

Knowledge @ Noon

Cheer Plates!

Spreading Holiday Cheer



Wednesday, Nov 15th, 2023

Marais Des Cygnes Extension District

Paola Office

K-STATE | Master Food Volunteer
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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Cookie Exchange and Holiday Bake - MFV

There is no right or wrong way to host a cookie exchange or a holiday bake. The main purpose of both gatherings is to get together with people you enjoy and share gifts from your kitchen.

A cookie exchange involves guests bringing cookies to share with others so everyone goes home with a variety of treats. A holiday bake is getting together to bake treats to share with one another or others. Holiday bakes are a tradition for many people and generally need to be limited in the number of guests you invite due to kitchen space, where cookie exchanges can be as many or as few people as your space accommodates. Cookie exchanges can include a group of friends, neighbors, family, church group, clubs and sororities. Here are some variations and helpful hints in planning your gathering.

Cookie Exchange

Everyone brings a batch or two of (hopefully) homemade cookies and everyone goes home with a variety of cookies.

1. Choose a date and put together your guest list
2. Decide if you are going to have rules and set the rules; a. Must be homemade b. How many cookies each guest is to bring (usually 1 or 2 dozen) c. List what cookies you want brought and have them sign up or let them bring whatever they want d. Limit the number of cookies guests take or let them take what they want e. Will guests bring their recipes f. Will they wear an ugly Christmas sweater or t-shirt
3. Send invitations; Facebook invite, email invite, group text or handwritten mailed invitations. Include party title, date, time and place, how many cookies to bring and specify if there are any allergies to be avoided in the ingredients, RSVP with a deadline, include other rules they need to be aware of
4. Plan what cookies you are providing

5. Plan what refreshments you will serve (not required but nice); a. Light lunch of soup, chili, salads or sandwiches b. Snacks, chips and dips or charcuterie board c. variety of desserts d. Beverages; a. Cocoa bar (peppermint sticks or candy canes, whip cream, sprinkles, marshmallows) coffee bar (sugar and sugar substitutes, variety of flavored creamers, liquors) punch, cocktails or wine, cider, eggnog
6. Plan and purchase take home containers for the cookies; a. Bags, trays, boxes, tins b. Ribbon, bows or ornaments to decorate
7. Plan a playlist of music to have playing in the background
8. Plan table and other decorations
9. Decide on tablecloth, napkins, plates, utensils, cups or glasses
10. Plan some games to play (Amazon has holiday specific cookie exchange games or you can plan your own)
11. Game prizes or door prizes. If door prizes how will you award; a. Oldest person attending b. youngest person attending c. who came the farthest d. Drawing e. Ugly sweater award
12. If sharing recipes, decide; a. Will you furnish recipe cards b. Will you gather recipes before the party and make a recipe book for each guest, c. will you share recipes online or via text or email
13. How will you display the cookies; cake stands, trays, decorative plates, cutting boards
14. Day before; organize the space and be ready to relax and enjoy your party.

Holiday Bake

A Holiday Bake is similar to a Cookie Exchange in that you will follow many of the same guidelines when planning. The difference is you will actually be baking the cookies, cakes, pies, candies or even meals so consider your kitchen space. Decide if you will furnish all the supplies or if your guests will bring supplies and recipes for what they are going to make. Remember oven limitations and select a variety of candies or meals that don't require oven space. If kids are included you might bake sugar cookies ahead and have them ready to decorate with frostings, glazes and sprinkles.

After all the baking is done, set the goodies out on the counter or table and let everyone fill their trays for gift giving. We like to prepare trays for neighbors, family, friends and coworkers.

At our Holiday Bakes, I ask everyone coming how many candy/cookie trays they want to prepare so I have enough trays, then I buy a few extra just in case. I furnish the trays, plastic wrap, bows, ribbons, ornaments and tags for my guests to decorate their completed trays.

Just remember that the main purpose is to get together and enjoy the day and while doing so you are sharing some holiday cheer.

Debi Doering
Master Food Volunteer



6 tips for making holiday cookies

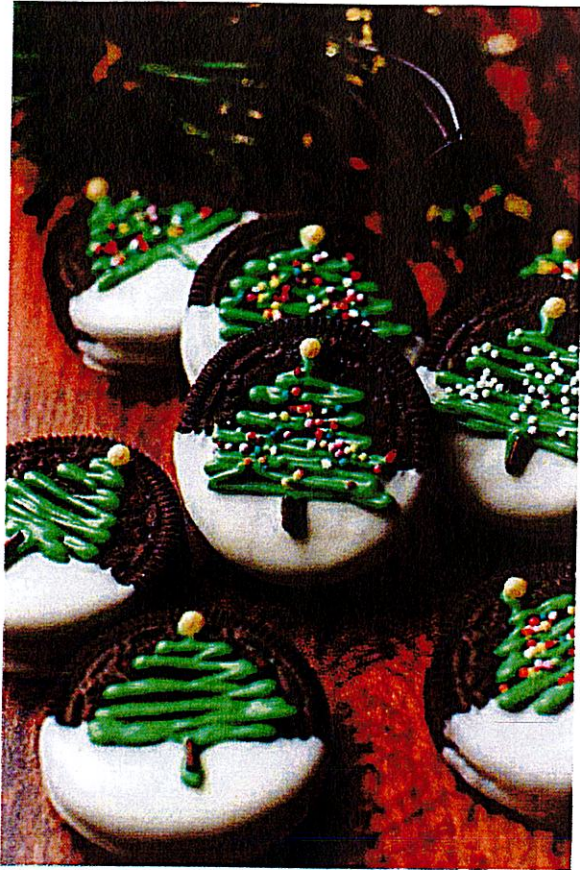
Beth Waitrovich, [Michigan State University Extension](#) - November 21, 2016

Food safety is an important part of making holiday cookies.

Holiday baking is a tradition for many families. Cookies are a favorite holiday treat. Whatever you bake, keep it safe by following six simple food safety tips.

- Wash counter tops and hands before preparing your recipe. Use only clean utensils such as mixing bowls, baking pans and measuring spoons.
- Wash your hands again after handling raw eggs.
- Do not eat raw cookie dough which contains raw eggs, including licking the spoon. Bacteria can be present in raw eggs. Salmonella is one example of bacteria sometimes found in raw eggs.
- All purpose flour has been the target of a [recent recall](#) due to contamination with E. coli. Again, to avoid getting sick, do not eat raw cookie dough.
- If you want your cookies to taste fresh longer than a few days, freeze them until you are ready to use them. Package your cookies in freezer quality bags, containers, etc. to preserve the quality of the cookies. Label and date the cookies so you know what is in each package. For specific information on freezing baked good, check out the [Michigan State University Extension](#) news article: "[It's not too early to make holiday baked goods](#)".
- Do not prepare baked goods when you are sick. Save the holiday baking until you are feeling better to avoid spreading germs to others.

Another way to share your favorite cookies is to make gifts of your favorite cookie recipe and the ingredients. Mix the dry ingredients together and place in a clean jar. Wet ingredients should not be added until the recipe is prepared.



Broccoli Cheddar Soup

1 T butter
½ onion chopped
¼ C melted butter
¼ C flour
2 C milk
2 C chicken stock
1 ½ C coarsely chopped broccoli florets
1 C matchstick cut carrots
1 stalk celery thinly sliced
2 ½ C sharp cheddar cheese
Salt and pepper to taste

Melt 1 T butter in a skillet over medium high heat. Add onion and cook and stir until tender and translucent, about 5 minutes. Set aside

Whisk ¼ C melted butter and flour together in a large saucepan over medium low heat. Continue to whisk and cook adding 1 to 2 T of milk if necessary to keep the flour from burning, 3 to 4 minutes.

Gradually add milk while whisking constantly; stir in chicken stock and bring to a simmer. Cook until mixture thickens about 20 minutes. Add broccoli, carrots, celery and sauteed onion. Simmer until all the vegetables are tender, about 15 minutes.

Stir in cheddar cheese until melted, season with salt and pepper to taste before serving.

Serves 8 - Per serving

304 calories

23 g fat

11 g carbs

14 g protein

Allrecipes.com submitted by Debi Doering



Taco Stew

- 1 pound hamburger, browned
- 1 can rotel
- 1 can corn
- 1 can tomato soup
- 1/2 can water
- 1 can pinto beans
- 1 envelope taco seasoning.

Do not drain the cans. Mix altogether to heat. I usually put it in a crock pot and let it simmer all day. When ready to serve, put a handful of frito chips in bottom of bowl. Ladle on the stew and top with shredded cheese.

Submitted by Gayle Plummer, MFV

Nutrition Facts

Servings: 8

Amount per serving

Calories **152**

% Daily Value*

Total Fat 4.2g	5%
Saturated Fat 1.8g	9%
Cholesterol 43mg	14%
Sodium 360mg	16%
Total Carbohydrate 12.2g	4%
Dietary Fiber 2.1g	8%
Total Sugars 4.6g	
Protein 17.1g	
Vitamin D 0mcg	0%
Calcium 16mg	1%
Iron 3mg	16%
Potassium 413mg	9%



Party Cookies

1 C sifted flour
1/2 C butter
3 T confectioners sugar

Filling:

2 eggs, slightly beaten
1/4 C flour
1/4 t. salt
1 C sugar
1/2 t baking powder
1/2 C coconut

3/4 C chopped nuts
1/2 C maraschino cherries
cut into quarters or smaller
1 t vanilla

Mix flour, butter, and sugar until smooth. Spread thin with fingers into 8 inch square pan. Bake 20-25 minutes at 350 degrees. Stir rest of ingredients into eggs. Spread over top of baked pastry (no need to cool). Cook in 350 degree oven for about 25 more minutes. Cool and cut into squares. May sprinkle with confectioners sugar.

Submitted by Barbara Wilson, MFV

Nutrition Facts

Servings: 9

Amount per serving

Calories **348**

% Daily Value*

Total Fat 18.7g **24%**

Saturated Fat 8.9g **45%**

Cholesterol 63mg **21%**

Sodium 231mg **10%**

Total Carbohydrate 42.5g **15%**

Dietary Fiber 2g **7%**

Total Sugars 28.5g

Protein 5g

Vitamin D 10mcg **52%**

Calcium 56mg **4%**

Iron 2mg **11%**

Potassium 221mg **5%**



Vanilla Dipped Gingersnaps

2 ½ C Sugar, divided
 1 ½ C Oil
 2 Eggs
 ½ C Full-strength Molasses
 4 C All-purpose flour
 4 Tsp Baking soda
 1 Tbs Ground ginger
 2 Tsp Cinnamon
 1 Tsp Salt
 10 oz Vanilla almond bark, coarsely chopped

Combine 2 cups sugar & oil, mix well. Add eggs one at a time, beating well. Stir in molasses. Combine flour, baking soda, ginger, cinnamon & salt in separate bowl. Gradually blend into molasses mixture. Shape dough into 1 inch balls & roll in remaining sugar. Place 2 inches apart on ungreased baking sheet. Bake at 350°F for 15 to 20 minutes. Remove to wire racks to cool.

In microwave-safe bowl, melt almond bark. Stir until smooth. Dip each cookie halfway. Allow excess to drip off. Place cookie on wax paper to harden.

Makes about 7 dozen.

Submitted by Jerry Heffling, MFV

Nutrition Facts

Servings: 72

Amount per serving

Calories **100**

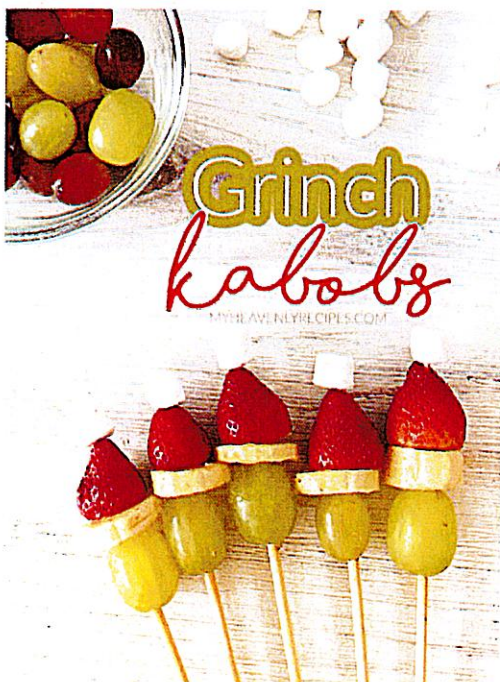
% Daily Value*

Total Fat 4.7g	6%
Saturated Fat 0.6g	3%
Cholesterol 5mg	2%
Sodium 105mg	5%
Total Carbohydrate 14.1g	5%
Dietary Fiber 0.2g	1%
Total Sugars 8.2g	
Protein 0.9g	
Vitamin D 0mcg	2%
Calcium 7mg	1%
Iron 0mg	3%
Potassium 44mg	1%

HOT CHOCOLATE Charcuterie Board



HOW TO MAKE GRINCH FRUIT KABOBS



Sugar Cookies

1 stick soft butter,
1/2 cup vegetable oil,
1 cup sugar,
2 eggs,
2 1/2 cups flour,
2 tsp. Cream of tartar,
1 tsp. Soda,
1/2 tsp. salt.
2 tsp. Vanilla
1/2 tsp. Lemon flavoring, optional.

Mix all together. Make into small balls and roll in sugar. Place on parchment lined baking sheet. Using a fork dipped in sugar, flatten each cookie slightly. Bake at 350 degrees for 8 to 10 minutes. Don't overbake.

Sumbitted by Mary Ann Maisch, MFV

Nutrition Facts

Servings: 24

Amount per serving

Calories **159**

% Daily Value*

Total Fat 8.9g **11%**

Saturated Fat 3.4g **17%**

Cholesterol 24mg **8%**

Sodium 135mg **6%**

Total Carbohydrate 18.5g **7%**

Dietary Fiber 0.4g **1%**

Total Sugars 8.4g

Protein 1.8g

Vitamin D 4mcg **20%**

Calcium 5mg **0%**

Iron 1mg **4%**

Potassium 62mg **1%**



Peanut Butter Blossoms

48 Hershey's kisses
1/2 c. shortening
3/4 c. creamy peanut butter
1/3 c. granulated sugar
1/3 c. packed light brown sugar
1 egg
1 tsp. vanilla
2 Tbsp. milk
1 1/2 c. flour
1/2 tsp. salt
1 tsp. baking soda
1/3 c. granulated sugar, for rolling

Heat oven to 375 F. Remove wrappers from chocolates.

Beat shortening and peanut butter in a large bowl until well blended. Add 1/3 c. granulated sugar and brown sugar; beat until fluffy. Add egg, milk, and vanilla; beat well. Stir together flour, baking soda and salt; gradually beat into peanut butter mixture.

Shape dough into 1 inch balls. Roll in granulated sugar; place on an ungreased cookie sheet.

Bake for 8-10 minutes or until lightly browned. Immediately press a chocolate kiss into the center of each cookie; cookie will crack around edges. Remove from the cookie sheet and onto a wire rack. Cool completely. Makes 48 cookies.

Recipe from hersheyland.com
Submitted by KimWernsman, MFV

Nutrition Facts

Servings: 48

Amount per serving

Calories **304**

% Daily Value*

Total Fat 17.3g	22%
Saturated Fat 9.1g	46%
Cholesterol 13mg	4%
Sodium 106mg	5%
Total Carbohydrate 31.9g	12%
Dietary Fiber 4.4g	16%
Total Sugars 25.5g	
Protein 4.6g	
Vitamin D 0mcg	2%
Calcium 82mg	6%
Iron 1mg	5%
Potassium 32mg	1%



Classic No Bake Cookies

2 c. sugar
1/2 c. milk
1/2 c. butter, unsalted (use real butter, not margarine)
1/4 c. cocoa powder
3 c. quick oats
1 c. creamy peanut butter
1 Tbsp. vanilla

In a large pot add sugar, milk, butter, and cocoa powder. Slowly bring to a boil while whisking. Once at a boil, allow to boil for one minute.

Remove from heat and add in oats, Mix well. Add in peanut butter, mix well. Add in vanilla and mix well.

Lay out parchment paper on the counter and spoon out the dough into cookie shapes. Allow to set for 15-30 minutes.

Makes 24 cookies

Recipe from thediaryofarealhousewife.com

Submitted by Kim Wernsman, MFV

Nutrition Facts

Servings: 24

Amount per serving

Calories **204**

% Daily Value*

Total Fat 10.1g	13%
Saturated Fat 3.8g	19%
Cholesterol 11mg	4%
Sodium 80mg	3%
Total Carbohydrate 26.5g	10%
Dietary Fiber 1.9g	7%
Total Sugars 18.1g	
Protein 4.4g	
Vitamin D 3mcg	13%
Calcium 14mg	1%
Iron 2mg	9%
Potassium 134mg	3%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**

