All recipes have been submitted by LIFE members.

4th of July Pot Luck Recipes to save your LIFE.
Hello LIFE Friends!

It’s almost July 4th.....the day we celebrate America’s independence and a day when we get together with friends and family for an outdoor celebration that likely includes fireworks, music and food, particularly food that is grilled outdoors as part of the celebration!

While the 2020 version of Independence Day might not be the same as years past, it still likely includes virtual fireworks, good food and fellowship with those closest to you. And whether your celebration is for two or twenty, it might be time to kick your menu up a notch or two.

Welcome to the First Annual (maybe) Fourth of July Pot Luck Recipes to Save Your LIFE!

A collection of fun Fourth of July recipes, all submitted by your fellow LIFE at UCF members and guaranteed to WOW your Fourth of July guests. We have appetizers, main courses, side dishes, desserts and even a cocktail or two; guaranteed to make you the host or hostess with the most or mostest!

Thank you to all the LIFE members who submitted their favorite lip smacking recipes.

Happy Fourth of July LIFE at UCF members! Enjoy!

Todd
CHAPTER 1

Appetizers
Ingredients

- 2 dozen eggs
- 1.5 C extra sharp cheddar cheese, shredded
- 1 C mild cheddar cheese, shredded
- 1/2 C hickory smoked bacon, cooked and cut into 1/4” pieces
- 8 oz cream cheese
- 3/4 C mayonnaise
- 1/4 C onion, minced
- 1 lg clove garlic, minced
- 1/4 tsp cayenne pepper
- 1/2 tsp paprika
- Sea salt and pepper to taste

Garnish:

- 1/4 C cooked and crumbled bacon
- 4 scallions, green and white parts, chopped

Procedure

- In large saucepan, place eggs in a single layer and add enough water to cover the eggs with 1.5 inches of water above the eggs.
- Heat, uncovered, over medium-high heat until water begins to boil. Cover, reduce the heat to low and cook for 1 minute.
- Remove the saucepan from the heat and leave, covered, for 14 minutes, then rinse under cold running water for 1 minute.
- Remove the eggs from the water, gently crack the eggshells and carefully peel under cool running water. Blot the eggs dry with paper towels.
- Slice the eggs in half lengthwise and remove yolks. The yolks into a large bowl and all of the whites on a large serving platter.
- Mash the yolks into a fine crumble.
- Add cheddar, 1.2C bacon, cream cheese, mayonnaise, onion, garlic, pimentos, paprika, cayenne, salt and pepper and mix until well combined. (You can also mix in a stand mixer using the paddle attachment.)
- Season to taste with salt and pepper.
- Using a spoon, or piping bag fill the egg white halves.
- Garnish with bacon and chopped scallions.

NOTE: This recipe can successfully be reduced.
Candied Spiced Pecans

Submitted by Candace Alcorn & Donna Miller

These are so yummy that they were submitted by TWO members!

Ingredients

- 2 egg whites
- 1 T vanilla extract
- 1 3/4 C sugar
- 1 3/4 C brown sugar
- 1 T cinnamon,
- 1/2 tsp nutmeg
- 1/4 tsp salt
- 2 lbs whole pecans. (1lb is 4C)

Procedure

- In a small bowl whisk the egg whites and vanilla until very frothy, this may take a minute or two. Set aside.
- In a medium-sized bowl, add the sugars, cinnamon, nutmeg and salt, stir until combined. Set aside.
- Put the pecans in a large bowl, pour the eggs white and vanilla mixture over the nuts. Stir until the pecans are evenly coated. Pour the sugar mixture in, and stir until the pecans are coated.
- Spray the slow cooker with non-stick spray or coat the bottom and edges with a little oil. Add the sugar coated pecans.
- Cover. Set the slow cooker on low temperature. Cook for 3 hours, stirring every 20 minutes.
- When the cooking time is done, pour the nuts onto a baking sheet lined with wax or parchment paper. Cool for 30 minutes before storing or packaging into bags. Enjoy!
Chunky Chipotle Salsa
Submitted by Mike Collin

Ingredients
• 2 15 oz cans diced tomatoes with basil, garlic and oregano
• 1 10 or 15 oz can diced tomatoes with green chilies
• Juice of one lime
• 1 tsp ground cumin
• 1 1/2 tsp salt
• 1 1/2 tsp sugar
• 1/2 tsp ground black pepper
• 1 to 3 (depending on your heat tolerance) chipotle peppers in adobo (leftover peppers freeze well)
• 1 bunch of cilantro, stems removed

Procedure
• Pour all three cans tomatoes in a colander; drain most of the liquid
• In a blender put tomatoes; add, lime juice, cumin, salt, sugar, black pepper, chipotle peppers, cilantro and onions
• Pulse about 10 to 15 times
• Give it a taste to check for seasoning

Make this salsa several hours in advance so the flavors can “marry.”

NOTE:
Make this salsa several hours in advance so the flavors can “marry.”
If covered, salsa will keep in the fridge, for about a week.
CHAPTER 2

Main Course
Roasted Tomato & Feta Chicken

Submitted by Chris Myers

NOTE: You can substitute shrimp for the chicken.

Ingredients

• 2 pints of grape tomatoes
• 2 cloves of garlic, sliced
• 3T olive oil
• 1 tsp salt
• 1/2 tsp pepper
• 1 1/2 lbs. cut up chicken (or peeled and deveined, raw medium shrimp)
• 1/2 C jarred roasted red bell peppers
• 1/4 C fresh parsley (optional)
• 1 (4 oz) pkg. crumbled feta cheese
• 2T fresh lemon juice

Procedure

• Preheat oven to 450 degrees.
• Place tomatoes and next 4 ingredients into a 9 x 13 inch baking dish, tossing gently to coat.
• Bake 15 min.
• Stir in chicken and peppers.
• Bake 25 min. or until chicken is cooked. (If you are making this dish with shrimp bake 10-15 min or until shrimp turn pink).
• Toss with parsley, feta cheese, and lemon juice.
• Serve immediately.

NOTE: This recipe can successfully reduced by half.

Serve over rice and/or with crusty French bread.
Dawn Patrol Stew

Submitted by Rich Sloane

Ingredients

1 case of "C" rations.

Procedure

- Wake before dawn.
- Shave, shower, dress and shuffle down to quartermaster shack.
- Draw one case of "C" rations and stow in forward cabin of river patrol boat.
- Take in all lines and begin patrolling lower reaches of the Mekong River.
- Go below and select from one of the 12 self-contained meals, featuring gourmet main dishes, including ham and lima beans, frankfurters and beans and spaghetti and meatballs.
- Open boxed meal and remove olive drab can containing main course.
- Open cover to boat engine compartment and place can on engine manifold.
- Let heat for 4 hours, or until hungry.
- Using a can opener supplied with boxed meal, open can, being careful to avoid spraying hot juices on your face or hands.
- Bend back lid and dig in.
- Serve with crackers and jam, processed cheese, chocolate bar, canned peaches or pound cake and powdered beverage.
- Follow with Chicklets for dessert.

NOTE: The Indian River may be substituted for the Mekong.
Roasted Vegetable Lentil Salad with Feta

Submitted by Mo Cortese

Ingredients

For Braised Lentils:
• 1 pound dried green lentils, rinsed
• 2 bay leaves
• 6 garlic cloves
• 4 parsley stems
• 1 onion, ends trimmed, peeled and cut in half lengthwise
• 2 tsp kosher salt

For Salad:
• 2 medium carrots, peeled and diced into 1-inch pieces
• 1 large sweet potato, peeled and cut into ½-inch pieces
• 1/2 red onion, sliced into ½-inch half-moons
• 6T extra virgin olive oil, divided
• 3 C cooked lentils
• 2 stalks celery, minced
• 1/4 C celery leaves, chopped
• 1 C fresh spinach, chopped
• 1/4 C fresh parsley, chopped
• 2T sunflower seeds (or your favorite nut)
• Juice of 1 lemon
• 1/2 C crumbled feta cheese
• Kosher salt and pepper

Procedure

For Braised Lentils:
• Add all of the ingredients to large pot.
• Cover with at least 3 inches of water.
• Bring to boil, then reduce heat to simmer.
• Cook, uncovered, for about 20 to 25 minutes, until lentils are soft, but not mushy. They should still hold their shape and have a little bite to them.
• Drain and discard aromatics.

For Salad:
1. Preheat oven to 425 degrees Fahrenheit.
2. Place carrots, sweet potato and red onion on large baking sheet. Toss with 1 tablespoon of olive oil. Season with salt. Bake for 25 to 30 minutes or until golden brown and tender, tossing halfway through.
3. In a large bowl, combine roasted vegetables with cooked lentils. Add celery, celery leaves, spinach, parsley and sunflower seeds.
4. Drizzle remaining olive oil and lemon juice over top. Toss to combine, and season with salt and pepper. Gently fold in feta and toss one more time.
Ingredients
For Braised Lentils:
• 1 pound dried green lentils, rinsed
• 2 bay leaves
• 6 garlic cloves
• 4 parsley stems
• 1 onion, ends trimmed, peeled and cut in half lengthwise
• 2 tsp kosher salt
• 1T olive oil
• 1/2 red onion, diced
• 2 carrots, peeled and diced cut into 1/2-inch pieces
• 2 stalks celery, diced
• 1 small sweet potato, peeled and cut into 1/3-inch pieces
• 2 garlic cloves, minced
• 1 can (14.5 ounces) diced tomatoes
• 1T harissa paste
• 3 C chicken broth (may use vegetable broth)
• 1 bay leaf
• 1 C cooked lentils
• 2 C fresh spinach
• Kosher salt and pepper
• Shaved Parmesan, optional
• Fresh parsley, chopped

Procedure
• Heat olive oil in pot over medium heat.
• Add onion, carrots, celery and sweet potatoes. Sauté for about 5 minutes.
• Add garlic and cook another minute.
• Add tomatoes, harissa paste, stock, bay leaf and 1 teaspoon kosher salt. Bring to boil, then reduce to simmer and cook for 25 minutes, until sweet potatoes are cooked.
• Add lentils and spinach and cook until spinach is wilted. Check for seasoning and add salt if needed.
• Garnish with Parmesan and parsley before serving.

NOTE: For even more spice add Harissa Sauce
Lemon Brunch Bake

Submitted by Karen Gross

Ingredients

• 2 8oz. pkgs. softened cream cheese
• 1 15 oz. container of Ricotta Cheese
• 5 eggs, divided
• 3/4 C sugar, divided
• 2 tsp. grated lemon peel
• 3T fresh lemon juice
• 1 C flour
• 1 C (2 sticks) butter or margarine (melted)
• 1/4 C milk
• 1T baking powder

Procedure

• Preheat oven to 325 degrees F.
• Beat cream cheese, ricotta cheese, 2 of the eggs, 1/4 C of sugar, lemon peel and lemon juice in large bowl with electric mixer on medium speed until well blended. Set aside.
• Place flour, butter, remaining 3 eggs, remaining 1/2 C sugar, milk, and baking powder in separate large bowl
• Beat with wire whisk until well blended.
• Spread 1/3 of the dough onto bottom of greased 13x9 greased baking dish
• Cover with cream cheese mixture
• Gently spoon remaining dough over top

Bake 45 minutes or until center is set. Cut into 16 pieces to serve. (can be smaller pieces-it's very rich)
Sprinkle with powdered sugar, if desired.
Carolina Barbecue

Submitted by Gail Agor

Ingredients

- 4-5lb pork butt
- 2T salt
- 2T sugar
- 2T brown sugar (light or dark)
- 2T ground cumin
- 2T chili powder
- 2T freshly cracked black pepper
- 1T cayenne pepper
- 4T paprika
- 1C white vinegar
- 1C cider vinegar
- 1T sugar
- 1T crushed red pepper flakes
- 1T Tabasco sauce
- Salt and pepper

Procedure

- Pre-heat the oven to 225 degrees.
- Mix the salt, sugars, cumin, chili powder, black and cayenne peppers and paprika together.
- Massage into all sides of the butt. Let the butt sit for 2 hours to get to room temperature.
- Put into a large Dutch oven and then put it into the pre-warmed oven.
- Cook for about 5-6 hours. I keep checking it to see if the pork can be shredded.
- While the butt is cooking, mix the next 6 ingredients and set aside.
- When the butt can be shredded, using two forks, take out of the oven (remove the bone, if there is one) and have a blast shredding the meat!
- When all is shredded to the consistency you like, pour the liquid sauce over and mix up.
- Serve on white fluffy buns

NOTE: This recipe can successfully reduced and/or frozen. Freeze in small, labeled, ziplock bags. Flatten the bag after removing as much air as possible. This allows for ease of stacking in the freezer.
CHAPTER 3

Sides
Carolina Coleslaw
Submitted by Paul James

Ingredients
• 8 C cabbage, sliced very thinly
• 1 medium green pepper, minced
• 1 medium sweet onion, chopped finely

Dressing
• 1/2 C sugar or Splenda
• 1/2 tsp salt
• 1/2 tsp dry mustard
• 1 tsp celery seed
• 1 C vinegar
• 1/3 C canola oil

Procedure
• Combine the cabbage, green pepper and onion in a large bowl.
• Mix the dressing ingredients in a sauce pan.
• Bring the dressing to a boil over medium heat, stirring until the sugar dissolves.
• Pour boiling dressing mix over cabbage, green peppers and onion.
• Mix well.

• Let cool to room temperature.
• Cover and refrigerate. Stir to mix from time to time until served.
• Mix again before serving.

NOTE: If you substitute Splenda for the sugar, it will dissolve when it hits the liquid. Still bring the dressing mix to a boil.

NOTE: If you substitute Splenda for the sugar, it will dissolve when it hits the liquid. Still bring the dressing mix to a boil.

There is no mayonnaise in this coleslaw so it will not spoil while sitting out.

Family and friends have questioned it and snubbed it at first...but now request it for summer gatherings!
Spinach Orange Salad
Submitted by Chris Myers

Ingredients

Salad Dressing:
• 1/4 C salad oil
• 2T sugar
• 2T white vinegar
• 1T parsley
• 1/2 tsp salt
• 1/4 tsp pepper
Mix together and refrigerate

Salad:
• Spinach or leaf lettuce
• 1/4 C slivered almonds
• 4 tsp sugar
• 1 C sliced celery
• 2T green onions; chopped
• 1 can Mandarin oranges; drained

Sugar coated slivered almonds
• 1/3 C slivered almonds
• 4 tsp sugar

Procedure

• In a small skillet put in the almonds and sugar and cook them until the sugar coats the almonds and they turn a golden color. **NOTE:** Watch carefully because the almonds and sugar can easily burn.
• Combine dressing ingredients in a container and shake well.
• Refrigerate for several hours or overnight.
• Prepare almonds and let cool.
• Place spinach or leaf lettuce in a large salad bowl.
• Add celery, green onion and oranges.
Pour over dressing and sprinkle with almonds.

**NOTE:** This recipe can easily be doubled or tripled for large groups.
Three Bean Salad

Submitted by Terry Lee

Ingredients

- one 15-oz can chickpeas
- one 15-oz can black beans
- one 15-oz can butter beans
- one clove garlic
- 1 tsp honey
- 1T Dijon mustard
- 1T white wine vinegar
- 1/4 C olive oil
- 1 tsp zaatar
- Kosher salt and freshly ground pepper
- juice of one lemon
- 3T fresh mint leaves, chopped
- 3T fresh parsley leaves, chopped
- 3T fresh tarragon, chopped
- 4 stalks celery, finely diced
- 1/2 red onion or shallot, small dice

Procedure

- Drain and rinse all the beans in a colander. Set aside and allow to fully dry.
- Grate the garlic on a rasp over a large bowl.
- Whisk in the honey, Dijon, vinegar, olive oil, zaatar, salt, pepper, lemon juice, 1T mint, 1T parsley and 1T tarragon.
- Add the celery, onion and the beans, then 1 more T of each herb. Toss to coat.
- Garnish with the last of the herbs.
- Either serve immediately or keep refrigerated for up to 3 days.
Easy Peasy Slaw
Submitted by Terry Lee

Ingredients
- 4 C frozen peas (about 16 oz)
- 1 pkg (14 oz) coleslaw mix
- 4 green onions, chopped
- 1 C poppy seed salad dressing
- 1 C sweet & crunchy peanut or honey-roasted peanuts

Procedure
- Place peas, coleslaw mix and green onions in a large bowl.
- Pour dressing over salad and toss to coat.
- Stir in peanuts just before serving.

NOTE: About 16 servings.
Beer Rice

Submitted by Leslie Collin

Ingredients

• 1/2 C chopped onion
• 1/2 C chopped green pepper
• 1/2 C melted butter or margarine
• 2 chicken bouillon cubes
• 2 C boiling water
• 1 C long-grain rice
• 3/4 C beer
• 1/4 tsp salt
• 1/4 tsp pepper
• 1/4 tsp dried thyme

Procedure

• Saute onion and green pepper in butter in a saucepan over medium heat until tender
• Dissolve bouillon cubes in boiling water
• Add bouillon mixture to onion and green pepper mixture
• Stir in rice, beer and seasonings
• Bring to a boil; cover reduce heat and simmer 30-40 minutes or until liquid is absorbed and rice is tender.

Yield 4 servings
Peas, Beets, and Water Chestnut Salad

Submitted by Donna M. Miller

Ingredients
• One 8 oz. can baby peas; drained
• One 8 oz. can diced beets; drained
• One 2 1/2 oz. can sliced water chestnuts
• 2T plain low-fat yogurt
• 2T mayonnaise
• 1/4T tarragon
• 1/8 tsp. dill weed
• 1/4 tsp. salt
• Fresh-ground black pepper to taste
• Dash of garlic powder.

Procedure
• Combine all and chill one hour.
• Serve on lettuce.
Cabbage Waldorf salad

Submitted by Sawn Medrano

Ingredients

- 1/2 small head red cabbage
- 1 large green or honey crisp apple
- 1/2 C cranberries dried (Craisins)
- 3/4 C chopped walnuts
- 3/4 C mayonnaise

Procedure

- Slice the red cabbage into thin slices and then chop to small pieces
- Chop apple into bite size pieces
- Add all ingredients to a large bowl and mix
Peach & Raspberry Chicken Salad

Ingredients

For salad
• Assorted salad greens
• 2 large peaches; pitted and sliced
• 1 lb. grilled chicken breasts; sliced
• 1 C fresh raspberries
• 1/4 C slivered almonds
• 1/4 C crumbled goat cheese

• For vinaigrette
• 1 large peach; pitted and cut into quarters
• 2 T sugar
• 2 T lemon juice
• 3 T balsamic vinegar
• pinch salt
• 1/3 C vegetable oil

Procedure

• Divide salad greens between 4 plates.
• In a blender, add all dressing ingredients, except vegetable oil.
• Cover and process until well blended.
• With the blender running, gradually add oil in a steady stream until emulsified and creamy.
• Place a row of sliced chicken on greens, then a row of raspberries, followed by a row of sliced peaches.
• Sprinkle goat cheese and almonds over top.
• Drizzle dressing over salad.
Macaroni and Cheese

Submitted by Mary Van Brunt

Ingredients

• 16 oz. pkg of elbow macaroni
• Medium onion; chopped
• 4 1/2 C fresh shredded cheese
• 1 1/2 C mayonnaise
• 2 cans cream of mushroom soup
• 1/2 stick butter; melted
• 1 sleeve of Ritz crackers

Procedure

• Cook and drain macaroni.
• Mix well ,mayonnaise and soup.
• Add 4 cups of shredded cheese.
• Add to macaroni.
• Spray 8 x 11 Pyrex with cooking spray.
• Pour ingredients in pan.
• Then take a ziplock bag, add ritz crackers, crumble and then add melted butter, shake well.
• Top casserole with 1/2 cup shredded cheese and Ritz crumbs mixture. Cook for 25 minutes.
CHAPTER 4

Dessert
Pretzel Salad Dessert
Submitted by Terry Lee

Ingredients
Crust:
• 2 C crushed pretzels
• 3 T sugar
• 1 1/2 sticks of melted butter

Filling:
• 8 oz cream cheese
• 1 C sugar
• Cool Whip (8-9 oz)

Topping:
• 2 16oz pkgs frozen strawberries
• 1 lg strawberry Jello
• 2 C boiling water

Procedure
• Preheat oven to 400 degrees
• Mix the pretzels, sugar and butter
• Press into a 9X13 inch pan
• Bake for 8 minutes
• Cool
• Blend (until smooth) cream cheese and sugar
• Fold in the Cool Whip
• Spread on cooled crust
• Mix Jello with boiling water. Add frozen fruit and let sit 10 minutes, stirring several times
• When cool, but not set, put the strawberry mixture on the creamed filling
• Refrigerate until the Jello has set
No Churn Strawberry Ice Cream

Submitted by Norma Verner

Ingredients

• 1 14 oz can sweetened condensed milk
• 2 cups heavy cream - cold
• 1 lb frozen strawberries - slightly thawed
• 1 tsp vanilla
• Yogurt pretzels or crunch of your choice

Procedure

• In food processor, pulse strawberries to pea size
• Combine condensed milk and vanilla with strawberries
• Whip cream to solid peaks.
• Combine 1/2 of whipped cream into strawberry mixture
• Gently fold this mixture into remaining whipped cream
• Pour into chilled 9"x5" loaf pan
• Freeze for two hours
• Stir in chopped up crunch
• Freeze for three more hours

NOTE: Fourth of July - Could add frozen blueberries for festive color.
Granny’s Cherry Sheet Cake
Submitted by Rosemary Trappen

**Ingredients**
- 4 C flour
- 1 C sugar
- 3 tsp baking powder
- 1/4 tsp salt
- 2 sticks margarine, softened
- 4 whole eggs
- 1 C milk
- 1 tsp vanilla
- 1 tsp lemon juice
- 3 Cans prepared sweetened cherry pie filling

- Warm oven to 37d degrees
- Sift together flour, sugar, baking powder, 1/4 tsp salt
- Blend in softened margarine, softened
- Mix together eggs, milk, vanilla, lemon juice
- Add wet ingredients to dry and mix with wooden spoon.
- Grease and flour a 12 x 18 sided cookie sheet
- Place gobs of dough in six different places and spread evenly over pan. NOTE: Should be 1/4 inch thick.
- Reserve enough dough to fill a cookie press.
- Set aside cookie press with dough.
- Spread cherry pie filling on dough in prepared pan that has been
- Using press, criss cross dough on top of filling (lattice style) after going around the perimeter of the sheet pan first.

Bake for 25 minutes or until brown

**NOTE:** This recipe can successfully reduced and/or frozen. Freeze in small, labeled, ziplock bags. Flatten the bag after removing as much air as possible. This allows for ease of stacking in the freezer.
Red, White & Blue Jello Shots

Submitted by Todd Bowers

Ingredients

• 1 3-oz envelope of Strawberry Jello
• Clear distilled liquor (try flavored vodka, rum or tequila)
• 14-oz can of sweetened condensed milk
• 1 envelope of unflavored gelatin
• 1 3-oz envelope of Berry Blue Jello

Procedure

• Starting with the red layer, combine 1 1/4 cup of hot water with red gelatin in a medium bowl. Stir until the gelatin is dissolved.
• Add 3/4C of a spirit of your choice.
• Fill a shot glass 1/3 of the way full with the hot gelatin mixture.
• Refrigerate for 60 to 90 minutes.
• Once the red layer is set, dissolve the unflavored gelatin in 3/4 cup of hot water.
• Stir in half of a 14 oz. can of condensed milk, and combine.
• Pour over the red layer in your shot glasses and refrigerate for 60 to 90 minutes.
• Dissolve the berry blue flavored gelatin in 1 1/4 cup of hot water.
• Stir in 3/4 cup of your choice of spirit, and top your shot glasses.
• Refrigerate for 60 to 90 minutes.
• It's important to let each layer set so that it won't bleed into the following layer.

NOTE: Fireworks, barbecues, and jello shots: the only three party essentials you need to make your Fourth of July shine. Independence Day is cause for celebration and an adult beverage. But instead of the usual beers found in the cooler, why not learn how to make red, white, and blue jello shots... hey, they're patriotic! These party favors are layered red, white, and blue, can include your favorite liquor or not, and you can make them in whatever shapes and sizes you want.

Plan on babysitting these shots for at least three hours you'll need to wait an hour for each layer of gelatin to set before adding the next layer. Have fun with the variety of alcohol you can use for the red and blue layers. Typically, vodka is the de facto spirit for jello shots, but you can use whatever clear spirit you have on hand. I used white rum.

These can be made in shot glasses or in a baking dish. If you’re using individual plastic shot glasses, use clear ones so you can see the red, white and blue! If you’re using a baking dish, cookie cutters are fun to make shapes out of the gelatin.

This recipe can be successfully halved or doubled!

-Todd
Red White & Blue Sangria

Submitted by Gail Agor

Ingredients

- 4 oz. Vodka
- 2.5 oz. Cointreau
- 1 bottle of White Wine
- 4 oz. Simple Syrup
- 12 oz. Tropical Fruit Juice
- Sparkling Wine
- Fruit (strawberries, blueberries, pineapple)

Procedure

- In a large pitcher mix fruit with Vodka and Cointreau
- Refrigerate for 3 to 4 hours or overnight.
- Pour white wine and simple syrup and tropical fruit juice into the pitcher.
- Mix well and pour over ice in a wine glass.
- Top with Sparkling Wine and garnish with a scoop of fruit.

NOTE: I prefer my beverages less sweet; however, should you have a sweet tooth, you can use moscato as your white wine and a sweet Prosecco. Play with this...the recipe is very adaptable, as well as beautiful in a glass.
Prosecco Float

Submitted by Gail Agor

Ingredients

• 3 scoops of lemon sorbet
• Lemon slice
• Blueberries
• Prosecco

Procedure

• Scoop the lemon sorbet into a large wine glass
• Add the lemon slice and a few blueberries
• Fill the glass with Prosecco

NOTE: This recipe is for one yummy serving!
Bar B Q Sauce

Submitted by Margaret Gilmore

Ingredients

• 1 (10 oz) can tomato soup
• 1 (8 oz) can tomato sauce
• 1/2 C molasses
• 1/2 C vinegar
• 1/2 C brown sugar, packed
• 1/4 C oil
• 1T minced onion
• 1T salt
• 1T Worcestshire sauce
• 1 tsp shredded orange peel
• 1 1/2 tsp paprika
• 1/2 tsp pepper
• 1/4 tsp garlic powder
• 1T dry mustard

Procedure

• Combine all ingredients in a saucepan.
• Bring to a boil.
• Reduce heat and simmer 20 minutes.

NOTE: Sauce may be used on chicken or pork.