



**Carleton University Healthy Workplace Champions
2010 Holiday Recipe Book**

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The Christmas Bark Recipe

Submitted by Sue Gilmour

Ingredients

- 1 sleeve of saltine crackers – or about 35 crackers.
- 1 cup butter
- 1/2 cup light brown sugar
- 12 oz semisweet chocolate chips
- 1 cup chopped pecans-optional.

Directions

1. Preheat oven to 350 degrees.
2. Line a cookie sheet with tin foil, folding the edges up so the sides are covered as well. Lay the saltines in a single layer on the tin foil lined cookie sheet.
3. Melt butter and brown sugar in a medium saucepan over medium to medium-high heat. Bring to a boil and cook for 3 minutes, stirring constantly. Adjust temperature as necessary. Pour butter-brown sugar mixture over the saltine crackers. Spread the mixture evenly, working quickly as it will begin to cool. Put the cookie sheet in oven and bake for 15 minutes or until the mixture bubbles.
4. Remove the pan from oven and immediately sprinkle with the chocolate chips. Wait a few minutes for the chips to soften from the heat. When the chips are soft enough, spread them evenly over the entire layer of sugar covered crackers. Immediately sprinkle chopped pecans on top. Press the pecans slightly with a spoon so they are firmly in the chocolate and will be less likely to fall off when the bark cools.
5. Put the pan into the refrigerator and refrigerate for one hour. When the bark has finished cooling, remove the pan from refrigerator. Using your hands or a pizza cutter, break or cut the bark into pieces.
6. Store in an airtight container in the refrigerator.

White Bean Dip

Submitted by Linda Fullum

Ingredients

- 1 can cannellini (white kidney) beans, drained & rinsed
- 3 cloves garlic, chopped
- 1 lemon
- 1 ½ Tbsp olive oil
- ¼ cup parsley
- Salt & pepper

Directions

Combine all ingredients in a blender or food processor and puree until almost smooth. Drizzle olive oil on whole wheat tortilla or pita chips and sprinkle dried oregano over top.

Sweet and Sour Meatballs

Submitted by Jennifer Poll

Ingredients

- 1 (15 ounce) can pineapple chunks, drained with juice reserved
- 1 tablespoon soy sauce
- 1/3 cup apple cider vinegar
- 1/2 cup dark brown sugar
- 1 tablespoon cornstarch
- 1 pound lean ground turkey or beef
- 1 egg
- 1 teaspoon Worcestershire sauce
- 1/4 cup milk
- 1/2 cup Italian dry bread crumbs
- 2 tablespoons dried minced onion
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 green bell pepper, chopped

Directions

1. Heat a slow cooker to Medium-High; stir the reserved liquid from the pineapple chunks, soy sauce, vinegar, and brown sugar together in the slow cooker. Whisk the cornstarch into the mixture until dissolved.
2. Mix the ground beef, egg, Worcestershire sauce, milk, bread crumbs, onion, salt, and pepper together in a bowl; form into 1-inch balls.
3. Heat a large skillet over medium heat; cook the meatballs in the hot skillet until browned on all sides, about 5 minutes. Place the meatballs into the slow cooker. Add the reserved pineapple chunks and green bell pepper.
4. Cover and cook until the meatballs are no longer pink in the center, about 1 hour.

Prosciutto Wrapped Scallops

Submitted by Claire Ryan

Makes 8 servings

Ingredients

- 1/4 lb. Prosciutto ham, sliced thin
- 32 large sea scallops (10/20 per pound) feet removed
- 1/3 c extra virgin olive oil
- salt and pepper to taste
- 1 c balsamic vinegar
- 4 c baby lettuce greens

Directions

1. Preheat cooker or grill to high heat.
2. In a small saucepan bring vinegar to a boil. Lower heat to a simmer and reduce vinegar to a glaze. Hold vinegar glaze at room temperature until ready to use.
3. Cut the prosciutto slices in half lengthwise. Wash the scallops under cold water and remove and discard the small tough muscle (the foot) on the side of the scallop. Pat the scallops dry with a towel and wrap a strip of prosciutto around the width of each scallop. Don't overlap it more than an inch. Trim any excess bits of prosciutto. Brush each scallop with olive oil and season with salt and pepper.
4. Grill the scallops over high heat two inches apart for 3-6 minutes or until opaque in the center, turning once during grilling time. Remove from heat and place four scallops each on eight salad plates with baby greens on it. Drizzle balsamic glaze over scallops and greens. Drizzle more olive oil and season entire salad with salt and pepper. Serve immediately.

Snowman Cheeseball

Submitted by Heather Theoret



Ingredients

- 3 packages (8 ounces each) cream cheese, softened
- 4 cups shredded Cheddar cheese (16 ounces)
- 2 tablespoons basil pesto
- 1 tablespoon grated onion
- $\frac{1}{4}$ teaspoon yellow mustard
- 2 drops red pepper sauce
- 1 container (4 ounces) whipped cream cheese, softened
- Decorations
- Assorted crackers

Directions

1. Mix 3 packages cream cheese and the Cheddar cheese; divide into 3 equal parts. Combine 2 parts to equal two-thirds of mixture; mix in pesto. Mix onion, mustard and pepper sauce into remaining one-third mixture.
2. Cover each cheese mixture and refrigerate about 4 hours or until firm enough to shape. Shape each cheese mixture into ball. Wrap each ball, label and freeze.
3. About 12 hours before serving, remove balls from freezer. Thaw in wrappers in refrigerator.
4. Arrange balls on serving plate with smaller ball on top for head of snowman. Frost snowman with whipped cream cheese before serving. Decorate as desired. Serve with crackers. Store covered in refrigerator.

Molasses Cookies

Submitted by Helen Halligan

Ingredients

- 2 1/4 cups flour
- 2 tsp. baking soda
- 1/4 tsp. salt
- 1 tsp. ground cinnamon
- 1 tsp. ground ginger
- 3/4 cup (1 1/2 sticks) unsalted butter, softened
- 1 cup dark brown sugar
- 1 extra-large egg
- 1/4 cup regular unsulphured molasses (blackstrap is too strong for this cookie)
- Granulated sugar (for coating cookie dough before baking)
- Non-stick vegetable spray (optional, for coating the scoop)

Directions

1. Heat oven to 375 degrees with the rack in the centre. Line 2 baking sheets with parchment paper, silicone pan liners or aluminum foil (if using foil, grease foil with 1 Tbsp. butter or solid vegetable shortening). Set aside.
2. Sift flour, baking soda, salt, cinnamon and ginger into a medium bowl. Set aside.
3. Cream the butter and brown sugar in a large mixing bowl with mixer on high speed until light and fluffy, about 1 minute. With mixer on medium speed, beat in the egg and molasses, then increase the speed to high and beat about 1 minute longer, until the mixture no longer looks curdled. Scrape the sides with a rubber spatula several times while mixing.
4. Mix in the flour mixture on low speed. The batter will be rather stiff. Place some granulated sugar on a small plate or saucer. Use a 1/4-cup ice cream scoop or a measuring cup to form 1/4-cup portions of dough. (Spray the cup or scoop with the optional non-stick vegetable spray to make it easier to release the dough.) Transfer the dough to your hands and roll each portion into a rough ball, then roll each ball into the sugar. Place six sugared balls on each baking sheet, spacing them evenly, because they will spread during baking.
5. Press down lightly with a damp fork to flatten each cookie a little and dampen the top. Refrigerate one filled baking sheet while the other bakes.
6. Bake for 12 minutes, or until the cookies have spread and are firm to the touch. Rotate the sheet 180 degrees halfway through the baking time. Remove from the oven and let the cookies cool on the baking sheet.

Note: This dough can be frozen for slice-and- bake cookies. Just roll into a log 2-1/2 inches thick. Wrap in plastic wrap and then in foil. Can be stored in the freezer up to 6 months.

Makes 1 dozen large cookies.

Easy Nacho Dip

Submitted by Cathy Malcolm

Ingredients

- 1 package of cream cheese
- 2/3 of a medium jar of salsa
- Shredded Monterrey Jack Cheese (or a Cheese Blend)
- 1 Bag of Tortilla Chips

Directions

1. Spread cream cheese over bottom of 8x8 pan
2. Pour salsa over top
3. Cover with shredded cheese
4. Put in oven at 350 F for about 10 minutes or until desired "bubbliness" is reached. In a pinch, you can just use the microwave but you lose that baked in flavour.

Note that low/non-fat cheese work well for this recipe.

You can also fancy it up by adding in some veggies, green onions, etc or using homemade salsa (I started that way, back when I tried to impress people :o). A great variation is to use Paul Newman's Own Peach Mango Salsa or PC's similar version.

Fantastic “Wing-It” Muffins

Submitted by Debi Nickless

Ingredients (Please note that no measuring is required!)

- 1 pkg of Oatmeal Chocolate Chip Muffin mix
- 1 egg
- 1 small container of apple sauce
- 1 shake (or the leftovers) of Raisin Bran Cereal
- Add some milk
- If mixture is too runny just add some quick Quaker oats until desired consistency is reached

Directions

Bake according to package instructions. Let cool and then enjoy

Cran-Blueberry Streusel Coffee Cake

Submitted by Cindy Robinson

Streusel ingredients

- ¾ cup brown sugar
- ½ cup flour
- 1 tsp cinnamon
- ¼ cup butter

Cake ingredients

- ½ cup butter, softened or melted
- 1 cup white sugar
- 2 eggs
- 1 tsp vanilla
- 2 cups flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 cup sour cream
- 1 cup each of cranberries and blueberries (fresh or frozen)

Directions

For streusel:

Mix the butter, flour, cinnamon and sugar in a bowl. The mixture will be crumbly. Set aside

For cake:

1. Cream the butter and sugar until fluffy in a large bowl. Beat in eggs and vanilla
2. In another bowl, combine the flour, baking powder, and baking soda. Add to the creamed mixture alternately with the sour cream.
3. Spread half the batter in a greased and floured 10 inch cake pan. Sprinkle on half of the streusel mixture, then half of the berries. Spread remaining batter, top with berries, then the rest of the streusel.
4. Bake at 350 degrees for about one hour. Cool for 10 minutes. Serve warm or cold.

Tip: To make the recipe healthier, cut the amount of white sugar in half or use Splenda as a substitute. Consider using whole wheat flour and low fat sour cream as well.

Triple the Ginger Cookies
Submitted by BJ Miskelly



Ingredients

- 3/4 cup butter
- 1 cup packed brown sugar
- 1 egg
- 1/4 cup molasses
- 2 1/4 cups all-purpose flour
- 2 teaspoons ground ginger
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 1/2 tablespoons minced fresh ginger root
- 1/2 cup chopped crystallized ginger

Directions

1. In a large bowl, cream together the butter and brown sugar until smooth. Beat in the egg and molasses. Combine the flour, ground ginger, baking soda, and salt; stir into the molasses mixture using a wooden spoon. Mix in the fresh and crystallized gingers. Cover, and refrigerate dough for at least 2 hours, or overnight.
2. Preheat oven to 350 degrees F (175 degrees C). Shape dough into 1 inch balls, and place about 2 inches apart onto ungreased cookie sheet.
3. Bake for 10 minutes in the preheated oven, or until lightly browned. Cool on wire racks.