

Cajun Smoked Oyster Dip modified from www.food.com

- 1 (3 3/4 ounce) can smoked oysters
- 1 (3 ounce) package [cream cheese](#), softened or 8 ozs whipped cream cheese
- 1 teaspoon [Worcestershire sauce](#)
- 1 pinch [lemon pepper](#) (optional)
- 1 -2 dash hot sauce, to taste
- 1/4 cup chopped celery (save leaves for garnish)
- 1/4 cup chopped spring onion (green parts, for garnish)
- 1/8 cup tomatoes chopped fine (if using sun dried rehydrate them in some warm water)
- 1/8 tsp smoked paprika (plus some for garnish) - you can use regular paprika if you don't have smoked

Directions

1. Combine all ingredients (except oysters) into the cream cheese the day before to soften them
2. Roughly chop oysters and in a medium bowl mix with cream cheese, Worcestershire sauce, hot sauce and lemon pepper.
3. Chill at least one hour.
4. Sprinkle chopped green onion and smoked paprika on dip for garnish.
5. Serve with sliced baguette or crackers.

<http://www.foodnetwork.com/recipes/white-bean-hummus-dip-recipe.html>

White-Bean Hummus Dip

vegan recipe: adapted from above source

Ingredients

1/4 cup chopped green onions, or sautéed or onion flakes
2 tablespoons fresh lemon juice
2 tablespoons tahini (sesame-seed paste) (or 1 TB sesame seed oil & 1 TB olive oil)
x1/2 teaspoon dried oregano
1/4 teaspoon ground cumin or more
1/8 teaspoon salt
x1/8 teaspoon black pepper
1 (19-ounce) can cannellini beans or other white beans, rinsed and drained
1 garlic clove, peeled

Put everything into a food processor and blend until smooth

options: add Arugula and Basil Pesto (available at [Native Sun Jacksonville](#) grocery stores) and/or add shelled roasted (no salt) sunflower seeds. These items can be stirred into the dip or used as garnish on top.

Gluten Free Cornbread - Bob's Red Mill

Makes 1 9x9 inch pan of cornbread; use ingredients with asterisk* for a vegan version. If you aren't worried about glutens, use any standard cornbread mix or recipe

Ingredients

- 1 1/2 cups milk (dairy or non dairy substitute*)
- 1/2 cup oil* or melted butter
- 2 eggs (or egg replacement: 2 TBS ground flax seed in 1/4 cup water*)
- 1 package of Bob's Red Mill Cornbread mix
- *blueberry option:* a "bunch" of blueberries; if fresh is not available, use dried but rehydrate them with a little juice
- *three-onion and sage option:* I used Vidalia, Spanish, and green BUT you don't actually need to use three varieties (I just had a lot of onions left over). chop onions and sauté them until translucent. Fold some of the onions and a sprinkling of sage to taste into the batter and pour the batter into the baking pan. Sprinkle the rest of the onions on the top of the bread.

Prep

1. preheat oven to 375
 2. grease a 9 by 9 baking pan with oil
 3. Have ingredients at room temp. Put cornbread mix in bowl. Mix wet ingredients together. Add wet ingredients to cornbread mix. Mix on low speed until blended. Beat on high for 30 seconds. Options: Blend in berries, or blend in onions and sage and sprinkle onions on top. Pour mixture into baking pan.
 4. Bake for 35 minutes or until center of cornbread is cooked.
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Frosted Cranberries

"Beautiful sugar coated cranberries can put the finishing touch on your holiday desserts and side dishes. This is **easy to prepare**, you just need time to let the sugar frosting "set" on the cranberries.

You need fresh FRESH cranberries, preferably bought in November or by mid-December. Make the recipe within a week of purchase. Cranberries can get bland or mushy if they sit around too long. The frosted cranberries will keep in the fridge for up to a week. Just be sure you store them in a way that allows a LOT of air flow around the berries - otherwise the sugar absorbs the moisture and gums up. **Moisture is the enemy of this treat.** Just let the berries warm up to room temperature for about an hour before serving to maximize taste.

Original Recipe Yield 24 servings

Ingredients

- 2 tablespoons water
- 1 tablespoon pasteurized egg white or liquid egg substitute (**I use corn syrup to avoid any salmonella issues** - just pour 1/2 bottle into a large-flat-bottomed bowl)
- 1 (12 ounce) package fresh cranberries - I prefer Habelman's at Publix over Dole
- 1 cup or more white sugar (or you can use confectioners or superfine sugar - I don't worry about that)

Prep

1. Wash cranberries and dry them.
2. spread sugar into a large serving tray with sides - for rolling berries in sugar
3. Place some cooling racks over another serving tray - to allow sugar-coated berries to air dry and crystallize
4. If using egg mixture to bind the sugar to the cranberries: In a medium bowl, stir together the water and egg white until blended but not whipped.
5. If using corn syrup to bind the sugar to the cranberries, just pour it into a bowl.
6. Coat cranberries with the binding mixture. If using corn syrup, allow some of it to run off the berries..
7. Roll the cranberries in the sugar until they are coated.
8. Place them on the drying rack
9. Dry at room temperature for several hours. If you have time, put the berries on the drying rack/tray into the fridge overnight to allow the sugar to bind into a coating.
10. Remove from fridge, spread out on a nice tray for an hour, then enjoy.

Pumpkin Roll

Ingredients:

Shell:

3 eggs (or <http://www.peta.org/living/food/egg-replacements/>)
1 cup sugar (I use ½ cp brown and ½ cp white)
2/3 of a 16 oz can of pumpkin
¾ cup of flour - gluten free
1 teaspoon salt
1 teaspoon baking soda
¾ teaspoon pumpkin pie spice

Filling:

12 ounces cream cheese (you can get away with 8, but 12 makes it really rich – also you can use low fat/no fat – just get the bricks of cheese, not the whipped variety)
1 teaspoon vanilla
2 Tablespoons butter or margarine
1 cup powdered sugar

Tools:

2 large cookie sheets, one of them should have sides
wax paper
rubber gloves ☺ -- I'll explain...

Instructions:

Preheat oven to 350. Grease bottom and sides of large cookie sheet (don't use one of those "no sided" models – dough is pretty stiff, but I wouldn't trust it not to run...). Assemble shell ingredients and spread evenly on cookie sheet – the dough will not spread much so try to get it as level as possible. Bake for 15 minutes (until middle is not gooey – the sides of the batter will have pulled away from the sides of the cookie sheet). Remove from oven and loosen sides of shell with knife. You must remove the shell from the cookie sheet **WHILE STILL HOT** without breaking it – I usually just get a larger cookie sheet and lay wax paper over it. Then place the wax paper covered cookie sheet **ON TOP** of the shell (wax paper side down). When you invert the two cookie sheets, the shell should just drop off. While the shell is still warm, roll it into a "jelly roll" shape. To keep from burning my fingers, I use the rubber gloves I wash dishes with – I just wash them off very thoroughly to get them clean, then dry them well (water conducts heat). The rubber gloves provide some insulation from the heat, and allow your hands to work the dough freely.

Cool in fridge for 2 hours. During that time, leave the cream cheese out to soften it a bit. Then blend filling ingredients. Unroll shell and spread filling evenly, staying ½" away from the edges. Roll up without squeezing too tightly (so the filling doesn't ooze out), and remove wax paper as you work. Refrigerate for 2 hours before serving. You can dust the roll with a little confectioners' sugar to make it look more attractive