

So here we are again, invited to another summer barbecue and you have been asked to provide what? An appetizer, a salad or a dessert? What comes to mind, a bag of chips, potato salad, some kind of typical jello or cookies maybe? Wow, now we are getting original!

I know that you all have such busy lives and no time to think about non-traditional items that could make your dish the hit of the table, so let me do the hard work for you. I like to keep in mind that at barbecues some things are just meant to be unhealthy and delicious.

I have stumbled upon a few exciting ideas that people will rave about. Recipes that can double as either a salad or a dessert, appetizer or main dish.

Bring one of these dishes to your next summer outing and I promise you, no one will be disappointed, unless they don't like meat or fruit. I guess in that scenario, someone will always bring that standby bag of chips!

### ***Spicy Beef Melts***

12 Ritz crackers

1/4 lb. cooked steak, sliced into 12 thin bite-sized pieces

12 slices pepperjack cheese

2 tablespoons fat free sour cream

2 tablespoons A1 steak sauce

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Heat oven to 350 degrees. Top Ritz crackers with meat and cheese Bake 4-5 minutes or until cheese is melted. Mix sour cream and steak sauce, spoon onto crackers. Serve warm.

***Raspberry Rice Salad***

4 cups boiling water

2 cups uncooked rice

6 cups skim or 1% milk

2 cups granulated sugar

1 container(16oz) fat free cool whip

6 packages frozen raspberries

6 tablespoons cornstarch

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Drain raspberries and keep juice. Simmer rice in boiling water for 20 minutes. Drain and rinse in cold water. Add milk and sugar and simmer for one hour. Chill overnight.

Cook raspberry juice in cornstarch until thick. Add berries and chill overnight. When ready to serve, add cool whip to rice mixture and layer the rice and berry mixtures and serve!