

NANCY'S FAVORITE RECIPES

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APPETIZERS

ARTICHOKE DIP

14 oz. can artichokes
1 cup light mayonnaise
1 cup grated parmesan cheese
Garlic Powder
Paprika

Preheat oven to 350 degrees. Drain and mash artichokes. Mix in mayonnaise and Parmesan cheese. Add garlic powder to taste. Pour mixture into small baking dish and sprinkle paprika on top. Bake for 25-30 minutes or until bubbly.

ASPARAGUS CHEESE POCKETS

½ pound fresh asparagus, microwaved until tender and cut into half-inch pieces
3 oz. package cream cheese, softened
1 Tbsp. low-fat milk
1 to 2 Tbsp. mayonnaise
1 Tbsp. chopped onion
1 Tbsp. drained pimento, diced
8 oz. tube refrigerated crescent rolls
Non-stick olive oil spray

Preheat oven to 375°. In a large bowl, beat together the cream cheese, milk, and mayonnaise until smooth. Add in the onions and pimento. (You may make this the day before and refrigerate). Unroll the crescent dough into eight separate triangles. Place on an ungreased baking sheet. Spread cream cheese mixture onto each triangle. Sprinkle asparagus on top of mixture. Fold corners of dough together to hold filling inside. Lightly coat prepared pockets with cooking spray. Bake until browned, about 15 to 20 minutes. Yields 8 servings.

BAKED EGG ROLLS

1 pound package frozen broccoli stir-fry vegetable blend
1 cup shredded cooked chicken
4-1/2 tsp. low-sodium soy sauce
2 tsp. sesame oil
2 garlic cloves, minced
½ tsp. ground ginger
½ of a 16 oz. package all-purpose pasta or egg roll wrappers
1 egg, beaten
1 jar of plum sauce

Preheat oven to 425 degrees. In a bowl, combine ½ package chopped, defrosted vegetables, chicken, soy sauce, sesame oil and spices. Place 1/4 cup mixture into the center of each wrapper. Fold bottom corner over filling then fold two sides toward the center. Moisten flap of remaining corner with beaten egg and seal. Place egg rolls seam side down on a greased baking sheet. Spray tops of wrappers with nonstick cooking spray or brush with beaten egg. Bake in 425 degree oven for 10-15 minutes, or until browned. Makes 8 servings. Recipe may be doubled. Serve warm with plum sauce.

CHILI DIP

15 oz. jar Cheese Whiz
15 oz. can Hormel chili without beans
1 bunch green onions, chopped
4 oz. can diced green chiles
1/4 tsp. tabasco

Mix all ingredients and bake in oven at 275 degrees for 45 minutes. Serve with large corn chips.

CROISSANT BRIE APPETIZERS

Fresh Croissants
Brie Cheese
Walnuts
Strawberry Jam

Toast walnuts over medium heat for a few minutes then chop into smaller pieces. Cut croissants in half. Lay brie cheese on one side of croissant and sprinkle with chopped walnuts. Melt in microwave for 12-15 seconds. Spread jam on top. Cut croissant halves into bite size pieces and serve warm.

EGGPLANT APPETIZER

1 large, firm eggplant
½ large sweet onion, peeled
1 Tbsp. olive oil
Salt to taste

Microwave eggplant until tender (about 5 minutes), let cool, and then scoop out pulp. Discard peel. In a food processor, chop onions. Add eggplant and puree with onions. Stir in olive oil and salt to taste. Serve as a dip with crackers.

SPINACH ARTICHOKE DIP

14-oz. can artichoke hearts, drained and chopped
10-oz. package frozen chopped spinach, thawed and drained
¾ cup parmesan cheese
¾ cup light mayonnaise
½ cup reduced fat shredded mozzarella cheese
½ tsp. garlic powder

Preheat oven to 350 degrees. Mix all ingredients. Spoon into greased baking dish. Bake for 20 minutes or until heated through. Serve with crackers.

SPINACH BALLS

2 10-oz. packages frozen chopped spinach, thawed and drained
2 cups crushed herb stuffing mix
1 cup grated parmesan cheese
½ cup melted butter
4 small chopped green onions
3 eggs

Combine ingredients in a large bowl and mix well. Shape into 1-inch balls. Cover and refrigerate or freeze until ready to bake. In a preheated 350 degree oven, bake on an ungreased baking sheet for 10-15 minutes until golden brown. Serve with your favorite mustard.

SPINACH PUMPERNICKEL DIP

10 oz. package frozen chopped spinach, thawed and squeezed dry
1 package dry vegetable soup mix or onion soup mix
1-1/2 cup sour cream
1 cup mayonnaise
8 oz. can sliced water chestnuts, drained and chopped
3 green onions, chopped
1 round pumpernickel bread

Mix together soup mix, sour cream, and mayonnaise until blended. Add spinach, water chestnuts, and green onions. Cover and chill. Just before serving, cut circle into top of bread and hollow out a bowl shape, saving pieces of bread to place around platter for dip. Spoon spinach dip into hollow and serve.

STUFFED MUSHROOMS

2-16 oz. packages whole white mushrooms
3 oz. cream cheese, softened
½ cup mayonnaise
½ cup sour cream
14 oz. can artichoke hearts, drained and chopped
10 oz. package frozen chopped spinach, thawed and drained
1/3 cup shredded mozzarella cheese
¾ tsp. garlic powder
4 Tbsp. shredded parmesan cheese
2 Tbsp. grated parmesan cheese

Remove stems from mushrooms and discard or save for another use. Clean mushrooms and pat dry with paper towel. Meanwhile, beat cream cheese, mayonnaise, and sour cream in a small bowl. Add artichokes, spinach, mozzarella cheese, garlic powder, and shredded Parmesan cheese. Fill each mushroom cap with about 1 Tbsp. of spinach mixture. Place mushrooms on greased baking sheet and sprinkle with grated Parmesan cheese. Bake at 400 degrees for 20 minutes or until tender. Yields about 36 mushroom appetizers. Use leftover mixture as spinach dip.

SAUCES

CRANBERRY SAUCE

12 oz. bag fresh cranberries
¾ cup sugar
1 tsp. grated lemon peel
1 cup water

In a medium pot, mix all ingredients. Bring to a boil then reduce heat and simmer about 10 minutes or until cranberries are softened. Cool and store in refrigerator until served.

SOUPS

BUTTERNUT SQUASH SOUP

2 Tbsp. butter
1 onion, diced
1 pound peeled butternut squash, cubed
1 carrot, diced
¼ tsp. cinnamon
¼ tsp. ground nutmeg
Pinch ground cloves
1 quart low-salt chicken broth
2 sprigs thyme
1 cup half-and-half
2 Tbsp. molasses

Melt butter over medium heat in large soup pot. Add onions and cook until wilted. Then add squash and carrots. Cook for 4-5 minutes, stirring often. Add spices and cook until vegetables start to caramelize. Then add chicken broth and thyme. Simmer for 20 minutes.

Remove from heat and discard thyme sprigs. Using an immersion blender, puree the soup. (It can be frozen at this stage.) Stir in molasses to blend. Add half-and-half and mix to combine.

FRENCH ONION SOUP

1/4 cup butter or margarine
5 cups thinly sliced onions
1/4 tsp. sugar
1 cup red wine
4 cans (10-1/2 oz.) condensed beef broth, undiluted
4-6 French bread slices, each one inch thick
1 cup grated Swiss cheese

Olive oil

Preheat oven to 325 degrees. Melt butter in large soup pot. Add onions, stir, and simmer covered until golden, about 15 minutes, stirring occasionally. Uncover, raise heat to medium, and stir in sugar. Cook 10 minutes. Add red wine and beef broth, bring to boil. Reduce heat and simmer for 30 minutes. (Can freeze soup at this stage if desired). Meanwhile, toast bread slices until browned on both sides. Sprinkle each slice of bread with grated cheese and a few drops of olive oil on top. Pour soup into oven-proof tureens. Float toast, cheese side up, one slice in each bowl. Bake at 325 degrees for 20 minutes, then set for a minute under the broiler until the top is browned and bubbly. Serve immediately, or cool and refrigerate, covered. May be reheated.

MINESTRONE SOUP

48 oz. box low sodium chicken broth
28 oz. can petite diced tomatoes, undrained
15 oz. can whole white potatoes, drained & halved
15-1/2 oz. can cannellini beans, drained
9 oz. package frozen cut green beans
8 oz. package shredded carrots
1 large onion, cut into chunks
1/4 red bell pepper, diced
1 Tbsp. each fresh parsley and dill
3/4 cup small pasta

Combine all ingredients except pasta in large soup pot and bring to a boil. Cover and simmer for 30 minutes. Add pasta, cook for additional 10 minutes. Serve hot.

MUSHROOM BARLEY SOUP

1 Tbsp. olive oil
20 oz. sliced mushrooms
8 oz. chopped onions
2 tsp. chopped garlic
1/4 tsp. dried thyme
4-1/2 cups reduced sodium chicken broth
2 cups water
1 cup quick-cooking barley
1/4 cup fresh chopped parsley
1/4 cup fresh chopped dill
1 tsp. lemon juice

Heat oil in soup pot. Sauté onions, mushrooms, and garlic until wilted. Add parsley, thyme, and dill. Stir in broth and 2 cups water. Bring to a boil then lower heat to simmer. Cook until barley is tender and flavors blend, about 15 minutes.

SWEET ONION CHOWDER

1/4 cup butter
4 to 5 large sweet onions, peeled and sliced
1 tsp. sugar
1 Tbsp. fresh dill, chopped
11 oz. can white corn, drained
(4) 14 oz. cans Swanson's low fat, low sodium chicken broth
2 Tbsp. flour
1/2 cup half-and-half

Melt butter in soup pot. Add onions. Stir and cook covered on medium heat until soft, about 20 minutes. Sprinkle in the sugar and mix again, cooking a few more minutes. Then add remaining ingredients and heat to a boil. Serve immediately.

VEGETABLE SOUP

(2) 48 oz. boxes low sodium chicken broth
2 cups water

1 package fresh spinach
Fresh basil
1 turnip, peeled and cut into chunks
1 parsnip, peeled and cut into chunks
Baby carrots
¼ cup barley
1 can cannellini beans, drained
1 large onion cut into chunks
14.5 oz can diced tomatoes, undrained

Bring broth and water to boiling and add other ingredients except pasta. Simmer for two hours. Add pasta during last ten minutes. Cool and then blend all ingredients with immersion blender.

VEGETABLE BEAN SOUP

¾ cup dried large lima beans
3 to 5 beef marrow bones, depending on size
1 bunch fresh celery leaves
¼ cup dried split peas
1 Tbsp. each fresh parsley and dill, chopped
¼ cup pearl barley
¼ cup uncooked rice
8 oz. baby carrots
1 large onion, peeled
1 parsnip, peeled
1 turnip, peeled
1 small potato, peeled
1 soft tomato
4 oz. fresh mushrooms (optional)

The night before, put lima beans in a medium bowl and cover with boiling water. Refrigerate overnight. In the morning, remove and discard shells; they'll slide off easily. Rinse and put lima beans aside.

Rinse marrow bones and place in bottom of large soup pot. Cover with cold water and bring to boil. Skim foam off top. Lower heat and add all other ingredients. Simmer covered for about two hours, stirring occasionally, until all vegetables are tender. Remove lid and let soup cool. With slotted spoon, remove marrow bones. Shake out marrow from bones into soup. Discard bones. Use immersion blender to puree soup. Stir until thoroughly blended. Note: This soup freezes well when cooled.

BREADS

CRANBERRY BREAD

2 cups all-purpose unbleached flour
1 cup light brown sugar
½ tsp. baking soda
1½ tsp. baking powder
1 tsp. salt
4 Tbsp. unsalted butter, melted
1 large egg, lightly beaten
¾ cup whole milk
12 oz. bag fresh cranberries
Cinnamon Sugar

Preheat oven to 350 degrees. In a large bowl, mix flour, sugar, baking soda, baking powder, and salt. In a medium bowl, stir together melted butter, egg, and milk. Add liquids to flour mixture. Stir to combine, then fold in cranberries. Put batter into greased and floured loaf pan. Sprinkle cinnamon sugar on top. Bake about 1 hour until toothpick comes out clean.

GARLIC CHEESE BISCUITS

2 cups biscuit mix
½ cup shredded cheddar cheese

2 cloves garlic, minced
2/3 cup low fat milk
2 Tbsp. butter or margarine, melted
1/4 tsp. garlic powder

Combine biscuit mix, shredded cheese, and minced garlic in a large bowl. Stir in milk until moistened. Drop by the tablespoon onto a greased cookie sheet. Bake at 450 degrees for 10 minutes or until browned. Meanwhile, mix together melted butter and garlic powder. Brush over warm biscuits and serve. Servings: 12.

LOW FAT BANANA BRAN MUFFINS

2-1/4 cups Quaker oat bran hot cereal, uncooked
1 Tbsp. baking powder
1/4 cup dark brown sugar
1/4 cup chopped walnuts
1-1/4 cup skim milk
2 ripe bananas
2 egg whites
2 Tbsp. applesauce

Preheat oven to 425 degrees. In a blender, mash bananas. Add milk, egg whites, and applesauce. Blend together. Meanwhile, mix the dry ingredients in a large bowl. Add milk mixture and stir. Optional: add dried fruit, i.e. dried cranberries. Grease muffin pan with non-stick spray or line with paper baking cups. Fill each cup about 3/4 full with batter. Bake for 17 minutes. Makes 12 muffins.

LYCHEE BLUEBERRY MUFFINS

2 cups unbleached flour
1 Tbsp. baking powder
1 tsp. ground cinnamon
1/4 tsp. freshly grated nutmeg
1/4 tsp. salt
2 eggs
1 cup reduced fat milk
1/4 cup canola oil
1/2 cup brown sugar
1 tsp. vanilla
2 Tbsp. applesauce
1/3 cup fresh lychees, drained and chopped
1/4 cup fresh blueberries

Preheat oven to 350 degrees. In a large bowl, mix the flour, baking powder, cinnamon, nutmeg, and salt. In a medium bowl, beat the eggs, milk, oil, brown sugar, vanilla, and applesauce until smooth. Stir liquid mixture into dry ingredients. Add lychees and blueberries and mix until blended. In a greased muffin pan, fill each cup about half full. Bake at 350 degrees for 20-25 minutes or until lightly browned and a toothpick inserted in the center of a muffin comes out clean. Cool on rack when done. Yields 12 muffins.

ENTREES: BEEF

BEEFY MACARONI & CHEESE

14.5 oz. package Kraft Macaroni & Cheese Dinner
4 Tbsp. unsalted butter
1/2 cup fat free milk
14.5 oz. can petite cut diced tomatoes no salt added
1-1/4 cups tomato basil spaghetti sauce
1 pound lean ground beef
1/2 tsp. minced garlic
1-2 cups shredded mozzarella cheese

Prepare mac and cheese dinner as directed for light prep using butter and milk portions above. Set aside. Meanwhile, sauté beef and garlic in skillet until browned. Remove from pan. Preheat oven to 350 degrees. Mix together diced

tomatoes with juice and spaghetti sauce to make 3 cups total. In lightly greased baking dish, layer macaroni mixture, sauce, meat, and mozzarella cheese. Bake until browned and heated through, about 20 minutes. Serves 6 to 8.

BRISKET WITH CRANBERRIES AND MOLASSES

3 pounds flat cut beef brisket
2 Tbsp. olive oil
3 Tbsp. all-purpose flour
14.5 oz. can low sodium chicken broth
1 cup dry red wine (i.e. cabernet)
1 bay leaf
2 Tbsp. molasses
2 cups water
12 oz. bag fresh cranberries
1 pound bag frozen pearl onions

Preheat oven to 350 degrees with rack in lower position. Heat oil in Dutch oven or large oven-proof pot. Brown meat fat side down then sear on all sides. Remove to plate. Add broth to pot and scrape up browned bits with spatula. Whisk in flour, wine, bay leaf, molasses, 2 cups water, and half the cranberries. Bring to a boil and stir. Return brisket to pot. Cover and bake in oven for 3 hours. Then stir in remaining cranberries and onions and cook for 30 minutes more until meat is fork tender. Discard bay leaf and cut meat into thin slices before serving. Serves 6-8.

BRISKET WITH DRIED PLUMS

3-1/2 lb. flat cut beef brisket
2 Tbsp. olive oil
2 medium onions, sliced
1 cup beef broth
1/4 cup Marsala wine
3 Tbsp. balsamic vinegar
3 Tbsp. honey
1/2 tsp. ground ginger
1/2 tsp. ground cloves
1/2 tsp. cinnamon
2 lb. sweet potatoes, peeled and cut into chunks
1 cup pitted dried plums (prunes)
1 cup dried apricots

Preheat oven to 350 degrees. Trim fat off brisket. Heat oil in heavy Dutch oven and add meat, browning on both sides. Remove brisket. Add onions and sauté until wilted, about 5 minutes. Meanwhile, mix beef broth, Marsala wine, vinegar, honey, ginger, cloves, and cinnamon in a bowl. Put brisket on top of onions in pot. Pour broth mixture over meat. Cover and bake for 2 hours. Then add sweet potato chunks. Scatter dried fruit on top. Cover and bake for 1 more hour or until meat is tender. Transfer meat to cutting board, and spoon out fruit with slotted spoon. Cut meat thinly across the grain. Serve with fruit and pan juices.

FRANKS CREOLE

3 Tbsp. olive oil
8 oz. container chopped celery, onion, green pepper (trinity mix)
1/4 cup chopped fresh parsley
1 tsp. chopped garlic
2 packages Hebrew National reduced fat hot dogs.
6 oz. can tomato paste
3/4 cup water
2 bay leaves
2 cups cooked rice

Slice frankfurters into bite-size pieces and put aside. In a large pot, sauté chopped vegetables and garlic in oil until tender. Add franks and stir to blend. Add bay leaves, tomato paste and water. Simmer for several minutes until heated through. Discard bay leaves and serve over rice. Makes 4-6 servings.

HONEY BARBECUE MEAT LOAF

1½ pounds lean ground beef
½ cup plain bread crumbs
¾ cup honey barbecue sauce
1 egg, beaten

Preheat oven to 400 degrees. In a large bowl, combine ground beef, ½ cup sauce, bread crumbs, and beaten egg. Put into greased loaf pan. Spread remaining sauce on top. Bake for approximately 50 minutes or until cooked through.

JAMBALAYA

2 Tbsp. oil
9 oz. package Perdue Short Cuts Original Roasted Chicken Breast
2-11 oz. packages Hebrew National reduced-fat beef franks
2-8 oz. containers fresh diced onions
2-8 oz. containers Trinity Mix (chopped fresh green pepper, celery, onions)
1 Tbsp. chopped fresh basil
1 Tbsp. chopped garlic
3 cups low-sodium chicken broth
2 cups uncooked jasmine rice
1 bunch green onions, chopped
8 oz. diced fresh tomatoes.
1 cup fresh parsley, chopped

Cut up the chicken and hot dogs into bite-sized pieces. Set aside in different bowls.

In a soup pot, sauté the franks in oil for flavor and then remove to bowl. Next add diced onions, Trinity Mix, basil and garlic to pot and sauté until tender. Return franks to pot along with chicken, tomatoes and green onions. Add broth and bring to a boil. Add rice, cover, and simmer for 30 minutes or until most liquid is absorbed.

Mix in parsley and serve. Makes 6 servings. Garnish dish and serve with a side salad.

MOUSSAKA

1 large eggplant, peeled and sliced into thin rounds
2 Tbsp. olive oil
1-1½ to 2 pounds ground beef
1 small onion, chopped
15-oz. can tomato sauce
¾ cup dry red wine
2 Tbsp. chopped fresh parsley
1 tsp. dried oregano
¼ tsp. ground cinnamon
¼ cup unsalted butter
¼ cup all-purpose flour
2 cups low-fat milk
3 eggs
1 cup grated Parmesan, divided

Salt eggplant slices on both sides and let sweat on a plate for a half hour, then rinse and pat dry.

Heat olive oil in skillet over medium high heat. Add ground beef and onions and cook until beef is brown, about 15 minutes. Stir in tomato sauce, wine, parsley, oregano and cinnamon. Simmer until mixture thickens, stirring occasionally, about 20 minutes. Set aside.

Preheat oven to 350 degrees. In a separate saucepan, melt butter over medium high heat. Add flour and stir 1 minute. Gradually add milk, whisking until smooth. Boil until thickened, stirring constantly, about 2 minutes.

Beat eggs in small bowl to blend. Whisk small amount of hot milk mixture into eggs. Return egg mixture to saucepan. Whisk constantly until mixture reaches a boil, then remove from heat. Stir in ½ cup grated Parmesan.

Grease 13x9x2 inch glass baking dish. Arrange half of eggplant slices in bottom of dish. Spread meat mixture over.

Top with remaining eggplant. Pour hot custard cheese sauce over eggplant. Sprinkle with remaining ½ cup Parmesan. Cover loosely with foil and bake 1 hour. Uncover and continue baking until golden brown. Serves 6-8.

POT ROAST

3 to 4 pound flat cut brisket
2 Tbsp. olive oil
1 large yellow onion, sliced
1 can cream of mushroom soup
1/2 cup water
3/4 cup brown sugar
1/4 cup vinegar
1 tsp. Worcestershire sauce
1 tsp. mustard
1/4 cup Marsala wine

In a Dutch oven on top of the stove, brown meat in 2 Tbsp. oil on both sides. Add sliced onions. Blend together other ingredients in a bowl and pour over meat. Cover and simmer for 2-1/2 to 3 hours or until meat is very tender. Add water to moisten pot as needed during the cooking process. Allow to cool for a few minutes, then thinly slice meat across the grain.

SHEPHERD'S PIE

2 lb. prepared garlic mashed potatoes
8 oz. sliced mushrooms
2 Tbsp. olive oil
1 to 1-1/2 lb. lean ground beef
1 medium onion, chopped
1 Tbsp. chopped garlic
2 Tbsp. flour
12 oz. can Heinz fat-free beef gravy or any leftover gravy
1/4 cup chopped fresh parsley
½ tsp. dried marjoram
14-1/2 oz. can peas and carrots, drained
1 Tbsp. Worcestershire sauce
4 oz. shredded cheddar cheese

Microwave potatoes as directed but omit adding milk or butter. In heavy large skillet, sauté mushrooms in oil and remove when wilted. Add beef, onion, and garlic to same skillet and cook on medium high heat until beef is browned. Add flour and stir. Add mushrooms, gravy, parsley, marjoram, peas and carrots, and Worcestershire sauce. Simmer until mixed through. Transfer beef mixture into 9-inch square greased baking dish. Spoon mashed potatoes over beef layer. Sprinkle with cheddar cheese. Bake at 350 degrees for 15 minutes or until bubbly. Serves 4.

SPAGHETTI PIE

8 oz. spaghetti
2 Tbsp. margarine
2 eggs, beaten
1/3 cup grated parmesan cheese
8 oz. low fat cottage cheese
1 lb. lean ground beef
½ cup chopped onion
14-1/2 oz. can petite diced tomatoes, undrained
6 oz. can tomato paste
1 tsp. sugar
1 tsp. oregano
½ tsp. garlic powder
4 oz. shredded mozzarella cheese

Cook and drain spaghetti. Stir margarine into hot spaghetti. Mix in beaten eggs and parmesan cheese and stir until cheese is melted. Press spaghetti mixture into greased ten inch pie plate. Spread cottage cheese over spaghetti mixture. Meanwhile, in hot skillet, cook meat and onions until browned. Stir in tomatoes with juice, tomato paste, sugar, oregano, and garlic powder. Put meat mixture on top of cottage cheese in pie dish. Bake uncovered at 350

degrees for twenty minutes. Sprinkle mozzarella cheese on top and bake until melted. Serves 6.

SWEDISH MEATBALLS

1-1/2 lb. lean ground beef
1 egg, beaten
1/4 tsp. garlic powder
1 cup chopped onions, divided
1/4 cup plain bread crumbs
12 oz. bottle chili sauce
18 oz. jar grape jelly
15 oz. can tomato sauce
1/4 cup Marsala wine

Make meatballs: Mix ground beef with beaten egg, garlic powder, 1/2 cup chopped onions, and bread crumbs. Form into small balls. Set aside. (Or use frozen turkey meatballs instead of making them from scratch).

In a large saucepan over medium-high heat, blend together chili sauce, grape jelly, and tomato sauce until jelly is melted. Toss in remaining onions and add wine. When mixture is bubbly, add meatballs to pot. Stir gently to coat with sauce. Cover and reduce heat to simmer. Periodically lift lid, being careful of steam, and stir. Cook for 1 hour on low heat (or 1/2 hour if using frozen cooked meatballs). Serve over cooked rice as an entrée or as a party appetizer. NOTE: If you have leftover sauce after the meatballs are eaten, use the sauce for gravy in Shepherd's Pie. This sauce may be frozen until needed.

ENTREES: POULTRY

CHICKEN ASPARAGUS

1 pound fresh asparagus, trimmed
2 Tbsp. olive oil
1 red bell pepper, seeded and sliced thin
2-9oz. Perdue roasted carved chicken breast packages
1 cup whipping cream
1 small jar pesto sauce

Microwave the asparagus for two minutes, remove to plate, and cut into bite-sized pieces. Meanwhile, heat oil in large skillet. Sauté red bell pepper and asparagus until crisp-tender. Stir in cooked chicken. Add whipping cream and pesto sauce, mix to blend and heat through. Serve over rice or cooked couscous. Note: Substitute leftover chicken or turkey for packaged cuts. Makes 4-6 servings.

CHICKEN BEAN STEW

2 pounds chicken thighs or 5-6 chicken breasts, boneless and skinless
1/3 cup all-purpose flour
3 Tbsp. oil
1 medium onion, cut into chunks
3 peeled carrots, cut into chunks
1 tsp. chopped garlic
14.5 oz. can diced tomatoes
1 can low sodium chicken broth
1 can cannellini beans, drained and rinsed
1/4 cup dry red wine (or more if needed to moisturize)

Preheat oven to 350 degrees. Sprinkle flour in a plate and dredge chicken pieces to coat.

Heat 2 Tbsp. oil in a Dutch oven and brown chicken on all sides. Remove from pot. Deglaze with a bit of broth if necessary and add 1 Tbsp. oil. Stir in onion and carrots and sauté until onions wilt. Add garlic and stir. Add diced tomatoes. Place chicken on top. Pour broth and red wine over chicken. Bring to a boil, cover, and cook in oven for 30 minutes. Add beans. Cook for approximately 30 minutes more or until chicken is done. Serves 4-6.

CHICKEN BROCCOLI CASSEROLE

6 - 8 oz. package long grain and wild rice mix

16 oz. package frozen broccoli florets, defrosted
9 oz. package Perdue short cuts original roasted chicken breast
½ cup shredded cheddar cheese
1 cup sliced mushrooms
4 oz. jar pimento, drained
1 can condensed low sodium cream of mushroom soup
1 cup plain yogurt
1/3 cup mayonnaise
1 tsp. mustard
¼ tsp. curry powder
2 Tbsp. grated parmesan cheese

Preheat oven to 350 degrees. Prepare rice according to directions, omitting butter. Spray a 13 x 9 inch baking dish with cooking spray. Layer on rice, broccoli, chicken, cheddar cheese, mushrooms, and pimento.

In a small bowl, mix soup, yogurt, mayonnaise, mustard, and curry powder. Spread evenly over the top of the casserole. Sprinkle with parmesan cheese. Bake uncovered for 40 minutes or more until heated through.

CHICKEN CACCIATORE

1 package Perdue Italian seasoned 5 boneless, skinless chicken breasts
2 Tbsp. olive oil
1 onion, chopped
1 yellow bell pepper, seeded and chopped
16 oz. fresh button mushrooms
1 Tbsp. minced garlic
1 tsp. dried basil
1 tsp. dried oregano
1 cup dry red wine
28 oz. can diced tomatoes

In a large skillet, sauté the chicken breasts in olive oil until browned on both sides. Remove to a plate and set aside. Add onion and bell pepper to pan and cook until soft, about 5 minutes. Add mushrooms and garlic and stir occasionally until mushrooms are tender. Sprinkle on basil and oregano. Pour in the red wine and raise heat to a boil. Cook until wine is reduced, about 5 minutes. Stir in the tomatoes and add the chicken to the mixture. Cover and reduce heat to a simmer. Cook for 30 minutes or until the chicken is cooked all the way through. Serve over cooked noodles or rice. Makes 4-5 servings.

CHICKEN CRANBERRY

1-1/2 pounds boneless, skinless chicken thighs
2 Tbsp. olive oil
3 shallots, peeled and chopped
8 oz. bag fresh cranberries, rinsed
¾ cup water
1/3 cup apple cider vinegar
1 Tbsp. honey
¾ tsp. ground ginger
¼ tsp. allspice

Heat olive oil in large skillet. Sauté shallots until beginning to brown. Add cranberries, water, vinegar and honey. Cook until the berries soften and begin to burst. Stir occasionally. When cranberries are softened, add the ginger and allspice.

Preheat oven to 400 degrees. Place chicken thighs in greased baking dish. Spread cranberry mixture over chicken. Bake for 45 minutes or until cooked through. Serves 4 to 6.

CHICKEN DIVINE

16 oz. sliced mushrooms
3 green onions, chopped
6 chicken breast halves
1 tsp. rosemary, crushed

Juice from 1 lemon
1 Tbsp. chopped garlic
2 Tbsp. parsley, chopped
½ cup dry white wine
½ cup chicken broth
1 Tbsp. flour mixed in 2-3 Tbsp. water

Spread mushrooms in bottom of greased baking pan. Sprinkle with green onions. Place chicken halves on top. Cover with rosemary, lemon juice, garlic, and parsley. Pour the white wine and chicken broth over all. Cover and bake at 400 degrees for 40 minutes or until cooked through. Remove cover and bake until chicken is slightly browned. Take dish from oven and spoon chicken into serving dish. Meanwhile, make gravy: Put remaining sauce in measuring cup and add enough liquid to make 2 cups. Add sauce to pot and whisk in flour mixture. Simmer and stir often until thickened. Serves 6.

CHICKEN EGGPLANT

1 medium eggplant, peeled & cut into 1 inch cubes
24 oz. jar tomato basil sauce
1-24 oz. bag of 5 boneless, skinless chicken breasts by Perdue with Italian seasoning
6 oz. shredded mozzarella cheese
¼ cup chopped fresh basil

Place eggplant chunks in colander over sink and sprinkle with salt. Let stand for 30 minutes. Rinse bitter juice away and pat dry with a paper towel. Pour eggplant into a large bowl and mix in tomato basil sauce.

In a large nonstick skillet coated with cooking spray, brown chicken breasts on both sides. Remove to greased baking dish. Sprinkle with ¾ cup mozzarella cheese. Top with eggplant mixture and then remaining cheese.

Cover and bake at 350 degrees for 40 minutes or until chicken is cooked through.

CHICKEN MAC AND CHEESE

12 oz. box macaroni and cheese mix
12 oz. can chunk chicken breast, drained
1 can Campbell's Healthy Choice cream of mushroom soup
1-1/3 cup 2% milk
9 oz. package frozen peas and pearl onions
8 oz. sliced mushrooms
6 oz. can French fried onions
1 small jar pimento, drained

Preheat oven to 325 degrees. Prepare macaroni and cheese dinner as directed. Pour into large bowl. Mix in the chicken, soup, milk, peas and onions, pimento, mushrooms, and half of the fried onions. Bake in a greased dish for 25-30 minutes. Sprinkle with remaining fried onions and bake until browned and bubbly.

CHICKEN PAPRIKA

¼ cup butter
3 Tbsp. all-purpose flour
2 Tbsp. paprika
1 tsp. poultry seasoning
8 skinless chicken thighs
1 can Campbell's Healthy Choice cream of mushroom soup
1 cup reduced fat milk
8 oz. fresh mushrooms, sliced
2 Tbsp. fresh parsley, chopped
¼ tsp. dried thyme

Melt butter in microwave. Remove from oven and stir in flour, paprika, and poultry seasoning. Place chicken in greased baking dish. Spread buttery paprika mixture over chicken. In a separate bowl, whisk the soup and milk until blended. Stir in sliced mushrooms. Pour liquid mixture over chicken. Sprinkle parsley and thyme on top. Bake covered at 350 degrees for 35 minutes. Uncover and bake for 20 minutes more or until chicken is cooked through. Serves 8.

CHICKEN SPAGHETTI CASSEROLE

16 oz. cooked spaghetti, vermicelli, or angel hair pasta
9 oz. package Perdue Original Roasted Chicken Breast Short Cuts
16 oz. package frozen peas and carrots
1 cup grated cheddar cheese, divided
2 cans Healthy Request cream of chicken soup
Optional: 1 small jar pimento, drained
Salt to taste

Combine all ingredients in greased 9 x 12 baking dish, reserving some grated cheddar to sprinkle on top. Bake at 350 degrees until browned and bubbly, about 20 minutes. Serves 6-8.

CHICKEN STEW

6-8 boneless, skinless chicken thighs
1 lb. small red potatoes, quartered
1 bag cut fresh carrots
1 large onion, cut into small chunks
1 can low sodium chicken broth
6 oz. tomato paste
2 Tbsp. olive oil
1 Tbsp. ground saffron
1 tsp. ground cumin

Preheat oven to 400 degrees. Place the cut potatoes, carrots, and onion into a greased 13 x 9 inch baking dish. Place chicken on top. Combine remaining ingredients in a small bowl and then pour over chicken. Cover and bake for 1 hour or until chicken is cooked through and vegetables are tender. Serves six.

CHICKEN THIGHS WITH MUSHROOMS

4-6 boneless, skinless chicken thighs
2 Tbsp. spicy brown mustard
2 Tbsp. olive oil
8 oz. sliced mushrooms
2 tsp. minced garlic
2 green onions, chopped

Preheat oven to 400 degrees. Mix together mustard and olive oil. Coat chicken pieces with mixture. In a separate bowl, toss together mushrooms, garlic, and green onions. Place in greased baking dish. Put chicken on top of mushroom mixture. Bake for 35 minutes or until cooked through.

GINGER CHICKEN THIGHS

1 boil-in bag brown rice
2 Tbsp. chopped green onions
6 boneless skinless chicken thighs
2 Tbsp. olive oil
2 tsp. chopped garlic
2 tsp. chopped peeled ginger
½ cup apricot preserves
2 Tbsp. low sodium soy sauce
2 Tbsp. Marsala wine

Cook rice as directed, drain, and then empty into serving bowl. Sprinkle green onions on top and set aside. Meanwhile, sauté chicken in oil in large skillet until browned on all sides. Remove to separate plate and keep warm. Add garlic and ginger to pan, and cook for a minute or two. Then add preserves, soy sauce, and wine. Stir to blend. Put chicken back in pan, coat in juices, and cover. Simmer until chicken is cooked through. Serve with rice.

HORSERADISH-CRUSTED CHICKEN TENDERLOINS

1 pound chicken tenderloins
2 Tbsp. mayonnaise

2 Tbsp. prepared horseradish
½ cup seasoned bread crumbs
2 Tbsp. chopped parsley
¼ cup mayonnaise
¼ cup fat free plain yogurt
2 Tbsp. skim milk
1 Tbsp. prepared horseradish
1 Tbsp. Dijon mustard
¼ tsp. paprika

Preheat oven to 425 degrees. Combine 2 Tbsp. mayonnaise and 2 Tbsp. horseradish in small bowl. Dip chicken in mixture and then roll in bread crumbs mixed with parsley. Place chicken tenders in greased baking dish and bake for 25 minutes. Meanwhile, combine the next 6 ingredients for the sauce and put aside. Serve baked chicken with sauce.

ISLAND TURKEY THIGHS

1 cup each chopped onions, celery, carrots
⅓ cup ketchup
1 tsp. salt
½ tsp. paprika
1 large size oven bag
1 Tbsp. flour
4 pounds turkey thighs
⅓ cup dry white wine
½ cup low sodium chicken broth
2 bay leaves

In a bowl, combine vegetables, ketchup, salt and paprika. Place flour in oven bag; shake to coat. Rinse and pat dry turkey thighs, then place in bag. Put in 13 x 9 baking dish. Sprinkle vegetable mixture over turkey, then pour on wine and broth. Add bay leaves and seal bag. Cut slits in top. Bake at 350 degrees for 1-1/2 hours. Makes 8 servings.

LYCHEE CURRY CHICKEN

1 pound chicken tenderloins
1 Tbsp. curry powder
2 tsp. powdered ginger
2 Tbsp. canola oil
1 package sugar snap peas, ends trimmed
1 red bell pepper, cut into strips
1 8 oz. package sliced zucchini
½ bunch green onions, chopped
⅓ cup reduced fat chicken broth
½ cup fresh lychees, chopped and drained, liquid reserved.
Hot cooked rice

Trim the tendons off the chicken and cut the meat into one-inch chunks. In a bowl, mix the curry powder and ginger and toss in the chicken to coat.

In a large nonstick skillet, heat the oil. Add the chicken and stir fry until browned on all sides. Add in the peas, pepper, zucchini, green onions, lychees, broth, and reserved lychee juice. Mix well and cover, steaming a few minutes until vegetables are tender and chicken is cooked through. Serve over rice.

MUSHROOM STUFFED CHICKEN

4-6 boneless, skinless chicken breasts
¼ cup green onions, chopped
8 oz. sliced mushrooms
1 tsp. minced garlic
½ tsp. dried thyme
2 oz. shredded mozzarella cheese
¼ cup flour
¼ cup plain bread crumbs
½ cup egg substitute or 2 eggs, beaten

1 Tbsp. olive oil

Preheat oven to 350 degrees. Spray large skillet with cooking spray. Turn on heat to medium-high. Sauté onions, mushrooms, and garlic until wilted. Stir in thyme. Remove from heat and mix in cheese.

Cut a slit through the thickest part of each chicken breast. Stuff each breast with ¼ cup mushroom mixture.

Place flour, bread crumbs, and beaten eggs in separate plates. Dip each chicken breast in flour, egg, and bread crumbs respectively.

Heat oil in skillet and brown chicken on both sides. Transfer to baking dish and bake for 30 minutes or until cooked through.

QUICK TURKEY CURRY

1 cup diced green pepper

½ cup diced celery

½ large sweet onion, diced

4 green onions, sliced

2 Tbsp. canola oil

1-2 package(s) Perdue short cuts cooked turkey breast or 1-2 cup(s) cubed leftover turkey

1 can sliced water chestnuts, drained

2 oz. package slivered almonds

4 Tbsp. all-purpose flour

½ tsp. curry powder

½ tsp. paprika

¼ tsp. dried basil

16 oz. low sodium chicken broth

1 small jar pimentos, drained

Cooked rice, 4 servings

In a large skillet, sauté the green pepper, celery, and onions in oil until wilted. Stir in the turkey, water chestnuts, and almonds. Meanwhile, in a small bowl, whisk the flour, curry powder, paprika and basil into the broth until blended. Stir into the skillet mixture and add pimentos. Cover and simmer until heated through. Serve over rice. Yields 4-6 servings. Tip: You can buy two 8 oz. packages of pre-chopped green peppers, celery, and onions at the grocery store as a substitute for the green pepper and celery if you want a faster prep time.

ROAST TURKEY BREAST WITH HERBS

1 whole bone-in turkey breast (6-7 pounds)

2 Tbsp. olive oil

1 Tbsp. minced garlic

2 tsp. fresh lemon juice

2 tsp. dry mustard

1 Tbsp. rosemary

1 Tbsp. sage

1 tsp. thyme

¾ cup dry white wine

Preheat oven to 325 degrees. Place the turkey breast in a roasting pan, skin side up. In a small bowl, combine olive oil, garlic, lemon juice, mustard, rosemary, sage and thyme. Rub over turkey. Pour the wine into the bottom of the pan. Roast uncovered for 1-1/2 hours or longer until meat thermometer registers 165 degrees in thickest part of breast. Cover breast with foil if overbrowning during cooking time. When done, cover with foil and allow to cool for 15 minutes or so then carve into slices. Reserve pan juices for gravy. Serves 6 to 8.

TURKEY BURGERS

1-1/4 lb. ground turkey

½ cup bread crumbs

4 green onions, minced

2 Tbsp. fresh basil, chopped

2 Tbsp. fresh lime juice

1 Tbsp. soy sauce

2 tsp. garlic, minced
1/4 tsp. chili powder

Mix ingredients in large bowl. Shape mixture into balls. Flatten to make into burgers. Refrigerate until ready to grill. Brush or spray burgers with oil on both sides. Grill over Direct Medium heat for about 5-7 minutes, turning once, until cooked through. Serves 4.

TURKEY MEATLOAF

2 tsp. olive oil
8 oz. package diced onion, celery, green pepper
1 tsp. minced garlic
1 pound lean ground beef
1 pound ground turkey
1 Tbsp. tomato paste (Buy a tube; easier to store)
¼ cup plain bread crumbs
½ cup buttermilk
1 egg white
2 Tbsp. chopped flat-leaf parsley
½ cup parmesan cheese

Preheat oven to 350 degrees. In a frying pan, sauté onion, celery and green pepper in oil until wilted. Add garlic and stir until fragrant. Turn off heat and set aside. Combine the rest of the ingredients in a large bowl. Add onion mixture and stir to blend. Fold into loaf pan and bake for one hour.

TURKEY TETRAZZINI

16 oz. whole wheat spaghetti or vermicelli
2 cups chopped, cooked turkey
2 Tbsp. olive oil
1 chopped onion
1 chopped green pepper
12 oz. package sliced mushrooms
10 oz. can Healthy Choice cream of mushroom soup
12 oz. package frozen mixed vegetables, defrosted
1 cup shredded cheddar cheese
¼ cup white wine
1 Tbsp. Worcestershire sauce
½ cup grated Parmesan cheese
Paprika

Cook spaghetti according to package directions, drain, and set aside in large bowl. In a large skillet, heat oil. Sauté onion, green pepper, and mushrooms until wilted. Add to spaghetti along with mushroom soup, mixed vegetables, cheddar cheese, white wine, and Worcestershire sauce. Mix well to blend. Pour into greased 11 x 14 baking dish. Sprinkle Parmesan cheese and paprika on top. Bake at 375 degrees for 25 minutes, or until heated through.

ENTREES: FISH

BAKED SALMON FILETS

Fresh salmon filets
Mayonnaise
Chili Sauce
Garlic Powder

In a small bowl, mix equal parts mayonnaise and chili sauce. Sprinkle in a shake of garlic powder. Spread sauce over fillets in a greased baking dish. Bake until fish is cooked through, at least 15 to 20 minutes. Serve with fresh lemon slices. Another good sauce: ranch dressing and spicy brown mustard.

BAKED TILAPIA

4 tilapia filets
14-1/2 oz. can diced low-sodium tomatoes with basil, oregano, and garlic

4 oz. chopped onions (1/2 of an 8 oz. container)
4 oz. chopped bell peppers (1/2 of an 8 oz. container)
4 oz. sliced mushrooms

Preheat oven to 350 degrees. Place tilapia filets in bottom of greased baking dish. Spoon tomatoes over fish. Sprinkle on chopped onions, peppers and mushrooms. Cover and bake for 30 minutes. Serves 4.

DILLED SALMON PIE

9-inch unbaked pastry shell
2 Tbsp. margarine
2 medium onions, chopped
1 Tbsp. fresh parsley, chopped
1/4 tsp. dried dill
3 Tbsp. all-purpose flour
1/4 tsp. salt
1 cup milk
1/2 cup shredded Swiss cheese
15-1/2 oz. can salmon, drained and flaked
Plain bread crumbs

Bake the unpricked pastry shell in 450 degree oven for 5 minutes; remove and cool. In medium saucepan, cook onions in 2 Tbsp. margarine until tender but not brown. Stir in parsley and dill. Blend in flour and salt. Add milk all at once. Cook and stir until mixture is thickened and bubbly. Stir in cheese until melted. Gently fold in salmon. Pour into pastry shell. Sprinkle bread crumbs on top of pie. Bake in 350 degree oven for 30 minutes. Let stand for 5 minutes before serving. Serves 6. Note: This pie may be frozen and reheated in oven.

MACARONI SHRIMP SALAD

16 oz. package elbow macaroni, cooked and drained
24 oz. frozen cooked salad shrimp
16 oz. frozen peas
1 medium onion, chopped
Juice from 1/2 lemon
Optional: Small jar diced pimento

DRESSING

1-3/4 cup mayonnaise
2 Tbsp. sugar
3/4 cup French salad dressing
2 Tbsp. white wine vinegar
1-1/2 tsp. paprika
1 to 2 tsp. garlic powder

In a large bowl, combine cooked macaroni with shrimp, peas, onion, lemon juice, and optional pimento (drained).

In a separate bowl, whisk together dressing ingredients. Pour enough over shrimp salad to moisten and save the rest as extra dressing. Cover and refrigerate before serving. Works well on a platter with scoops of shrimp salad on top of lettuce and surrounded by your favorite cut veggies. Makes 16-20 servings.

SALMON CROQUETTES

2- 15 oz. cans pink or red salmon, drained and flaked
Egg substitute
Garlic powder
Plain bread crumbs
Canola oil

Add salmon to large bowl. Pour in enough egg substitute to moisten salmon. Add a sprinkle of garlic powder and a toss of bread crumbs. Mix thoroughly. Form into patties. May refrigerate at this stage prior to frying. Fry in olive oil in large skillet until browned on both sides. Serve with tomato sauce. Also good with spaghetti.

GARLIC SHRIMP SKEWERS

16 large cloves garlic, peeled
1/3 cup olive oil
¼ cup tomato sauce
2 Tbsp. red wine vinegar
2 Tbsp. fresh basil, chopped
1 Tbsp. minced garlic
1-2 pounds jumbo shrimp, peeled and deveined, tails intact

Blanch whole garlic cloves in boiling water for 3 minutes, drain and set aside. Meanwhile, in a large bowl, blend the olive oil, tomato sauce, red wine vinegar, chopped basil, and minced garlic. Add the peeled shrimp and toss to coat. Cover and refrigerate for a half hour or so.

Heat the grill. Remove the shrimp from the bowl and thread them onto wood skewers presoaked in water. Curl shrimp so ends are nearly touching. Pierce the shrimp twice, just above tail and out the opposite side. Alternate with large garlic cloves. (Option: Add grape tomatoes or onion chunks at this stage). Place skewers on oiled grill rack 4-6 inches above the fire, turn frequently, and brush with remaining marinade. Grill for 6-10 minutes until cooked through.

Note: Shrimp skewers can also be finished off or baked/broiled in the oven, again for just a few minutes until cooked through.

SHRIMP BROWN RICE

1 Tbsp. olive oil
1 medium onion, chopped
1 medium red pepper, chopped
16 oz. sliced mushrooms
2 cups uncooked brown rice
1 tsp. minced garlic
1 tsp. saffron powder
48 oz. low-sodium chicken broth
1-2 lbs. cooked, deveined shrimp
12 oz. frozen broccoli florets
8 oz. frozen peas

In a Dutch oven, sauté onion, red pepper, and mushrooms in oil until tender. Stir in the rice, garlic and saffron. Cook 1 to 2 minutes, then add broth. Bring to a boil, reduce heat, and simmer until liquid is absorbed, about 45 minutes. Add broccoli, peas, and shrimp, and cook until heated through. Serves 6-8.

THAI SHRIMP

1/2 pound bag frozen, peeled and pre-cooked shrimp, defrosted
4 Tbsp. lime juice, divided
2 shallots, chopped
2 tsp. minced fresh ginger
2 cloves garlic, chopped
2 Tbsp. olive oil
1 pint cherry or grape tomatoes, halved
16 oz. sliced mushrooms
½ cup reduced sodium chicken broth
½ cup coconut milk
2 tsp. curry powder

Sprinkle shrimp with 2 Tbsp. lime juice. In a large skillet, sauté the shallots, ginger, and garlic in olive oil until wilted. Add tomatoes, mushrooms, broth, coconut milk, curry powder, and remaining lime juice and bring to a boil. Reduce heat and add shrimp. Add extra broth if more sauce desired. Toss to coat shrimp and simmer uncovered until mushrooms are tender and shrimp are heated through. Serve over rice. Makes 4-6 servings.

TUNA CHINESE CASSEROLE

(2) 5 oz. cans chunk light tuna, drained and flaked

14 oz. can La Choy chop suey vegetables, drained
10-3/4 oz. can Campbells's Healthy Request Cream of Mushroom soup
½ cup fat free milk
3 hard cooked eggs, diced
1 can La Choy chow mein noodles
Parmesan cheese.

Mix first five ingredients in large bowl. Pour into greased casserole dish. Sprinkle noodles and Parmesan cheese on top. Bake at 375 degrees for 30 minutes or until bubbling. Options: Add a can of peas. Serve over rice.

TUNA PEA CASSEROLE

8-1/2 oz. can Sweet Peas
10-3/4 oz. can Campbell's Cream of Mushroom Soup
6 oz. can Chunk White Tuna in Water, drained and flaked
1 Tbsp. Italian-Style Progresso Bread Crumbs
1 Tbsp. grated parmesan cheese

Mix first three ingredients in a microwave safe bowl. Sprinkle bread crumbs and parmesan cheese on top. Microwave for 3 minutes on high or until heated through. Serves Two. Note: This makes a nice company luncheon dish when baked and served in shell-shaped ovenware. Recipe may be doubled or more. If you keep the ingredients in stock, it's a quick throw-together meal accompanied by rolls and a prepared salad.

TUNA SPAGHETTI PIE

Crust

8 oz. cooked spaghetti
¼ cup grated Parmesan cheese
1 egg, lightly beaten
1 Tbsp. butter, softened
1 tsp. chopped garlic

Filling

1 Tbsp. chopped onion
1 Tbsp. butter, melted
1 Tbsp. all-purpose flour
¼ tsp. garlic powder
¼ cup reduced fat milk
¼ cup light sour cream
1 egg, beaten
6 oz. can tuna, drained and flaked
¼ cup grated Parmesan cheese
1 tomato, thinly sliced

In a large bowl, mix together the first five ingredients. Press onto the bottom and sides of a greased 9-inch pie dish. Set aside. In a skillet, sauté the onion in butter until wilted. Remove from heat. Stir in the flour and garlic powder. In a separate bowl, beat the milk, sour cream, and egg until blended. Stir into the onion mixture. Fold in the tuna. Spoon filling into crust. Sprinkle half the remaining Parmesan cheese over the pie. Arrange tomato slices on top. Sprinkle on the rest of the Parmesan cheese. Bake at 350 degrees for 40 minutes or until crust is golden brown and filling is puffy.

TUNA SPAGHETTI SALAD

8 oz. box spaghetti
(4) 6 oz. cans solid white tuna in water, drained
14-1/2 oz. can petite diced tomatoes, drained
1 small jar pimentos, drained and chopped
1 cup celery, chopped
1 cup pitted black olives, chopped
1 cup sweet onion, chopped
¾ cup mayonnaise or more as needed
4 tsp. lemon juice

Boil spaghetti in salted water until cooked. Drain. Place in bowl and cut into short pieces. In separate large bowl, flake tuna. Add the rest of ingredients and toss lightly. Mix in spaghetti. Serves 6. Recipe may be doubled.

ENTREES: VEGETARIAN

EGGPLANT PARMIGIAN

1 large firm eggplant
Salt
Flour
Egg substitute or 1-2 eggs, beaten
Bread crumbs
½ tsp. oregano
½ cup parmesan cheese
4-6 oz. mozzarella cheese
3 8-oz. cans tomato sauce or 1 large jar spaghetti sauce

Peel and slice eggplant crosswise into ½ inch thick rounds. Sprinkle slices on both sides with salt and let sweat on platter for 20 minutes or more. Rinse slices and pat dry with paper towel. Dip slices on both sides in flour, then egg substitute, then bread crumbs.

Arrange slices on shallow greased baking pan and bake at 400 degrees until fork goes through and slices are tender, about 15 minutes. Turn halfway. Remove from oven when done.

Spread 8 oz. can tomato sauce on bottom of greased casserole dish. Arrange half of eggplant slices over sauce, then cover with half of mozzarella cheese. Add another layer of sauce, eggplant, and mozzarella. Top with remaining sauce and oregano, and sprinkle over parmesan cheese. Bake at 350 degrees until bubbly, about 15 minutes. Serves 4-6.

EGGPLANT ROLLATINI

1 large eggplant, peeled and cut lengthwise into half-inch slices
2 cups tomato basil sauce
½ cup part-skim ricotta cheese
½ cup grated Parmesan cheese
1 large egg
1 tsp. minced garlic
4 oz. shredded mozzarella cheese

In a microwave-safe dish, lay out eggplant. Microwave on high for 6 to 8 minutes until pliable. Transfer to plate and drain liquid from baking dish. Pat eggplant slices dry. In a separate bowl, combine ricotta and Parmesan cheeses, egg, and minced garlic. Mix together.

Starting at the wide end of each eggplant slice, spread a teaspoon or so of the cheese mixture. Roll up each piece and lay seam-side down in greased microwave-safe baking dish. Pour sauce over all. Cover and microwave on high for 15 minutes or until eggplant is tender. Sprinkle mozzarella cheese on top. Microwave until cheese melts, about 2 more minutes. Optional: sprinkle on oregano or chopped basil leaves before cooking. Serves 4.

MUSHROOM POTATO SAVORY

6 oz. box potato pancake mix
16 oz. sliced Portobello mushrooms
8 oz. container diced red onions
1 cup milk
1 cup shredded sharp cheddar cheese
1 cup shredded Swiss cheese
5 large eggs

Make potato pancake mix according to directions (will require additional eggs). Let sit to thicken. Preheat oven to 350 degrees. Spray a casserole dish with cooking spray. Spread the potatoes along the bottom of the greased dish. Bake for 25 minutes or until lightly browned.

In a large bowl, combine all the other ingredients. Pour on top of the potatoes. Bake for 45 minutes to 1 hour or until

bubbly. Serve for brunch, or add garlic bread and a salad for a meat-free dinner. Serves 6-8.

PORTOBELLO MUSHROOMS

4 Portobello mushrooms, cleaned and stemmed
Balsamic vinegar
Olive oil
4 oz. mozzarella cheese, shredded
Fresh chopped basil
1 large ripe tomato, sliced

Scrape gills out of underside of mushrooms. Place mushrooms top side down on greased baking sheet. In each mushroom hollow, sprinkle some balsamic vinegar. Top with tomato slice, mozzarella cheese, fresh basil, and a few sprinkles of olive oil. Bake for 15 minutes at 350 degrees. May be served as appetizer or vegetarian entrée.

VEGETABLE LASAGNE

12 no-cook lasagna noodles
12 oz. shredded Italian blend cheeses

Vegetables

2 medium zucchini, sliced
2 cups broccoli florets
2 large carrots, julienned
2 red bell peppers, julienned
2 tsp. chopped garlic
¾ tsp. dried thyme
¼ cup olive oil

Sauce

1 large onion, chopped
2 cups small Portobello mushrooms, sliced
2 tsp. chopped garlic
2 Tbsp. olive oil
2-28 oz. cans no salt crushed tomatoes
3 tsp. Italian seasoning
2 Tbsp. chopped fresh basil

Filling

1-1/4 cups ricotta cheese
8 oz. package cream cheese, room temperature
1 egg
3/4 cup grated Parmesan cheese

Put first seven ingredients into a bowl and mix to blend. Spread over two greased baking sheets. Bake at 425 degrees for 20 minutes or until tender. Set aside.

In a Dutch oven, sauté onions, mushrooms, and garlic in 2 Tbsp. olive oil until tender. Then stir in crushed tomatoes, Italian seasoning, and fresh basil leaves. Simmer for 15 minutes.

Combine filling ingredients in a separate bowl. In a greased 13 x 9 inch baking dish, spread 1 cup of sauce on the bottom. Then layer with noodles, cheese filling, vegetables, and sauce. Sprinkle shredded Italian cheeses on top. Bake at 350 degrees for 40 minutes or until bubbly.

Serve as a one-dish meal or with garlic bread and salad. Serves 6-8.

*Note: I don't add salt to my recipes, so you might want to add salt to taste. Also, I use pre-sliced vegetables as a shortcut when possible.

VEGETARIAN STEW

2 Tbsp. olive oil
1 large onion, peeled and sliced

1 large eggplant, peeled and diced
2 large zucchini, peeled and thinly sliced
½ cup water
8 oz. can reduced sodium tomato sauce
14.5 oz. can reduced sodium diced tomatoes
2 tsp. chopped garlic
16 oz. can reduced sodium chickpeas
½ tsp. allspice
¼ cup chopped fresh parsley

In a large skillet, sauté onions in olive oil until starting to brown. Add eggplant. Reduce heat, cover, and cook for 5 minutes. Stir occasionally. Add zucchini, cover and cook for 3 minutes more. Add remaining ingredients. Cover and cook for 25 minutes. Serve hot.

ZUCCHINI EGG BAKE

2 Tbsp. olive oil
8 oz. diced onion
15 oz. can sweet corn, no salt added
2-16 oz. containers sliced zucchini
8 oz. diced tomatoes
8 oz. sliced mushrooms
1 Tbsp. fresh basil, chopped
1 tsp. dried oregano
12 oz. shredded mozzarella cheese
6 eggs, beaten

Preheat oven to 375 degrees. Heat the olive oil in a large skillet. Add the vegetables and sauté until softened. Remove from heat and stir in seasonings, about 2/3 of the cheese, and the eggs. Mix thoroughly. Transfer into greased casserole dish. Sprinkle remaining cheese on top. Top with foil and bake for 20 minutes. Remove foil and bake 10 minutes more or until browned and bubbly. Serves 6-8.

ZUCCHINI QUICHE

1 large onion, chopped
½ cup vegetable oil
½ cup grated Parmesan cheese
4 eggs, beaten
1 Tbsp. fresh parsley, chopped
3 cups zucchini, grated
1 cup biscuit baking mix
4 oz. shredded cheddar cheese
¼ cup egg substitute

Mix together the first five ingredients in a large bowl. Add in the zucchini, baking mix, cheese, and egg substitute. Stir to blend.

Meanwhile, preheat oven to 350 degrees and spray two 9 inch pie dishes with cooking spray. Pour mixture into pie plates, dividing evenly. Bake for 40 minutes or until golden brown.

SIDE DISHES

BARLEY CORN SALAD

4 cups cooked barley
2 pounds/32 oz. frozen corn, thawed
1 cup chopped red bell pepper
1 cup chopped green bell pepper
6 green onions, chopped
2 Tbsp. minced fresh parsley
4 Tbsp. lemon juice
4 Tbsp. canola oil

1 tsp. thyme

Mix first 6 ingredients in a large bowl. Add lemon juice, oil, and thyme. Stir and refrigerate until served. Yields 16 servings.

BAKED GLAZED SWEET POTATOES

3 large sweet potatoes
1/3 cup granulated sugar
1/3 cup dark brown sugar
3/4 cup water
2 Tbsp. butter
3 Tbsp. lemon juice
1/2 tsp. freshly grated nutmeg
1/4 tsp. cinnamon

Simmer potatoes in pot of boiling water for about 10 minutes. Drain and cool. Meanwhile, preheat oven to 350°. In a separate small saucepan, bring both sugars and 3/4 cup water to a boil, stirring until sugars are dissolved. Simmer on low heat for 8 minutes and then remove from heat. Whisk in butter, lemon juice, nutmeg, and cinnamon.

Peel potatoes and slice crosswise into 3/4 inch slices. Arrange in single layer in shallow greased pan. Drizzle lemon syrup over potatoes. Bake for 40 to 50 minutes, turning over halfway, until tender and well-glazed. Makes 6-8 servings.

BROCCOLI CHEESE BAKE

8 servings

1/4 cup chopped onions
4 Tbsp. margarine
1/2 cup water
2 Tbsp. flour
8 oz. jar Cheese Whiz
2-10 oz. packages frozen chopped broccoli
3/4 cup Egg Beaters
1/2 cup plain bread crumbs

For 1/2 steamer size (24 servings)

2 cups chopped onions
8 Tbsp. margarine (1 stick)
2 cups water
8 Tbsp. flour
2-16 oz. jars Cheese Whiz
4-16 oz. packages frozen chopped broccoli
3 cups Egg Beaters
1/2 cup plain bread crumbs

For full steamer size (48 servings)

4 cups chopped onions
16 Tbsp. margarine (2 sticks)
4 cups water
16 Tbsp. flour
4-16 oz. jars Cheese Whiz
8-16 oz. packages frozen chopped broccoli
6 cups Egg Beaters
1 cup plain bread crumbs

Defrost and drain the broccoli. Preheat oven to 325 degrees. Sauté onions in margarine. Mix flour in water. Stir into onions and cook until thick and boiling. Add Cheese Whiz, then broccoli and Egg Beaters. Place in a greased 8 inch square pan for smaller portion, or two half steamer trays for large crowd (may have overflow; add additional baking dish if needed). Sprinkle bread crumbs on top. Bake for 45 minutes or until set and browned.

CARIBBEAN RICE WITH PIGEON PEAS

2 cups long grain rice
1 can (13-1/2 oz.) coconut milk
1 can (15-1/2 oz.) Goya dry pigeon peas (look in the canned vegetable section near beans)
1 cup chopped green onion
2 Tbsp. butter or margarine

Combine coconut milk, juice from peas, and water to make 4 cups of liquid. Cook the rice as directed on the package. When the liquid is absorbed, mix in green onions, pigeon peas, and butter. Add salt to taste. Serves 8.

CHEESY HASH BROWN CASSEROLE

15 oz. can of Healthy Choice cream of celery soup
1 cup reduced-fat sour cream
1 Tbsp. flour
1/2 tsp. garlic powder
24-30 oz. package frozen hash brown potatoes
2 cups reduced-fat shredded cheddar cheese
1/3 cup freshly grated parmesan cheese
Paprika to taste

In a bowl, combine soup, sour cream, flour, and garlic powder. Stir in potatoes and cheddar cheese. Pour into a 13x9x2 greased baking dish. Sprinkle parmesan cheese and paprika on top. Bake uncovered at 350 degrees for 50-60 minutes.

CURRIED RICE & PEAS

4 cups water
2 cups uncooked long grain rice
1 Tbsp. butter
16 oz. package frozen peas, cooked & drained
1 cup diced celery
5 green onions, sliced
1/2 cup mayonnaise
1/2 cup apricot jam
1-1/2 tsp. curry powder
1 sprinkle turmeric

Combine water, rice and butter in a saucepan and bring to a boil. Reduce heat and simmer, stirring occasionally, until water is absorbed. Remove from heat and mix in peas, celery, and green onions. In a separate bowl, blend mayonnaise, apricot jam, curry powder, and turmeric. Add to rice mixture and mix well. May be served warm or chilled.

ISRAELI COUSCOUS WITH MUSHROOMS

2 cups large grained couscous
Low sodium chicken broth
8 oz. fresh gourmet mushroom blend, coarsely chopped
2 garlic cloves, chopped
2 Tbsp. olive oil
1 tsp. fresh thyme
2 tsp. Worcestershire sauce

Preheat oven to 400 degrees. Mix together mushrooms, garlic, olive oil and thyme, and spread in aluminum foil lined baking pan coated with cooking spray. Bake for 20 minutes. Meanwhile, cook couscous in chicken broth according to package directions. Stir mushroom mixture and Worcestershire sauce into couscous and mix to blend.

MUSHROOM PIE

16 oz. sliced mushrooms
8 oz. sliced Portobello mushrooms
2 large shallots, peeled and diced
2 Tbsp. olive oil

1 cup parmesan cheese
½ cup shredded Swiss cheese
2 deep dish pie crusts
Egg Substitute

Sauté mushrooms and shallots in olive oil in large skillet. Remove skillet from heat. Mix in parmesan and Swiss cheeses. Put the mixture into one pie crust. Fold other pie crust over top. Brush with egg substitute. Bake at 350 degrees for 30-45 minutes or until browned.

MUSHROOM RISOTTO

3 Tbsp. olive oil
1-1/2 pounds sliced mushrooms
1/2 cup port wine
48 oz. chicken broth
2 cups onion, chopped
2 cups Arborio rice
1 cup dry white wine
1 cup freshly grated parmesan cheese

In a sauté pan, heat 1Tbsp. olive oil. Add the mushrooms and stir until they are softened. Add the port wine and 1/2 cup chicken broth, and let simmer for 5 minutes. Remove from heat.

In a heavy-duty soup pot, heat 2 Tbsp. of olive oil. Add the onions and sauté until they become light brown, then add the rice and toss until the rice turns golden. Pour in the white wine. When all the wine has been absorbed by the rice, add the chicken broth, one cup at a time. Simmer very slowly until all the stock has been absorbed. Then add the mushroom mixture and continue to stir until most of the liquid has been absorbed. Stir in the parmesan cheese. Serve immediately.

NOODLE KUGEL

16 oz. bag wide egg noodles
4 eggs, beaten
½ cup sugar
½ pound margarine, melted
1/4 tsp. cinnamon
20 oz. can crushed pineapple
Juice from a fresh lemon
Cinnamon sugar
Cornflake crumbs

Preheat oven to 350 degrees. Cook the noodles in boiling water for 8 minutes, then drain and rinse under cold water. Stir a few noodles into the beaten eggs. Pour eggs into bowl with noodles and mix. Add sugar, melted margarine, cinnamon, drained pineapple, and lemon juice. Stir until blended. Put into 11x14 greased baking pan. Sprinkle cornflake crumbs and cinnamon sugar on top. Bake for approximately 50 minutes or until browned and bubbly.

OPTIONS: Cut margarine to 1/4 pound and add one pint sour cream OR Add one tsp. vanilla instead of lemon juice OR Add ½ cup raisins.

POTATO ONION BAKE

2 pounds Yukon gold potatoes
2 Tbsp. olive oil
2 large onions, peeled and sliced
2 tsp. chopped garlic
1 tsp. dried thyme
1 Tbsp. dried or fresh rosemary
14-1/2 oz. can low sodium chicken broth

Peel potatoes and thinly slice. Put aside. Heat oil in large skillet. Sauté onions and garlic until onions are wilted. Stir in thyme and rosemary. Layer potatoes and onion mixture in a greased rectangular glass baking dish. Pour broth over all. Cover with foil. Bake at 400 degrees for 30 minutes. Uncover and bake until potatoes are tender and top is golden brown, about 15 minutes more. Serves 6-8.

RICE WITH PEAS AND GARLIC

¼ pound butter
2 large onions, chopped
3 Tbsp. chopped garlic
3 cups uncooked long grain rice
5 cups reduced sodium chicken broth
16 oz .bag frozen green peas

Melt butter in large saucepan. Add onions and garlic and sauté until wilted. Mix in rice and stir until coated and starting to brown. Pour in broth and bring to a boil. Reduce heat and cover, simmering until moisture is nearly absorbed. Add in green peas and cook until peas are heated through. Season with salt to taste. Serves 8-10.

ROASTED RED POTATOES

Half a bag of small red potatoes
Fresh garlic, chopped
1 large onion, sliced
Fresh rosemary
Olive Oil

Preheat oven to 400 degrees. Clean potatoes and cut into quarters. Put potatoes into large bowl. Mix in garlic, onions and rosemary. Add a splash of olive oil to moisten. Spread onto greased baking sheet. Bake for 30 minutes or until potatoes are fork tender. Serves 4.

ROASTED SWEET POTATOES WITH RED ONIONS AND ROSEMARY

3 large sweet potatoes, peeled
8 Tbsp. canola oil
3 tsp. minced garlic
2 large red onions, peeled
2 Tbsp. fresh rosemary, chopped
¼ cup grated parmesan cheese

Preheat oven to 375 degrees. Cut potatoes lengthwise and then into one inch cubes. Mix with 6 Tbsp. oil and minced garlic. Spread on greased, foil-lined baking sheet. Meanwhile, cut onions lengthwise and then crosswise into chunks. Mix with remaining 2 Tbsp. oil and spread on another greased, foil-lined baking sheet. Put potatoes on center rack and onions on bottom rack. Roast for 30 minutes. Halfway through, turn both batches and sprinkle rosemary on potatoes. When both vegetables are tender, remove from oven and toss together in bowl. Sprinkle cheese into mixture and serve.

SPINACH MUSHROOM CASSEROLE

(2) 10-oz. packages frozen chopped spinach
8 oz. can tomato sauce
2 cups grated cheddar cheese
2 cups sour cream
(2) 4-1/2-oz. jars sliced mushrooms
½ tsp. curry powder
Dash of freshly grated nutmeg

Preheat oven to 350 degrees. Cook spinach according to package instructions. Drain liquid. In a bowl, mix spinach and remaining ingredients. Put into a 2-1/2 quart greased casserole dish. Bake for 30 minutes. Serves 6.

SWEET POTATOES WITH MARSHMALLOWS

(2) 40-oz. cans sweet potatoes/ yams
½ cup (1 stick) unsalted butter, melted
½ cup light corn syrup
1 bag mini marshmallows

Preheat oven to 350 degrees. Drain and mash potatoes. Stir in melted butter and corn syrup. Put into greased baking dish. Sprinkle marshmallows on top and bake until marshmallows are browned and bubbly. Option: Add a 20 oz. can

of drained crushed pineapple to potato mixture. For a larger crowd, add extra cans of yams. Serves 8-10.

WILD RICE, BARLEY, & MUSHROOM CASSEROLE

1/2 cup unsalted butter
1 medium onion, chopped
8 oz. wild rice
2 Tbsp. pearl barley
28 oz. canned beef broth
1/4 tsp. dried thyme
8 oz. sliced mushrooms

Melt 1/4 cup butter in 3-quart microwave casserole on high. Add onion and cook uncovered on high until soft, about 1 minute. Add rice, barley, beef broth, and thyme. Cover tightly and cook on high 25 minutes. Reduce to medium, stir, and cook until most liquid is absorbed, about 40 minutes. Let stand, covered, for about 10 minutes.

Melt remaining 1/4 cup butter in shallow 10-inch microwave dish on high. Add mushrooms. Cook uncovered on high until mushrooms are tender, stirring twice, 4 to 5 minutes. Stir mushrooms into cooked rice and barley mixture. Serves 6.

DESSERTS

APPLE GINGER CAKE

2/3 cup light brown sugar
1/3 cup applesauce
1 large egg
3 Tbsp. molasses
1-1/2 cup all-purpose flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. cinnamon
2 tsp. ground ginger
1/4 tsp. nutmeg
1/8 tsp. allspice
1/2 cup low fat vanilla yogurt
1 Gala apple, peeled, cored, and chopped

Coat an 8 inch baking pan with cooking spray. In a bowl, combine sugar, applesauce, egg, and molasses. In separate bowl, mix flour, baking powder, baking soda, and ground spices. Add dry ingredients to molasses mixture alternately with yogurt, beating until well blended. Fold in apples. Bake at 350 degrees for 30 minutes. Cut into squares when cool. For extra zing, sprinkle a tsp. of light rum onto individual portions and top with Cool Whip.

APPLE RUM CAKE

18-1/4 oz. spice cake mix
21 oz. can apple pie filling
3 eggs
3/4 cup light sour cream
1/4 cup rum
2 Tbsp. canola oil
1 tsp. almond extract
2 Tbsp. dark brown sugar
1-1/2 tsp. ground cinnamon
2/3 cup powdered sugar
2 tsp. reduced fat milk

Set aside 1 Tbsp. cake mix and 1-1/2 cup pie filling. In a large bowl, combine eggs, sour cream, rum, canola oil, almond extract, remaining cake mix and pie filling. Beat on medium speed for 2 minutes. Pour half the batter into a greased fluted baking pan coated with nonstick spray. In a separate small bowl, mix together the brown sugar, cinnamon, reserved cake mix, and remaining pie filling. Spoon over batter. Top with remaining batter. Bake at 350 degrees for 45 minutes. Cool on rack before turning over onto plate. In a small bowl, mix powdered sugar and milk.

Dribble glaze over cake and serve. Serves 10-12.

BANANA CHOCOLATE CHIP LOAF

1 stick margarine, softened
1 cup sugar
1 tsp. vanilla
2 eggs
1-1/2 cup flour
1 tsp. baking powder
1/2 tsp. baking soda
4 Tbsp. sour cream
2 ripe bananas, mashed
1 cup semi-sweet chocolate chips

Cream margarine with sugar in large bowl. Add vanilla, eggs, flour, baking powder, baking soda, and sour cream. Add mashed bananas. Fold in chocolate chips. Put into a greased loaf pan. Bake for 1 hour at 350 degrees or until toothpick inserted in center comes out clean. Time may vary due to oven variations

BANANA CHOCOLATE CHIP OATMEAL COOKIES

1-1/4 cups unbleached all-purpose flour
1 tsp. baking soda
1/4 tsp. salt
1 tsp. ground cinnamon
1/8 tsp. grated fresh nutmeg
1/2 cup dark brown sugar
6 Tbsp. unsalted butter, room temperature
1/2 cup granulated sugar
1 large egg
1 tsp. vanilla extract
1 cup old-fashioned oatmeal
2 oz. package semisweet chocolate chips
2 bananas, sliced (or 4 finger bananas)

Preheat oven to 350°. Line 2 baking sheets with baker's parchment paper and spray with cooking spray. In a small bowl, mix together the flour, baking soda, salt, cinnamon, and nutmeg. Meanwhile, in a large bowl, beat the butter and both sugars together until blended. Add egg and vanilla next. On low mixer speed, blend in the flour mixture and oatmeal. Fold in chocolate chips and bananas and give a quick mix on medium speed to blend ingredients.

Drop by the tablespoon onto baking sheets, spacing cookies a couple of inches apart. Bake for 17 minutes. Cool on rack, then lift with spatula onto serving platter. Makes about 32 average sized cookies. To store, layer between sheets of wax paper in sealed plastic container. Cookies may be frozen after cooling.

BLUEBERRY CRUMBLE

2 pints fresh blueberries
1 cup sugar, divided
2 Tbsp. fresh lemon juice
4 Tbsp. butter
2/3 cup flour
1 packet flavored instant oatmeal
Cinnamon and cinnamon sugar

Grease square baking pan and preheat oven to 350 degrees. Spread blueberries in bottom of pan. Sprinkle with lemon juice, cinnamon, and 2/3 cup sugar. In separate bowl, combine flour, contents of oatmeal packet, and softened butter. Mixture should resemble small crumbs. Spread over blueberries. Sprinkle top with cinnamon sugar. Bake for 30 minutes or until browned and bubbly. Serve warm with Cool Whip or Vanilla Ice Cream.

CHALLAH BREAD PUDDING

8 thick slices challah or at least 8 cups torn into one-inch cubes
2-1/2 cups 2% reduced-fat milk

1 cup golden raisins
½ cup fat-free sweetened condensed milk
2 tsp. vanilla extract
1 tsp. cinnamon
½ tsp. freshly grated nutmeg
3 large or extra-large eggs
Cooking spray
4 Tbsp. sugar

Preheat oven to 325 degrees. Put challah into a large bowl. Add next 7 ingredients. Pour into greased 11 x 7 baking dish. Pour challah mixture into baking pan and sprinkle sugar on top. Bake for 1 hour. This dessert is sweet enough that it doesn't require a sauce, but you can serve it with warmed maple syrup. Or top with canned light fruit pie filling, i.e. cherries, peaches, or apples. It's a satisfying dish for brunch on a chilly day.

EASY CHOCOLATE CAKE

2 egg whites
1 egg
1-1/3 cup water
8 oz. low fat plain yogurt
18-1/4 oz. box Devil's Food cake mix
½ cup baking cocoa
2 tsp. powdered 10X sugar

Preheat oven to 350 degrees. In a medium bowl, combine egg whites, egg, water, and yogurt. In a large mixing bowl, blend cake mix and cocoa. Beating at low speed, add liquid mixture to dry ingredients. Blend well. Pour into a 10 cup fluted tube baking pan coated with cooking spray. Bake for 35 minutes and test for doneness with toothpick. Cool on wire rack before turning cake out onto a plate. Dust with powdered sugar and serve.

FRUIT COBBLER

¼ cup (1/2 stick) butter
1-1/2 cup Bisquick
1 cup sugar
2/3 cup reduced fat milk
1 can fruit pie filling: apples, peaches, cherries, etc.
Cinnamon

Preheat oven to 400 degrees. Spray a 9 x 12 baking pan with cooking spray. Melt the butter and spread in it evenly in the pan. In a separate bowl, whisk together the biscuit mix, sugar, and milk. Pour batter into pan. Drop the fruit evenly onto the top of the batter. Sprinkle cinnamon on top. Bake for a half hour or until browned and bubbly.

FUDGE RUM BALLS

1 cup crushed vanilla wafer crumbs
1 cup powdered sugar
3 Tbsp. cocoa
2 cups chopped walnuts
3 Tbsp. white corn syrup
1/4 cup rum
Candied cherries

Mix together crushed vanilla wafer crumbs, powdered sugar, cocoa, and 1 cup chopped walnuts. Add white corn syrup and rum and mix well. Scoop mixture into 1 inch balls. Roll each ball in remaining chopped walnuts. Press one half of a candied cherry on top. Refrigerate or freeze until served. Makes about 30 balls.

LEMON BARS

CRUST

½ cup butter, softened
¼ cup sugar
1 cup flour

FILLING

¾ cup sugar
2 eggs
3 Tbsp. lemon juice
2 Tbsp. flour
¼ tsp. baking powder
Powdered 10x Sugar

Preheat oven to 350 degrees. In a small bowl, cream butter and sugar until light and fluffy. Gradually add flour until blended. Press into an ungreased 8 inch square baking dish. Bake for 15 to 20 minutes or until edges are lightly browned.

Meanwhile, in a small bowl, beat the sugar, eggs, lemon juice, flour, and baking powder for the filling until frothy. Pour over crust. Bake for 10-15 minutes longer or until set and lightly browned. Cool on a wire rack. Sprinkle with powdered sugar and cut into squares. Yield: 9 squares.

LEMON BREAD PUDDING

PUDDING

2 cups dry cubes bread
4 cups scalded milk
1 Tbsp. butter
¼ tsp. salt
¾ cup sugar
4 eggs, slightly beaten
1 tsp. vanilla
½ cup golden raisins

SAUCE

½ cup sugar
1 Tbsp. cornstarch
⅛ tsp. salt
⅛ tsp. nutmeg
1 cup boiling water
2 Tbsp. butter
1-½ Tbsp. fresh lemon juice

PUDDING: Preheat oven to 350 degrees. Soak bread in milk for 5 minutes. Add 1 Tbsp. butter, ¼ tsp. salt, and ¾ cup sugar. Pour slowly over eggs. Add vanilla, raisins, and stir. Pour into greased baking dish. Place the baking dish into a pan of shallow hot water. Bake until firm, about 50 minutes.

LEMON SAUCE: Mix ½ cup sugar, cornstarch, salt and nutmeg in a medium saucepan. Gradually add water and cook over low heat until thick and clear. Add butter and lemon juice. Blend. Pour over pudding. Chill in refrigerator.

LEMON COOKIES

2 cups all-purpose unbleached flour
½ tsp. baking soda
½ tsp. salt
1 Tbsp. grated lemon peel
½ cup (1 stick) unsalted butter, softened
¾ cup sugar
1 tsp. vanilla extract
1 large egg
2 Tbsp. fresh lemon juice

LEMON GLAZE

2 cups confectioner's (powdered 10x) sugar
2 Tbsp. grated lemon peel
⅓ cup fresh lemon juice

Preheat oven to 350 degrees. In a medium bowl, mix together flour, baking soda, salt, and lemon peel. In a larger bowl, beat together room temperature butter and sugar until light and fluffy. Add vanilla, egg, and lemon juice and beat until blended. Turn mixer on low and gradually add dry ingredients. Drop mixture by the tablespoon onto two greased cookie sheets about an inch apart each. Bake fifteen to twenty minutes until edges are golden. Meanwhile, mix ingredients for glaze and set aside. Cool cookies on racks, then brush glaze on top. Makes about two dozen.

LYCHEE AND PINEAPPLE UPSIDE DOWN CAKE

5 Tbsp. unsalted butter
½ cup brown sugar
1 can pineapple slices in juice
6 pieces Marachino cherries from a jar, drained
1 cup fresh lychees or 1 can lychees, drained and chopped
1 package classic vanilla cake mix
3 eggs
1/3 cup vegetable oil
2/3 cup pineapple juice reserved from can
½ cup water

Preheat oven to 350 degrees. Melt butter in microwave. Pour butter into a greased 9x13 baking pan. Sprinkle brown sugar on top. Drain pineapple slices, reserving liquid. Arrange about 6 pineapple slices on top of the brown sugar mixture. Add cherries in center of each slice and sprinkle around a few chopped lychees. Meanwhile, combine cake mix, eggs, oil, pineapple juice, and water. Whisk mixture for 2 minutes. Pour half of the cake batter on top of the pineapple, cherries and lychees. Chop remaining pineapple rings and then spread over the batter, together with the remaining lychees. Pour another portion of the cake batter on top of the second fruit layer. Bake for 50 minutes or until the cake is set and a toothpick inserted in the center comes out clean. Remove from the oven and rest for about 10 minutes. Cover loosely with foil. Chill in the refrigerator for at least an hour. Slice and serve.

PEAR BLUEBERRY COFFEE CAKE

17.8 oz box Pillsbury Blueberry Quick Bread Mix
15 oz can pears, drained and thin sliced
1 tsp. lemon juice
1/3 cup flour
1/3 cup sugar
½ tsp. ground cinnamon
2 Tbsp. butter, melted

Preheat oven to 375 degrees. Sprinkle pear slices with lemon juice. Prepare the bread mix batter according to box instructions. Pour into an 8 or 9 inch square baking dish. Arrange pear slices over batter. In a small bowl, combine the flour, sugar, and cinnamon, then add melted butter and stir. Mixture will be crumbly. Sprinkle over pears. Bake for 40 minutes or until toothpick inserted in center comes out clean.

PUMPKIN MOUSSE

1-1/2 cups fat free milk
1oz. package sugar free instant butterscotch pudding mix
½ cup canned pumpkin
½ tsp. ground cinnamon
1/4 tsp. ground ginger
1/4 tsp. ground allspice
½ cup fat free whipped topping
1/4 tsp. freshly grated nutmeg

Whisk milk and pudding mix in large bowl for two minutes, then set aside. In another bowl, combine the pumpkin, cinnamon, ginger, and allspice. Gently fold in whipped topping until just blended. Spoon into individual serving dishes. Sprinkle nutmeg on top. Refrigerate until ready to serve. Serves 4-6.

SPICED PEACH CAKE

16.5 oz. box spice cake mix
¼ tsp. cinnamon

1 cup buttermilk
1/3 cup vegetable oil
1/3 cup unsweetened applesauce
3 large eggs
21 oz. can peach pie filling

Preheat oven to 350 degrees. Grease and flour a 9x13 inch baking pan. Mix together the cake mix, cinnamon, buttermilk, oil, applesauce and eggs in a large bowl. Beat on slow for one minute then increase speed for two more minutes. Pour batter into greased pan. Spoon peaches and syrup from the can evenly over the batter. Bake for 30 minutes or until toothpick comes out clean from center.

UPSIDE DOWN PEAR CAKE

6 Tbsp. unsalted butter, divided
1/4 cup firmly packed dark brown sugar
2 large cans sliced pears in light syrup, drained
1-1/4 cups all-purpose flour
1/2 cup sugar
1/2 tsp. ground cinnamon
1/4 tsp. ground ginger
1/2 tsp. ground nutmeg
1/4 tsp. ground coriander
3/4 tsp. baking powder
3/4 tsp. baking soda
1 large egg
1/3 cup buttermilk
1/4 tsp. salt
2 Tbsp. molasses
1/2 tsp. pure vanilla extract

Preheat oven to 350 degrees. Melt 2 Tbsp. butter in 9x12 inch baking pan in oven. Sprinkle over with brown sugar. Lay pear slices in baking pan, fanning them out. Meanwhile, combine flour, baking powder, baking soda, salt and spices in a medium bowl. In a large bowl, cream remaining 4 Tbsp. butter with sugar until smooth. Blend in 1 egg, buttermilk, vanilla and molasses. Add dry ingredients slowly and stir until mixed through. Spread batter evenly over pears. Bake for 20-30 minutes, or until a toothpick inserted in center comes out clean. Invert onto a serving plate and serve warm. Good with whipped dairy topping or ice cream. Makes 12 servings.

WINE CAKE

1 lb, 2-1/2 oz. package yellow cake mix
3-3/4 oz. package vanilla instant pudding mix
6 eggs
3/4 cup oil
1 cup Beringer Malvasia Bianca wine (or another sweet sherry or wine)
1 tsp. freshly grated nutmeg
Powdered (10x) confectioner's sugar

Mix all ingredients in a large bowl. Beat with electric mixer for 5 minutes at medium speed. Pour batter into greased angel food cake pan. Bake at 350 degrees for about 1 hour or until done. Cool on rack and then turn out on plate. Dust with powdered sugar, or mix powdered sugar with milk and dribble icing onto cake.

ZUCCHINI CHOCOLATE CAKE

2-1/4 cups sifted all-purpose flour
1/2 cup unsweetened cocoa powder
1 tsp. baking soda
1 tsp. salt
1-3/4 cups sugar
1/2 cup unsalted butter, room temperature
1/2 cup vegetable oil
2 large eggs
1 tsp. vanilla extract
1/2 cup buttermilk

2 cups grated, unpeeled zucchini
6 oz. package semisweet chocolate chips
¾ cup chopped walnuts

Preheat oven to 325 degrees. Grease and flour a 13x9x2 inch baking pan. Sift the flour, cocoa, baking soda and salt together into a medium bowl. In a separate bowl, beat the sugar, butter and oil until blended. Add the eggs one at a time and beat well. Add vanilla, and then mix in dry ingredients alternating with buttermilk. Mix in grated zucchini. Pour batter into baking pan. Sprinkle chocolate chips and nuts on top. Bake about 50 minutes or until a toothpick inserted into the center comes out clean. Let cool and serve.