

# True Oldies



## Exclusive Radio Recipes

By Laura Kurella

### Cheesy Meatballs

- 1 pound uncooked seasoned breakfast sausage
- 1/2 pound sharp cheddar cheese, hand shredded
- 3/4 cup Bisquick mix
- 1/4 cup minced celery
- 1/4 cup minced onion
- 1 clove garlic, pressed

Preheat oven to 375 degrees. Shred cheese and mix all ingredients together. Form into 1-inch balls then place on an un-greased cookie sheet. Bake 15 minutes serve warm or cold. NOTE: Meatballs can be frozen both prior to and after cooking to add ease to event day preparation.

*Approximate servings per recipe: 50 1-inch meatballs. Nutrition facts per meatball: Calories 57 Fat 4g; Sodium 119 mg; Carbohydrates 1g; Fiber 0.4g; Sugar 0g; Protein 3g.*



### Tiny Tomato Treats

- 1/4 pound crabmeat
- 1 tablespoon Mayonnaise
- 2 tablespoons whipped cream
- 1 tablespoon fresh tarragon, minced
- 30 small cherry tomatoes
- 1 bunch of chives
- Salt and pepper to taste

Rinse and drain crabmeat well. In a bowl, mix meat with mayonnaise and whipped cream and tarragon. Salt and pepper to taste. Remove the top third of each tomato, then top with a dab of crabmeat mixture. Chill for up to 2 hours, then let sit before serving. Transfer to a serving platter. Garnish tomato tops with the minced chives of six stalks and use remaining stalks to decorate platter.

*Servings per recipe: 6. Nutrition facts per serving: Calories 33; Fat 2g.; Carbohydrates 3g; Protein 3g.*