

Appetizers

Healthified" Spinach Dip with Artichokes (Demo)

- 4 cups lightly packed fresh baby spinach leaves (4 oz)
- 1 package (8 oz) 1/3-less-fat cream cheese, softened
- 1/4 cup reduced-fat mayonnaise
- 4 tablespoons shredded Parmesan cheese (1 oz)
- 1/4 cup fat-free (skim) milk
- 2 cloves garlic, finely chopped
- 1 teaspoon dried basil leaves
- 1 can (14 oz) artichoke hearts, drained, chopped
- Baguette slices, if desired
- Assorted raw vegetables, if desired

How to make it:

1. Heat oven to 350°F. Spray 1-quart shallow glass baking dish or 9-inch glass pie plate with cooking spray.
2. Place spinach in 2-quart microwavable casserole; add 1/4 cup water. Cover; microwave on High 2 minutes. Drain well, pressing spinach with paper towels to remove excess liquid. Chop spinach.
3. In large bowl, beat cream cheese with spoon until smooth. Beat in mayonnaise, 3 tablespoons of the Parmesan cheese, the milk, garlic and basil until well blended. Stir in spinach and artichokes. Spread evenly in baking dish. Sprinkle with remaining tablespoon cheese.
4. Bake 20 to 25 minutes or until thoroughly heated. Serve with baguette slices or raw vegetables.

Yield: 10 servings (1/4 cup each)

Breakfast Cookies

- 3/4 cup whole wheat flour
- 1/2 cup all purpose flour
- 1/2 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 2 Tablespoons unsalted butter
- 1/4 cup oil
- 1/4 cup brown sugar
- 3 Tablespoons sugar
- 1 egg
- 1 small jar strained carrots baby food
- 1 teaspoon vanilla
- 1/2 cup rolled oats
- 1/2 cup bran flakes
- 1/3 cup raisins
- 1/3 cup walnut pieces, lightly toasted

How to make it:

1. Wash your hands; make sure your food preparation surfaces are clean.
2. Preheat oven to 350°.
3. Whisk together flours, baking soda, cinnamon, nutmeg, and salt.
4. In another bowl, combine butter, oil, and sugars. Mix on high until sugars have dissolved; add egg, carrots and vanilla and beat an additional 30 seconds. Add to flour mixture slowly.
5. Add oats, flakes, raisins and walnuts and stir until mixed together. Dough will be slightly sticky.
6. Line a cookie sheet with parchment paper. Use 3 to 4 Tablespoons of batter to form a ball and place on cookie sheet about 3 inches apart.
7. Wet hands and flatten cookies to about 1/4 inch thick.
8. Bake for 12 minutes. Let cookies cool slightly then transfer to a wire rack to cool completely.

YIELD: 12 cookies.

Santa's Snack Mix

2 cups Honey Nut Cheerios
2 cups chow mein noodles
1 cup honey roasted peanuts
½ cup raisins
½ cup holiday milk chocolate M&Ms
½ cup peanut butter chips
½ cup vanilla or white chips

How to make it:

1. Wash your hands; make sure your food preparation surfaces are clean.
2. In two wide-mouth quart jars, layer all of the ingredients.
3. Cover jars.
4. Decorate with fabric and ribbon.
5. To serve, pour into a bowl and stir to combine.

Yield: 7 cups

Spinach-Stuffed Mushrooms

1 package (6 ounces) stove top stuffing mix for chicken
1 ½ cups hot water
40 fresh mushrooms (about 2 pounds)
2 Tablespoons butter
2 cloves garlic, minced
1 package (10 ounces) frozen chopped spinach, thawed, well drained
1 cup shredded low-moisture Part-skim Mozzarella cheese
1 cup grated parmesan cheese

How to make it:

1. Wash your hands; make sure your food preparation surfaces are clean.
2. Heat oven to 400°.
3. Mix stuffing and water.
4. Remove mushroom stems; chop stems.
5. Melt butter in skillet. Add stems and garlic; cook and stir until tender.
6. Add stuffing with spinach and cheeses; mix well.
7. Spoon onto mushroom caps.
8. Place in shallow baking pan; bake 20 minutes or until tender.

YIELD: 40 servings.

Blueberry Pecan Scones

2 cups all-purpose flour
¼ cup plus 1 Tablespoon sugar, divided
3 teaspoons baking powder
¾ teaspoon salt
¼ cup cold butter
1 egg
½ cup milk
1 ½ teaspoons vanilla extract
1 cup fresh or frozen blueberries
⅓ cup chopped pecans, toasted
2 teaspoons grated lemon peel
1 egg white, lightly beaten

How to make it:

1. Wash your hands; make sure your food preparation surfaces are clean.
2. In a large bowl, combine flour, ¼ cup sugar, baking powder and salt. Cut in butter until mixture resembles coarse crumbs.
3. In a bowl, whisk the egg, milk and vanilla; add to crumb mixture. Stir in the blueberries, pecans and lemon peel just until moistened.
4. Turn dough onto a floured surface. With lightly floured hands, knead 6-8 times. Pat into an 8-inch circle; cut into eight wedges. Separate wedges and place 2 inches apart on a greased baking sheet.
5. Brush with egg whip and sprinkle with remaining sugar. Bake at 375° for 18-22 minutes or until lightly browned. Serve warm.

Yield: 8 scones

Nutty Blue Cheese Rolls

2/3 cup finely chopped walnuts
1/3 cup crumbled blue cheese
1 Tablespoon finely snipped parsley
¼ teaspoon pepper
½ of a 15-ounce package (1 crust) folded refrigerated unbaked piecrust
1 Tablespoon milk
2 teaspoons grated Parmesan cheese
Finely snipped parsley

How to make it:

1. Wash your hands; make sure your food preparation surfaces are clean.
2. For filling, stir together walnuts, blue cheese, 1 Tablespoon parsley and the pepper in a medium bowl. Unfold the piecrust on a lightly floured surface according to package directions. Spread filling evenly over the crust. Cut the pastry circle into 12 wedges. Starting at the wide ends, loosely roll up wedges. Place rolls, tip side down, on a greased baking sheet. (To make ahead, cover and chill for up to 24 hours.)
3. Brush rolls lightly with milk before baking. Sprinkle with Parmesan cheese and additional parsley.
4. Bake in a 425° oven about 15 minutes or until golden. Cool slightly on a wire rack. Serve warm.

YIELD: 12 rolls.

Ranch Biscuits

2 cups biscuit/baking mix
4 teaspoons dry ranch salad dressing mix
2/3 cup fat-free milk
2 Tablespoons butter, melted
1 teaspoon dried parsley flakes
1/8 teaspoon garlic powder

How to make it:

1. Wash your hands; make sure your food preparation surfaces are clean.
2. In a bowl, stir the biscuit mix, salad dressing mix, and milk until combined.
3. Drop 2 inches apart onto a greased baking sheet.
4. Bake at 425° for 10-15 minutes or until golden brown.
5. In a small bowl, combine butter, parsley and garlic powder; brush over warm biscuits.

YIELD: 9 biscuits

Corn Cakes

4 cups crumbled cornbread
1 cup soft white bread crumbs
2 Tablespoons butter
3 cups fresh corn kernels (approximately 4 ears of corn)
1 cup diced sweet onion
⅛ teaspoon ground red pepper
½ teaspoon garlic salt
3 large eggs, lightly beaten
½ cup sour cream
¼ cup canola oil, divided

How to make it:

1. Wash your hands; make sure your food preparation surfaces are clean.
2. In a large bowl, combine crumbled cornbread and bread crumbs; set aside.
3. In a large nonstick skillet, melt butter over medium-high heat. Add corn and diced onion; cook for 5 minutes, or until tender.
4. Add corn mixture, red pepper, and garlic salt to cornbread mixture, stirring until well blended. Whip skillet clean with a paper towel; set aside.
5. Heat 2 Tablespoons oil in the skillet over medium-high heat. Drop corn meal batter by 1/3 cup portions onto hot skillet, adding remaining oil as needed. Cook corn cakes 2 to 3 minutes per side or until patties are golden brown. Repeat process with remaining batter.
6. Corn cakes can be served with Serve warm.

YIELD: 8 servings.

Mandarin Orange Fluff (Demo)

- 1 (3 ounce) package orange flavored gelatin mix
- 1 (16 ounce) container cottage cheese
- 1 (8 ounce) tub frozen whipped topping, thawed
- 1 (10ounce) can mandarin oranges, drained and halved
- 1 (8 ounce) can pineapple tidbits, drained
- ½ (4 ounce) jar maraschino cherries, drained and halved
- 1/3 cup chopped pecans (optional)

How to make it:

1. Wash your hands; make sure your food preparation surfaces are clean.
2. In a large bowl, mix together the gelatin mix and cottage cheese until gelatin is dissolved.
3. Fold in the whipped topping, mandarin oranges, pineapple, maraschino cherries and pecans.
4. Cover and refrigerate until set, at least 2 hours.

Southern Tortellini Minestrone

- 1 medium onion, chopped
- 1 Tablespoon olive oil
- 3 garlic cloves, chopped
- 2 (32-ounce) containers reduced sodium chicken broth
- 2 (14.5 ounce) cans Italian-seasoned diced tomatoes
- 1 (16 ounce) package frozen green beans
- 1 (16 ounce) package chopped frozen collard greens
- 3 Tablespoons chopped fresh parsley
- 1 Tablespoon chopped fresh rosemary
- ½ teaspoon dried crushed red pepper
- 1 (16 ounce) package frozen cheese tortellini

How to make it:

1. Wash your hands; make sure your food preparation surfaces are clean.
2. Sauté onion in hot oil in a large Dutch oven over medium heat 8 minutes or until onion is tender.
3. Add garlic, and cook 1 minute.
4. Stir in chicken broth and tomatoes; bring to a boil over medium-high heat.
5. Add green beans, collard greens, and next 3 ingredients.
6. Reduce heat to medium, and simmer, stirring occasionally, 15 minutes.
7. Add pasta, and cook 10 to 12 minutes or until pasta is done.
8. Place potatoes on an ungreased baking sheet.
9. Bake at 400 degrees for 20-25 minutes or until heated through.

YIELD: 8 to 10 servings.

Breakfast Tortillas

- 10 (6-inch) fajita-size, reduced-fat, flour tortillas
- ½ package (16 ounce) ground pork sausage
- 6 large eggs
- Vegetable cooking spray
- ½ cup shredded Colby-Jack cheese blend
- Salsa (optional)
- Light sour cream (optional)

How to make it:

1. Wash your hands; make sure your food preparation surfaces are clean.
2. Wrap tortillas loosely with aluminum foil, and place in a 250° oven for 10 minutes.
3. Meanwhile, cook sausage in a large skillet over medium-high heat, stirring often, 8 minutes or until sausage crumbles and is no longer pink; drain, remove sausage from skillet, and pat dry with paper towels. Wipe skillet clean. Reduce heat to medium.
4. Whisk together eggs and 2 Tablespoons water. Coat same skillet with cooking spray; add egg mixture, and cook, without stirring, 2 to 3 minutes or until eggs begin to set on bottom. Gently draw cooked eggs away from sides of pan to form large pieces. Cook, stirring occasionally, 2 minutes or until eggs are thickened but still moist. (Do not overstir.)
5. Spoon sausage and eggs evenly onto tortillas, sprinkle with cheese; roll up tortillas.

6. Serve with salas and sour cream, if desired.

*Note: To lighten, substitute 1 ½ cups egg substitute for eggs and reduced-fat pork sausage for sausage.

YIELD: 10 servings.

French Onion-Pork Chop Skillet

6 boneless pork chops, (about 1 ½ pounds) ½ inch thick
2 onions, thinly sliced
2 Tablespoons Worcestershire sauce
1 package (16 ounce) stuffing mix for chicken
1 cup shredded low-moisture part-skim Mozzarella cheese

How to make it:

1. Wash your hands; make sure your food preparation surfaces are clean.
2. Heat large nonstick skillet sprayed with cooking spray on medium-high heat.
3. Add pork shops and onions; cook 10 minutes or until done (160°F), turning chops and stirring onions after 5 minutes. Remove pork chops.
4. Cook and stir onions 5 minutes or until golden brown.
5. Stir in Worcestershire sauce; return pork chops to skillet; top with onion mixture.
6. Mix stuffing mix and 1 ½ cups hot water; spoon around edge of skillet.
7. Top with cheese; cover.
8. Cook 5 minutes or until cheese is melted.

YIELD: 8 servings.

Broccoli Chicken Cups

2 ½ cups diced cooked chicken breast
1 can (10 ¾ ounces) reduced-fat, condensed cream of chicken soup, undiluted
1 cup frozen chopped broccoli, thawed and drained
2 small plum tomatoes, seeded and chopped
1 small carrot, grated
1 Tablespoon Dijon mustard
1 garlic clove, minced
¼ teaspoon pepper
1 sheet frozen puff pastry, thawed
¼ cup grated Parmesan cheese

How to make it:

1. Wash your hands; make sure your food preparation surfaces are clean.
2. In a large bowl, combine the first eight ingredients; set aside.
3. On a lightly floured surface, roll pastry into a 12-inch x 9-inch rectangle. Cut lengthwise into four strips and widthwise into three strips. Gently press puff pastry squares into muffin cups coated with cooking spray.
4. Bake at 375° for 25-30 minutes or until golden brown.
5. Serve warm.

YIELD: 1 dozen

Rosemary Roasted Chicken

1 whole chicken (about 3 pounds)
1 Tablespoon olive oil
1 teaspoons rosemary leaves, crushed
1 teaspoons seasoned salt
½ teaspoon thyme leaves

How to make it:

1. Wash your hands; make sure your food preparation surfaces are clean.
2. Preheat oven to 375°.
3. Place chicken on rack in foil-lined roasting pan. Brush with oil.
4. Mix rosemary, seasoned salt and thyme in a small bowl. Rub seasonings evenly over entire chicken.
5. Roast 1 to 1 ½ hours or until chicken is cooked through.

YIELD: 6 servings

Breakfast Bake

- 1 can (8 ounce) refrigerated crescent dinner rolls
- 1 package (8 ounce) smoked ham, chopped
- 6 eggs
- ½ cup cold milk
- ½ teaspoon pepper
- 1 cup shredded Cheddar cheese
- 1 cup shredded low-moisture part-skim Mozzarella cheese

How to make it:

1. Wash your hands; make sure your food preparation surfaces are clean.
2. Heat oven to 350°.
3. Unroll dough in 13X9-inch baking dish; press to cover bottom of dish, firmly pressing holes and seams together to seal.
4. Sprinkle ham over crust.
5. Beat eggs, milk and pepper with whisk until blended; pour over ham.
6. Top with cheeses.
7. Bake 25 minutes or until center is set.

YIELD: 8 servings.

Easy Maple-Glazed Carrots (demo)

- 3 (14.5 ounce) cans sliced carrots
- ½ cup maple syrup
- 1 ½ tablespoons of unsalted butter
- Salt and black pepper

How to make it:

1. Wash your hands; make sure your food preparation surfaces are clean.
2. In a large pot, pour the three cans of carrots and their liquid.
3. Bring to a boil and simmer for 3 to 5 minutes, until the carrots are heated thoroughly.
4. Drain most of the liquid from the carrots. Leave about 1/3 cup of liquid on the carrots.
5. Add the maple syrup and butter to the carrots. Simmer, stirring occasionally until the liquid has reduced to a glaze.
6. Add salt and pepper to taste and serve

Almond-Chocolate Cups

- 1 package (3 ounce) cream cheese, softened
- ¼ to ½ teaspoon almond extract
- 3 cups sifted powdered sugar
- ¼ cup finely chopped toasted almonds
- 1 package (12 ounces/ 2 cups) semi-sweet chocolate pieces
- 16 ounces chocolate-flavored candy coating, cut up
- Small foil candy cups

How to make it:

1. Wash your hands; make sure your food preparation surfaces are clean.
2. Beat cream cheese and almond extract in a medium mixing bowl until smooth. Gradually add powdered sugar, stirring until mixture is thoroughly combined. (If necessary knead in the last of the powdered sugar by hand.)
3. Stir or knead in chopped almonds.
4. Divide mixture into 4 equal portions. On a cutting board roll one portion at a time to a 12-inch-long rope; cut crosswise into ½-inch pieces. Cover with plastic wrap to prevent drying out as you work with candy.
5. Melt together chocolate pieces and candy coating in a heavy medium saucepan over low heat, stirring just until smooth. Remove from heat. Place foil cups in large shallow pan. Spoon some of the chocolate mixture into one-fourth of the candy cups, filling each about 2/3 full.
6. Press a piece of cheese mixture in center of each cup (chocolate will not completely cover cheese mixture).
7. Repeat with remaining filling and chocolate, working one-fourth at a time. If chocolate starts to set up,

- reheat over low heat just until smooth.
8. Drizzle remaining chocolate over white portion of candies, if desired.
 9. Set cups aside until firm at room temperature (about 30 minutes) or in a refrigerator about 10 minutes. Store in a tightly covered container in the refrigerator.
 10. For gift giving: Arrange candy cups in a box or decorative plate with instructions to store in refrigerator.
- YIELD: 96 pieces.

Chewy Coconut Macaroons

2 ½ cups flaked coconut
¾ cup all purpose flour
⅛ teaspoon salt
1 can (14 ounces) fat-free sweetened condensed milk
1 ½ teaspoons almond extract

How to make it:

1. Wash your hands; make sure your food preparation surfaces are clean.
2. In a bowl, toss together the coconut, flour and salt.
3. Stir in sweetened condensed milk and almond extract until blended. Mixture will be thick and sticky.
4. Drop by rounded teaspoonfuls 3 inches apart on baking sheets lightly coated with cooking spray.
5. Bake at 300° for 18-22 minutes or until edges are lightly browned.
6. Cool for 2 minutes before removing to wire racks.

Yield: 32 cookies

Cranberry Nut Fudge

1 teaspoon butter
1 can (16 ounce) milk chocolate frosting
1 package (11 ½ ounces) milk chocolate chips
1 package (6 ounces) dried cranberries
½ cup chopped pecans

How to make it:

1. Wash your hands; make sure your food preparation surfaces are clean.
2. Line an 8-inch square dish with foil and grease the foil with butter; set aside.
3. In a heavy saucepan, combine frosting and chocolate chips. Cook and stir over medium-low heat until chips are melted. Stir in cranberries and nuts. Pour into the prepared pan.
4. Refrigerate until firm, about 2 hours. Using foil, lift fudge out of pan. Discard foil; cut the fudge into 1 inch squares. Store in refrigerator

Yield: about 2 pounds

Quick Crescent Pecan Pie Bars (demo)

1 can (8 ounces) crescent dinner rolls
1 egg, beaten
½ cup chopped pecans
½ cup sugar
½ cup corn syrup
1 Tablespoon margarine or butter, melted
½ teaspoon vanilla

How to make it:

1. Wash your hands; make sure your food preparation surfaces are clean.

2. Preheat oven to 375°.
3. Lightly grease (not oil) 13x9 inch pan.
4. Separate crescent dough into 2 large rectangles. Press rectangles over bottom of and ½ inch up sides of greased pan to form crust; seal perforations. Bake crust at 375° for 5 minutes.
5. In a medium bowl, combine remaining ingredients. Pour over partially baked crust. Bake at 375° for 18 to 22 minutes or until golden brown.
6. Cool; cut into bars.

Yield: 2 dozen bars

Sandra Lee's Mini Cheese Balls

- 1 (8-ounce) package cream cheese, softened
- 1 cup shredded sharp Cheddar cheese
- 1 tablespoon onion soup and dip mix
- ½ cup finely chopped pecans

How to make it:

1. Wash your hands; make sure your food preparation surfaces are clean.
2. In a large bowl, combine cream cheese, Cheddar cheese and soup mix.
3. Roll into bite-size balls.
4. Place a toothpick in each ball.
5. Roll bottom half of cheese balls in pecans.
6. Chill until ready to serve.

Note: To lighten this recipe, use light or fat-free cream cheese and cheddar cheese

Yield: 15 servings

Tiramisu Bowl

- 1 package reduced-fat cream cheese, softened
- 3 cups fat-free milk
- 2 packages (4-serving size each) sugar-free vanilla flavor instant pudding mix
- 1 tub (8 ounce) whipped topping, thawed, divided
- 48 vanilla wafers
- ½ cup brewed coffee, cooled, divided
- 2 squares semi-sweet baking chocolate, coarsely grated
- 1 cup fresh raspberries or strawberries or frozen, thawed

How to make it:

1. Wash your hands; make sure your food preparation surfaces are clean.
2. Beat cream cheese in large bowl with electric mixer until creamy.
3. Gradually beat in milk.
4. Add dry pudding mixes; mix well.
5. Stir in 2 cups of the whipped topping.
6. Line the bottom and sides of a 2 ½ quart bowl with half of the wafers; drizzle with half of the coffee.
7. Layer half of the pudding mixture over wafers and then top with half of the grated chocolate.
8. Repeat all layers starting with wafers and coffee.
9. Top with remaining whipped topping and raspberries/strawberries.
10. Refrigerate at least 2 hours. Store leftovers in refrigerator.

YIELD: 16 servings.

Triple-Layer Mud Pie

3 squares Baker's semi-sweet chocolate, melted
¼ cup canned sweetened condensed milk
1 Oreo pie crust (6 ounces)
½ cup chopped pecans, toasted
2 cups cold 2% milk
2 packages (3.9 ounces each) Chocolate Instant Pudding
1 tub (8 ounce) whipped topping, thawed, divided

How to make it:

1. Wash your hands; make sure your food preparation surfaces are clean.
2. Mix chocolate and condensed milk.
3. Pour into pie crust; sprinkle with nuts.
4. Beat 2% milk and pudding mixes with whisk 2 minutes; spoon 1 ½ cups over nuts.
5. Stir ½ the whipped topping into remaining pudding; spread over pudding in crust.
6. Top with remaining whipped topping.