



APPETIZERS



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Black Bean Salsa



INGREDIENTS

1 can - black beans, rinsed
¼ C - thin sliced onions
¼ C - chopped bell pepper
2 T - chopped fresh cilantro
1 C - Pace chunky salsa
1 ½ tsp - lime juice
¼ tsp - minced garlic
¼ tsp - ground cumin
1 small avocado

MAKES

2 ½ C salsa

DIRECTIONS

Combine beans, onions, bell pepper and cilantro in medium bowl.

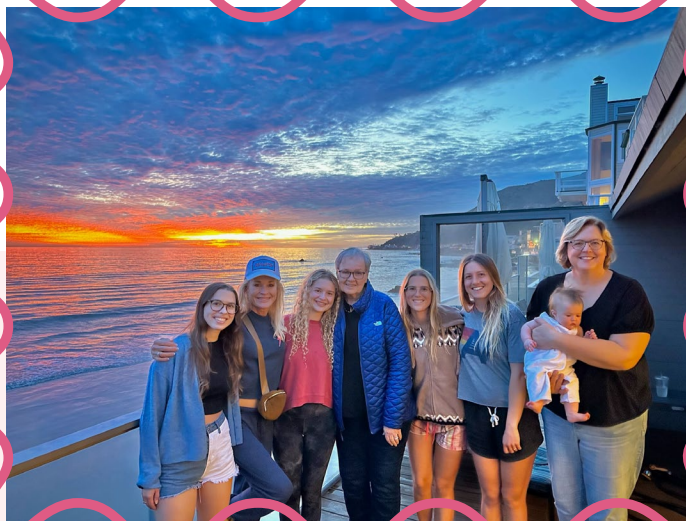
Combine salsa, lime juice, garlic and cumin in small bowl; mix well.

Pour salsa mixture over vegetables, mix gently.

To serve, mix in chopped avocado. Serve with chips.

APPETIZERS

Egg Salad



Tips: ½ tsp or more curry powder. Anna, Glenn's cousin in Denmark, adds curry powder to her egg salad and it is delicious.

INGREDIENTS

8 hard boiled eggs

¼ C - mayonnaise

1 T - Dijon mustard

1 ½ tsp - lemon juice

2 celery stalks, finely chopped

1 T - red/white onion, fine

To taste: salt, pepper, chives

Fresh leaf lettuce

MAKES

4 servings

DIRECTIONS

Gently toss the eggs and celery together in a medium-size bowl.

In a smaller bowl, combine mayonnaise, mustard, lemon juice, onion, chives, salt, pepper, & curry powder. Fold into the eggs and celery.

Chill for an hour or so before eating. For each individual serving, spoon 1/2 cup onto a lettuce leaf or spread on bread.

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Guacamole



INGREDIENTS

4 avocados
4 garlic cloves, crushed
½ onion, finely diced
½ tomato, diced
1 jalapeno, chopped
1 lime, juiced
To taste: salt, pepper, hot sauce

MAKES

a good time

DIRECTIONS

Just do it!

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Mexican Quiche



INGREDIENTS

½ C - butter

10 eggs

½ C - flour

1 tsp - baking powder

1 dash - salt

8-12 oz - canned mild green chili

2 C - cottage cheese

4 C - grated Monterey jack cheese

MAKES

12 lunch servings

24 appetizer servings

DIRECTIONS

Melt butter in a 9 x 13 " baking pan. Set aside. In large bowl, beat eggs, add flour, baking powder, and salt. Mix well. Add melted butter, leaving pan buttered. Add chiles and cheese. Mix together and pour into baking pan.

Bake uncovered at 350° for 45 - 60 minutes. Test for doneness with a knife. Be sure quiche is set and knife blade comes out clean when inserted in center. Allow to cool slightly before removing from pan.

Can be frozen after baking. Reheat with foil cover.

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Queso



INGREDIENTS

3 T - flour

3 T - butter

1 ½ C - hot milk

1 lb - Velveeta cheese, chunks

1 can - drained Rotel tomatoes

1 can - green chili or jalapeno

MAKES

1 ½ C queso sauce

DIRECTIONS

In big Pyrex mixing bowl, mix together flour, butter, hot milk. Microwave until thickened.

Add cheese, tomatoes, chili peppers. Microwave on half power til smooth and hot.

Serve with chips.