



ANNE ARUNDEL ASSOCIATION
FOR FAMILY & COMMUNITY EDUCATION

Newsletter

MARCH - APRIL 2015

Hello all,

Whether you like this weather or not, warmer temperatures are on the way. Now that our daylight hours extend into the evening with the beginning of Daylight Savings Time, we'll be able to enjoy outdoor activities other than shoveling snow.

AAAFCE was asked and agreed to give MDAFCE our regular meeting time on March 3 because they had been snowed out several times; their last meeting was in 2014! Unfortunately, Vanessa Bright is not available for a rescheduled AAAFCE meeting. We will have a combined Harmans, Timber Ridge, AAAFCE in March, time to be announced. We will also cut out fabric for pillowcases and mittens.

On April 13, Carolyn Councell, Timber Ridge member, will instruct us in a painting project. Carolyn is a member of the Baltimore Watercolor Society - she does beautiful work which is often on display in Annapolis and the surrounding area.

Looking forward to and anticipating good weather and a good turnout to our meetings. Remember to bring a sandwich; dessert and hot beverage will be provided. (Location of March meeting __ ??; April's will be held at Gambrills)

Gini McKenzie, V.P.
Programs, AA County





CHOCOLATE MEATBALL COOKIES

1 pkq. Chocolate Cake Mix
1 1/2 cups flour
2 eggs
1/2 cup oil
1 tsp. ginger
1 tsp. vanilla
1 tsp. cloves
1 tsp. cinnamon
1 tsp. black pepper
1/2 cup water
1 cup raisins
1 cup chopped walnuts
1 cup chocolate chips

Mix together and roll into balls 1 1/2 inches.
Bake at 350 for 7 to 10 minutes. Frost with 1 cup
conf. sugar and 2 Tbsp. milk. Warm in micro
and brush on. ENJOY!

BUFFALO CAULIFLOWER

Cut one head cauliflower into bite size pieces.
Whisk together 1/2 cup cash flour and water,
1 TBSP hot sauce. Add cauliflower - toss to
coat. Roast at 425 degrees until golden brown
(about 20 minutes) Toss with more hot sauce
and roast 10 more minutes. Serve with blue cheese
dip or ranch.

(M. Brandt)

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Pineapple Pudding

Adapted from Betty Crocker's Dinner for Two Cookbook
Serves 2

1/2 pkg vanilla pudding.
1 small (8 oz) can crushed pineapple

Divide the dry instant pudding evenly into 2 jars. Save the directions for the dry pudding, seal remaining dry pudding tightly, and put aside for another time.

Mix the dry pudding (1/2 of the original pkg) with 1 cup cold milk for 2 minutes. Refrigerate for a minute while draining pineapple.

While the pudding is chilling, drain a small (8 oz) can of crushed pineapple.

Fold pineapple into pudding, divide into serving dishes. Top with coconut if desired.

Peanut Butter Swirl Bars

Adapted from Judy Markowitz via Baltimore Sun
Loaf pan, greased or lined with non-stick foil
350° 30 minutes

1/4 cup peanut butter
2 Tablespoons + 2 teaspoons softened butter
6 Tablespoons brown sugar
6 Tablespoons white sugar
1 egg
1 teaspoon vanilla
1/2 cup flour
1/2 teaspoon baking powder
1/8 teaspoon salt
5 oz (1 cup) chocolate chips

Combine flour, salt, baking powder in a small bowl. In another medium bowl, cream outler, peanut butter, add both sugars, mix well. Beat in eggs, vanilla. Add dry ingredients to butter mixture, mix well. Spread batter (it'll be thick.) into prepared pan. Sprinkle chocolate chips over the top.

Place in oven for 5 minutes. Remove from oven, using a knife, swirl chocolate through batter to marbleize.

Return to oven, bake for 30 minutes. Cool, cut into squares.

Approximate per serving, assuming 12 servings: 198 cal, 3 g protein, 10 g fat, 5 g sat fat, 27 g carbs, 1 g fiber, 24 mg chol, 74 mg sodium.