

Layered Dip

2 cans fat free refried beans
1 cup reduced fat sour cream with 1 cup light mayonnaise with 1 package taco seasoning
8 ounces reduced fat grated cheddar cheese
green onions, chopped
4 tomatoes, chopped

Layer in the order of the recipe. Serve with tortilla chips.

Taco Seasoning

3 tablespoon chili powder
1 tablespoon salt (optional)
1 tablespoon garlic powder
1 ½ teaspoon ground black powder
¾ teaspoon ground red pepper

Mix together and store in container up to 1 month. Use 2-3 tsp/pound of meat and ¼ cup water.

Zesty Seafood Spread

1 – 8 oz package reduced fat cream cheese, softened
¼ cup chili sauce
1 teaspoon lemon juice
¼ - ½ teaspoon hot pepper sauce
1 cup chopped, cooked seafood (shrimp, crab, sea legs)
4 sliced green onions, including tops
¼ cup chopped red pepper
¼ cup chopped celery
Crackers, bagel chips, or pita chips

In bowl thoroughly combine cream cheese, chili sauce, lemon juice, and hot pepper sauce. Stir in seafood, onions, pepper, and celery until well blended. Chill for at least 3 hours. Transfer to a serving bowl. Serve with crackers, bagel chips, or pita chips.

Holiday Cheese Ball

2 (8 ounce) packages reduced fat cream cheese, softened
1 (8 ½ ounce) can crushed pineapple, drained
2 cups chopped pecans
¼ cup chopped green pepper
2 tablespoon chopped onion
1 tablespoon seasoned salt

Mix all ingredients (reserve 1 cup pecans). Chill well and then form into a ball. Roll it in one cup chopped pecans. Garnish with parsley. Serve with crackers.

Sausage Casserole

6 slices bread
2 pounds reduced fat sausage
1 teaspoon prepared mustard
1 cup grated reduced fat Swiss cheese
1 cup egg substitute
1 1/2 cups skim milk
3/4 cup evaporated skim milk
Dash of pepper
Dash of nutmeg
1 teaspoon Worcestershire Sauce

Preheat oven to 350 degrees Fahrenheit. Spray a 10" x 6" x 1 1/2" casserole dish with non-stick spray. Trim crust from bread and slice thin strips. Place in bottom of casserole dish. Brown sausage. Drain excess fat. Add mustard to browned sausage. Spoon sausage evenly over bread. Sprinkle cheese over sausage. Combine milk, evaporated milk, pepper, nutmeg, and Worcestershire Sauce and pour over cheese and sausage. Bake at 350 degrees approximately 25 - 30 minutes or until done. (Casserole can be made the day before and refrigerate until time to bake).

Yield: 6 servings.

French Toast Casserole

16 pieces of white bread, cut in 1-inch cubes
3 cups egg substitute
8 ounces reduced fat cream cheese, softened
2 cups evaporated skimmed milk
1/2 cup maple syrup (could use lite to reduce calories)
1/2 teaspoon maple flavoring

Spray 13 X 9 inch pan with non-stick spray. Put bread cubes in pan. Beat cream cheese. Add the rest of the ingredients. Blend. Pour over bread. Refrigerate 8 hours or overnight. When ready to cook let stand 30 minutes at room temperature. Bake at 375 degrees for 25 - 30 minutes. Cover and bake approximately 20 minutes until firm.

Sunday Breakfast Potato Pie

1 1/2 cups egg substitute (or use 8 egg whites and 3 yolks)
1/2 teaspoon onion powder
1/2 teaspoon thyme
1/4 teaspoon salt
1/8 teaspoon pepper
3 cups frozen hash brown potatoes
1 cup (4 ounces) shredded reduced fat Swiss cheese
1/2 cup diced ham (lean and/or reduced sodium)
1/2 cup chopped green pepper
Tomato slices for garnish

Heat oven to 350 degrees. Prepare a 9-inch pie pan with non-stick spray. In a medium bowl, combine egg substitute and seasonings; beat well. Stir in potatoes, cheese, ham, and green pepper; pour into prepared pan. Bake for 40-45 minutes or until set.

Yield: 6 servings.

Gravy Making Tips

1. Don't use fat (margarine or shortening) on turkey or meat while cooking to cut down on the fat obtained in the gravy.
2. Take the meat drippings and remove the fat:
 - a. Put ice cubes in hot drippings to make the fat hard and remove it
 - b. Put drippings in a bowl and place in the refrigerator or freezer to make the fat hard and remove it
 - c. Use a broth separator (available where kitchen products are sold) or a baster
3. There is no need to add salt to the broth as it already has enough flavor
4. If desired, low sodium bouillon granules and low fat chicken broth can be used in place of the meat drippings. If low fat chicken broth cannot be found, regular chicken broth can be used by placing the can in the refrigerator and removing the accumulated fat off.

Bread Stuffing

4 cups dry bread cubes
1 cup chopped celery
1 onion, chopped
2 tablespoon chopped fresh parsley flakes
1 garlic clove, minced
1 cup hot water or turkey or chicken broth (reduced sodium)
1/4 teaspoon ground black pepper
3/4 teaspoon ground sage
1/4 teaspoon dried marjoram
1/2 teaspoon dried thyme

Combine all ingredients in a bowl. Toss to mix well. Pour mixture into a casserole sprayed with a vegetable oil spray. Bake in 350-degree oven for 30 - 40 minutes.

Yield: 4 servings

Seasoned Black-Eyed Peas

1 pound black-eyed peas
1/2-1 teaspoon liquid hickory smoked flavoring
2 medium onions, chopped
2 stalks celery, chopped
1 small bay leaf
1 clove garlic, chopped
1/4 teaspoon cayenne pepper
1 (6 ounce) can tomato paste, no added salt
water
freshly ground black pepper, to taste

Wash the peas and let soak for 45 minutes. Drain. Pour in just enough fresh water to cover the peas; add the remaining ingredients. Bring to a boil. Reduce heat. Cover and simmer until tender, about 3 hours. Season to taste.

Yield: 16 servings (1/2 cup)

Turkey Tetrazzini

1 12-ounce package noodles (yolk free)
1 can reduced fat/sodium cream of mushroom soup
1/2 cup skim milk
1/2 cup water
2 cups reduced fat shredded cheddar cheese
1 1/2 cups turkey, cooked, cubed
1 1/2 cups frozen peas and carrots, thawed
2 tablespoons pimentos
1/4 cup seasoned breadcrumbs
2 tablespoons Parmesan cheese
2 tablespoons parsley

Cook noodles according to package directions. Drain. Combine soup, milk, water, and cheese in 3-quart saucepan. Cook and stir over medium heat until cheddar cheese melts and sauce is hot. Stir in cooked noodles, turkey, peas and carrots, and pimento. Spoon mixture into greased 11 3/4" X 7 1/2" baking dish. Combine crumbs, Parmesan cheese and parsley; sprinkle over top. Bake uncovered, in 375 degree oven for 30 minutes or until hot.

Yield: 6 servings.

Turkey Casserole

1 1/2 cups chopped turkey
1 small package Pepperidge Farm stuffing, mixed according to package (or use leftover stuffing)
1 can french style green beans
1 can reduced fat/sodium cream of mushroom soup
1/2 cup skim milk

Line dish with 1/2 of stuffing. Then meat, topped with beans; pour mushroom soup and milk mixture over top and top with remaining stuffing.

Bake 350 degrees for 30 minutes.

Lickety-Split Cocoa Cake

1 ½ cups all-purpose flour	1 cup water
1 cup sugar	¼ cup + 2 tablespoons vegetable oil
1/4 cup cocoa powder	1 tablespoon vinegar
1 teaspoon baking soda	1 teaspoon vanilla
1/2 teaspoon salt	

Combine flour, sugar, cocoa, baking soda and salt in large bowl. Add water, oil, vinegar and vanilla; stir with spoon or wire whisk just until batter is smooth and ingredients are well blended. Pour into 9-inch layer pan or 8 inch square pan sprayed with non-stick baking spray. Bake at 350 degrees for 35-40 minutes or until cake tester comes out clean. Cool in pan.

Yield: 6-8 servings

Cheesecake

2 packages (8 ounces each) reduced fat cream cheese, softened
1/2 cup sugar
1/2 teaspoon vanilla
1/2 cup egg substitute
1 graham cracker crust

Mix all ingredients together, except for crust. Pour into graham cracker crust. Bake at 350 degrees for 40 minutes, or until center is almost set. Cool. Refrigerate at least 3 hours. Spread with 1 can (21 ounces) cherry pie filling.

Yield: 8 servings