

Wine Tastings on the Terrace 2024 Recipes

Provided by:

K-STATE
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Master Food Volunteer
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**These recipes were prepared by the
Johnson County K-State Research and Extension
Master Food Volunteer Program**

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Note: Nutrition information is provided for educational purposes only and was conducted using nutrient analysis software. Please be advised that food indicated as gluten free has no gluten ingredients and prepare using precautions to prevent gluten cross-contamination but cannot be certified as gluten free.

Tasting 1

Melon Prosciutto Skewers

Tasting 2

Greek Salad

Tasting 3

Bacon-Wrapped Apricots

Tasting 4

Chicken and Brie Bites

Tasting 5

Meatballs in Cranberry Sauce with Focaccia

Tasting 6

Layered Chocolate Bars

Melon Prosciutto Skewers

Servings: 12

Source: Adapted from Delish by Johnsonc County Extension Master Food Volunteer

A bite-sized party appetizer with a refreshing summer flavor. Cantaloupe and prosciutto offer a classic sweet and salty taste combination that is enhanced with fresh basil and creamy mozzarella.

INGREDIENTS

1 cantaloupe
1 small seedless watermelon
12 slices prosciutto, sliced in half
12 small mozzarella balls
12 fresh basil leaves
12 6-inch bamboo skewers
Balsamic glaze, for drizzling

DIRECTIONS

1. Cut the cantaloupe in half, scoop out seeds and discard. Using a large melon baller, scoop out 12 balls.
2. Cut the watermelon in half. Using large melon baller, scoop out 12 balls.
 - Assemble each of 12 skewers, layering as follows: Watermelon ball, 1/2 slice prosciutto, loosely folded, mozzarella ball, cantaloupe ball, 1/2 slice prosciutto, loosely folded, and last a basil leaf
3. Drizzle skewers with balsamic glaze just before serving.

Nutrients Per Serving:

100 Calories | 6g Fat (3g Saturated) | 5g Carbohydrates | 2g Added Sugar | 8g Protein | 390mg Sodium | 0g Fiber

Greek Salad

Servings: 12

Source: Adapted from Clean Food Crush Johnson County Extension Master Food Volunteer

A quick and easy appetizer or snack of colorful, vibrant summertime flavors and textures. This salad is incredibly easy to prepare and can be customized to your liking. Rather than a bowl, if desired, use mini skewers for salad on a stick!

INGREDIENTS

1 pint cherry or grape tomatoes
4 mini cucumbers, sliced into 1/2-inch slices
1 small red onion, cut into 1-inch pieces
1 large yellow bell pepper, seeded, cut in 1-inch pieces
8 ounces feta cheese, cut into 1-inch cubes
24 Kalamata olives

DIRECTIONS

1. Combine salad ingredients in bowl.
2. In a small jar, add all ingredients for the dressing and shake to combine.
3. Refrigerate until ready to serve.
4. Before serving toss prepared salad with the Greek dressing.

Greek Dressing:

1/3 cup high quality extra-virgin olive oil
3 tablespoons white wine, red wine or apple cider vinegar
2 fresh garlic cloves, minced
2 teaspoons dried oregano
2 teaspoons Dijon mustard
Sea salt and fresh ground black pepper to taste

Nutrients Per Serving:

140 Calories | 12g Fat (3.5g Saturated) | 6g Carbohydrates | 0g Added Sugar | 4g Protein | 360mg Sodium | 1g Fiber

Bacon-Wrapped Apricots

Servings: 27 (2 per serving)

Source: Adapted from Taste of Home by Extension Master Food Volunteer Linda Carlyle

A wonderful appetizer that is both tangy and sweet! Roasting the almonds brings out a nutty sweetness that compliments the dish.

INGREDIENTS

1 pound bacon
3 cups dried apricots (14 ounces)
1/2 cup toasted almonds
1/4 cup plum preserves or apple jelly
2 tablespoons low-sodium soy sauce

DIRECTIONS

1. Preheat Oven to 375°F.
2. Cut each bacon strip into thirds.
3. Fold each apricot piece around an almond, then wrap with a piece of bacon. Secure with a toothpick.
4. Place on 2 ungreased sheet pans, lined with foil or parchment. Bake until bacon is crisp, 20-25 minutes, turning halfway through.
5. While bacon is cooking, place preserves or jelly and soy sauce in a small saucepan. Cook, stirring occasionally, until heated through.
6. Place cooked bacon-wrapped apricots on papertowels to absorb extra grease.
7. Drizzle with sauce before serving.

Nutrients Per Serving:

60 Calories | 4g Fat 1g Saturated) | 6g Carbohydrates | 0g Added Sugar | 2g Protein | 95mg Sodium | 1g Fiber

Chicken and Brie Bites

Servings: 24

Source: Adapted from Taste of Home by Johnson County Extension Master Food Volunteer

A grab-and-go appetizer with a twist – a seasoned bagel chip for a base! For the chicken you can use rotisserie chicken or cook your own chicken. Opt for reduced sugar dried cranberries when available.

INGREDIENTS

1/4 cup apple jelly
1/4 cup fig preserves
24 garlic-seasoned bagel chips
4 ounce Brie cheese wheel
1/4 cup light mayonnaise
2 medium garlic cloves, peeled and minced
7 ounces fresh baby spinach leaves, chopped
1 cup chicken cubes, finely chopped
1/4 cup sweetened dried cranberries, finely chopped

DIRECTIONS

1. Combine apple jelly and fig preserves and spread evenly over garlic chips.
2. Standing the Brie wheel on end, cut crosswise into 12 narrow slices then cut each slice in half.
3. Top each jellied garlic chip with a square of the sliced Brie.
4. In a medium bowl, combine mayonnaise, garlic, and spinach leaves.
5. Add chicken to spinach and mayonnaise mixture and stir to combine.
6. Top each garlic chip with 1 heaping teaspoon of chicken salad.

Nutrients Per Serving:

170 Calories | 6g Fat (1g Saturated) | 21g Carbohydrates | 4g Added Sugar | 8g Protein | 230mg Sodium | 1g Fiber

Meatballs in Cranberry Sauce

Servings: 36 (2 meatballs each)

Source: Adapted from Taste of Home by Johnson County Extension Master Food Volunteer

A tasteful, convenient appetizer that is prepared in no time but your guests will think you've cooked all day!!

INGREDIENTS

6 pounds precooked frozen meatballs
(Italian style beef)
1 can (14 ounces) jellied cranberry sauce
1 cup ketchup
3 tablespoons brown sugar
1 tablespoon lemon juice

DIRECTIONS

1. Prepare meatballs according to package directions.
2. In a large skillet, cook and stir jellied cranberry sauce, ketchup, brown sugar, and lemon juice over medium heat until blended.
3. Add meatballs into skillet with sauce and stir to fully coat.
4. Serve warm as is or paired with foccacia or other bread.

Nutrients Per Serving:

130 Calories | 8g Fat (3.5g Saturated) | 6g Carbohydrates | 2g Added Sugar | 6g Protein | 300mg Sodium | 1g Fiber

Focaccia Bread

Servings: 15

Source: Adapted from Inspired Taste Johnson County Extension Master Food Volunteer

This easy focaccia recipe has a soft, chewy inside with a wonderful golden brown and crisp-edged outside. The garlic and herb infused olive oil enhances the flavor and will make it your go to Focaccia recipe!

INGREDIENTS

1/2 cup extra-virgin olive oil
2 garlic cloves, finely minced
1 tablespoon chopped fresh thyme
1 tablespoon chopped fresh rosemary
1/4 teaspoon ground black pepper
1 cup lukewarm water (110°F to 115°F)
2 ¼ teaspoons instant yeast (0.25 ounce packet)
1/4 teaspoon sugar
2 ½ cups all-purpose flour
1 teaspoon fine sea salt

DIRECTIONS

1. Combine olive oil, minced garlic, thyme, rosemary and black pepper in a cold medium skillet.
2. Cook over low heat, stirring occasionally for 10-15 minutes, or until aromatic but not browned. Set aside to cool.
3. In a large bowl add warm water, yeast and sugar. Stir to combine and let sit for 5 minutes.
4. Add 1 cup flour and 1/4 cup of garlic olive oil to bowl with yeast. Stir until flour is just moistened then let sit for another 5 minutes.
5. Stir remaining 1 ½ cups flour and salt into flour mixture. When dough comes together, transfer to a floured board, kneading 10-15 times until smooth.
6. Transfer the dough to a large oiled bowl and cover with a warm damp towel. Let rise at room temperature until doubled in size (1 to 2 hours).
7. Once dough has doubled, preheat oven to 450°F.
8. Use 2 tablespoons of garlic oil mixture to oil a 9x13-inch rimmed baking sheet; transfer dough to pan, pressing gently to spread out. Use your fingers to dimple the dough.
9. Drizzle remaining garlic oil over the dough and let dough rise in pan for 20 to 30 minutes until it puffs slightly.
10. Bake until golden brown, 15 to 20 minutes.
11. Let baked bread cool completely in a wire rack before serving

Nutrients Per Serving:

140 Calories | 8g Fat (1g Saturated) | 16g Carbohydrates | 0g Added Sugar | 2g Protein | 160mg Sodium | 1g Fiber

Layered Chocolate Bars

Servings: 64

Source: Adapted from America's Test Kitchen by Johnson County Extension Master Food Volunteer

A fudgy, decadent homemade chocolate treat without the heat from baking! This dessert can be served with fresh raspberry sauce for a contrasting spark of flavor and color.

INGREDIENTS

Vegetable oil spray
36 chocolate cream cookies, broken into pieces
2 cups bittersweet chocolate chips, divided
8 tablespoons unsalted butter, cut into 1-tablespoon pieces, divided
1 (14-ounce) can sweetened condensed milk
2 teaspoon vanilla extract
1/4 teaspoon table salt

DIRECTIONS

1. Prepare a 8-inch square baking pan. For easy removal, use aluminum foil and allow for extra foil to hang over edges of pan. Spray with vegetable spray.
2. Process cookies in food processor until finely ground, about 30 seconds, scraping sides of bowl as needed. Transfer finely ground cookies to a large bowl.
3. Microwave 1 ½ cups chocolate chips and 4 tablespoons butter in small bowl at low power in 20-30 second intervals until melted, stirring with each interval.
4. Combine melted chocolate with cookie crumbs and stir in sweetened condensed milk, vanilla, and salt until evenly combined. Note: Mixture will be very thick.
5. Transfer to prepared pan, using spatula or hands to press into even layer. Refrigerate until firm, at least 1 hour.
6. Microwave remaining chocolate chips and butter in bowl at low power, until chocolate is melted (1-2 minutes; stir until smooth. Spread over cookie base. Refrigerate until set, about 30 minutes.
7. Remove from pan and cut into 1-inch squares, wiping knife clean after each cut.
8. Serve chilled or at room temperature. Can be stored in refrigerator for up to 1 week.

Nutrients Per Serving:

90 Calories | 5g Fat (2.5g Saturated) | 11g Carbohydrates | 5g Added Sugar | 1g Protein | 40mg Sodium | 0g Fiber