

St.Patty's Day
Safe and Sober Party Guide



Impaired driving is a deadly crime that kills, and sadly it is completely preventable. Even after years of progress, alcohol is still involved in 25 - 30% of fatal motor vehicle crashes each year in Delaware.

For more information, visit us on the web at www.ohs.delaware.gov.
and <http://duirealtime.com>.

Non-alcoholic Drinks

Shamrock Punch

1 qt lime or lemon sherbet

1 c lime juice

½ c water

2 liters lemon lime soda

Lime wedges

Pour lime juice and water into a punch bowl. Add sherbet, and stir the punch until it reaches a smooth consistency. Slowly pour lemon-lime soda into the mixture, stirring constantly. Pour the drinks over crushed ice, and garnish them with lime wedges

Fresh Green Grape Mocktail

12 seedless green grapes

4 oz white grape juice

4 oz cold sparkling water

Freeze the grapes until they are hard. Then combine about 10 frozen grapes and the juice in a blender and blend until smooth and thick. Then add the grape mix to your glass and add sparkling water. Stir and garnish with some frozen grapes or a sprig of mint

The Not-So Irish Coffee

4 oz. coffee

2 oz. cream

1/4 oz. chocolate syrup

1/4 tsp. Cinnamon

In a cocktail shaker filled with ice, add strong coffee, cream, cinnamon and chocolate syrup. Shake and strain into a tumbler. Top with whipped cream and shaved chocolate.

Smart Party Snacks

Emerald Eggs

Hard-boil 6 **eggs**, then peel and slice in half. Scoop the yolks into a food processor and puree with 1 cup **watercress leaves**, 1/4 cup **mayonnaise**, 2 tablespoons each chopped **scallions** and **tarragon**, and **salt** and **pepper**. Cut 4 slices **ham** into thin strips; fold and place in the hollowed-out egg whites. Fill with the yolk mixture.

Corn Beef and Cabbage Rolls

Cook 6 **Savoy cabbage leaves** in boiling water, about 2 minutes. Rinse under cold water and pat dry; slice in half. Mix 1/4 cup each **mayonnaise** and chopped **parsley** and/or **dill**; spread on the cabbage leaves. Cut 2 slices **rye bread** into strips. Slice 1/2 pound **corned beef** into strips and toss with a spoonful of **whole-grain mustard**. Top the cabbage leaves with a few strips each of the bread and corned beef. Roll up and slice in half.

Irish Grilled Cheese

Mash 4 tablespoons softened **butter** with 2 tablespoons each chopped **parsley**, **scallions** and **chives**. Spread the mixture on 4 slices **white bread**; top each with sliced **Irish cheddar cheese** and **bread-and-butter pickles**. Cover with 4 more bread slices. Spread plain butter on the outside of the sandwiches and fry in a skillet until golden on both sides. Spread the remaining herb butter on the warm sandwiches. Slice into quarters, then press the cut sides in more chopped herbs.



Tips

Whether you are throwing a party, going to a friend's house, or hitting one of the local bars, avoiding a DUI arrest is simple if you make the choice to drive sober and encourage others to do the same. Choose to follow these tips:

If you are going out:

- Designate a sober driver - or - volunteer to be the sober driver yourself.
- Program the number for the local cab company in your cell phone
- Avoid drinking too much alcohol too fast. Pace yourself. Eat protein and carbohydrate rich foods. Alternate with non-alcoholic beverages.

If you are having friends over:

- Make sure all of your guests have a designated sober driver, as soon as they arrive.
- Provide non-alcoholic drink alternatives.
- Stop serving alcohol before the party ends.



**All recipes can be found on the following websites:*

http://cocktails.lovetoknow.com/Non_Alcoholic_Irish_Drink_Recipes

<http://Thebudgetfashionista.com>

<http://www.foodnetwork.com/>



Drive Sober. Arrive Alive DE.