

## **Appetizers & Drinks**

### **Zach's Peanut Butter Milkshake (by Zach's mom, Laura)**

1/2 C vanilla or chocolate ice cream  
1/2 C milk  
2 Tbsp peanut butter

Blend on high speed until smooth. Add more ice cream for a thicker shake. For more peanutty flavor, add more peanut butter to taste.

Variations: Mix milk and ice cream with Carnation Instant Breakfast for added nutrition. For low fat versions, use low fat or skim products. You can also blend in other fillings or ingredients for your favorite flavors.

"Shakes are a great way to fill an empty stomach when chewing is tough!" -Laura M.

### **Tracy's Lively Lemon Tingle**

1 1/2 C sugar  
3 C chilled ginger ale  
1 C water  
1 1/2 C fresh lemon juice (5-8 lemons)

In small saucepan, combine sugar and water over medium heat. Stir constantly until sugar dissolved. Remove from heat and cool to room temperature. Add lemon juice and stir to blend. Store base mixture in tightly covered non-metal container or jar in fridge. For each serving, combine 1/2 C chilled base mixture and 1/2 C ginger ale in tall glass. Add ice, if desired and serve immediately.

### **Dr. Diane's Green Tea Smoothie**

1 C chilled green tea  
1 Tbs honey or sugar  
1 banana, peeled and sliced  
1 Kiwi, peeled and sliced (optional)  
2 C chopped honeydew melon

Puree ingredients in blender or food processor until smooth. Serve immediately. Serves 1-2.

### **Terry's Peppy Clam Shells**

1/2 C finely chopped onion  
1/4 tsp salt  
1/2 C chopped celery

Dash of pepper  
1/4 C finely chopped green pepper  
Dash of Tabasco sauce  
4 Tbs butter + 1 Tbs melted butter  
Dash of Worcestershire sauce  
2 Tbs Flour  
1/2 C crushed Ritz crackers  
1 Tbs Parmesan cheese  
1 (7.5 oz) can minced clams (undrained)  
3-4 clean clam shells or baking shells  
Diced cherry tomatoes for garnish

Preheat oven to 350'. In medium skillet, cook onion, celery and green pepper in 4 Tbs of butter until tender. Stir in flour, cheese and seasonings. Add 1/4 C of cracker crumbs; mix well. Stir in undrained clams, and stir till it bubbles and thickens. Divide among 3-4 baking shells or dishes. Combine rest of crumbs and butter. Sprinkle mixture atop shells. Bake for 15 minutes. Garnish with cherry tomatoes.

### **Mitch's Taco Salad**

1 8 oz pkg. cream cheese (softened)  
Finely chopped scallions  
16 oz pkg sour cream  
Finely chopped tomatoes  
1 envelope taco seasoning  
1 8 oz bag shredded cheddar cheese  
1 16 oz jar salsa  
Crushed Nacho chips (Braces friendly if crushed!)  
Shredded lettuce

Blend sour cream, cream cheese and taco seasoning very well. Spread mixture in shallow glass dish. Spread salsa over mixture. Spread on vegetables. Top with cheddar cheese. Chill for a few hours. If chilling overnight, don't add veggies right away. Top with nacho chips.

### **Patti's Olive Cheese Puffs (by Patti and Dr. Jesse)**

2 C shredded cheddar cheese  
1/2 C butter  
1 C all-purpose flour  
1 Dash Worcestershire sauce  
1 (5 oz.) jar pitted green olives

Preheat oven to 400'. Lightly grease a cookie sheet. In a small bowl, mix together cheese, butter, flour and Worcestershire sauce. Knead the dough. Pinch the dough into small balls; flatten them in the palm of your hand, then roll each circle of dough around one olive. Arrange the wrapped

olives on the prepared cookie sheet. Bake for 15 minutes until lightly brown.