



Neighborhood Program Picnic Pot Luck Recipes Summer 2010





SALADS

BLACK BEAN SALAD

George Daniels, North Renton

"Perfect for a big crowd on a hot summer night!"

1 big can of black beans or 3 to 4 15oz cans
 1 can corn
 1 can garbanzo beans
 Drain all cans well before mixing in salad
 1 red pepper
 Half of a red onion
 Couple of medium tomatoes chopped. (I had 2 roma tomatoes)
 Fresh lime juice. (I used 3 small limes, very juicy).
 Chopped fresh cilantro...a good hand full
 Dash of salt.
 Good sprinkle of sugar (I do not hold back on the sugar)
 Nice slosh of olive oil to bring it all together
 Mix all ingredients well. Enjoy!

CALICO BEAN SALAD

Jackie Booth, Maplewood

"Very colorful, delicious and great for sharing!"

1 can each: green, wax, kidney & garbanzo beans
 1½ cups celery (very thinly diagonally sliced)
 ½ cup green pepper diced
 ½ cup onion diced

Marinade:

¾ cup sugar
 ½ tsp salt
 ½ tsp garlic salt
 1 tsp pepper
 1 tsp dry mustard
 2/3 cup white vinegar
 1/3 cup salad oil

Drain and rinse beans.

In a large bowl combine beans, celery, peppers and onion.

In another bowl, thoroughly mix together marinade ingredients.

Pour marinade into bean mixture. Stir well to coat.

Let sit for 24 hours (can refrigerate).

Serve at room temperature.

COLE SLAW

Joey Lumia, Maplewood

"This light slaw goes very well with hot dogs!"

- 1 head finely chopped cabbage
- 2 carrots finely chopped (or shredded)
- ¼ cup chopped onion
- ½ cup mayonnaise (can use fat free or light)
- 1/3 cup sugar
- ½ cup milk
- 1/8 cup lemon juice
- 3 Tbl white vinegar
- 1/8 tsp pepper

In a large bowl combine mayonaise, sugar, milk. lemon juice, vinegar and pepper. Beat until smooth, set aside. Add chopped cabbage, carrots and onion to mayo mixture. Mix well. Cover and refrigerate at least one hour prior to serving.

FRESH SPINACH SALAD

Maplewood Resident

"Ingredients from the Renton Farmers Market make this salad really fresh!"

- 1 large bunch fresh spinach, cleaned and stemmed
- 1 sliced red onion
- 1 carton fresh strawberries, rinsed and quartered
- ½ sup slivered honey-roasted almonds
- ¼ cup "lite" raspberry dressing
- ½ cup feta or blue cheese

Mix all ingredients together in bowl. Serve.

ISRAELI COUSCOUS SALAD

Stephanie Varnadore, President's Park

"Easy, light and healthy"!

- 2 cups Israeli Couscous
(available in bins at Fred Meyer)
- 1 cup chopped cashews
- 1 cup Craisins
- 1½ cups sliced green onions
- ½ cup vinaigrette salad dressing
(can use lemon based one as well)

Heat a pot of water until boiling. Add couscous and boil as you would pasta for 6 minutes. Drain excess water. Mix all ingredients together and chill.

ORZO SALAD WITH CUCUMBER, TOMATO, BASIL & FETA

Dina Davis, Renton Hill

"Light and fresh with lots of summer flavors!"

1 cup pine nuts, toasted	1 cucumber
1 red bell pepper	1 yellow bell pepper
Salt	1½ cups dry orzo pasta
2 Tbl olive oil	½ cup kalamata olives, halved
½ cup chopped scallions	¼ cup chopped basil
¼ cup chopped Italian parsley	
1 tomato, diced	
1¼ cups feta cheese	
1/3 cup lemon vinaigrette dressing	
Fresh ground pepper	

Toast pine nuts. Peel and core cucumber and cut into ½ inch cubes. Core the red and yellow bell peppers and cut into ½ inch square pieces. Set aside. Cook the orzo pasta according to package directions. Drain and cool by running cold water over the pasta. Toss pasta with olive oil to keep pasta from sticking together. Add all ingredients and toss well. Season to taste with salt and pepper. Can be stored, covered, in the refrigerator for up to 2 days. Add dressing (below) shortly before serving.

Lemon Vinaigrette Dressing

1 Tbl Dijon mustard	2 tsp red wine vinegar
1/3 cup lemon juice	1 tsp honey
1 Tbl lemon zest	1 garlic clove, fine chopped
1 tsp salt	¼ tsp white pepper
¾ cup olive oil	

Combine mustard, vinegar, lemon juice, honey, lemon zest, garlic, salt and pepper in a medium bowl. Mix well with a whisk. Add olive oil in a slow stream, whisking as you pour in the oil. Continue whisking until the dressing has emulsified. Store covered in the refrigerator for up to 4 days.



PICNIC PASTA SALAD

Jeanie Chase, South Renton Connection

"Easy, healthy and great for serving at gatherings!"

1 lb. wheat pasta (cooked and drained)
 1 jar artichokes (with juice)
 1 jar pimentos
 1 can kalamata olives (with 1 tsp juice)
 1 green pepper sliced thin

Mix all ingredients together and chill for at least an hour before serving.

SUMMER SALAD

Earlington Resident

"Great way to use produce from the garden or farmer's market!"

Mix all together in deep bowl:

1 head Romaine
½ each red and yellow pepper thinly sliced
1 pear sliced
1 cucumber peeled & cut in ½ inch cubes
½ cup feta cheese
¼ cup dried cranberries
Walnuts to taste

Dressing

½ cup balsamic vinegar
2 Tbl mayonnaise
¼ cup apple juice
1 tsp fig jam
¼ tsp each: cocoa, cumin, paprika, dry mustard
1 tsp garlic powder
1Tbl honey
1 tsp each finely chopped oregano & parsley

Mix all ingredients together in a bowl and whisk together to blend.

Pour over salad and toss well.

*Note: Keep cool as this contains mayonnaise.

5 CUP SALAD

Lonnie Free, Renton Hill

"So simple, so good and so wonderful for picnics!"

1 cup mandarin oranges
1 cup pineapple chunks
1 cup coconut
1 cup mini marshmallows
1 cup sour cream

Drain fruits and combine with rest of ingredients.

Chill several hours or overnight stirring once in awhile.

WATERGATE SALAD

Judy Madsen, Victoria Park

"Nice light and yummy dessert, great for a group!"

1 large tub Cool Whip
1 large can crushed pineapple (with juice)
1 large pkg. pistachio pudding
1 cup miniature marshmallows
1cup walnuts (optional)

In a large bowl, mix pineapple with juice and pistachio pudding. Add the Cool Whip and then marshmallows. Mix all together and then chill.



PASTA & POTATO DISHES

LEMON CHICKEN PASTA

Corlynda Chism, LaCrosse

"This is a refreshing salad with a little kick to it!"

2 cups diced cooked chicken*
 1 lb penne pasta
 8 garlic cloves
 2 tsp Olive oil
 2 Tbl fresh parsley
 ½ cup parmesan cheese
 1 lemon
 Pepper flakes (as little or as much as you like)

Cook and drain pasta. Heat olive oil in skillet and sauté garlic. Add chicken and drained pasta to skillet. Stir to marry flavors together. Put 1/3 of mixture in a large bowl, sprinkle on parmesan and parsley. Continue layering pasta mixture with cheese and parsley. Sprinkle pepper flakes and squeeze lemon over top. Mix well. Chill and serve.

*Can also use cooked shrimp or tofu in place of chicken.

MAC & JACK OVEN NOODLES, MADE EZ

"E.Z." Earl, Rolling Hills

"Always a hit at family gatherings!"

1-16 oz box of large macaroni elbow noodles
 16 oz grated Monterey Jack cheese
 32 oz grated Tillamook Oregon cheddar cheese
 2 cups sweet whole milk
 1tsp flour
 2 tsp each dry chicken & beef soup base
 ½ tsp garlic powder
 ¼ tsp pepper
 ¼ tsp (heaping) nutmeg

Cook macaroni until they are very el dente (about 6 minutes). Drain and cool.

Mix dry ingredients together.

Combine cheeses

Place thin layer of macaroni in a long, shallow pan.

Sprinkle half of the dry ingredients on macaroni, and then add a layer of cheese.

Layer again with macaroni, dry ingredients then cheese.

Pour milk over the top.

Cover and bake at 375 for 40 minutes. Uncover and bake another 15 minutes.

EASY MAC & CHEESE GOULASH

Tim Swett, South Renton Connection

"Kids love this and it's great for feeding lots of them!"

- 1 box macaroni & cheese mix
- 1 can chili
- 6 hot dogs or sausages

Make macaroni & cheese according to directions on package. Heat chili in microwave oven. Cook the hot dogs/sausages and cut into bit-size pieces. Mix everything together and serve.

PENNE PASTA

Councilman Greg Taylor & Family, Earlington

"So easy, my kids can make this!"

- 1-8oz bag penne pasta, cooked, rinsed & drained
- Put pasta in bowl and add:
 - 2 Tbl olive oil
 - ¼ cup fresh chopped basil, mint (or whatever your taste is)

Mix well and sprinkle generously with parmesan cheese.

POTATO BAKE

Marcus Hughes, Pioneer Place

"This is healthier than potato salad and great for picnics!"

- 4-5 medium potatoes
- ½ medium onion
- ½ lb turkey pastrami
- 2 Tbl vegetable oil
- Salt & pepper to taste

Slice potatoes and onion ¼ inch thick.
Dice pastrami into small pieces.
Mix all ingredients in a large bowl.
Spread on cookie sheet.
Bake at 400 for 45 minutes or until golden brown.
Put in dish and serve.



VEGETABLE SIDES

CALIFORNIA BEAN BAKE

Elaine Ravsten, Earlington

"These beans are the perfect accompaniment to any picnic!"

3-14 oz cans Bush's Baked Beans
 1 small can crushed pineapple
 1 green pepper, chopped
 1 medium onion, chopped
 1/2 cup BBQ sauce
 1/2 cup ketchup
 1/4 cup brown sugar
 1/2 lb bacon, cooked and chopped

Mix all ingredients together in a large casserole dish.
 Bake at 350 for 1 1/2 hours.

EASY BAKED BEANS

Karen Hultin, Maple Ridge Estates

"Easy way to make canned baked beans taste even better!"

3-28oz cans Pork & Beans
 1/4 cup dry minced onion
 3/4 cup ketchup
 1/2 cup maple syrup
 1/2 cup brown sugar
 1 cup cooked bacon pieces (optional)

Mix together in a casserole dish and bake at 300 for 3 hours.

PICNIC BEANS

Cascade Resident

"The beans paired with meat can be an entrée and well as a side dish!"

- 1-28 oz can Pork & Beans
- 1-15 oz can crushed pineapple
- ½ cup ketchup
- ½ cup brown sugar
- ½ lb ground beef
- 1 medium onion, chopped

Brown onions and ground beef in a little oil. Combine all ingredients. Heat on stove top or bake in a 350 oven for 1½ hours.



ZUCCHINI BAKE

Crista Slaugh, South Union

"Very easy and a great side dish to bring anywhere!"

- 5 lbs. zucchini, chopped
- 16 oz zesty spaghetti sauce
- 4 eggs
- 1 cup each: grated mozzarella, parmesan & cheddar cheese

Mix zucchini, sauce and eggs together and pour into a 9x13 pan. Bake at 350 for 1 hour. Top with cheese and let it melt into the dish.





CHICKEN DISHES

AVOCADO CILANTRO COUSCOUS & CHICKEN

Megan Grosvenor, Renton Hill

"Very refreshing and great for a picnic lunch or supper!"

1 cup couscous
 3 chicken breasts (grilled & cubed)
 ¼ cup finely chopped onion
 1½ cups chicken broth
 2 Tbl butter
 2 cloves garlic (minced)
 ¼ cup olive oil (extra virgin)
 2 Tbl vinegar
 ¼ avocado
 ¼ cup chopped cilantro
 ¼ fresh lime juice

Bring chicken broth to boil.
 Add butter and couscous. Simmer for 5 minutes.
 Add chicken & onion, set aside.
 Combine all other ingredients in a food processor until smooth.
 Pour over couscous mixture.
 Mix well.
 Chill and serve.

WHITE SAUCE ENCHILADAS

"A family favorite...especially with Mexican rice"

Amy Rose, North Renton

1 lb. grilled boneless chicken breast
 6 flour tortillas
 ½ cup sour cream
 1 can diced green chilies
 ¼ cup milk
 Dash garlic powder
 ½ diced green onions
 1 can cream of mushroom soup
 1Tbl butter
 2 cups shredded Jack or cheddar cheese

Cut chicken breasts into thin slices.
 Melt butter then add onions and chilies. Sauté just until soft.
 In a bowl mix together sour cream, milk, soup and garlic powder. Stir in chili mixture and chicken slices.
 Fill tortillas with the chicken mixture. Place in oiled pan and sprinkle cheese on top.
 Bake at 450 for 20 minutes.



BBQ

NEIGHBORHOOD PICNIC HOT DOGS

Ray Sled, George Stahl & Kevin McQuiller

"These are the BEST hot dogs in the city!!"

Nathan's all beef or polish dogs

Fresh hot dog buns

Condiments

Preheat grill. Roast dogs slowly. Place in bun and serve...with a smile!

Tips from our chefs:

The trick is not to drop the hot dog on the ground. -George Stahl

If it does hit the ground, make sure you get it on the grill before anyone notices!

-Kevin McQuiller

Slow roasting gets the job done. -Ray Sled

BBQ SALMON

Barb Clark-Elliot, Earlington

"This has been a tradition at our picnic for years!"

2 lb salmon fillet

1 stick butter

1/2 of an onion, chopped

3 cloves garlic, minced

1/2 cup fresh basil, chopped

Sprinkle of salt & pepper

In saucepan, melt butter. Add onion and garlic until soften. Remove from heat . Add basil, salt & pepper. Mix then chill until solid (a couple of hours). Place salmon on a large sheet of heavy duty foil. Spread butter mixture on top of salmon then seal with foil.

Preheat grill and cook the salmon for 15 minutes or until it flakes.



APPETIZERS

CRAB RANGOON

Windwood Resident

"Delicious and easy to bring places!"

Combine together:

8 oz cream cheese
8 oz crab meat (canned or fresh)
1 green onion thinly sliced
½ cup celery finely chopped
Salt & pepper to taste

For frying:

1 package won ton wrapper
Vegetable oil

On a flat surface, lay out a won ton wrapper so that it forms 2 triangles (not a square). Wet the edges of the won ton. Add 1 teaspoon of filling to the middle, and spread it out toward the left and right points of the wrapper so that it forms a rectangular shape. Fold over the edges of the wrapper to make a triangle. Wet the edges with water and press together to seal. Cover with a damp paper towel to keep them from drying out while preparing the remainder.

In a wok or deep pan, heat oil to 370 degrees. Slide each Crab Rangoon into the oil and deep fry 3 minutes per side.

Remove and drain on paper towels.

HUMMUS

North Renton

"Great as an appetizer or a snack!"

3 cans (15.5oz) Garbanzo beans
¼ cup olive oil
4 garlic cloves
5 Tbl plain yogurt
¼ tsp each salt & pepper
1-2 Tbl lemon juice (to taste)
6 Tbl sesame seeds (toasted in a dry pan)

Put all ingredients in a blender or food processor. Blend until smooth. Add more yogurt to thin, if needed. Refrigerate for 3 or more hours (it will taste better if chilled). Serve with crackers, pita chips or veggies.

TURKEY WRAPS

Sheril Morris, Victoria Hills

"Super easy and great to bring on outings!"

2/3 cup sour cream
2 Tbl taco seasoning
½ lb. sliced deli turkey
5 medium sized flour tortillas

Mix sour cream and taco seasoning. Spread on tortilla and top with a couple of slices of turkey. Roll up and cut each into three pieces.



DESSERTS

BLUE BERRY CAKE

The Austin Family, North Renton

"Great for a summer dessert or for breakfast!"

6 Tbl butter, softened
 1½ cups flour
 1½ tsp baking powder
 ½ tsp salt
 1 cup plus 2 TBL sugar
 1 large egg
 ½ cup milk
 1 tsp vanilla extract
 1 lb. blueberries

Preheat oven to 350. Butter a 10" pie plate.
 Mix flour, baking powder, & salt together in a bowl.
 In a large bowl, mix butter & 1 cup sugar together until light and fluffy.
 Add egg, milk & vanilla, mix well.
 Gradually add in flour mixture.
 Pour batter into pie plate and smooth out top.
 Sprinkle berries evenly over batter, then sprinkle the remaining 2 Tbl sugar over berries.
 Bake at 350 for 10 minutes, then lower temperature to 325 and cook for about an hour more (until cake is golden brown and firm to the touch.)
 Cool and cut into wedges.

CHOCOLATE PEANUT BUTTER BARS

Sandra Tone, Maple Ridge Estates

"You can't go wrong with peanut butter and chocolate!"

Mix:

1 cup sugar
 1 cup Karo syrup
 Cook over low heat just until sugar dissolves.

Stir in:

2 cups chunky peanut butter
 2 Tbl margarine
 5 cups rice krispies cereal
 Pat it in a greased 9x13 pan

Top with:

12 oz melted semi-sweet chocolate chips

CRISPY BANANA POPS

Chef Harindes Pal Kaus, Cascade
"A healthy dessert or snack!"

6 bananas
 1¼ cup crisp rice cereal
 1¼ cup mini chocolate chips
 6 Tbl finely chopped peanuts
 6 Tbl light corn syrup
 12 popsicle sticks

Line a cookie sheet with foil. Cut each banana crosswise into halves. Insert a wooden popsicle stick into flat end of each half. Place on cookie sheet. Cover with plastic wrap and freeze until firm (about 10 minutes). Combine cereal, chocolate chips and peanuts in a shallow bowl. Mix well. Uncover frozen bananas and brush each with corn syrup. Roll bananas in cereal mixture to coat. Loosely wrap each coated bananas with plastic wrap. Store in freezer for 10 minutes. Take to picnic in a cooler. Serve chilled.



EASY CHOCOLATE COOKIES

Rhoda Green, Earlington

"If you're short on time, these cookies from a cake mix are great!"

1 package devil's food cake mix
 1 cup semi-sweet chocolate chips
 ½ cup butter, softened
 1 cup coconut
 1 cup chopped walnuts
 1 cup butterscotch chips

Combine all ingredients at low speed until thoroughly moistened. Drop by rounded spoonfuls 2 inches apart onto ungreased cookie sheets. Bake at 350 for 9-12 minutes. Cool two minutes; remove from pans

EASY COOKIES

Jayne Ahrens, South Renton Connection

"This really is a very easy recipe and great for potlucks!"

1 cup margarine
 2 egg yolks
 1 tsp vanilla
 1 box (18.25oz) chocolate or vanilla cake mix
 ½ cup sugar

Makes 24 cookies.

Beat margarine, egg yolks and vanilla. Slowly add cake mix. Blend until smooth. Refrigerate for 30 minutes. Form dough into balls, roll in sugar. Place on ungreased cookie sheets. Bake at 350 for 11 to 14 minutes.



FAY'S DESSERT

Fay Moss, Renton Hill

"I used fresh berries from the Renton Farmers Market!"

Gather together:

1 angel food cake
 1 pint strawberries
 1 pint blueberries
 1 package strawberry Jell-O
 Whipped topping

Place cake in a large, deep glass bowl. Rinse berries and cut strawberries in quarters. Layer on top of cake. Make Jell-O according to directions. When nearly set, pour over cake & berries. Spread whipped topping on top. Chill and serve.



RENTON HILL CARROT CAKE

Elaine Arnold, Renton Hill

"This has lots of flavor and makes for a good dessert at any gathering!"

4 eggs
 1/2 cup applesauce
 3/4 cup oil
 2 cups sugar (white, brown, or mixed)
 2 teaspoons vanilla
 2 cups flour
 2 teaspoons soda
 2 teaspoons baking powder
 1/2 teaspoon salt
 2 teaspoons cinnamon
 1/2 teaspoon nutmeg
 3 cups grated carrots
 1 cup chopped pecans

Preheat oven to 350. Grease and flour a 9X13 inch pan, or 2 8-inch round pans.

In a large bowl, beat together eggs, oil, applesauce, sugar and 2 teaspoons vanilla. Mix in flour, baking soda, baking powder, salt and cinnamon.

Stir in carrots. Fold in pecans. Pour into prepared pan.

Bake in the preheated oven for 40-50 minutes, or until a toothpick inserted into the center of the cake comes out clean.

Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.

Mix frosting ingredients together and spread on cooled cake.

Cream Cheese Frosting:

1/2 cup butter, softened
 8 oz. cream cheese, softened
 4 cups powdered sugar
 1 teaspoon vanilla

STRAWBERRY SHORTCAKE ON A STICK

Jan Venera, Talbot Hill

"I woke up in the middle of the night and this dessert popped into my head as something easy to bring to my neighborhood picnic!"

1 angel food cake
 2 pints strawberries
 Whipped cream
 Skewers

Cut cake into 1" square pieces.
 Wash and remove stems from berries.
 On skewers, alternate cake and berries.
 Serve with whipped cream on the side.

