A Collection of Holiday Recipes Submitted by Participants of Health 4 the Holidays
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Simple Baked Apples

2-3 Apples (Cortland, Macoun, McIntosh, or similar)
1/4 tsp cinnamon
1 tsp brown sugar
1/4 cup water

- Core apples. Put in slow cooker with cinnamon and brown sugar. Add 1/4 cup of water. Cover and let cook on low overnight
Enjoy delicious baked apples for breakfast!

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 3, Calories: 87,
Total Fat: 0.2g, Saturated Fat: 0.1g, Polyunsaturated Fat: 0.1g,
Monounsaturated Fat: 0.0g, Sodium: 1.0mg, Total
Carbohydrate: 23.1g, Dietary Fiber: 3.8g, Sugar: 15.8g,
Protein: 0.2g.

Submitted by: Brian McIntyre
**Baked Omelet**

- 2 eggs
- 1 ½ cups egg beaters
- ½ cup fat free milk
- 1T sriracha sauce
- 1T dried chopped onion
- 1t dried thyme
- 1 cup reduced fat cheese, whatever flavor you prefer
- 1 cup reduced fat deli ham, diced
- ½ cup red pepper diced
- 1 small can mushrooms

- Preheat oven to 350 degrees. Whisk all ingredients together, pour into 8x8 square pan coated with cooking spray. Bake for 50 minutes or until no longer wet in the middle. Cut into 6 pieces. Freezes well, thaw and microwave for 30 seconds. Keeps in the fridge for about 4 days.

![Baked Omelet Image]

**Nutritional Facts:**

Amount Per Serving, Servings Per Recipe: **6**, Calories: **250**, Total Fat: **12.3 g**, Saturated Fat: **4.2 g**, Polyunsaturated Fat: **2.0 g**, Monounsaturated Fat: **4.8 g**, Sodium: **823 mg**, Total Carbohydrate: **6.3 g**, Dietary Fiber: **1.3 g**, Sugar: **1.8 g**, Protein: **27.5 g**.

**Submitted by: Crystal Holm**
Banana Pancakes

3 Bananas
3 Organic eggs
1 Tbsp Vanilla
Coconut Oil

- Mash 3 bananas, whisk 3 organic eggs and 1 T vanilla in separate bowls. Mix all together. Heat coconut oil in skillet. Pour 1/4 cup of batter in skillet and cook just like normal pancakes. Top with blueberries, raspberries and maple syrup,

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 4, Calories: 173, Total Fat: 7.6 g, Saturated Fat: 4.3 g, Polyunsaturated Fat: 0.9 g, Monounsaturated Fat: 1.8 g, Sodium: 54 mg, Total Carbohydrate: 21.2 g, Dietary Fiber: 2.1 g, Sugar: 11.4 g, Protein: 5.5 g.

Submitted by: Donna Phillips
Sunday Morning Scones

Yield: 12 scones
1 cup whole wheat pastry flour
1 cup unbleached flour
1/2 teaspoon baking soda
2 teaspoons baking powder
1/4 cup reduced-fat margarine
2/3 cup unsweetened applesauce
or light butter
1/3 cup nonfat buttermilk
1/3 cup dark raisins (optional)
Skim milk

- Combine the flours, baking soda, and baking powder, and stir to mix well. Use a pastry cutter to cut in the margarine or butter until the mixture resembles coarse meal. Stir in the applesauce and just enough of the buttermilk to form stiff dough. Fold in the raisins if desired.
- Form the dough into a ball, and turn onto a lightly floured surface. With floured hands, shape the dough into a 7-inch circle.
- Coat a baking sheet with nonstick cooking spray. Place the dough on the sheet, and use a sharp floured knife to cut it into 12 wedges. Pull the wedges out slightly to leave a 1/2-inch space between them. Brush the tops lightly with skim milk.
- Bake at 400 degrees Fahrenheit for 16 to 18 minutes, or until lightly browned. Transfer to a serving plate, and serve hot.

Nutritional Facts:
Amount Per Serving, Servings Per Recipe: 12, Calories: 97, Total Fat: 2g, Sodium: 142mg, Dietary Fiber: 1.7g, Protein: 2.7g.

Health 4 the Holidays Recipe
Mandarin Blueberry Muffins

Yield: 12 muffins

- 1-3/4 cups whole-wheat pastry flour or unbleached flour
- 3/4 cup oat bran
- 1/3 cup sugar
- 1 tablespoon baking powder
- 1 can (11 ounces) mandarin orange segments in light syrup, undrained
- 2 egg whites
- 1 teaspoon vanilla or almond extract
- 1/2 cup plus 2 tablespoons fresh or frozen blueberries

- Combine the flour, oat bran, sugar, and baking powder, and stir to mix well. Crush the orange segments slightly and add the oranges and their syrup, the egg whites, and the vanilla extract to the flour mixture, and stir just until the dry ingredients are moistened. Fold in the blueberries.

- Coat muffin cups with nonstick cooking spray, and fill 3/4 full with the batter. Bake at 350 degrees Fahrenheit for 15 to 18 minutes, or just until a wooden toothpick in-

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 12, Calories: 113, Total Fat: 0.7g, Sodium: 94mg, Dietary Fiber: 3.9g, Protein: 4.2g.
Fresh Cranberry Orange Relish

1 12 oz pkg fresh cranberries
1 orange
3/4 to 1 cup of sugar

- Put washed, drained cranberries in a food processor with orange which has been quartered with all seeds being removed.
- Pulse for a few seconds, just until coarsely chopped. Stop and scrape down sides of bowl, if necessary, to chop evenly.
- Add sugar and taste adjusting sweetness as desired.
- Stir well and refrigerate for at least 2 hours before serving.
- Cranberry Orange Relish may be frozen for up to 2 months.
- Makes about 2 1/2 cups

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 30, Calories: 30, Total Fat: 0.0g, Saturated Fat: 0.0g, Polyunsaturated Fat: 0.0g, Monounsaturated Fat: 0.0g, Sodium: 0.1mg, Total Carbohydrate: 7.8g, Dietary Fiber: 0.3g, Sugar: 7.3g, Protein: 0.1g.

Submitted by: Jacqueline Shellman
Zola's Spiced Nuts

1 can of whole cashews
Olive oil spray
3 tsp of Worcestershire sauce (or more to taste)
1/2 tsp of salt
1/2 tsp of onion powder
1/2 tsp of cayenne (or to taste)

- Pour the nuts into an oven-proof pan. Spray nuts with oil and toss. Sprinkle on the seasonings and toss thoroughly. Roast in your oven at 375 degrees for 10 to 12 minutes. When you start smelling the wonderful aroma, or when you spy a little browning on the edges, take them out of the oven. Now toss one more time. Cool on paper towels.

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: **20**, Calories: **121**, Total Fat: **9.8g**, Saturated Fat: **1.9g**, Polyunsaturated Fat: **1.9g**, Monounsaturated Fat: **5.3g**, Sodium: **67.5mg**, Total Carbohydrate: **6.2g**, Dietary Fiber: **0.8g**, Sugar: **1.7g**, Protein: **3.8g**.

Submitted by: Molly Stokes
Spiced Honey Almonds

3 cups of whole, unsalted almonds
¼ cup of honey
¾ tsp of crushed red pepper flakes
1 spray cooking spray
3 Tbsp sugar
1 tsp salt
½ tsp chili powder

- Preheat oven to 325 degrees
- Warm honey and crushed red pepper in a large skillet over medium heat for 1 minute. Stir in almonds. Remove from heat.
- Spray baking sheet with cooking spray. Spread almonds in a single layer of the baking sheet. Bake for 18 minutes.
- Cool for 2-3 minutes (honey mixture will still be slightly sticky)
- Combine sugar, salt, and chili powder in a medium bowl. Place almonds in the bowl with this mixture and toss gently.
- Spread almonds on wax paper to cool completely. Store in airtight container until ready to serve.

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 20, Calories: 72, Total Fat: 3.8g, Saturated Fat: 0.5g, Polyunsaturated Fat: 0.4g, Monounsaturated Fat: 2.7g, Sodium: 52.9mg, Total Carbohydrate: 8.2g, Dietary Fiber: 2.0g, Sugar: 0.6g, Protein: 2.0g.

Submitted by: Patricia Reagan
Cinnamon Glazed Walnuts

½ cup brown sugar, packed
¼ cup sugar
½ tsp cinnamon
1 ½ Tbsp water
2-3 cups walnut halves

- Combine all ingredients except the nuts in a skillet over high heat. Stir continually and bring to a boil. Add the walnuts and immediately remove from the heat. Stir until the walnuts are evenly coated and the pan is dry. Cool on kitchen parchment paper.

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 30, Calories: 86,
Total Fat: 6.7g, Saturated Fat: 0.6g, Polyunsaturated Fat: 4.7g,
Monounsaturated Fat: 0.9g, Sodium: 1.7mg, Total Carbohydrate: 7.9g, Dietary Fiber: 0.7g, Sugar: 6.8g,

Submitted by: Donna Mero
Savy Salsa

1 can Wegmans black beans
1 can Wegmans corn
1 green pepper diced
½ sweet onion diced
½ tomato diced (optional)
1/3 cup Wegmans V olive oil
1/3 cup Wegmans apple cider vinegar
1 teaspoon sugar
1 tablespoon hot sauce

- Mix all Ingredients Well

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: **20**, Calories: **72**, Total Fat: **3.8g**, Saturated Fat: **0.5g**, Polyunsaturated Fat: **0.4g**, Monounsaturated Fat: **2.7g**, Sodium: **52.9mg**, Total Carbohydrate: **8.2g**, Dietary Fiber: **2.0g**, Sugar: **0.6g**, Protein: **2.0g**.

Submitted by: Roseanne Battista
Cranberry Dip

1 can of 14 oz Whole Berry Cranberry Sauce
2 tablespoons of Brown Sugar
2 tablespoons of prepared Horseradish
1 brick of 8 oz Neufchatel (1/3 less fat cream) cheese
Reduced Fat or Hint of Salt Triscuits

- In a medium saucepan over medium heat, stir together the first 3 ingredients. Bring to a boil, stirring frequently. Once the sauce boils, remove from heat and refrigerate for 1 hour to 3 days. Place cream cheese on a large plate. Pour the cooled cranberry-horseradish sauce over it. Serve with reduced fat and/or hint of salt Triscuits.

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 30, Calories: 47,
Total Fat: 1.4g, Saturated Fat: 0.9g, Polyunsaturated Fat: 0.1g,
Monounsaturated Fat: 0.4g, Sodium: 29.4mg, Total
Carbohydrate: 7.8g, Dietary Fiber: 0.3g, Sugar: 6.0g,
Protein: 0.9g.

Submitted by: Daria Krenitsky
Bread Boat dip using Pumpernickel Round Bread

3 packages of light cream cheese, softened
1 12oz or 16 oz container of Light Sour Cream
1 cup of light Mayo
Beau Monde Seasoning
Dill Seasoning

- Mix the first three items together, then sprinkle both seasonings until you get the taste you are looking for, it’s easy!!

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 15, Calories: 203, Total Fat: 16.6g, Saturated Fat: 8.3g, Polyunsaturated Fat: 3.1g, Monounsaturated Fat: 4.6g, Sodium: 3.7mg, Total Carbohydrate: 7.0g, Dietary Fiber: 0.0g, Sugar: 1.2g, Protein: 6.2g.

Submitted by: Susan Yackel
Pepperoni and Cheese Roll-Ups

Number of servings (yield): 8
1 16oz package whole wheat pizza dough
1 6oz package Hormel turkey pepperoni
8 sticks light string cheese, cut in half
2 tbsp light butter
1 tsp garlic powder
1 tsp Italian seasonings

- Preheat oven to 375. Line a baking sheet with parchment paper, and lightly mist with non-fat cooking spray.
- Lightly dust a flat surface with flour, and roll out pizza dough into a rectangle, about ¼” thick.
- Cut out 16 triangles, about 3” wide and 6” long.
- Place 3 slices of pepperoni on the bottom, wide end of each triangle. Place a cheese stick half on top of the pepperoni. Roll up, and place 2 in. apart on baking sheet, seam side down.
- Bake for 10-12 minutes or until golden brown. Let cool for 5 minutes.
- Meanwhile, in a small bowl, melt butter and stir in garlic powder and Italian seasoning.
- Brush each pepperoni cheese stick roll-up with the melted butter. Serve with marinara sauce or ranch dressing to dip.
- Preparation time: 20 minute(s)
- Cooking time: 12 minute(s)

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 8, Calories: 216,
Total Fat: 6.0g, Saturated Fat: 2.7g, Polyunsaturated Fat: 1.4g,
Monounsaturated Fat: 1.3g, Sodium: 816.4mg, Total
Carbohydrate: 25g, Dietary Fiber: 2g, Sugar: 0.1g,
Protein: 6g.

Submitted by: Karen Hodgeman
Saucijzen

Makes 20 saucijzens
I box Pillsbury Hot Roll Mix, 16 oz.
1 tube Bob Evans Original sausage

- Prepare dough as written on package.
- Roll out to ¼” thick and cut into ten 3” squares with a sharp knife.
- Cut each square diagonally to make 20 triangles.
- In the middle of each triangle, place a heaping tablespoon of sausage on the dough.
- Roll up like a crescent roll, starting with the long edge first.
- Bake in a 350 degree oven for 10-15 minutes.

Submitted by: Leah Hamilton

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 20, Calories: 90,
Total Fat: 1.7g, Saturated Fat: 0.2g, Polyunsaturated Fat: 0.0g,
Monounsaturated Fat: 0.0g, Sodium: 174mg, Total
Carbohydrate: 15.8g, Dietary Fiber: 0.5g, Sugar: 1.5g,
Protein: 3.5g.
Crispy Italian Wontons
Weight Watchers Recipe

Serves: 16
1 PointsPlus Value

Prep time: 10 min
Cook time: 7 min

These wontons are a baked version of the popular Chinese appetizer but with an Italian twist – they’re filled with ricotta cheese, pesto and jarred roasted peppers.

4 spray(s) olive oil cooking spray
1/2 cup(s) part-skim ricotta cheese
3 Tbsp reduced-fat pesto sauce
3 Tbsp roasted red peppers (packed in water), chopped
2 Tbsp shredded part-skim mozzarella cheese
16 item(s) wonton wrapper(s)
1 cup(s) store-bought marinara sauce, warmed

• Preheat oven to 425°F. Coat a large baking sheet with a good amount of cooking spray.
• In a medium bowl, combine ricotta, pesto, peppers and mozzarella.
• Place wonton wrappers on prepared baking sheet so wontons become saturated with oil. Place 1 tablespoon ricotta mixture onto center of each wrapper. Dip a finger into water and use it to moisten edges of wrapper; fold over one corner of wrapper to make a triangle and press sides together to create a seal. If desired, create decorative lines along edges of wontons by pressing tines of a fork along bottom edge of each wonton.
• Bake until wontons are golden brown on edges and

Nutritional Facts:
Amount Per Serving, Servings Per Recipe: 16, Calories: 238,
Total Fat: 8.2g, Saturated Fat: 0.9g, Polyunsaturated Fat: 0.7g,
Monounsaturated Fat: 4.4g, Sodium: 4.1mg, Total Carbohydrate: 34.2g, Dietary Fiber: 6.5g, Sugar: 1.9g,
Protein: 8.1g.

Submitted by: Connie Bottoni
Mistletoe Salad

4 heads of Broccoli
2 large firm, ripe tomatoes, cut in cubes
2 Tbl. Finely chopped red onion

Dressing:
1 1/4 cup mayonnaise
2 tsp. fresh lemon juice
1 Tbl. Soy sauce
2 tsp. seasoned salt
Salt to taste, optional
Fresh ground pepper to taste
6-8 black olives, sliced
Lettuce leaves
2 hard boiled eggs, chopped
1/2 cup unsalted roasted cashews

- Steam broccoli florets 3-5 minutes, drain in a colander and rinse under cold water to cool. Drain well. Put in a large bowl, add onion, tomatoes, toss lightly. Refrigerate, covered until chilled (at least 2 hours).
- Combine mayonnaise, soy sauce, lemon juice, salt & pepper. Set aside 1/4 cup. Toss with broccoli mixture.
- Spoon salad into mounds and sprinkle with egg & cashews.

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 8, Calories: 397, Total Fat: 32g, Saturated Fat: 5.2g, Polyunsaturated Fat: 1.5g, Monounsaturated Fat: 3.3g, Sodium: 516.5mg, Total Carbohydrate: 22.4g, Dietary Fiber: 10.5g, Sugar: 0.5g, Protein: 13.2g.

Submitted by: Eileen Eastwood
Colorful Quinoa and Black Bean Salad

Serves 6 – 8 people
1 cup tri-colored quinoa, rinsed and drained
2 Cups water
1 can corn, drained (I used frozen and it worked well too)
1 can black beans, rinsed and drained
1 red bell pepper, chopped (I have used different colored peppers too and to make the eye appear better).
1 poblano pepper, chopped
2 garlic cloves, minced
¼ cup fresh cilantro, chopped
1 cup feta cheese (optional)

Dressing
1 fresh lime, juiced
½ Tablespoons red-wine vinegar
1 teaspoon cumin
1 teaspoon salt
½ teaspoon coarse black pepper
3 Tablespoons olive oil

- Combine quinoa and water in medium saucepan. Bring to a boil, then reduce heat to a simmer, cover, and cook until quinoa is tender and water has been absorbed, about 20 minutes.
- Transfer quinoa to a large bowl and cool for about 10 minutes.
- Add corn, beans, peppers, garlic, cilantro and feta cheese (optional).
- Whisk together dressing ingredients and drizzle over salad. Toss well; adjust seasonings to taste. Salad may be made one day ahead.

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 6-8, Calories: 238,
Total Fat: 8.2g, Saturated Fat: 0.9g, Polyunsaturated Fat: 0.7g,
Monounsaturated Fat: 4.4g, Sodium: 401mg, Total Carbohydrate: 34.2g, Dietary Fiber: 6.5g, Sugar: 1.9g, Protein: 8.1g.

Submitted by: Connie Bottoni
Three-Bean Salad

Makes 8 Servings
3 Tbsp cider vinegar
3 Tbsp rice vinegar
1 Tbsp sugar
1 Tbsp whole-grained mustard
1 Tbsp canola oil
1/2 tsp salt
Freshly ground pepper to taste
1/3 cup diced red onion
1 15-ounce can black-eyed peas or chickpeas, rinsed
1 10-ounce package frozen baby lima beans or shelled edamame
1 pound green beans, trimmed and cut into 1-inch pieces
2 Tbsp chopped fresh parsley

- Put a large saucepan of water on to boil. Fill a large bowl half full with cold water.
- Whisk cider vinegar, rice vinegar, sugar, mustard, oil, salt, and pepper in a large bowl until blended. Add onion and black-eyed peas (or chickpeas); toss to coat.
- Cook lima beans (or edamame) in the boiling water until tender, about 5 minutes. Remove with a slotted spoon and refresh in the cold water. Pat dry and add to the bowl.
- Cook green beans in the boiling water until just tender, 3 to 6 minutes. Drain and refresh in the cold water. Pat dry and add to the salad along with parsley; toss well.

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 8, Calories: 110,
Total Fat: 2g, Saturated Fat: 0g, Monounsaturated Fat: 1g, Sodium: 315mg, Total Carbohydrate: 18g, Dietary Fiber: 6g, Protein: 5g.

Submitted by: Debbie Edwards
Taco Salad

Makes 4 Servings
1/2 cup prepared salsa
1/4 cup reduced-fat sour cream
1 tsp canola oil
1 medium onion, chopped
3 cloves garlic, minced
1 pound 93%-lean ground turkey
2 large plum tomatoes, diced
1 14-ounce can kidney beans, rinsed
2 tsp ground cumin
2 tsp chili powder
1/4 cup chopped fresh cilantro
8 cups shredded romaine lettuce
1/2 cup shredded sharp Cheddar cheese

- Combine salsa and sour cream in a large bowl.
- Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring often and crumbling with a wooden spoon, until cooked through, about 5 minutes. Add tomatoes, beans, cumin, and chili powder; cook, stirring, until the tomatoes begin to break down, 2 to 3 minutes. Remove from the heat, stir in cilantro and 1/4 cup of the salsa mixture.
- Add lettuce to the remaining salsa mixture in the bowl; toss to coat. To serve, divide the lettuce among 4 plates, top with the

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 4, Calories: 361, Total Fat: 16g, Saturated Fat: 6g, Monounsaturated Fat: 1g, Sodium: 583mg, Total Carbohydrate: 25g, Dietary Fiber: 10g, Protein: 33g.

Submitted by: Cayla McAlpine
Vegetarian Tostadas with Avocado & Cheese

4 flour tortillas (6 to 7 inches in diameter)
1 1/2 tbsp. olive oil
1 1/2 tsp. red wine vinegar
1/4 tsp. salt
1/8 tsp. freshly ground black pepper
1 c. finely shredded lettuce
1/4 c. diced ripe tomato
2 tsp. minced seeded fresh jalapeno or other green chile pepper
1/4 c. canned vegetarian-style refried beans
6 tbsp. mashed ripe avocado
1/4 c. crumbled reduced-fat goat cheese or feta or shredded reduced-fat Monterey Jack or Cheddar
6 pitted jumbo olives, thinly sliced
4 thin slices sweet onion, separated into rings

- Preheat the oven to 375 degrees. Brush the tortillas lightly on both sides with 1 1/2 teaspoons of the oil. Place on a baking sheet and bake until crisp and golden, 6 to 8 minutes.
- In a small bowl, combine the remaining 1 tablespoon oil with the vinegar, salt, black pepper and 1 tablespoon plus 1 teaspoon water. Whisk or beat with a fork until well blended.
- In a medium bowl, toss the lettuce, tomato and jalapeno pepper. Pour the vinaigrette over the salad and toss.
- Spread 1 tablespoon of the refried beans over each tortilla. Spread 2 tablespoons of the mashed avocado over the beans on

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 4, Calories: 259, Total Fat: 14.5g, Saturated Fat: 3.9g, Polyunsaturated Fat: 1.7g, Monounsaturated Fat: 8.1g, Sodium: 591.7mg, Total Carbohydrate: 26.9g, Dietary Fiber: 3.9g, Sugar: 0.6g, Protein: 6.3g.

Submitted by: Kristen Love
Mini Chicken Tostadas

Nonstick cooking spray
1/2 red onion, quartered and thinly sliced
1/2 orange bell pepper, quartered, seeded and thinly sliced
1/2 red bell pepper, quartered, seeded and thinly sliced
1/4 jalapeno pepper, quartered, seeded and diced
1 cup finely shredded rotisserie chicken breast, skin removed
1/4 cup corn kernels, thawed if frozen
1 tbsp fresh lime juice
1 tsp olive oil
1/2 tsp salt
6 small fresh corn tortillas
2 tbsp shredded cheddar
2 tbsp reduced-fat sour cream
2 tbsp salsa
Fresh Cilantro

- Preheat the oven to 425 degrees. Mist a warm cast iron skillet with cooking spray. Add the onion, bell peppers and jalapeno. Cook over high heat, stirring occasionally, until vegetables are lightly charred, about 3 minutes.
- Remove pan from the heat and stir in the chicken, corn, lime juice, olive oil and salt.
- Spray one side of each tortilla with cooking spray and stack, oiled sides up. Cut into quarters and nestle each tortilla triangle, oiled side down, into a muffin cup. Bake until edges are crisp, about 7 minutes. Sprinkle with the cheddar.

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 6, Calories: 144, Total Fat: 4.0g, Saturated Fat: 1.4g, Polyunsaturated Fat: 0.6g, Monounsaturated Fat: 1.4g, Sodium: 655mg, Total Carbohydrate: 16g, Dietary Fiber: 2.5g, Sugar: 0.5g, Protein: 11.5g.

Submitted by: Theresa Schneider
Kale Soup with Kielbasa and Beans

2 tsp olive oil
6 ounces reduced-fat smoked turkey kielbasa, chopped
1 large onion, chopped
1 rib of celery, chopped
1 garlic clove, minced
6 cups low-sodium chicken broth
2 cups water
8 ounces kale, thick stems removed and leaved sliced, or 2 packages (10 ounces each) frozen kale, thawed and squeezed dry
12 ounces red potatoes, cut into 1/2-inch pieces with skin
1/2 tsp smoked paprika
1/2 tsp hot red pepper sauce
1/4 tsp salt
1-1/2 cups cooked or canned small white beans or cannellini beans, rinsed and drained

- Heat oil in a large soup pot over medium heat. Add kielbasa and cook until browned all over, about 5 minutes
- Add onion and celery to the pot and cook until soft, 5 to 6 minutes. Add garlic and cook 1 minute. Return kielbasa to the pot and add broth, water, kale. Bring to a boil over high heat and then reduce heat to medium-low. Cover and simmer until kale begins to wilt, about 10 minutes.

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 6, Calories: 205, Total Fat: 15g, Saturated Fat: 5.1g, Polyunsaturated Fat: 0.9g, Monounsaturated Fat: 2.3g, Sodium: 459mg, Total Carbohydrate: 28g, Dietary Fiber: 7g, Sugar: 2.6g, Protein: 12g.

Submitted by: Jennifer Robinson
Pumpkin Spinach Lasagna

1 15-oz tub of low-fat ricotta cheese
1 8-oz bag of grated low-fat mozzarella cheese (or 8-oz block)
½ cup grated parmesan cheese
2 bags fresh spinach
2 large eggs
1 15-oz can pumpkin puree
1 package Dreamfields low-carb lasagna noodles
Pinch nutmeg
Salt and pepper to taste

- Pre-heat oven to 350 degrees.
- Rinse fresh spinach and cook in pan with about ½ cup water over medium heat until wilted (do not over-cook). Set aside and let cool. Using your hands, wring out all water from spinach and set aside.
- Boil the lasagna noodles in a pot of salted water until done. Do not over-cook the noodles as it will continue to cook in the oven.
- Using a large bowl, combine: low-fat ricotta cheese, pumpkin puree, 2 eggs, Dash of nutmeg, Salt and Pepper to taste
- To assemble the lasagna, put a thin layer of marinara sauce on the bottom of a 9 x 13 inch baking dish and top that with 4 sheets of the lasagna noodles. Add 1/3 of the cheese and pumpkin filling, a layer of spinach, a layer of mozzarella cheese, and then a sprinkling of grated cheese.
- Repeat the process with another thin layer of marinara sauce and lasagna noodles until you end up with three layers of the filling.

Recipe continued on next page
Pumpkin Spinach Lasagna (con’t)

- Finish with a final layer of noodles, another layer of marinara sauce and a good sprinkling of grated parmesan cheese. Tightly wrap with aluminum foil and put it on the center rack of the oven to bake for 30 minutes. After 30 minutes, take the aluminum foil off and place it back into the oven to continue baking for another 10 minutes or so. Serve over a pool of warm marinara if you like.

NOTE:
A healthy addition to this recipe would be to add sliced turkey sausage or low-fat ground turkey or beef. You can also substitute peas for the spinach or no-boil pasta sheets instead of the Dreamfields lasagna noodles. You may add other spices to the ricotta mixture that you normally would use in regular lasagna dishes such as basil.

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 10, Calories: 321, Total Fat: 10.6g, Saturated Fat: 5.7g, Polyunsaturated Fat: 0.5g, Monounsaturated Fat: 2.9g, Sodium: 312.7mg, Total Carbohydrate: 35.7g, Dietary Fiber: 4.5g, Sugar: 3.2g, Protein: 20.7g.

Submitted by: Mare Perevich
Green Bean Casserole

1 pk 10-oz frozen French cut green beans
1 can low sodium, low fat cream of mushroom soup
¼ c skim milk
French’s dried onions

- Combine first three ingredients.
- Mix well.
- Bake in 350 degree oven for 30-35 minutes
- Sprinkle ¼ c dried onions on top.

- Serve and enjoy.

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 6, Calories: 63,
Total Fat: 3.6g, Saturated Fat: 0.9g, Polyunsaturated Fat: 0.7g,
Monounsaturated Fat: 0.6g, Sodium: 484.9mg, Total
Carbohydrate: 6.1g, Dietary Fiber: 0.0g, Sugar: 0.6g,
Protein: 1.6g.

Submitted by: Noreen Cherry
Cappuccino Mousse

1 ½ cups skim milk
2 packages Nescafe Instant Coffee single serve packages (or 2-3 teaspoons instant coffee)
1 package Sugar Free Instant Vanilla Pudding
¾ - 1 cup Fat Free Cool Whip
Cinnamon

- Mix Skim Milk with instant coffee until dissolved
- Add vanilla pudding and whisk for 2 minutes or until starting to thicken
- Let sit for 2-3 minutes
- Fold in Cool Whip
- Pour into 4 individual serving dishes and sprinkle with cinnamon
- Refrigerate until ready to serve
- Top with additional Fat Free Cool Whip, if desired

- Also can be frozen and allowed to thaw slightly before eating.

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 4, Calories: 270, Total Fat: 18.9g, Saturated Fat: 11.9g, Polyunsaturated Fat: 0.5g, Monounsaturated Fat: 5.5g, Sodium: 259.4mg, Total Carbohydrate: 18.1g, Dietary Fiber: 0.0g, Sugar: 13.6g, Protein: 8.2g.

Submitted by: Tracy Korts
Pumpkin Mousse

1 box (3.4 oz) vanilla instant pudding and pie filling mix
¼ teaspoon pumpkin pie spice or ground cinnamon
5 oz. Can evaporated fat free milk
1 cup canned pumpkin
1 ½ cups thawed fat-free frozen whipped topping

- Combine pudding mix and pie spice in medium blow. With whisk, add evaporated milk. Mix until well blended. Add pumpkin and mix well. Gently fold whipped topping into pudding mixture. Spoon into serving dishes. Top with additional whipped topping and pie spice if desired. Serve immediately or cover and refrigerate.

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 4, Calories: 202, Total Fat: 0.3g, Saturated Fat: 0.0g, Polyunsaturated Fat: 0.0g, Monounsaturated Fat: 0.0g, Sodium: 532.6mg, Total Carbohydrate: 47.1g, Dietary Fiber: 2.5g, Sugar: 38.5g, Protein: 3.5g.

Submitted by: Susan Hauptman
Pecan Date Truffles (Vegan, Paleo)

Serves: 24
Prep time: 30 mins Total time: 50 mins

1 cup organic Deglet Noor dates, pitted
1 cup organic unsweetened shredded coconut
1 cup organic pecans
1 teaspoon organic vanilla extract
½ teaspoon fine sea salt
1 cup semi-sweet chocolate chips, for coating (dairy-free, soy-free)

- In a food processor, combine all of the ingredients, except for the chocolate, and process until uniform.
- Make round, compact, tablespoon-sized balls and place the balls on a baking sheet lined with parchment paper.
- Place the tray in the freezer to set for 30 minutes.
- Melt the cup of chocolate chips, and remove the baking sheet from the freezer. Roll each ball in the melted chocolate, then return them to the parchment paper to set.
- Return the chocolate truffles to the fridge or freezer until ready to serve.

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 8, Calories: 230,
Total Fat: 8.3g, Saturated Fat: 3.0g, Polyunsaturated Fat: 1.8g,
Monounsaturated Fat: 2.1g, Sodium: 188.3mg, Total
Carbohydrate: 34.2g, Dietary Fiber: 2.8g, Sugar: 26.3g,
Protein: 6.1g.

Submitted by: Kelly Leuer-Bisciotti
M & M Party Cookies
Makes 6 dozen cookies
1 cup shortening
2- 1/4 cups flour
1 cup brown sugar
1 tsp. baking soda
1/2 cup granulated sugar
1 tsp. salt
2 tsp. vanilla
1-1/2 cups plain M&M candies (red and green for Christmas, of course)
2 eggs

• Blend shortening and sugars. Beat in vanilla and eggs. Sift remaining dry ingredients together and add to sugar and egg mixture. Mix well. Stir in 1/2 candies, reserve remaining candies for decorating. Drop from tsp. on to ungreased cookie sheet, decorate tops with remaining candies. Bake at 375 degrees for 10-12 minutes or until golden brown. After baking some candies may be slightly cracked.

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 72, Calories: 82.7,
Total Fat: 4.0g, Saturated Fat: 1.8g, Polyunsaturated Fat: 0.4g,
Monounsaturated Fat: 1.3g, Sodium: 56.0mg, Total
Carbohydrate: 11.8g, Dietary Fiber: 0.2g, Sugar: 8.5g,
Protein: 0.8g.

Submitted by: Jill Cotter
Saltine Toffee Cookies

Yield 1 cookie sheetful
4 ounces saltine crackers
1 cup butter
1 cup dark brown sugar
2 cups semisweet chocolate chips
3/4 cup chopped pecans

- Preheat oven to 400 degrees F (205 degrees C).
- Line cookie sheet with saltine crackers in single layer.
- In a saucepan combine the sugar and the butter. Bring to a boil and boil for 3 minutes. Immediately pour over saltines and spread to cover crackers completely.
- Bake at 400 degrees F (205 degrees C) for 5 to 6 minutes. Remove from oven and sprinkle chocolate chips over the top. Let sit for 5 minutes. Spread melted chocolate and top with chopped nuts. Cool completely and break into pieces.

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 35, Calories: 148. Total Fat: 10.4g, Saturated Fat: 5.3g, Polyunsaturated Fat: 0.9g, Monounsaturated Fat: 3.6g, Sodium: 80mg, Total Carbohydrate: 13.8g, Dietary Fiber: 0.7g, Sugar: 5.6g, Protein: 1.2g.

Submitted by: Kathy King-Griswold
Great Granola Cookies

Yield: 36 cookies
6 tablespoons reduced-fat margarine or light butter
3/4 cup light brown sugar
3 tablespoons fat-free egg
1 teaspoon vanilla extract substitute
1/2 cup plus 2 tablespoons
1/2 cup unbleached flour
whole-wheat pastry flour
1/2 teaspoon baking soda
1 cup nonfat or low-fat granola cereal
1/2 cup chopped dried apricots
1/4 cup hulled sunflower seeds or chopped nuts (optional)

- Combine the margarine, brown sugar, egg substitute, and vanilla extract in the bowl of a food processor or electric mixer, and process to mix well. In a mixing bowl, combine the flours and baking soda. Add the flour mixture to the margarine mixture, and process to mix well. Stir in the remaining ingredients.
- Coat a baking sheet with nonstick cooking spray. Drop slightly rounded teaspoonfuls of dough onto the baking sheet, placing them 1-1/2 inches apart. Flatten each cookie slightly with the tip of a spoon.
- Bake at 300 degrees Fahrenheit for about 15 minutes, or until golden brown. Cool the cookies on the pan for 1 minute. Then transfer the cookies to wire racks, and cool completely. Serve immediately, or transfer to an airtight container.

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 36, Calories: 51, Total Fat: 1g, Sodium: 40mg, Dietary Fiber: 0.7g, Protein: 0.8g.
My mother’s yam mochi pumpkin

1.5 lbs Yams
1 lb Glutinous rice flour*
½ cups Light brown sugar
Red bean paste (for filling)*
Raisins
Vegetable oil (for greasing the plate)

- Available in Asian grocery stores
- Wash, peel, and cut yams into large chunks.
- Steam yam chunks until cooked through (a fork can easily poke through them).
- Mash yams and fold in rice flour and sugar to make dough.
- Divide dough into 3 parts; roll into strips, cut and make about 25-30 small balls.
- Roll each ball out into a flat disc. Place a spoonful of red bean paste in the middle of each disc. Gather up the mochi dough around the filling and pinch to seal.
- Flip each mochi. With the back of a knife cut 3 shallow crisscross lines and add a raisin on top of each mochi.
- Place the yam mochi pumpkins on greased plates, add to a multi-layered steamer or move the yam mochi pumpkins to a bamboo steamer lined with cheesecloth. Steam for 20 minutes. Serve at room temperature or cold. Good with warm tea.

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 20, Calories: 135, Total Fat: 0.6g, Saturated Fat: 0.1g, Polyunsaturated Fat: 0.2g, Monounsaturated Fat: 0.2g, Sodium: 3.9mg, Total Carbohydrate: 30.8g, Dietary Fiber: 2.0g, Sugar: 10.2g, Protein: 2.6g.

Submitted by: Stella Wang
Pumpkin Pie Dessert Squares

Crust: 1 pkg. yellow cake mix (reserve 1 cup)
½ c. margarine (melted)
1 egg

Filling: 2 c. pumpkin
2 eggs
2/3 c. milk
2½ tsp. pumpkin pie spice
½ c. firmly packed brown sugar

Topping: 1 c. reserved cake mix
¼ c. sugar
1 tsp. cinnamon
¼ c. margarine

- Grease bottom of 9” x 13” pan.
- Combine remaining mix, butter and egg.
- Press into pan.
- Mix all ingredients for filling; pour over crust.
- Combine topping ingredients; sprin-

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 15, Calories: 292, Total Fat: 12.2g, Saturated Fat: 1.9g, Polyunsaturated Fat: 5.5g, Monounsaturated Fat: 4.1g, Sodium: 357.6mg, Total Carbohydrate: 45.7g, Dietary Fiber: 1.8g, Sugar: 14.7g, Protein: 3.9g.

Submitted by: Patricia Wallace
Chocolate Raspberry Treats

Yield: 42 cookies

- 4 Tbsp reduced-fat margarine or light butter
- 1/4 cup chocolate syrup
- 1 tsp vanilla extract
- 1 cup quick-cooking oats
- 3/4 tsp baking soda
- 3/4 cup light brown sugar
- 1 Tbsp, 1 tsp water
- 1-1/2 cups whole-wheat pastry flour or unbleached flour
- 2 Tbsp cocoa powder
- 3 Tbsp, 1-1/2 tsp raspberry fruit spread or jam

- Combine the margarine or butter and the brown sugar in the bowl of a food processor or electric mixer, and process until smooth. Add the chocolate syrup, water, and vanilla extract, and process until smooth. In a separate bowl, combine the flour, oats, cocoa, and baking soda. Add flour mixture to the margarine mixture, and process until the dough leaves the sides of the bowl and forms a ball.

- Coat a baking sheet with nonstick cooking spray. Roll the dough into 1-inch balls, and place the balls on the sheet, spacing them 1-1/2 inches apart. (If the dough is too sticky to handle, place it in the freezer for a few minutes.) Using the back of a 1/4-teaspoon Measuring spoon, make a depression in the center of each ball. (Dip the spoon in sugar, if necessary, to prevent sticking.) Fill each depression with 1/4 teaspoon of jam.

- Bake at 300 degrees Fahrenheit for 18 to 20 minutes. To check for doneness, lift a cookie from the sheet with a spatula. The bottom should be nicely browned. Cool the cookies on the pan for 1 minute. Then transfer the cookies to wire racks, and cool

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 42, Calories: 50, Total Fat: 0.8g, Sodium: 33mg, Dietary Fiber: 0.9g, Protein: 1.0g.

Health 4 the Holidays Recipe
Pumpkin Spice Bread

Yield: 16 slices

1-3/4 cups whole wheat pastry flour
1/2 cup sugar
1-1/2 teaspoons pumpkin pie spice
1 teaspoon baking soda
1 teaspoon baking powder
1 cup cooked mashed pumpkin
1/2 cup apple or orange juice
1/4 cup chopped pecans (optional)

- Combine the flour, sugar, pumpkin pie spice, baking soda, and Baking powder, and stir to mix well. Add the pumpkin and apple or Orange juice, and stir just until the dry ingredients are moistened. Fold in the nuts if desired.

- Coat an 8 x 4-inch loaf pan with nonstick cooking spray. Spread the mixture evenly in the pan, and bake at 350 degrees Fahrenheit for 40 to 45 minutes, or just until a wooden toothpick inserted in the center of the loaf comes out clean.

- Remove the bread from the oven, and let sit for 10 minutes. In-

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 16, Calories: 82,
Total Fat: 0.4g, Sodium: 74mg, Dietary Fiber: 2g, Protein: 1.5g.

Health 4 the Holidays Recipe
Virtually No-Fat No-Bake Cheesecake

1 pkg of Fat Free Cream Cheese Room Temperature
1 can Fat Free Sweetened Condensed Milk—Refrigerated
1/3 cup Lemon Juice
1 Reduced Fat Graham Cracker Crust
Fruit topping of your liking

- Combine first 2 ingredients then add lemon juice and combine. Pour into crust and place in fridge for at least 4 hours. When ready to serve cut pie into 8 pieces and add fruit to individual pieces.

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 8, Calories: 339,
Total Fat: 11.8g, Saturated Fat: 4.7g, Polyunsaturated Fat: 2.0g,
Monounsaturated Fat: 4.5g, Sodium: 288.8mg, Total Carbohydrate: 50.1g, Dietary Fiber: 0.4g, Sugar: 40.4g,
Protein: 8.1g.

Submitted by: Cindy Hoage
Chocolate Chip Pumpkin Cake
Yield: 12 servings
¾ cup butter, softened
1 ½ cups sugar
½ cup packed brown sugar
2 eggs
1 tsp vanilla
2 ½ cups all purpose flour
1 tsp baking powder
1 tsp baking soda
1 tsp cinnamon
1 can (15 ounces) solid-pack pumpkin
1 cup (6 ounces) semisweet chocolate chips
2 squares (1 ounce each) unsweetened chocolate, melted and cooled
¼ cup finely chopped pecans, divided

- In a large mixing bowl, cream butter and sugars until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Combine the flour, baking powder, baking soda and cinnamon; add to the creamed mixture alternately with pumpkin. Fold in the chocolate chips.
- Divide batter in half. Stir melted chocolate into one portion. In a well-greased 10- inch fluted pan, sprinkle ½ cup pecans. Spoon chocolate batter over pecans; top with pumpkin batter. Sprinkle with remaining pecans.
- Bake at 325 degrees for 65-70 minutes or until a toothpick

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 12, Calories: 500,
Total Fat: 24.8g, Saturated Fat: 12.2g, Polyunsaturated Fat: 2.5g,
Monounsaturated Fat: 8.5g, Sodium: 257.6mg, Total
Carbohydrate: 71.0g, Dietary Fiber: 3.7g, Sugar: 38.9g,
Protein: 6.5g.

Submitted by: Kris Cutter
Mocha Fudge Cake

Yield: 16 servings
2 cups unbleached flour
1-1/4 cups sugar
1/2 cup cocoa powder
1 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt (optional)
3/4 cup Prune Butter
1-1/2 cups plus 2 tablespoons coffee, at room temperature
2 teaspoons vanilla extract
1/2 cup chopped walnuts (optional)
3-4 tablespoons confectioners’sugar (optional)

- Combine the flour, sugar, cocoa, baking powder, baking soda, and salt, if desired, and stir to mix well. In a separate bowl, combine the Prune Butter, coffee, and vanilla extract, and stir to mix well. Add the prune mixture to the flour mixture, and stir to mix well. Fold in the walnuts if desired.
- Coat a 9 x 13-inch pan with nonstick cooking spray. Spread the batter evenly in the pan, and bake at 350 degrees Fahrenheit for 30 to 35 minutes, or until the top springs back when lightly touched and a wooden toothpick inserted in the center of the cake comes out clean. Be careful not to over-bake.
- Cool the cake to room temperature. Sift the confectioners

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 16, Calories: 150, Total Fat: 0.7g, Sodium: 66mg, Dietary Fiber: 2.2g, Protein: 2.4g.

Health 4 the Holidays Recipe
Key Lime Pie

1 reduced fat graham cracker crust
1 (1/16 ounce) package sugar-free lime gelatin
1/4 cup boiling water
1 (8 ounce) container fat-free whipped topping
2 (6 ounce) key lime pie yogurt

- In a large bowl, dissolve gelatin in boiling water.
- Stir in yogurt with wire whisk.
- Fold in whipped topping with wooden spoon.
- Spread in crust.
- Refrigerate for at least 2 hours.

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 6, Calories: **190**, Total Fat: **4.5g**, Saturated Fat: **2.0g**, Polyunsaturated Fat: **0.0g**, Monounsaturated Fat: **1.0g**, Sodium: **85.0mg**, Total Carbohydrate: **33.0g**, Dietary Fiber: **0.5g**, Sugar: **25.0g**, Protein: **4.0g**.

Submitted by: Ruth Bailey
Chocolate Fudge Pie

12.3 oz silken or firm tofu
1 tsp cocoa powder
1 tsp pure vanilla extract
2 tablespoons milk of choice
scant 1/8 tsp salt
8 to 10 oz chocolate chips (a little over 1 and 1/3c)
2-3 tablespoons agave or other sweetener (I use maple syrup)
optional: extracts, flavorings, or liqueurs

- Melt the chocolate in the microwave, then throw everything into a food processor and blend until super-smooth. Pour into a graham cracker pie crust. Fridge until chilled. This gets firmer and firmer, the longer it sits. (It’s firmer if you use firm tofu and more like mousse pie if you use silken.)

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 8, Calories: 196,
Total Fat: 12.3g, Saturated Fat: 5.5g, Polyunsaturated Fat: 2.7g,
Monounsaturated Fat: 3.6g, Sodium: 67.4mg, Total Carbohydrate: 23g, Dietary Fiber: 2.1g, Sugar: 4.7g,
Protein: 9.6g.

Submitted by: Melissa Ross
No Crust Pumpkin Pie

¾ cup sugar
½ cup Jiffy mix
2 TBSP margarine
13 oz can evaporated milk
2 eggs (I use just the whites)
16 oz can pumpkin
2 ½ tsp pumpkin pie spice
2 tsp vanilla

- Preheat oven to 350
- Beat together sugar, Jiffy mix, margarine
- Then add evaporated milk, eggs (I use just the whites), can pumpkin, pumpkin pie spice, vanilla. Mix until smooth.
- Spray cooking spray in pie plate. Pour batter and bake 50-55 minutes.

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: 8, Calories: 230, Total Fat: 8.3g, Saturated Fat: 3.0g, Polyunsaturated Fat: 1.8g, Monounsaturated Fat: 2.1g, Sodium: 188.3mg, Total Carbohydrate: 34.2g, Dietary Fiber: 2.8g, Sugar: 26.3g, Protein: 6.1g.

Submitted by: Eileen Abbey
Pumpkin Pie to Go  
(a modification to a crust free pumpkin pie)

2 cups canned pumpkin (do not use pumpkin pie filling)  
1 cup Bisquick mix  
1 cup sugar  
1 cup 1% or skim milk  
1 tablespoon unsalted butter  
3 teaspoons pumpkin pie spice  
1 teaspoon vanilla  
4 eggs (or ½ cup egg substitute)  
Whipped Cream ~ if desired  
Cinnamon as a garnish ~ optional

- Heat oven to 350 degrees
- Grease a 9 X 11 casserole dish (I use cooking spray for baking)
- Mix all ingredients (except whipped topping) until very well blended.
- Pour mixture into the casserole pan
- Bake 35 to 40 minutes or until a knife inserted in the center comes out clean.
- Cool for 30 minutes. Cover with plastic wrap and refrigerate for about 3 hours or until chilled.
- Cut the pumpkin into square servings, about 1 inch each.

Nutritional Facts:

Amount Per Serving, Servings Per Recipe: **33**, Calories: **56**,  
Total Fat: **1.3g**, Saturated Fat: **0.4g**, Polyunsaturated Fat: **0.2g**,  
Monounsaturated Fat: **0.5g**, Sodium: **44.3mg**, Total Carbohydrate: **10.1g**, Dietary Fiber: **0.6g**, Sugar: **7.2g**,  
Protein: **1.5g**.

Submitted by: Patty Cox