

Star 2<sup>nd</sup> Ward  
**Munch 'n Share-April 2009**

**Chicken Lettuce Wraps**

Denise Harris

- 2 lbs boneless chicken breast, cubed & cooked in olive oil
- 12 Boston, romaine or Bibb lettuce leaves
- ½ C. sliced green onions
- 1 ½ C. shredded carrots
- 1 Can water chestnuts, drained & sliced
- ¾ C. chopped mushrooms
- Opt. – Diced green & red peppers
- Coleslaw mix
- Sprinkle with sliced almonds



*Choice of dressing – Oriental (below) or Caesar dressing*

**Oriental Dressing**

- |   |                                |
|---|--------------------------------|
| 3 T. honey                                      | 1 T. Grey Poupon Dijon mustard |
| 1 ½ T white vinegar                             | 1/8 t. sesame oil              |
| 4 t. mayonnaise                                 |                                |
| Whisk ingredients together and serve over salad |                                |

**Chicken Salad Croissant Sandwiches**

Barbara Bean

- 2 C Diced Chicken
- 1/2 C chopped celery
- 2 Tbl. green onion
- 2 Tbl. diced pimentos
- 1/2 C mayo
- 1 Tbl. lemon juice
- 1 teaspoon dill weed
- 1 teaspoon salt
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- optional ( I never do);
- 1/2 C cashews
- 1/4 C radishes



Serve on Croissants with some Romaine Lettuce

## Frosty Orange Dream Squares

Karen Whiting

40 Nilla Wafers, finely crushed (about 1 ½ C.)  
¼ C. (1/2 stick) butter, melted  
2 C. Cold milk  
2 Pkg (4 serving size) vanilla instant pudding  
1 tub (8 oz) Cool Whip, thawed, divided  
1 pt. (2 C.) Orange sherbet, softened



Line 13 X 9 pan with foil. Leave ends of foil extending over the sides of the pan. Combine wafer crumbs & butter. Press firmly onto bottom of prepared pan. Set aside until ready to use.

Add milk to dry pudding mixes in medium bowl. Beat with wire whisk for 2 min. or until well blended. Gently stir in half of whipped topping. Spoon evenly over crust. Refrigerate for 10 min. Add remaining whipped topping to sherbet. Stir with wire whisk until well blended. Spoon evenly over pudding layer; cover.

Freeze at least 3 hours or overnight. Use foil handles to remove dessert from pan before cutting into squares to serve. Store leftover dessert in freezer. Makes 24 square servings

\*Lime or raspberry sherbet may be substituted.

## Raspberries & Cream Streusel Squares

Rebecca Harris

### Crust

¾ Cup (1 ½ sticks) butter or margarine, melted  
2 ½ Cups all-purpose flour  
¾ Cup powdered sugar

### Filling

1 jar (12 ounces) raspberry jam  
¼ Cup all-purpose flour

### Topping

1 package (8 ounces) cream cheese, softened  
½ Cup powdered sugar  
¼ Cup walnuts, chopped



1. Preheat oven to 350° F. – **Crust:** microwave butter on HIGH 1 minute or until melted. Add flour and powdered sugar; mix until crumbly. Reserve ¼ cup of the crust mixture to use for topping. Sprinkle remaining crust mixture evenly over bottom of a 9X13 casserole or stoneware bar pan; press down and roll to an even thickness using a small roller or smooth cup.

2. **Filling:** Combine jam and flour in a bowl. Mix until smooth. Spread jam evenly over crust.

3. **Topping:** Microwave cream cheese on HIGH 30 seconds or until softened. Add powdered sugar; whisk until smooth. Attach star tip to a decorator (or cut the corner off a sandwich bag); fill with topping mixture. Pipe diagonal rows of cream cheese mixture, 1 ½ inches apart, onto jam layer. Chop walnuts and combine reserved crust mixture with nuts; sprinkle over topping.

4. Bake 30-35 minutes or until edges are light golden brown. Remove to cooling rack; cool completely. Cut into 32 squares. Yield: 32 bars

**Nutrients per serving** (1 bar): Calories 140, Total Fat 7 g, Saturated Fat 4 g, Cholesterol 15 mg, Carbohydrate 20 g, Protein 2 g, Sodium 65 mg, Fiber 0 g (from Pampered Chef booklet)

**Cook's Tips:** Other flavored jams, such as blackberry, apricot or strawberry can be substituted for the raspberry jam, if desired.

