

The Golden Rhea

Educating Our Children, Engaging Our Parents, Empowering Our Schools

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~Happy Holidays~



Enjoy these wonderful recipes this holiday season. Each one was submitted by one of our building representatives. Have a Merry Christmas and a Happy New Year!

Food is everywhere!

Great food is a focal point for many celebrations and Christmas is one of those times when food really comes to the forefront. Some of the most evocative memories of Christmas and New Year's for many people are the smells and tastes of food. It could be at a family gathering, church dinner, office party, or a romantic dinner. Let's face it: few of us diet over Christmas although a lot of us feel the need to do so after the holidays. Just remember all the times weight loss has been one of your New Year's resolutions! If things hold true, this year will probably not be any different.

Been around since the Middle Ages

The extravagance of Christmas food has been well established since the Middle Ages, when feudal lords hosted meals for their serfs and retainers. Now days, the big Christmas dinner is central to Christmas Day for many families -- turkey, stuffing, sweet potatoes, desserts, and dad (along with some others) snoring in the family room afterwards with their belts loosened.

May your homes be blessed this holiday season with much love, laughter, and of course -- great food!



Broccoli Cheese Soup

Submitted by: Debra Phillips (SCES)

4 t oil
3 C water
3 oz. egg noodles
8 oz. Velveta Cheese
2 10-oz pkg. frozen, chopped broccoli
Sash or 2 of garlic powder
1 or 2 chopped onions
3 bouillon cubes
2 C skim milk
salt & pepper to taste

Saute onions in oil. Add water and bouillon; bring to a BOIL. Heat and stir until bouillon dissolves; add noodles and salt and pepper and continue to cook. Stir in broccoli, garlic powder and add milk and cheese (cut into chunks). Simmer until noodles are done. Good in my crock pot!



Pumpkin Pie

Submitted by: Bryan Massengale (RCES)

1 1/2 C cooked pumpkin
1 C sugar
1/4 t all spice
dash of nutmeg
1 T butter or margarine
1 C rich milk
1/4 t salt
1/4 t cinnamon
2 eggs slightly beaten

Combine all ingredients, mix thoroughly. Pour into a pastry lined pie pan and bake for 45 minutes at 400 degrees. Serve with whipped cream if desired.

Fruited Cheese Ball

Submitted by: Bryan Massengale (RCES)

2 (8 oz.) packages cream cheese, softened
1 (8 oz.) can crushed pineapple
1 C chopped pecans
1/4 C finely chopped green pepper
2 T finely chopped onion
1 t seasoned salt

In a medium bowl beat cream cheese with fork until smooth and fluffy. Gradually stir in pineapple, 1 cup pecans, green pepper, onion, and seasoned salt. Shape into a ball. Wrap and chill overnight. Can be rolled in nuts if desired.



Hot Corn

Submitted by: Bryan Massengale (RCES)

24 oz. shoe peg corn
1 stick butter
12 slices Jalapeno Peppers (chopped)
8 oz. cream cheese
grated cheddar cheese

Melt cream cheese and butter. Drain corn and mix all items together except the cheddar cheese. Top with cheddar cheese and bake at 350 degrees for 30 minutes.

Peanut Butter Pie

Submitted by: Debra Phillips (SCES)

1 baked pie shell
3/4 C powdered sugar
1/2 C peanut butter
Cream these two ingredients together until crumbly and set aside.

3 T cornstarch
1 T flour
pinch of salt
3 egg yolks
2/3 C sugar
3 C milk
2 T butter
1 t vanilla
3 egg whites, beaten
pinch cream of tartar
1/4 C sugar

Stir next 8 ingredients together in sauce pan and cook over medium heat, stirring constantly, bring to just below boiling point and cook a few minutes more. Sprinkle 2/3 of peanut butter mixture in bottom of shell. Pour custard over this. Put layer of peanut butter mixture over the top of the custard.

Make meringue and add rest of peanut butter mixture on top. Bake at 350 degrees until brown.





from the President

Can you all believe it's almost Christmas time again? I don't know about you, but for me, this year is just flying by. It's going so fast I almost feel like I should have a seat belt on even while at school.

With last year being the first **Holiday Issue of The Golden Rhea**, several of you took the time to let me know how much you enjoyed the issue full of recipes. So, we decided to keep it running and turn it into an annual event.



Now I'm no cook, but I do know what I like and this is something even I can make. If you can use a can opener and a knife, you are good to go. The following recipe is one that we have at almost every home University of Tennessee football game at our family tailgate outside the stadium. I know your family will enjoy it as well during all the football games that are upcoming on January 1st. And as always....**Go Vols!**

Texas Caviar

Submitted by: Bryan Massengale (RCES)

- 2 cans shoe peg corn
- 2 cans black-eyed peas (rinse)
- 1 can black beans (rinse)
- 2 cans mild Rotel tomatoes
- 1 small bottle Italian Dressing
- 1 chopped onion (medium)
- 1/4 cup diced garlic (from a jar)
- 1 small green bell pepper diced
- 1/4 cup Red Wine vinegar
- 1/4 cup lime juice (near salad dressings in store)
- 1 tablespoon Cumin
- 2 tablespoons Cilantro

Mix it all together and chill. Eat it with chips, nachos, etc. I like the hint of lime chips the best.



I sincerely hope you enjoy this "special" issue of The Golden Rhea. May you and your family enjoy this most wonderful time of the year.

Merry Christmas!

Bryan Massengale

Bryan Massengale
RDEA President

Breakfast Casserole

Submitted by: Beverly Revis (RCES)

- 8 slices white bread
- 3 cups milk
- 9 eggs, beaten
- 1 t salt
- 1 lb. pork sausage, browned/draind
- 1 t dry mustard
- 1/8 t pepper
- 2 cups grated cheese

Cut bread into cubes, set aside. Combine in bowl: milk, eggs, salt, mustard, and pepper. Lightly stir together milk mixture, bread crumbs, cheese and sausage. Pour mixture into 9" x 13" glass baking dish. Cover and refrigerate mixture 4 hours or overnight. Bake uncovered at 350 degrees for 1 hour.

Fresh Apple Cake

Submitted by: Beverly Revis (RCES)

- 3 eggs
- 2 cups sugar
- 1 cup veg. oil
- 3 cups all-purpose flour
- 1 t baking soda
- 1/2 t salt
- 1 t ground cinnamon
- 3 cups peeled, finely chopped apples
- 1/2 c chopped pecans

Combine eggs, sugar and oil in a large mixing bowl; beat well. Combine flour, soda, salt and cinnamon; add to sugar mixture and beat well. Stir in apples and pecans. (Batter will be stiff.) Spoon batter into a greased and floured 10" tube pan. Bake at 350 degrees for 1 hour and 20 minutes - or until a wooden pick inserted in center comes out clean. Cool in pan 10-15 minutes; remove from pan and let cool completely. Drizzle Brown Sugar Glaze over cake.

Brown Sugar Glaze

- 1/4 cup backed brown sugar
- 1 T evaporated milk
- 2 T margarine

Combine all ingredients in a heavy saucepan. Bring to a boil and cook, stirring constantly, for 2 minutes. Let cool to lukewarm; drizzle over cake.



Paula Deen's Stuffed Cranberry Sauce

Submitted by: Bryan Massengale (RCES)

- 1 (8-ounce) package whipped cream cheese
- 2 tablespoons mayonnaise
- 1/2 cup finely chopped pecans
- 2 can jellied cranberry sauce

Beat together cream cheese and mayonnaise. Add nuts. Remove entire gelled cranberry from cans and slice cranberry into 8-10 slices. Spread cream cheese mixture on one slice, then top with another slice, making "sandwiches." Repeat with the remaining slices.

Serve on platter, garnishing the tops with creme cheese mixture and chopped nuts, if desired.

Orange Juice Cake

Submitted by: Kate Massengale (Honorary RDEA Member) - and she says lemon juice works great as well.

- 1 package yellow cake mix
- 4 eggs
- 1 small package vanilla instant pudding
- 1/2 cup oil
- 1 cup orange juice (or 1 cup lemon juice)

Mix pudding mix, oil, and orange (or lemon) juice together. Add to cake mix and eggs. Bake at 325 degrees for 50-60 minutes in a greased and floured Bunt pan.



Glaze

- 1 stick butter
- 1 cup sugar
- 1/2 cup orange juice (or 1/2 cup lemon juice)

Boil for 2 minutes then pour over hot cake. Let stand for 30 minutes. Remove and finish cooling.

Merry
Christmas

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