



**UT Extension**

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National Association For  
Family & Community Education

Programs in agriculture and natural resources,  
4-H youth development, family and consumer sciences,  
and resource development.

University of Tennessee Institute of Agriculture,  
U.S. Department of Agriculture and county governments cooperating.  
UT Extension provides equal opportunities in programs and employment.

**Bedford County  
Family and Community  
Education Clubs**

**June 2012**

## Share Fair Foods

**Suzie's Granola**  
**Butler's Creek Club**

**Turtle Dessert**  
**Fairview Club**

**Lemon or Lime Salad**  
**Flat Creek Club**

**Kit Kat Bars**  
**Four Corners Club**

**Rolo Pretzel Turtles**  
**Friends and Family Club**

**Blueberry Cream Biscuits**  
**with Blueberry Sauce**  
**Heart of the Home Club**

**Old South Cheese Straws**  
**Shelbyville Club**

**Kim's Party Cheese Ball**  
**Extension Office**

## Coffee Filter Flowers

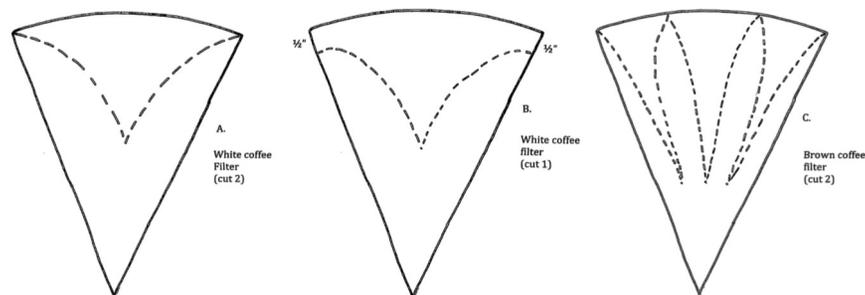
3 white basket-style coffee filters  
1 brown basket-style coffee filter  
12" floral wire  
Hot glue  
8" wooden floral sticks  
10" green grosgrain ribbon (3/8" wide)

Place two white filters together (one on top of the other), fold in half and then fold in half again. Starting at the outside corners, draw a curved V pattern onto the front to form petal shapes (see pattern A). Cut out.

Repeat folds on third white coffee filter and draw a smaller curved V shape (see pattern B). Cut out.

Repeat folds on two brown coffee filters (placed one on top of the other, then draw several V shapes (see pattern C). Cut out.

Open up all filters so they are flat to reveal petal shapes. Layer them with the pattern A filters on the bottom, pattern B filter in the middle and pattern C filters on top. With your 12" section of floral wire, poke two holes through the center of all the layers, about 1/4" apart. Loop wire evenly through holes (entering from top), then twist wire underneath the base of the petals, securing tightly. Starting from the bottom, wrap wire with ribbon and secure with glue gun. Tie the remaining ribbon into a bow at the flower base. Fluff the petals.



## Kim's Party Cheese Ball

- 2 (8-ounce) packages cream cheese, softened
- 8 ounces Cheddar cheese, shredded
- 1 tablespoon chopped green bell peppers
- 1 tablespoon minced onion
- 2 tablespoons Worcestershire sauce
- 1 teaspoon lemon juice
- 1 dash salt
- 1 cup chopped pecans

Combine cream cheese and cheddar cheese. Stir in green pepper, onion, Worcestershire sauce, lemon juice and salt. Shape into ball and roll in chopped pecans. Chill. Serve with crackers.

## Suzie's Granola

- 1/2 cup canola oil
- 1/2 cup honey
- 1 cup brown sugar
- 1 teaspoon vanilla extract
- 6 1/2 cups (1 small box) Quaker old fashioned oats
- 1 cup coarsely chopped pecans
- 2 tablespoons ground flax meal

Preheat oven to 325 degrees. Line a 12" x 17" sheet pan with foil and spray with non-stick spray. In a medium saucepan stir together oil, honey, brown sugar and vanilla. Heat, stirring until brown sugar melts. Oil and sugar will remain separate. In a very large bowl stir together oats, nuts and flax meal. Pour on liquids, stirring well to distribute. (You may need to use your hands.) Spread mixture onto foil lined pan. Bake 30 minutes, stirring 3 or 4 times while baking. Remove from oven when cereal is golden brown and allow to cool completely in the pan. The granola will harden as it cools. Break apart and store in an airtight container.

Note: Suzie has experimented with this recipe for 20 years and this is the way that she likes it best. You can add a lot of different ingredients before baking (walnuts, wheat germ, sunflower seeds, coconut, cinnamon, etc.) or after baking (dried fruit). Bon Appetit!

## Turtle Dessert

17 ice cream sandwiches, divided  
1 jar caramel ice cream topping  
1 1/4 cups chopped toasted pecans, divided  
1 (12-ounce) container frozen whipped topping, thawed,  
divided  
3/4 cup hot fudge topping, heated

Place half of the ice cream sandwiches in a 9" x 13" baking dish. Spread evenly with caramel topping and sprinkle with 1 cup of the pecans. Spread on 2 cups of the whipped topping and then make a layer with the remaining ice cream sandwiches. Spread remaining whipped topping evenly over sandwiches. Sprinkle top with remaining 1/4 cup pecans. Cover and freeze at least 2 hours. Let stand 5 minutes before serving. Cut into squares and drizzle with fudge topping.

You can top with chopped up candy bars (Heath Bars, Butterfingers, Symphony Bars, etc.), if desired.

## Old South Cheese Straws

1 sheet frozen puff pastry, thawed  
1 egg  
2 teaspoons water  
1 cup finely grated Jarlsberg or sharp Cheddar cheese  
1/4 teaspoon sea salt

Preheat oven to 425 degrees. Lightly grease two baking sheets and set aside. Roll out the pastry on a lightly floured surface to form a rectangle. With a sharp paring knife or a pastry wheel, cut in half crosswise to form two rectangles. In a small bowl, whisk together the egg and water. Brush both rectangles with the egg wash. Sprinkle cheese evenly over one rectangle. Top with the remaining rectangle, placing the egg-washed side down. Press together firmly with a rolling pin to adhere the layers. Brush the top with the egg wash again and sprinkle evenly with the salt. With a pastry wheel or paring knife, cut the pastry crosswise into 24 (1/2") strips. Holding each end of the strip, twist three times and place on the prepared baking sheets. Press the ends to the baking sheets to keep them twisted. Place the strips 1" apart. Bake 1 sheet in the middle of the oven for 10-12 minutes. While the first sheet bakes, prepare the second sheet for baking. Immediately transfer to wire racks and cool. Serve warm or at room temperature.

Note: Before baking, the straws can be frozen up to two weeks. Place the baking sheet in the freezer. When solid, transfer to a freezer bag. Bake straight from the freezer for 12 minutes.

## Blueberry Cream Biscuits with Blueberry Sauce

### **Biscuits:**

- 2 cups flour
- 2 teaspoons baking powder
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 1 cup blueberries
- 1 1/2 cups heavy cream

### **Blueberry Sauce:**

- 2 cups blueberries, divided
- 1/3 cup sugar
- 2 tablespoons water
- 1 teaspoon vanilla extract

For Scones: Preheat oven to 425 degrees. In a large bowl stir together flour, baking powder, sugar, salt and nutmeg to thoroughly mix. Toss blueberries with the flour mixture. Stir cream into the flour mixture just until moistened. Turn dough out onto a floured surface. Gently lift and fold dough four or five times, making a quarter turn between each fold. Place dough on parchment-lined baking sheet. Form dough into a 7-8 inch square, approximately 1" thick. Using a floured pizza cutter or knife, cut 12-16 biscuits, leaving biscuits intact. Bake in upper half of oven for 17-20 minutes or until golden brown. Cut or pull apart to serve. Serve with Blueberry Sauce.

For Blueberry Sauce: In a medium saucepan combine 1 cup blueberries, sugar and water. Bring to a simmer. Cook and stir until blueberries pop and sauce has thickened. Remove from heat and stir in vanilla and remaining 1 cup blueberries. Serve warm or at room temperature.

## Lemon or Lime Salad

- 1 (3-ounce) box lemon or lime Jello
- 1/2 cup sugar
- 1 cup boiling water
- 1 8-ounce can crushed pineapple
- 1 cup heavy cream or sour cream
- 1 cup shredded mild Cheddar cheese
- 1/2 cup chopped pecans

Dissolve Jello and sugar in boiling water. Add pineapple, cream, cheese and pecans. Pour into a 9" x 9" dish. Refrigerate. Cut into squares to serve.

## Kit Kat Bars

1 cup butter (2 sticks)  
1/2 cup milk  
1 cup brown sugar  
1/2 cup white sugar  
2 cups graham cracker crumbs  
1 (16-ounce) box club crackers  
1 cup semi-sweet chocolate chips  
1 cup butterscotch chips  
2/3 cup creamy peanut butter

Melt butter in a medium saucepan. Add milk, brown sugar and white sugar. Bring to a boil and add graham cracker crumbs. Reduce heat to low and cook for 5-6 minutes. Put a layer of club crackers on the bottom of a 9" x 13" pan. Pour half of the graham cracker mixture on top. Add another layer of crackers, then the other half of the graham cracker mix, followed by a third layer of crackers. Melt chocolate chips, butterscotch chips and peanut butter. Spread evenly over the top layer. Chill. Cut. Enjoy!

## Rolo Pretzel Turtles

1 bag mini pretzels (or waffle squares or rounds)  
1 (13-ounce) bag Rolo candies, unwrapped (approx. 60)  
1 package pecan halves, toasted (or almonds or M&Ms)

Preheat oven to 250 degrees. Cover a cookie sheet with aluminum foil and place pretzels individually to form one layer. Place a Rolo candy on top of each pretzel. Bake at 250 degrees for 4 minutes or until the Rolos soften. Remove from oven and immediately place a pecan half on top of a candy. Push down to squish the chocolate into the pretzel and flatten out. Cool for 20 minutes, then place uncovered in refrigerator or freezer for about 20 minutes to set. Transfer to a decorative plate.

Note: To toast pecans, spread them out on a plate and microwave for 30 seconds at a time. Stir the pecans around with your hand in between cooking times until toasted. If you do not like pecans you can use almonds or M&Ms in place of the pecans.