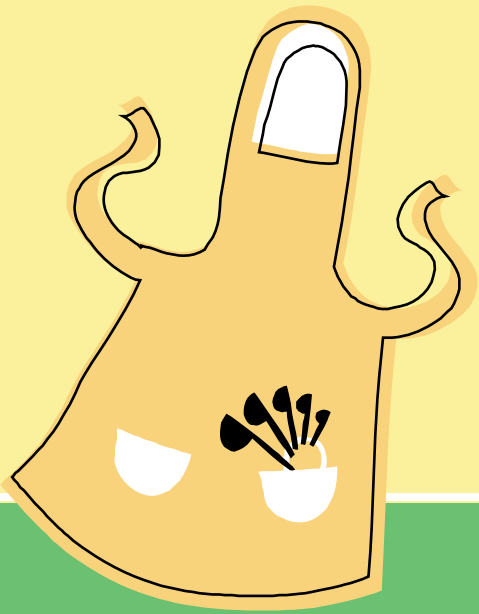


FOOD FITNSSS FIRST

RECIPES

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CONTENTS



BEAN POT ME

BY: FREIDA SMITH

Ingredients	Directions
<ul style="list-style-type: none">• 1 can (15 ½ oz) Black beans, rinsed and drained• 1 can (15 ½ oz) Red beans, rinsed and drained• 1 can (15 ½ oz) Great Northern beans, rinsed and drained• 1 can (15 ½ oz) Black-eyed peas, rinsed and drained• 1 can (15 ½ oz) Baby lima beans, rinsed and drained• 1 ½ c ketchup• 1 c chopped onion• 1 c chopped red bell pepper• 1 c chopped green bell pepper• ½ c packed brown sugar• ½ c water• 2 to 3 teaspoons cider vinegar• 1 tsp. dry mustard• 2 bay leaves• ⅛ tsp. black pepper	<p>Combine all ingredients in slow cooker and stir; Cover and cook on low for 6 to 7 hours until tender. Remove and discard bay leaves.</p> <p>Makes 12 servings.</p>

CHALUPA GRANDE

Ingredients	Directions
<ul style="list-style-type: none">• 1 lb dry pinto beans• 1 bone-in lean pork roast (3 lbs)• 7 c water• ½ c chopped onions• 2 garlic cloves, minced• 2 Tbsp chili powder• 2 tsp ground cumin• 1 tsp dried oregano• 1 can (4 oz) chopped green chilies• Baked tortilla chips	<p>Place the first nine ingredients in a large kettle. (Beans do not need to be soaked.) Bring to a boil. Reduce heat; cover and simmer for 3 hours or until beans and roast are tender.</p> <p>Remove roast, cool slightly. Remove meat from bones; shred with a fork.</p> <p>Skim fat from sauce in kettle. Cook uncovered, until thick, about 30 minutes.</p> <p>Serve over tortilla chips. Top with cheese, tomatoes, onions, and/or salsa.</p> <p>Makes 12 servings</p>
<p>Optional Toppings: Shredded fat-free cheddar cheese, diced tomatoes, chopped green onions and/or salsa</p>	<p>Nutritional Information Serving Size: 1/12 recipe (w/o chips & toppings) Carbohydrate: 25gm Cholesterol: 50mg Calories: 260 Protein: 25gm Sodium: 85mg Fat: 7gm</p>

APPETIZERS



PUMPKIN RAISIN MUFFINS

BY: EDITH HENRY

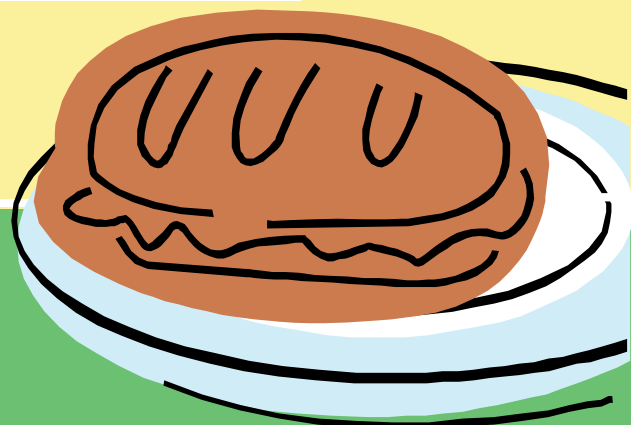
Ingredients	Directions
<ul style="list-style-type: none"> • 6 Tbsp vegetable oil • 1 egg • 2 egg whites • 1 ¼ c all-purpose flour • 1 c. or 24 packets of Equal • 1 Tbsp. baking powder • 1 tsp Ground cinnamon • ½ tsp nutmeg • ½ tsp Ginger • ¼ Tbsp. Molasses • 1 tsp Vanilla 	<p>Pre-heat oven to 375 degrees. Mix oil, egg and egg whites, molasses, and vanilla. Stir in combined flour, Equal, raisins, baking powder, cinnamon, nutmeg, ginger and salt until just moistened. Fill paper muffin cups 2 ½ "(about 3/4) full.</p> <p>Bake for 18 to 20 minutes or until wooden toothpick inserted in center comes out clean. Cool in pan or on wire rack for 2 to 3 minutes</p> <p>Makes 12 muffins.</p> <p>Nutritional Information Dietary exchanges: 1 starch and ½ fat Calories: 149 Calories from fat: 42% total fat: 89 Sat fat: 1gm Carb: 189 Protein: 3gm Cholesterol: 18mg Fiber: 1gm Sodium: 224mg</p>

SPANISH RICE

BY: EDITH HENRY

Ingredients	Directions
<ul style="list-style-type: none"> • 1 lb ground beef, browned • 1 c brown rice, uncooked • 4 cups tomato juice • ½ tsp salt • 2 tsp chili pepper 	<p>Place rice in bottom of casserole dish. Add seasonings to ground beef. Put all ingredients in casserole. Do not stir.</p> <p>Bake covered 350 degrees for 1 ½ - 2 hours.</p> <p>Optional: Melt 2 thick slices of Velveeta in before serving.</p>

BREADS



ZUCCHINI BREAD

BY: KATIE HARDIMAN

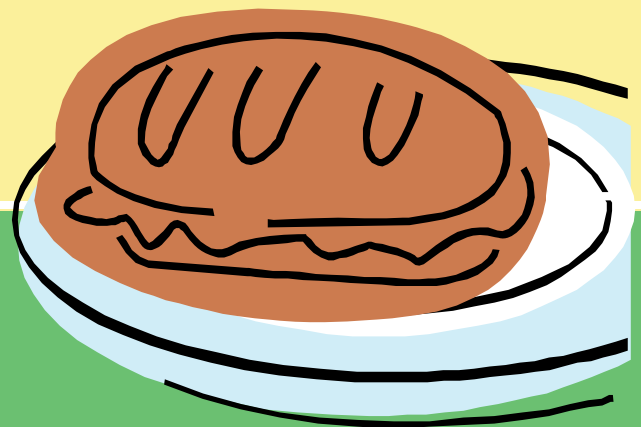
Ingredients

- 3 eggs
- 1 tsp salt
- 8 oz Corn oil
- 1 c Splenda
- 1 tsp Vanilla extract
- 2 tsp Ground cinnamon
- 1 tsp baking powder
- ½ tsp baking soda
- 14 oz all-purpose flour
- 11 oz coarsely chopped zucchini
- 4 oz chopped carrots

Directions

Mix all ingredients together and pour into a greased loaf pan.
Bake at 350 degrees for 60 minutes

BREADS



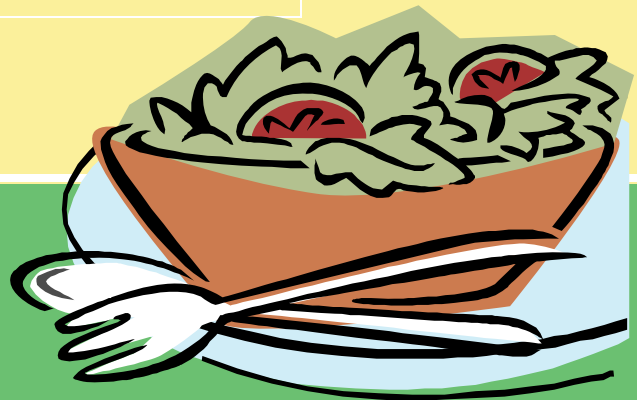
BROCCOLI SALAD

Ingredients	Directions
<ul style="list-style-type: none"> • 1 ½ lb fresh broccoli, raw • 1 lb fresh cauliflower, raw • 1 lb red onions • 12 7/8 oz Reduced Calorie Mayonnaise • 6 3/8 oz. Splenda • 1 Tbsp and 1 ¾ tsp Distilled Vinegar • 1 lb seedless raisins • 1 5/8 oz walnuts or pecans, dried 	<p>Wash broccoli and cauliflower, cut head into florets and dice stems. Combine low fat mayonnaise, Splenda and Vinegar in a small bowl and mix well. Add to diced broccoli and cauliflower. Quarter onion and slice thin, add to mixture, add raisins and stir to coat all pieces with dressing. Chill at least 2 hours before serving.</p> <p>Optional: May sprinkle top with bacon bits just before serving.</p>

CAULIFLOWER SALAD

Ingredients	Directions
<ul style="list-style-type: none"> • 1 medium head cauliflower, separated into florets • 1 ½ c diced carrots • 1 c sliced celery • ¾ c sliced green onions with tops • ½ c sliced radish • 1 carton (8 oz) plain non-fat yogurt • 2 Tbsp white or tarragon vinegar • 1 Tbsp sugar • 1 Tbsp caraway seeds • 1 Tbsp celery seed • ¼ tsp pepper 	<p>In a large bowl, toss cauliflower, carrots, celery, green onions and radishes. Combine remaining ingredients; pour over vegetables to coat. Cover and chill for several hours.</p> <p>Makes 12 servings.</p> <p>Exchanges: 1 vegetable</p> <p>Nutritional Information Serving Size: ½ cup Calories: 37 Sodium: 42mg Cholesterol: trace Carbohydrate: 8gm Protein: 1gm Fat: trace Fiber: 2gm</p>

SALAD



FRUIT COCKTAIL SALAD

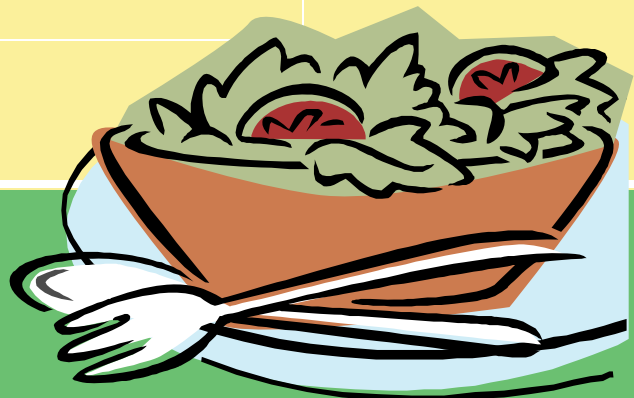
BY: LEONE JOHNSON

Ingredients	Directions
<ul style="list-style-type: none"> • 2 cans fruit cocktails • 2 cans mandarin oranges • 1 small container fat-free sour cream • Splenda to taste • Coconut to put on top 	<p>Mix together fruit, Splenda and sour cream. Sprinkle coconut on top if desired and freeze slightly.</p>

FRUITED LEMON GELATIN SALAD

Ingredients	Directions
<ul style="list-style-type: none"> • 1 package (6 oz) sugar free lemon gelatin • 2 c boiling water • 1 can (12 oz) sugar free lemon-lime soda • 1 can (20 oz) crushed pineapple • 1 can (15 oz) mandarin oranges, drained • 2 c halved green grapes • 2 Tbsp all-purpose flour • 1 Tbsp butter or margarine • 1 c light Cool whip 	<p>Dissolve gelatin in boiling water. Stir in soda. Refrigerate until partially set. Drain pineapple, reserving juice; set pineapple aside. Add water to pineapple juice, if necessary, to measure 1 cup; set aside. Stir pineapple, oranges and grapes into gelatin.</p> <p>Pour into a 13-in. x 9-in. x 2-in. dish. Refrigerate. In a sauce pan over medium heat, combine egg, sugar, flour, butter and reserved pineapple juice. Bring to a boil; cook and stir for 2 minutes or until thickened. Cool completely. Fold in whipped cream. Spread over gelatin. Refrigerate until firm. Cut into squares; serve on lettuce if desired.</p> <p>Makes 15 to 18 servings</p>
Optional	
Lettuce leaves	

SALAD



FROZEN CHERRY SALAD

Ingredients

- 1 package (8 oz) cream cheese, softened
- 1 carton (8 oz) frozen whipped topping, thawed
- 1 can (21 oz) cherry pie filling
- 2 cans (11 oz each) mandarin oranges, drained

Optional

- Maraschino cherries
- Orange wedges

Directions

In a mixing bowl, combine the cream cheese and whipped topping. Stir in pie filling. Set aside 1/4 cup oranges for garnish. Fold remaining oranges into cream cheese mixture. Transfer to a 9in. x 5in. x 3in. loaf pan. Cover and freeze overnight. Remove from the freezer 15 minutes before cutting. Garnish with reserved mandarin oranges, and cherries and oranges if desired.

Makes 12 servings

Exchanges: 1 starch, 1/2 fruit, 1/2 fat

Nutritional Information

Serving Size: 1 serving	Carbohydrate: 24gm
Calories: 137	Protein: 3gm
Sodium: 111mg	Fat: 3gm
Cholesterol: 2mg	Fiber: 1gm

GARDEN PEA SALAD

BY: JANIE JOHNSON

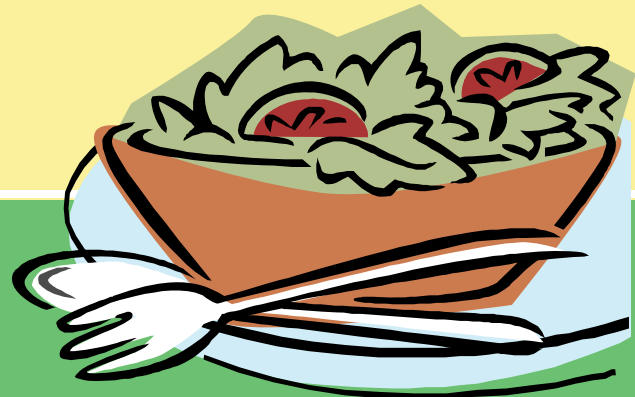
Ingredients

- 2 cans garden peas, drained
- 1 can tuna in water, drained
- 4 boiled eggs
- 2 Tbsp light mayonnaise

Directions

Mix all ingredients together in a bowl and salt to taste

SALAD



ORANGE JELL-O SALAD

BY: NELL KITCHENS

Ingredients

- 12 oz cottage cheese
- 20 oz can crushed pineapple, drained
- 10 oz light whipped topping
- 1 package (3 oz) sugar-free orange Jell-o
- 1 c hot water

Directions

Mix hot water with Jello until dissolved. Mix in remaining ingredients with Jello. Refrigerate until set. Will keep for 2 weeks.

Makes 12 servings.

SEVEN CUP SALAD

BY: JANIE JOHNSON

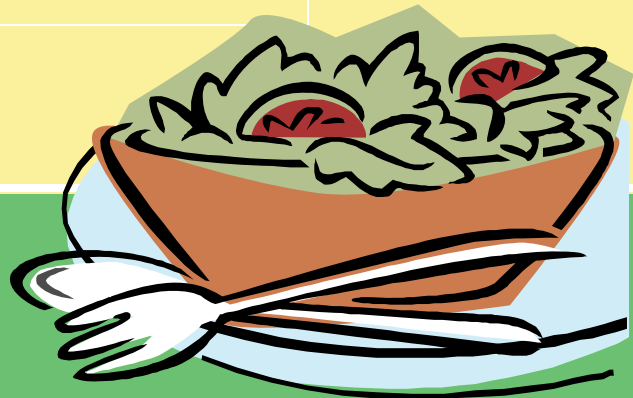
Ingredients

- 3 or 4 c miniature marshmallows
- 7 oz coconut
- 1 small can crushed pineapple in juice, drained
- 8 oz light sour cream
- 12 oz. Fat-free cottage cheese
- 1 large can fruit cocktail in light syrup, drained

Directions

In a large bowl, combine all ingredients and mix well. Chill for 2 hours and serve.

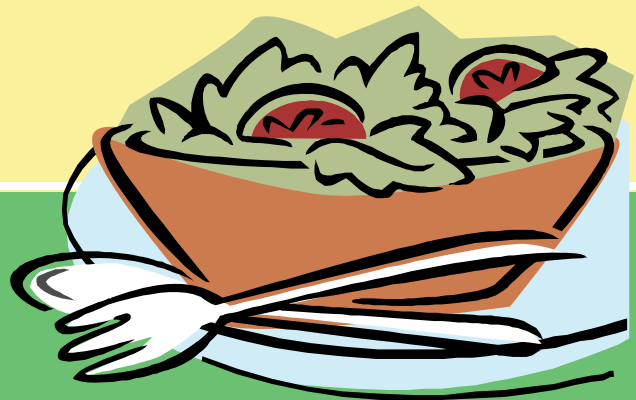
SALAD



STRAWBERRY SALAD

Ingredients	Directions
<ul style="list-style-type: none"> • 2 c unsweetened frozen strawberries • 2 ripe bananas • 2 Tbsp Artificial sweetener • 1 package (6 oz) sugar free strawberry flavored gelatin • 2 c boiling water • 1 can (8 oz) crushed pineapple in natural juices, drained • 1 carton (8 oz) plain low-fat yogurt • • • • 	<p>In a bowl, mash strawberries, bananas and sweetener; set aside. In another bowl, dissolve gelatin in boiling water. Stir in strawberry mixture and pineapple. Pour half into an 8inch square dish. Chill until firm. Combine yogurt and remaining gelatin mixture; spoon over chilled strawberry mixture. Chill until firm.</p> <p>Makes 8 servings.</p> <p>Exchanges: 1 fruit, 1/4 skim milk</p> <p>Nutritional Information</p> <p>Serving size: 1/8 recipe Carbohydrate:18gm Calories: 86 Protein: 3gm Sodium 76mg Fat: 1gm Cholesterol: 2mg</p>

SALAD



BAKED MACARONI AND CHEESE

BY: BETTY WILSON

Ingredients

- 3 Tbsp butter
- 3 Tbsp flour
- 2 ½ c skim milk
- Freshly ground pepper to taste
- 2 c shredded, reduced fat cheddar cheese
- 1 lb Macaroni

Directions

Coat a medium baking dish with non-fat cooking spray and set aside. Over medium heat, melt butter in medium sauce pan. Add flour and stir until paste forms. Remove from heat and add milk a little at a time, stirring well with each addition. Once all milk has been added and the mixture is smooth, return to medium heat and stir until sauce comes to a boil and slightly thickens. Add pepper to taste. Remove from heat and add cheese, stir until cheese melts. Meanwhile, cook macaroni in a pot of boiling water. Drain and toss with cheese sauce. Put mixture in prepared baking dish and broil until browned.

SPAGHETTI SALAD

BY: FAYE EDENFIELD

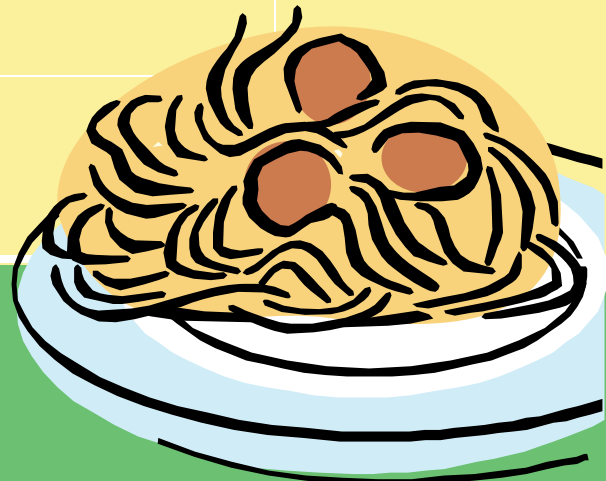
Ingredients

- 1 box (16 oz) spaghetti
- 2 bunches green onions, ketchup
- 1 bell pepper, diced
- 3 large tomatoes, diced
- 1 bottle (12 oz) Zesty Italian dressing

Directions

Cook spaghetti and drain. Combine all ingredients in a large bowl and mix. Cover and refrigerate until ready to serve.

PASTA



MEAT LOAF SURPRISE

BY: KATIE HARDIMAN

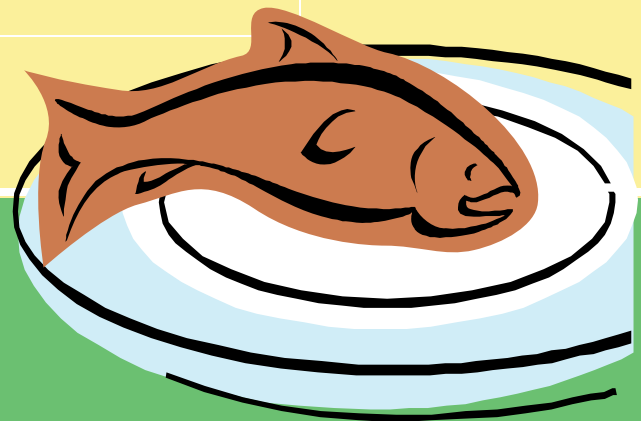
Ingredients	Directions
<ul style="list-style-type: none">• 2 lbs lean ground beef	Pre-heat oven to 350 degrees. Mix all ingredients together in a bowl and place in baking dish. Bake until done.
<ul style="list-style-type: none">• 1 c milk	
<ul style="list-style-type: none">• 1 tsp garlic salt	
<ul style="list-style-type: none">• 1 tsp garlic powder	
<ul style="list-style-type: none">• 1 tsp onion salt	
<ul style="list-style-type: none">• 1 tsp salt and pepper	
<ul style="list-style-type: none">• 1 c bread crumbs	
<ul style="list-style-type: none">• 1 Tbsp sugar free grape jelly	
<ul style="list-style-type: none">• 1 Tbsp sugar free grape jam	

MEDITERRANEAN TURKEY PAELLA

BY: DELLA WHITAKER

Ingredients	Directions
<ul style="list-style-type: none">• 1 Tbsp Olive oil	Heat oil in large skillet over medium heat. Add onions, red pepper and garlic. Cook stirring in for 2 minutes. Add artichokes and olives. Cook and stir 2 more minutes. Stir in broth and water. Bring to a boil. Add rice and paprika and stir well. Cover again and cook for 5 minutes or until liquid is absorbed and rice is tender. Remove from heat and let stand 5 minutes. Fluff with fork before serving.
<ul style="list-style-type: none">• 1 medium onion, chopped	
<ul style="list-style-type: none">• ½ c chopped red pepper	
<ul style="list-style-type: none">• 2 gloves garlic, minced	
<ul style="list-style-type: none">• 1 c frozen artichoke hearts, thawed	
<ul style="list-style-type: none">• ¼ c sliced, pitted black olives	
<ul style="list-style-type: none">• 1 can (14.5 oz) low sodium chicken broth	
<ul style="list-style-type: none">• 1 c water	
<ul style="list-style-type: none">• 1 c uncooked brown rice	
<ul style="list-style-type: none">• ½ tsp Paprika	
<ul style="list-style-type: none">• 3 saffron threads, optional	
<ul style="list-style-type: none">• 2 c leftover turkey, chopped	
<ul style="list-style-type: none">• ½ c frozen green peas, thawed	

ENTREE



POPPY CHICKEN CASSEROLE

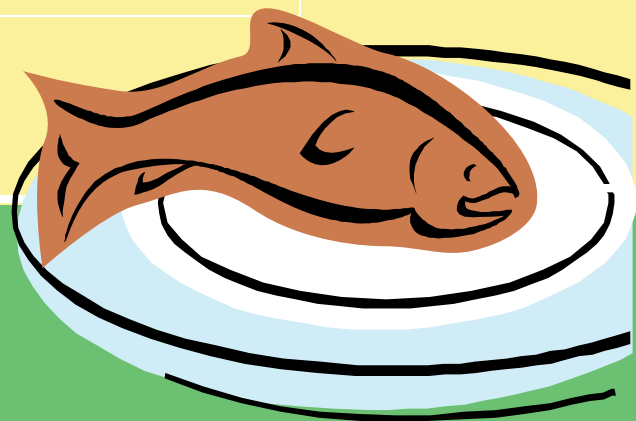
BY: MILDRED WELLS

Ingredients	Directions
<ul style="list-style-type: none">• 1 fryer, boiled, deboned, and cut into small pieces	<p>Crush crackers, melt margarine and add poppy seed then mix together in bowl. Reserve one cup for topping and press remaining in bottom of 2 quart casserole dish. Mix soup, chicken and sour cream and pour over crust. Add remaining topping and bake at 350 degrees for 30 minutes.</p>
<ul style="list-style-type: none">• 2 sleeves fat-free Ritz crackers	
<ul style="list-style-type: none">• 1 ¾ sticks margarine	
<ul style="list-style-type: none">• 2 cans fat free cream of chicken soup	
<ul style="list-style-type: none">• 2 Tbsp Poppy seeds	
<ul style="list-style-type: none">• 1 (8 Oz) low fat sour cream	

ROASTED PORK LOIN

Ingredients	Directions
<ul style="list-style-type: none">• ½ c onion, finely chopped	<p>In a skillet, combine the first 12 ingredients; sauté until the vegetables are tender. Untie roast and separate. Randomly cut 20 deep slits, 1in. wide, on inside surface of roast. Fill slits with some of the vegetable mixture; retie roast. Place on a rack in a shallow baking pan. Spread remaining vegetable mixture over the roast.</p> <p>Bake, uncovered, at 325° for 2-3 hours or until a meat thermometer reaches 160°-170°. Let stand for 10 minutes before slicing.</p> <p>Makes 12-15 servings.</p>
<ul style="list-style-type: none">• ½ c celery, finely chopped	
<ul style="list-style-type: none">• ½ c green pepper, finely chopped	
<ul style="list-style-type: none">• 3 Tbsp butter or margarine	
<ul style="list-style-type: none">• 6 garlic cloves, minced	
<ul style="list-style-type: none">• 1 tsp salt	
<ul style="list-style-type: none">• 1 tsp pepper	
<ul style="list-style-type: none">• 1 tsp onion powder	
<ul style="list-style-type: none">• 1 tsp dried thyme	
<ul style="list-style-type: none">• 1 tsp dried paprika	
<ul style="list-style-type: none">• 1 tsp ground mustard	
<ul style="list-style-type: none">• ½ tsp garlic powder	
<ul style="list-style-type: none">• 1 (4 to 5 lb) boneless pork loin roast	

ENTREE



SMOKED TUNA DIP

BY: JUANITA JAMERSON

Ingredients

- 2 (12 Oz) cans of Tuna in water
- 2 (8 oz) 1/3 fat free cream cheese
- 1 Tbsp of Liquid smoke
- 1 box Club crackers

Directions

Drain water from Tuna and place in a bowl. Soften cream cheese and mix with Tuna, spoon in liquid. Mix well together and chill in refrigerator. Serve with crackers.

HERBED TURKEY BREAST

Ingredients

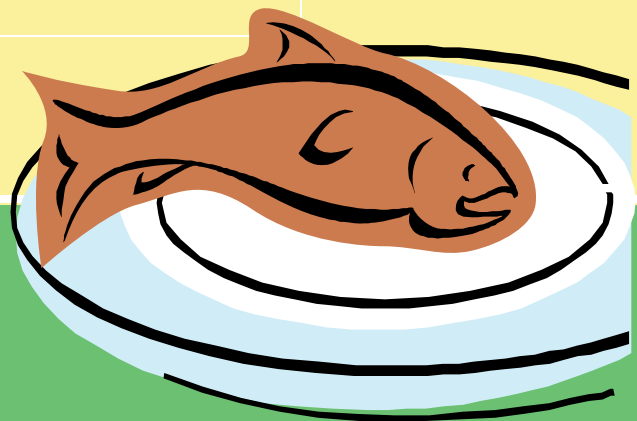
- ½ c butter or margarine
- ¼ c lemon juice
- 2 Tbsp soy sauce
- 2 Tbsp green onions, finely chopped
- 1 Tbsp rubbed sage
- 1 tsp dried thyme
- 1 tsp dried marjoram
- ¼ tsp pepper
- 1 (5 ½ to 6 lb) bone-in whole turkey breast

Directions

In a small saucepan, combine the first eight ingredients; bring to a boil. Remove from the heat. Place turkey in a shallow roasting pan; baste with butter mixture. Bake, uncovered, at 325° for 1 ½ - 2 hours or until a meat thermometer reads 170°, basting every 30 minutes.

Makes 10-12 servings.

ENTREE



CANDIED YAMS

BY: JEAN B. SIKES

Ingredients

- 3 sweet potatoes, peeled, sliced
- 1 c Splenda
- 1 c water
- 1 ½ c margarine
- ½ c margarine
- ½ c light brown sugar
- ½ c self-rising flour
- 1 c chopped pecans
- Miniature marshmallows

Directions

Boil potatoes and set aside in glass baking dish. Boil next 3 ingredients for 5 minutes and set aside. Cut margarine into sugar and flour, add nuts and sprinkle over top of potatoes, may sprinkle with Allspice if wanted. Bake for 30 minutes at 350 degrees. Pour Splenda, water and margarine mix over yams.

GREEN BEAN CASSEROLE

BY: SARA NESMITH

Ingredients

- 2 cans cut green beans, drained
- 1 can cream of mushroom soup
- 1 can milk
- 1 large can French fried onions

Directions

In a casserole dish, mix green beans, soup and ½ can of onions together and bake at 350 degrees for 15 minutes. Add remaining onions on top and bake for 10 more minutes until bubbly.

VEGETABLES



SQUASH SUPREME

BY: KARL OLLIFF

Ingredients	Directions
<ul style="list-style-type: none">• 3 Tbsp butter	<p>Coat a medium baking dish with non-fat cooking spray and set aside. Over medium heat, melt butter in medium sauce pan. Add flour and stir until paste forms. Remove from heat and add milk a little at a time, stirring well with each addition. Once all milk has been added and the mixture is smooth, return to medium heat and stir until sauce comes to a boil and slightly thickens. Add pepper to taste. Remove from heat and add cheese, stir until cheese melts. Meanwhile, cook macaroni in a pot of boiling water. Drain and toss with cheese sauce. Put mixture in prepared baking dish and broil until browned.</p>
<ul style="list-style-type: none">• 3 Tbsp flour	
<ul style="list-style-type: none">• 2 ½ c skim milk	
<ul style="list-style-type: none">• Freshly ground pepper to taste	
<ul style="list-style-type: none">• 2 c (8 oz) shredded, reduced fat cheddar cheese	
<ul style="list-style-type: none">• 1 lb macaroni	

VEGETABLES



BAKED APPLES

BY: DELLA WHITAKER

Ingredients	Directions
<ul style="list-style-type: none"> • ¼ c granulated artificial sweetener • ½ Tbsp. cornstarch • ½ tsp ground cinnamon • ¼ tsp nutmeg • 1 c apple cider or juice • ½ Tbsp soft margarine • 4 baking apples • Non-stick vegetable oil spray 	<p>Pre-heat oven to 350 degrees. In a medium saucepan, combine sweetener, cornstarch, spices and cider. Heat to boiling. Reduce heat and simmer 5-10 minutes until cider mixture is reduced to ½ cup. Add margarine and stir to melt. Core apples but do not cut through the bottom. Peel one inch around the top. Place apples in baking dish sprayed with non-stick spray. Pour apple cider mixture into an around apples. Bake, uncovered for 45 minutes or until apples are tender when pierced with a fork.</p> <p>Exchanges: 1 ½ fruits.</p>

CRANBERRY-APPLE CRISP

Ingredients	Directions
<p>Filling</p> <ul style="list-style-type: none"> • 3 c thinly sliced peeled apples • 2 c fresh cranberries • 1/3 c sugar • 1 tsp grated orange rind • Non-stick cooking spray 	<p>Preheat oven to 350°F.</p> <ol style="list-style-type: none"> 1. Combine apples, cranberries, sugar, cinnamon, and orange rind. Pour into 8x8-inch baking dish, coated with cooking spray. 2. Mix together flour, oats, cinnamon, brown sugar, and margarine with a fork until crumbly. Sprinkle over apple mixture. 3. Bake at 350° for 40-45 minutes.
<p>Topping</p> <ul style="list-style-type: none"> • 1/3 c flour • 1 c oats, regular • ¼ tsp, cinnamon • 1/3 c packed brown sugar • ¼ stick margarine 	<p>Makes 10 servings.</p> <p>Exchanges: 1 starch, 1 fruit, 1 fat</p> <p>Nutritional Information Serving Size: ½ cup Calories: 174 Cholesterol: 0 Carbohydrate: 30 gm Total Fat: 5 gm Sodium: 45 mg Fiber: 3 gm</p>

DESSERTS



DIABETIC FLOWER GARDEN CAKE

BY: BETTY WILSON

Ingredients

- 1 inch section of 8 inch angel food cake
- 1/8 tsp grated lemon rind
- 1 envelope sugar free lemon gelatin
- 2 Tbsp lemon juice
- 1/2 c water
- 2 Tbsp whipped cream

Directions

Beat egg yolk and mix well with lemon juice and water. Cook a few minutes in double boiler until the mixture coats a spoon. Dissolve the gelatin powder, add lemon rind. Fold lemon and egg mixture into the stiffly beaten egg white. Cut the cake into small bite size cubes, fold into the mixture. Pile into a glass sherbet dish and place in refrigerator for 24 hours in advance before serving. Lightly color the whipped cream with green food coloring and use to top the dessert when serving.

Exchanges: 1 bread, 1 meat, 1 fat

Calories: 186

EASY CORN PUDDING

BY: DAHILA SIKES

Ingredients

- 1 can whole kernel corn, drained
- 1 can cream corn
- 2 eggs
- 1 c sour cream
- 1 package Jiffy Corn Muffin Mix
- 1/4 lb Margarine, melted

Directions

Pre-heat oven to 350 degrees. Mix both corns, eggs, sour cream and muffin mix together. Pour into a casserole dish. Dabble margarine on top and cook for 30 minutes.

DESSERTS



OATMEAL COOKIE BITES

Ingredients	Directions
<ul style="list-style-type: none"> • 3 c quick cooking oats • 2/3 c all-purpose flour • 2/3 c sugar • 1/3 c packed brown sugar • 1 tsp baking powder • ¼ tsp salt • Egg substitute = to 2 eggs • 1/3 c light corn syrup • 1 tsp vanilla extract 	<p>In a mixing bowl, combine oats, flour, sugars, baking powder and salt. Add egg substitute, corn syrup and vanilla; mix well. Drop by rounded teaspoonfuls onto cookie sheets coated with non-stick cooking spray. Bake at 350° for 10-12 minutes.</p> <p>Makes 2 dozen</p> <p>Nutritional Information Serving Size: 2 cookies Carbohydrate: 22gm Calories: 102 Protein: 3gm Sodium: 54mg Fat: 1gm Cholesterol: trace</p>

PUMPKIN CHIFFON PIE

Ingredients	Directions
<ul style="list-style-type: none"> • 3 oz fat free cream cheese, softened • 1 Tbsp sugar • 1 ½ c light whipped topping • 1 (8 inch) reduced fat graham cracker crust • 1 c cold skim milk • 2 packages (3.4 oz each) instant vanilla pudding mix • 1 can (16 oz) solid pack pumpkin • 1 tsp ground cinnamon • ½ tsp ground ginger • ¼ tsp ground cloves 	<p>In a mixing bowl, beat cream cheese and sugar until smooth. Add whipped topping and mix well. Spread into crust. In another bowl, beat milk and pudding mixes on low speed until combined; beat on high for 2 minutes. Let stand for 3 minutes. Stir in pumpkin and spices; mix well. Spread over cream cheese layer. Chill.</p> <p>Makes 8 servings</p>

DESSERTS



STRAWBERRY ANGLE DESSERT

BY: JELEN MINEOTA

Ingredients	Directions								
<ul style="list-style-type: none"> • 1 envelope unflavored gelatin • ¾ c cold water • ½ c artificial sweetener • 1 package (10 oz) frozen sliced strawberries, thawed • 1 carton (8 oz) frozen light whipped topping, thawed • 5 c angel food cake cubes • Fresh strawberries and mint, optional 	<p>In a saucepan, combine gelatin and cold water; let stand 5 minutes to soften. Stir over low heat until gelatin dissolves. Remove from the heat; add sweetener. Stir until dissolved. Stir in undrained strawberries. Chill until partially thickened. Fold in whipped topping. Place cake cubes in a mixing bowl; pour strawberry mixture over cake and mix gently. Pour into an ungreased 8 inch square baking dish. Chill until firm. Garnish with strawberries and mint if desired.</p> <p>Yield: 9 servings.</p> <p>Serving Size: 1/9 recipe <i>(Calculated without whipped topping)</i></p> <p>Nutritional Information</p> <table> <tr> <td>Calories: 210</td> <td>Total Fat: 3 gm</td> </tr> <tr> <td>Calories from Fat: 14%</td> <td>Saturated Fat: 3 gm</td> </tr> <tr> <td>Cholesterol: 0</td> <td>Sodium: 144 mg</td> </tr> <tr> <td>Carbohydrate: 42 gm</td> <td>Protein: 3 gm</td> </tr> </table>	Calories: 210	Total Fat: 3 gm	Calories from Fat: 14%	Saturated Fat: 3 gm	Cholesterol: 0	Sodium: 144 mg	Carbohydrate: 42 gm	Protein: 3 gm
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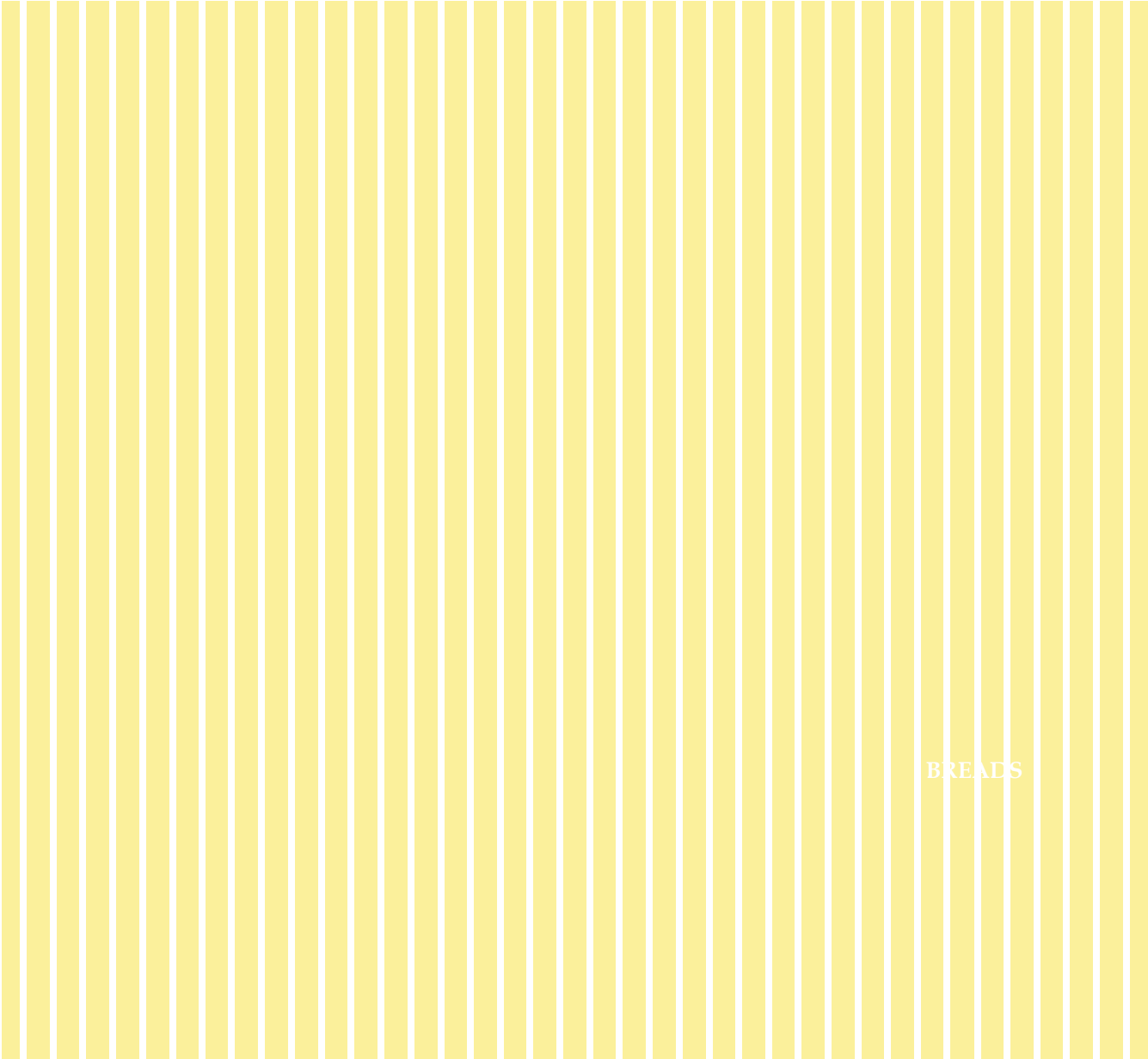
SUGARLESS SPICE CAKE

BY: JEWELL CURRY

Ingredients	Directions								
<ul style="list-style-type: none"> • 2 c raisins • 2 c water • 1 c unsweetened applesauce • 2 eggs, beaten • 2 Tbsp liquid artificial sweetener • ¾ c vegetable oil • 1 tsp baking soda • 2 c all-purpose flour • 1 ½ tsp ground cinnamon • ½ tsp nutmeg • 1 tsp vanilla extract • Light whipped topping, optional 	<p>In a saucepan, cook raisins in water until water evaporates. Add applesauce, eggs, sweetener and oil; mix well. Blend in baking soda and flour. Stir in cinnamon, nutmeg, and vanilla. Pour into an 8 inch square baking pan coated with nonstick cooking spray. Bake at 350° for 25 minutes or until cake tests done. Garnish with whipped topping if desired.</p> <p>Yield: 20 servings.</p> <p>Exchanges: 2 Fat, 1 Starch, ½ Fruit</p> <p>Nutritional Information</p> <table> <tr> <td>Serving Size: 1 piece</td> <td>Carbohydrate: 24 gm</td> </tr> <tr> <td>Calories: 181</td> <td>Protein: 3 gm</td> </tr> <tr> <td>Sodium: 18 mg</td> <td>Fat: 9 gm</td> </tr> <tr> <td>Cholesterol: 10 mg</td> <td></td> </tr> </table> <p><i>(Calculated without whipped topping)</i></p>	Serving Size: 1 piece	Carbohydrate: 24 gm	Calories: 181	Protein: 3 gm	Sodium: 18 mg	Fat: 9 gm	Cholesterol: 10 mg	
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DESSERTS





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