



Built on the Rock Repointing Committee

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RECIPES FROM THE 2015

*Tour of
Tables*

**Shared by
St. Paul Food Team Members**

This Tour of Tables Event Was Presented on August 1, 2015 by the

**BUILT ON THE ROCK
REPOINTING COMMITTEE**

*of
St. Paul Evangelical Lutheran Church & School
Fairmont, Minnesota*



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Vegetable Medley

1-16 oz. can peas, drained
1-16 oz. can white shoe peg corn, drained
1-16 oz. can French style green beans, drained
Small jar of diced pimentos, drained
1 c. chopped celery
1 green pepper, diced
1 c. purple onion, diced

Dressing:

1 c. sugar
½ c. cider vinegar
½ c. oil
1 t. salt
1 t. pepper

Bring to boil and cool.

Mix lightly with vegetables and refrigerate.

Black Bean & Rice Salad

1 c. rice, measured before cooking (regular, not instant)
1 - 15 oz. can black beans, drained, rinsed
1 medium red pepper, finely chopped
1 medium yellow pepper, finely chopped
1 medium green pepper, finely chopped
¾ c. Hidden Valley Ranch bottled dressing
3 green onions, thinly sliced
¼ c. cilantro, chopped
1 t. ground cumin

Cook rice as directed on pkg., adding 1 T. oil to water.

Rinse, drain and place in large bowl. Cool.

Add remaining ingredients, mix lightly. Cover and refrigerate.

Best if made the day you plan to serve. If made the day before, you may need to add additional dressing.

Broccoli Salad

One head of broccoli, washed and cut flower ends into bite size pieces, to make 3 cups.

Add:

½ c. raisins

2 c. red grapes, sliced in half

½ c. slivered almonds

½ lb. bacon, fried well and crumbled

Mix lightly and refrigerate

Dressing: (To be added when ready to serve)

½ c. mayonnaise

¼ c. white vinegar

½ c. sugar

Tuna Salad

2 c. uncooked macaroni shells

1- 6 ½ oz. can of tuna, drained

1 small onion, finely chopped

½ c. celery, finely chopped

Salt and pepper to taste

Miracle Whip

Cook macaroni in boiling, salted water, until tender. Drain and chill. Combine with remaining ingredients and mix lightly.

Tomato/Mozzarella Salad

4 pints of fresh grape or cherub tomatoes
24 oz. Mozzarella string cheese, cut into ½ inch chunks
½ c. of fresh basil leaves, finely chopped
½ t. salt
¼ c. olive oil
Combine above ingredients and refrigerate for 2 hours or more.

Carrot Cupcakes

2 ¼ c. flour
2 t. baking soda
2 t. cinnamon
½ t. salt
¾ c. oil
¾ c. buttermilk
3 eggs
2 c. sugar
2 c. shredded carrots
1-8 oz. can crushed pineapple, drained
1 c. flaked coconut
1 c. chopped nuts
Whisk oil, buttermilk and eggs in large bowl until well blended. Add sugar, carrots, pineapple, coconut, walnuts and dry ingredients. Mix well. Bake in 24 paper lined cupcake pans for 20-25 minutes at 350 degrees. Test for doneness. Remove from pan and cool on racks.

Frosting:

1-8 oz. pkg. cream cheese
¼ c. margarine
1 t. vanilla
4 ¼ c. powdered sugar
Beat cream cheese and margarine on medium speed with mixer until light and fluffy. Blend in vanilla. Gradually add powdered sugar, beating until blended. Frost and refrigerate cupcakes.

Cherry Jello Salad

Dissolve 2- .3 oz. pkg. of cherry Jello in 2 c. boiling water.

Chill until slightly thick. (Watch carefully, or it may thicken too much.)

Fold in:

2 cans cherry pie filling

2 c. diced, peeled apples

1 c. diced celery

½ c. chopped pecans

May be chilled in a cake pan, to be cut in squares or in a serving bowl.

Taco Salad

1 lb. ground beef

½ c. chopped onion

1 t. salt

One envelope of taco seasoning

2 c. kidney beans, optional

½ c. Western Dressing

4 c. shredded lettuce

½ c. sliced green onions

2 c. shredded Cheddar cheese

2 tomatoes, cut into chunks or may use cherry tomatoes, halved

Taco Chips, lightly crushed

Brown ground beef with ½ c. chopped onion and salt.

Drain off fat.

Add seasoning packet as directed on package. Simmer for 10-15 minutes.

Cool slightly and add remaining ingredients, tossing lightly.

Spinach/Strawberry Salad

1 lb. fresh spinach
1 pint fresh strawberries, sliced
½ c. toasted pecans, halved
1 ½ t. poppy seeds

Dressing:

1/3 c. raspberry vinegar
1 t. dry mustard
1 t. salt
½ c. sugar
1 c. vegetable or olive oil
Blend dressing in blender.

Add dressing to above ingredients and serve.

Chicken/Pasta Salad

3 whole chicken breasts, cooked and cubed (6 c. cubed)
16 oz. Barillo Brand Campanelle or Bow pasta, cooked for
10 min. and cooled
1 – 20 oz. can pineapple tidbits, drained
1 c. chopped celery
3 c. red grapes
¾ c. toasted pecans
1 – 15 oz. jar of Jimmy's Pineapple Cold Slaw Dressing
1 c. Miracle Whip
Lightly mix all ingredients and refrigerate. (Salad will
seem juicy, but will absorb dressing as it sits.)
Best if made the day you wish to serve it. If made the day
prior to serving, you may need to add a bit more dressing or
saved pineapple juice for moisture.
This recipe makes one gallon.

Chinese Coleslaw

1 pkg. shredded cabbage
5 or 6 green onions, ¼" slices
2 pkgs. Ramon noodles (Do not use flavor packet)
1/2 to 1 c. sliced almonds
1/4 to 1/2 c. sesame seeds
1 stick butter

Dressing:

3/4 c. sugar
3/4 c. oil
1/2 c. vinegar
3 t. soy sauce
Mix well.

In large skillet, melt butter and add broken up noodles, almonds and sesame seeds; toast them, stirring, until they are golden brown. Drain on paper towels and cool. This can be done ahead and stored in large plastic bag.

Mix the cabbage and onion; add the dressing just before serving. Toss well. Add noodles, seeds and nut mixture, combining all ingredients.

Note: Salad keeps 3 days in refrigerator, although noodles will get soggy.

Shrimp Salad

1-7 ½ oz. box Creamette rings, cooked according to directions and cooled
1 small and 2 medium cans of shrimp, drained and rinsed
5 hard boiled eggs, cooled and chopped
½ to 1c. onion, chopped
1 ½ c. celery, chopped
1 pkg. frozen peas, cooked
3 c. Miracle Whip and sugar to taste
"Aunt Jane's Mixed Up Salt", to taste

Mix well and refrigerate over night.

Raspberry Filled Cupcakes

One Duncan Hines White cake mix

1-3 oz. pkg. vanilla instant pudding

4 egg whites

1 c. plus 2 T. milk

¼ cup oil

Mix the cake mix and dry instant pudding together. Add rest of ingredients and mix on low for 1 ½ minutes. Mix at medium speed for 3 minutes. Place in 24 cup cake lined pans. Bake for 20 minutes at 350 degrees.

Remove from pan and cool on rack.

Poke wooden spoon handle into each cupcake to make hole for filling. Fill with canned raspberry pie filling, using a large cake decorator tip.

Frosting:

One pint whipping cream, whipped to soft peaks. Add ½ of a 3 oz. pkg. dry instant vanilla pie filling combined with 1/3 cup powdered sugar. (May add a couple drops of red food coloring and 1 t. of raspberry flavoring.) Whip just until stiff. Frost with a spatula or decorator tip. Top with a fresh raspberry. This frosting will stay firm for 2 hours or more at room temperature or refrigerate for longer period of time.

Cream Filled Chocolate Cupcakes

One Duncan Hines Dark Chocolate Cake Mix

Mix as directed on box and fill 24 paper lined cupcake pans.

Combine:

1- 8 oz. cream cheese

1/3 c. sugar

Dash of salt

1 egg

Beat cream cheese, sugar and salt well, until sugar is dissolved. Add one whole egg and beat until well combined. Add ½ c. chocolate chips. Dollop 1 t. of cream cheese mixture into each cupcake before baking.

Bake at 350 degrees for 20 minutes. Test for doneness.

When cooled, frost with the following:

Whip 1 pint of whipping cream to soft peaks. Add ½ of a 3 oz. pkg. of instant vanilla pudding combined with 1/3 c. powdered sugar and beat just until stiff.

This frosting will stay firm for at least 2 hours at room temperature. To keep for a longer time, refrigerate.

Note:

Different flavored instant pudding may be used to frost other flavored cakes.

Creamed Cucumbers

1 gallon sliced cucumbers

Dressing:

$\frac{3}{4}$ c. mayonnaise

$\frac{1}{4}$ c. creamy cucumber bottled dressing

3-4 T. sugar

1 t. salt

Combine all ingredients add to sliced cucumbers and refrigerate.

No Egg Potato Salad for 25

5# red potatoes boiled with skins on

Peel while warm and fine dice

$\frac{1}{2}$ medium onion chopped finely

Celery and radishes are optional

Dressing: (To be mixed with potatoes while still warm.)

1 pint of Miracle Whip

$\frac{1}{2}$ c. Half and Half

$\frac{1}{2}$ c. sugar

1 T French's mustard (may want more)

$\frac{1}{2}$ t. Lawry's Seasoning

$\frac{1}{2}$ t. onion powder

$\frac{1}{2}$ t. white pepper

Lemon Filled Cupcakes

One Duncan Hines White cake mix

1-3 oz. pkg. vanilla instant pudding

4 egg whites

1 c. plus 2 T. milk

¼ cup oil

Mix the cake mix and dry instant pudding together. Add rest of ingredients and mix on low for 1 ½ minutes. Mix at medium speed for 3 minutes. Place dough in 24 paper lined cupcake pans. Bake for 20 minutes at 350 degrees.

Remove from pan and cool on rack.

Poke wooden spoon handle into each cupcake to make hole for filling. Fill with canned or homemade lemon pie filling, using a large cake decorator tip.

Frosting:

One pint whipping cream, whipped to soft peaks. Add ½ of a 3 oz. pkg. dry instant lemon pie filling combined with 1/3 cup powdered sugar. Whip just until stiff. Frost with a spatula or decorator tip. This frosting will stay firm for 2 hours or more at room temperature or refrigerate for longer period of time.

Cucumber Picnic Salad

1-7 oz. box ring macaroni, cooked

½ c. chopped yellow onion (do not use green onions)

½ c. chopped celery

1 c. frozen peas

1 c. peeled, chopped cucumbers, with no seeds

½ t. salt

Dressing:

Blend

½ c. sugar

¾ c. real mayonnaise

¼ c. cider vinegar

Sprinkle salt over chopped cucumbers and let set for about 10 minutes. Mix with rest of ingredients and dressing. Chill for at least 4 hours.

Frog Eye Salad (Make the day before serving)

8 oz. Acini de Pepe pasta

Cook as directed on package. Drain and rinse in cold water.

Refrigerate.

Drain and refrigerate:

2 small cans mandarin oranges

2-8oz. cans pineapple tidbits, drained, saving juice

Dressing:

1 c. sugar

2 T. flour

½ t. salt

Pineapple juice. (You may need to purchase a small can to add to what you have reserved from the pineapple tidbits.)

Combine sugar, flour, salt and 1 ½ c. pineapple juice in large 8 c. Pyrex bowl and cook on power level 8 in micro wave. Stir, and cook another 2 minutes on level 8. Mixture should be thick.

Beat 3 egg yolks and add ¼ c. pineapple juice. Stir this into the cooked dressing mixture and cook another 1 ½ minutes on power level 7. Mixture should be thick.

Mix dressing with cooked pasta and refrigerate overnight.

Following day:

Combine, pasta with dressing and drained fruit

1 to 2 c. chopped apples

2 c. miniature marshmallows

Whip 1 pint of whipping cream to which 2 T. powdered sugar have been added. Gently add to the pasta, dressing and fruit. Refrigerate.

*Dressing may be cooked on stove top, if you wish, being careful not to scorch.

Fresh Grape Salad

4 # red and green grapes, rinsed and dried well

Dressing:

8 oz. cream cheese

8 oz. sour cream

2 t. vanilla

1/3 c. sugar

Blend well and toss lightly with grapes.

At least one hour before serving, sprinkle with 3 T. brown sugar and 3 T. coarsely chopped, toasted pecans.

Refrigerate.