sausage into the beans (you don't want to beat up the beans and get a pasty mess on your hands).

If your family likes sweet - you could add some brown sugar. The molasses is often not too sweet, depending on the brand. This is generally more kid-friendly (if they eat beans at all).

Alternatively, give them a shot of some cayenne to give it a kick.



Regatta German Potato Salad

Jan Crum

Start with ~ 20+ leftover baked potatoes from the previous night's dinner
Cube them up & put in a flat baking/warming vessel.

1 lb bacon, most of it microwaved to crispy Save aside a few pieces of bacon
to saute the onion in.

1 whole, medium - largish red onion, minced pretty small

3 hard cooked eggs - chopped

finely minced fresh parsley.

Dressing

1 C chicken stock (canned, of course)

1 C apple cider vinegar

1 C malt vinegar

1 $\frac{1}{2}$ T dark brown sugar

1 t white sugar

$\frac{1}{2}$ t mustard powder

Couple of big shakes of paprika

[If the dressing is too vinegary for your tastes, take it down by blending in
some of the bacon fat. If you are fat-phobic, work on getting over it and in
the mean time, add more stock.

[[You could add 1 - 2 t of cornstarch to the cold ingredients before you heat
them up if you like a little body for the dressing. I didn't (for 04 Lightning
regatta lunch).]]

Blend all ingredients together & serve warm. If you make this far in
advance, make extra dressing. If sorbs into the potatoes and the salad
becomes dry.

Carrot/Pineapple Jell-O salad

Sterling Bush

2 small pkgs. orange Jell-O
shredded carrots (four large)
1 small can crush pineapple - rinsed and drained with no liquid left
1 large package of cream cheese
glass rectangular dish

Make one package of Jell-O and set aside to cool at room temperature. Make the second package of Jell-O and pour into the glass dish and let set until almost firm. Pour in the drained and dried pineapple and mix with slightly set Jell-O. Flatten the surface again and put it back into the refrigerator to set until firm. In a bowl, soften the cream cheese in the microwave for a few seconds until spreadable. With spatula, spread the cream cheese on the Jell-O and pineapple solid mixture. Sprinkle with shredded carrots and pour the cooled Jell-O on top. Put it back in the refrigerator to get hard.

This can be made in a fish mold. Use the carrot layer first for the scales of the fish and use red maraschino cherries for the eye. Then, do the cream cheese and pineapple layer. You can be very creative in a fish mold using other vegetables as scales.



DEVILED EGGS

Eva Smith

1 doz eggs (older eggs peel better)
Miracle Whip Salad Dressing
Salt & Pepper

Day before event:

Place eggs in cold water. Bring to a boil. Immediately turn down to a simmer and simmer for 11 minutes. Remove from heat and cool with cold running water. Continue to let eggs rest in cool water (changing water frequently) until eggs are cool to the touch. Place in refrigerator until completely cool.

Peel eggs running under cool running water. Slice eggs in half lengthwise, placing the yokes in a bowl for mashing. The white halves may be stored in layers in a covered container with paper towels between the layers.

Mash the yokes using a hand held potato ricer/masher, then a fork until granular in appearance. Add salt & pepper to taste (appx 1 tbs each) and mix in with dry yokes. Add Miracle Whip a heaping tablespoon at a time until desired consistency is attained. The yokes should be smooth and creamy. Store in a covered container.

Place both the whites and the yoke mixture in the refrigerator.

Day of event:

Using a teaspoon, fill each white half with the processed yokes and arrange on a platter. You may place lettuce or some other green under the eggs for fancier presentation if you wish. Just before serving, sprinkle the yokes with paprika. Place toothpick randomly in the egg halves to keep the aluminum foil from squashing the eggs in transport.

Makes 24 deviled egg halves.

Hints: If you are making larger quantities (over 2 dozen whole eggs), do not boil more than 2 dozen at a time. They do not boil evenly if more than that are placed in a pan.

Use a shallow bowl for mashing the yokes, it just works easier.

Glazed Onion Rings

Lori Foster (from *Great American Recipes*)

Serves 4 very hungry folks

A good dish-to-pass favorite.

Ingredients:

4-5 large onions, white or Bermuda onions
2 Tablespoons of butter or margarine
2 Tablespoons of vinegar
2 Tablespoons of brown sugar
1 teaspoon of curry powder
2 Tablespoons chopped parsley
salt, black pepper, paprika (to taste)
sliced red chile for garnish, optional

Preparation:

- 1) Peel, slice and separate the rings of the onion.
- 2) Place the onion rings and butter in a microwave safe dish.
- 3) Zap (covered) at HIGH power for 4 minutes, stirring and turning onions over after 3 minutes.
- 4) Add vinegar, brown sugar and curry powder. Stir to blend well. Sprinkle with chopped parsley.
- 5) Microwave at HIGH power for another 3 minutes, stirring and tossing once during cooking time.
- 6) Let onions rest for 5 minutes before serving.
- 7) Sprinkle with salt, black pepper and paprika.

