



***SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS***  
Affiliated with National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World and in partnership with Clemson University Cooperative Extension Service  
SCFCL website: <http://www.scfcl.com>

## **Leader Training Guide**

### **Foods for Christmas**

**Objective:** Holidays are times when foods are often shared with family and friends. This lesson will help you to discover new and easy recipes to use during the Thanksgiving and Christmas socials, drop-ins, and family meals.

**Lesson Overview/Introduction:** Enjoy these easy recipes during the holidays when you visit or host friends. These recipes require little effort to prepare, store easily, and are sure to be a hit.

#### **Marinated Shrimp**

*This easy, versatile recipe can be served hot or cold. Beautiful when surrounded by lemon slices!*

- 3 tablespoons finely minced garlic
- 2 tablespoons olive oil
- 4 tablespoons lemon juice
- 4 tablespoons chopped fresh parsley
- 1/8 teaspoon salt
- 1 pound cooked shrimp, peeled and deveined, tail-on

Place garlic and oil in skillet and cook over medium heat approximately 1 minute. Add lemon juice, parsley and salt. Stir to combine. Pour mixture over shrimp making sure to coat shrimp well. Chill until ready to serve.

Change the flavor of this recipe! Try one of these ideas.

- Substitute lime juice for the lemon juice
- Add a pinch of red pepper flakes
- Substitute fresh dill or fresh thyme for the parsley
- Substitute bay scallops for the shrimp

Adapted from: [eatingwell.com/recipes](http://eatingwell.com/recipes)

#### **Crunchy Chickpeas**

*These earthy-tasting snacks are addicting! Watch them disappear at your next gathering!*

- 1 (15.5 ounce) cans chickpeas (also called garbanzo beans)—drained and rinsed
- 2 tablespoons canola oil
- 1 teaspoon ground cumin
- ½ teaspoon salt
- 1/8 teaspoon onion powder

Preheat oven to 300°F. Wrap chickpeas in a kitchen towel; lightly roll to loosen skins. Discard skins. Combine chickpeas and remaining ingredients. Arrange in a single layer on a baking sheet. Bake at 300°F for 90 minutes. Stir every 20 minutes. Makes approximately 2 cups.

Source: Cooking Light, September 2012.

### **Snickers Dip (Lighter Version)**

*Yes, it tastes as good as you think. Yes, it should be eaten in moderation. Yes, it will be the hit of the party.*

2 (8 ounce) packages low fat or fat free cream cheese  
1 (8 ounce) container fat free or sugar free non-dairy whip topping  
¼ cup brown sugar or brown sugar substitute  
5 full size Snickers candy bars, chopped

Place all ingredients in a food processor and pulse until well blended. Place mixture in a covered container and refrigerate overnight for absolute best flavor. Serve with pretzels. Makes approximately 4 cups.

Source: The Pub and Grub Forum (online)

### **Easy Meatballs**

*Sauced or plain, these are great as an appetizer. They're also just the right size on a small roll for sliders.*

2 pounds ground beef  
2 eggs, beaten  
1/2 cup seasoned bread crumbs  
1/4 cup grated Parmesan cheese  
2 teaspoons basil  
2 teaspoons oregano

Mix all ingredients until thoroughly combined. Form approximately 32 meatballs the size of a golf ball. Place meatballs in a baking dish sprayed with non-stick vegetable spray. Bake at 350°F for 20 minutes. Drain grease away from meatballs and serve with sauce of your choice.

***These two sauces pair especially well with meatballs.***

#### **Quick Tomato Sauce**

1 (28-ounce) can tomatoes  
1 clove garlic, crushed  
1 teaspoon basil  
1 teaspoon salt

Add ingredients to blender and puree until smooth. Pour contents into saucepan and simmer 10-15 minutes until thickened. Stir in 2-3 Tablespoons grated Parmesan cheese to finish sauce just before serving.

(Meatballs can be added to this sauce and allowed to simmer on low until ready to serve.)

### **Quick Cream Sauce**

4 Tablespoons butter or margarine  
2 Tablespoons flour  
1 cup chicken broth  
1 cup low fat milk  
Salt and pepper to taste

Melt butter in sauce pan over medium high heat and stir in flour. Whisk until smooth. Pour in chicken broth and milk, continuing to whisk until mixture is thickened. Add salt and pepper to taste. Sautéed mushrooms or fresh herbs are an excellent addition to this sauce. (Meatballs can be added to this sauce and allowed to simmer on low until ready to serve.)

Meatball and Sauce recipes developed by Rhonda Matthews, Clemson Extension Service

### **Kale Chips**

*Thin and crispy with a hint of salt. These veggie chips are a vitamin-packed alternative to potato chips.*

One bunch kale leaves  
1-2 tablespoons olive oil  
½ teaspoon salt

Remove stems and tougher white ribs from leaves and discard. Tear remaining leaf portions into roughly 2x2 inch segments. Wash leaves well and pat completely dry with paper towels. Toss kale with olive oil and sprinkle with salt. Lay in a single layer on a parchment lined baking pan. Bake at 300°F for 20-30 minutes or until leaves are dried and crispy. Cool and enjoy.

Adapted from: Allrecipes.com

### **Uptown Cheese Platter**

*Honey gives sharp cheddar a flavor everyone finds appealing.*

1 block (approximately 8 oz.) Extra Sharp Cheddar Cheese  
2 tablespoons honey  
4 tablespoons chopped walnuts  
4 tablespoons golden raisins  
1 apple, sliced

Place cheese on cheese board; drizzle with honey. Sprinkle with walnuts and raisins. Serve with apple wedges.

Note: Dried cranberries may be substituted for the raisins.

Sliced pears are another excellent fruit to accompany this appetizer.

Adapted from: Kraftrecipes.com

**Lesson Summary:** Holidays are a time when family and friends often enjoy time together as well as share food on the table. Recipes that require few ingredients but also provide bold flavors make life simpler.

**Suggested Activities:**

**Sampler Day:** Each person prepares a recipe from the lesson and brings it to the meeting for taste testing. Ask for feedback from the group on how to adapt the recipe to meet your specific needs.

**Meet and Cook:** Each person brings the required ingredients for their assigned recipe to the meeting. The group prepares the recipes together.

**Suggested Materials:**

A copy of the lesson for each club member so recipes are available to them.

**Lesson Prepared by:** Rhonda Matthews, County Extension Agent

**Lesson Review by:** Dr. Susan Barefoot, Extension Food Safety & Nutrition Program Team Leader

**Sources/References:**

Eatingwell.com/recipes  
Cooking Light, September 2012.  
The Pub and Grub Forum (online)  
Allrecipes.com  
Kraftrecipes.com