

YOGURT FRUIT DIP

3 cups low-fat plain yogurt	1 cup low-fat sour cream
1 tsp vanilla extract	2 T honey
½ tsp ground cardamom	¾ tsp orange zest
½ cup chopped pistachios (optional)	Orange zest (optional)
Fresh fruit, pretzels	

In a medium bowl, add yogurt, sour cream, vanilla, honey, cardamom, and orange zest, stirring well with a whisk. Garnish with nuts and zest, if desired. Serve with fresh fruit or pretzels. Note: Dip can be made ahead and chilled. Stir well before serving. Makes 8 to 10 servings.

CRAN-APPLE SALSA

1 pkg (12 oz.) fresh or frozen cranberries, thawed	3 medium apples, cut into wedges
1 medium sweet red pepper, cut into pieces	1 small red onion, chopped
½ cup sugar	⅓ cup unsweetened apple juice
3 T minced fresh cilantro	2 T chopped jalapeno pepper
1 tsp grated lime peel	Tortilla chips

In a food processor, process the cranberries, apples, red pepper and onion in batches until coarsely pureed. Transfer to a serving bowl. Stir in the sugar, apple juice, cilantro, jalapeno and lime peel. Refrigerate until serving. Serve with tortilla chips. Note: When cutting hot peppers, disposable gloves are recommended. Avoid touching your face. Makes 5 cups.

HORSERADISH DIP

2 (8 oz.) pkgs cream cheese, softened	2 cups mayonnaise
¼ cup white vinegar	¼ cup prepared horseradish
1 tsp dry mustard	½ cup chopped green onion
Garnish: chopped green onion	Assorted vegetables

In a large bowl, combine cream cheese, mayonnaise, vinegar, horseradish, and dry mustard. Stir in green onion. Cover and chill at least 2 hours or up to 1 day. Garnish with green onion, if desired. Serve with vegetables or chicken wings. Makes 10 to 12 servings.

TANGY GARLIC WINGS

1 cup ketchup	½ cup butter, melted
2 T red wine vinegar	2 T Dijon mustard
2 tsp chili powder	1 tsp garlic salt
2 dashes hot sauce	4 ½ lbs chicken wings

In a large bowl, combine ketchup, butter, vinegar, mustard, chili powder, garlic salt, and hot sauce. Add wings, tossing to coat; chill for 4 hours. Preheat oven to 400°. Line rimmed baking sheets with parchment paper. Remove chicken, reserving marinade, and place on prepared baking sheets in a single layer. Brush wings with marinade. Bake 30 minutes or until chicken is done. Discard any remaining marinade. Serve with Horseradish Dip if desired. Makes 10 to 12 servings.

BACON PINWHEELS

¼ cup cornmeal
1 tsp Dijon mustard
1 cup crumbled cooked bacon
Olive oil

½ (17.3 oz.) pkg frozen puff pastry, thawed
½ (6.5 oz.) container spreadable light cream
cheese with herbs

Preheat oven to 400°. Line a baking sheet with parchment paper. On a clean, flat surface, sprinkle cornmeal. Unfold pastry on cornmeal. Spread mustard lightly over dough, leaving a ½-inch border around sides. Spread cheese over mustard. Sprinkle with bacon. Roll up pastry, jelly-roll fashion, and slice into ½-inch pieces. Place pinwheels, cut side down, 2 inches apart on prepared baking sheet. Brush each pinwheel with olive oil. Bake 12 to 15 minutes or until golden brown. Serve warm. Makes 18 to 20 appetizer servings.

PARTY MEATBALLS

Meatballs are always great for parties.

This is an easy twist on the usual recipe, and it's very fast to make.

1 pkg (38 oz.) frozen cooked meatballs, thawed
¼ cup A1 steak sauce
1 tsp Dijon mustard

1 bottle (14 oz.) ketchup
1 T minced garlic

Place meatballs in a 3-qt. slow cooker. In a small bowl, combine the ketchup, steak sauce, garlic, and mustard. Pour over meatballs. Cover and cook on low for 3-4 hours or until meatballs are heated through. Makes about 6 dozen.

BIRD'S NEST BREAKFAST CUPS

A lower fat breakfast dish.

12 turkey bacon strips
6 T shredded reduced-fat Mexican cheese blend

1 ½ cups egg substitute
1 T minced fresh parsley

In a large skillet, cook bacon over medium heat for 2 minutes on each side or until partially set but not crisp. Coat six muffin cups with cooking spray; wrap two bacon strips around the inside of each cup. Fill each with ¼ cup egg substitute; top with cheese.

Bake at 350° for 18-20 minutes or until set. Cool for 5 minutes before removing from pan. Sprinkle with parsley. Makes 6 servings.

LEMON-NUT TWISTS

These lemony twists are a delicious addition to a breakfast or brunch.

½ cup sliced almonds, toasted
1 T grated lemon peel
2 T butter, melted, divided
4 - 5 tsp lemon juice

⅓ cup packed brown sugar
1 loaf (16 oz.) frozen white bread dough, thawed
1 cup confectioners' sugar

Combine almonds, brown sugar and lemon peel. Roll dough to a 21-inch x 8-inch rectangle. Brush middle third of dough with 1 T melted butter. Sprinkle buttered area with half of almond-brown sugar mixture. Fold one of the remaining dough thirds over filling. Brush folded dough with remaining melted butter. Sprinkle with remaining filling. Fold remaining dough third over filling; pinch edges to seal. Cut into eight (1-inch-wide) strips. Hold each strip at both ends, twist in opposite direction three times.

Place on a greased baking sheet. Cover; let rise in a warm place until doubled in size, about 30-40 minutes. Bake at 375° for 15 minutes or until golden brown. Remove from baking sheet to wire rack to cool. Combine the confectioners' sugar and lemon juice. Beat until smooth. Drizzle over twists. Makes 8 servings.

PECAN FRENCH TOAST

4 eggs	¼ tsp ground nutmeg
⅔ cup orange juice	6 slices Italian bread (1 inch thick)
⅓ cup 2% milk	¼ cup sugar
⅓ cup butter, melted	1 T grated orange peel
¾ cup chopped pecans	½ tsp vanilla extract
Maple syrup	

In a small bowl, whisk eggs, orange juice, milk, sugar, orange peel, vanilla extract, and nutmeg. Place bread in a 13 x 9-inch dish; pour egg mixture over the top. Cover and refrigerate overnight, turning slices once.

Pour butter into a 15 x 10 x 1-inch baking pan; top with bread. Sprinkle with pecans. Bake at 400° for 20-25 minutes or until golden brown. Serve with syrup. Makes 6 servings.

RICH COFFEE CAKE

1 cup butter, softened	2 cups sugar
2 eggs	2 cups all-purpose flour
1 ½ tsp baking powder	½ tsp salt
1 cup (8 oz.) sour cream	½ tsp vanilla extract

TOPPING:

1 cup chopped pecans	2 T sugar
1 tsp ground cinnamon	

CHOCOLATE GLAZE:

½ cup semisweet chocolate chips	¼ cup butter, cubed
---------------------------------	---------------------

In a large bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Combine the flour, baking powder and salt. Combine sour cream and vanilla; add to creamed mixture alternately with dry ingredients just until combined.

Combine topping ingredients; sprinkle 2 T into a greased and floured 10-inch tube pan. For glaze, in a microwave-safe bowl, melt chocolate chips and butter; stir until smooth. Spoon half of the batter over topping; sprinkle with half of the remaining topping. Drizzle with half of the glaze. Top with remaining batter; sprinkle with remaining topping.

Bake at 350° for 60-70 minutes or until toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to wire rack. Warm remaining glaze; drizzle over coffee cake. Serve warm if desired. Makes 12 servings.

CREAM CHEESE BRAN MUFFINS

With the cream cheese center you won't need butter on these moist muffins.

1 cup All-Bran	½ cup 2% milk
1 cup (8 oz.) sour cream	1 egg, lightly beaten
1 pkg (16.6 oz.) date quick bread mix	1 pkg (3 oz.) cream cheese

In a large bowl, combine cereal and milk; let stand for 10 minutes. Stir in sour cream and egg. Stir in bread mix just until moistened.

Fill greased or paper-lined muffin cups about three-fourths full. Cut the cream cheese into 12 cubes; gently press one cube into the center of each muffin cup just until covered with batter (cups will be full).

Bake at 400° for 18-20 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Serve warm. Refrigerate leftovers. Makes 1 dozen.

DRIED CHERRY BREAD WITH ALMOND & FLAX SEED

3 cups all-purpose flour	2 cups sugar
1 cup dried cherries	¾ cup chopped almonds
¼ cup flax seed	1 tsp ground cinnamon
1 tsp baking soda	1 ⅓ cups plain yogurt
¾ cup vegetable oil	3 large eggs, beaten
2 tsp vanilla extract	

Preheat oven to 350°. Spray 2 (9x5-inch) loaf pans with nonstick cooking spray. In a large bowl, combine flour, sugar, cherries, almonds, flax seed, cinnamon, and baking soda. In a medium bowl, combine yogurt, oil, eggs, and vanilla, beating well. Add yogurt mixture to flour mixture, stirring just until dry ingredients are moistened. Spoon batter into prepared pans. Bake 45 minutes or until golden brown, covering loosely with aluminum foil to prevent excessive browning, if necessary. Bake 15 to 20 minutes longer or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes. Remove from pans, and cool completely on wire rack.

Note: Flax seed can be found in the baking aisles of grocery stores with grains and flours or at health-food stores. Makes 2 loaves.

SOUTH-OF-THE-BORDER QUICHE

This is a great selection for a holiday brunch.

2 unbaked pastry shells (9-inch)	2 tsp chili powder
1 tsp ground cumin	1 ½ cups (6 oz.) shredded cheddar cheese
1 ½ cups (6 oz.) shredded Monterey jack cheese	1 cup (4 oz.) shredded sharp cheddar cheese
8 eggs	2 cups half-and-half cream
2 cans (4 oz. each) chopped green chilies	2 cans (2 ¼ oz. each) sliced ripe olives, drained
¼ cup chopped green onions	2 T minced fresh cilantro
½ tsp salt	½ tsp pepper
Salsa and sour cream, optional	

Line unpricked pastry shells with a double thickness of heavy-duty foil. Bake at 400° for 5 minutes. Remove foil; bake 5 minutes longer.

Sprinkle chili powder and cumin over shells; sprinkle with cheeses. In a large bowl, whisk the eggs, cream, chilies, olives, onions, cilantro, salt and pepper. Pour evenly over cheese.

If desired, cover and freeze one quiche for up to 3 months. Cover edges of remaining quiche loosely with foil; place on a baking sheet. Bake at 400° for 35-40 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before cutting. Serve with salsa and sour cream if desired. Makes 2 quiches (6 servings each).

TO USE FROZEN QUICHE: Remove from the freezer 30 minutes before baking (do not thaw). Cover edges of crust loosely with foil; place on a baking sheet. Bake at 400° for 55-60 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before cutting.

SAVORY APPLE-CHICKEN SAUSAGE

*These easy, healthy sausages taste great, and they make an elegant brunch dish.
The sausage freezes well whether it is cooked or uncooked.*

- 1 large tart apple, peeled & diced
- 1 tsp salt
- 1 lb ground chicken
- 2 tsp poultry seasoning
- ¼ tsp pepper

In a large bowl, combine apple, poultry seasoning, salt and pepper. Crumble chicken over mixture and mix well. Shape into eight 3-inch patties. In a large skillet coated with cooking spray, cook patties over medium heat for 5-6 minutes on each side or until a meat thermometer reads 165° and juices run clear. Makes 8 patties.

PINEAPPLE-ORANGE CRANBERRY SAUCE

- 1 can (14 oz.) whole-berry cranberry sauce
- 1 can (8oz.) crushed pineapple, well drained
- 1 can (11 oz.) mandarin oranges, well drained
- ¼ cup chopped pecans, toasted

In a small serving bowl, combine the cranberry sauce, oranges and pineapple. Stir in pecans just before serving. Refrigerate leftovers. Makes 2 ¾ cups of sauce.

PEAR HARVEST SALAD

Use this delicious salad with leftover turkey.

- 2 pkgs (5 oz. each) spring mix salad greens
- 2 medium pears, sliced
- ½ cup pomegranate seeds
- 4 cups cubed cooked turkey breast
- 1 medium ripe avocado, peeled & cubed
- ½ small red onion, thinly sliced

DRESSING:

- 6 T cider vinegar
- 3 T honey
- ½ tsp salt
- ¼ cup olive oil
- 1 tsp Dijon mustard
- ¼ tsp pepper

TOPPINGS:

- ½ cup crumbled blue cheese
- ½ cup honey-roasted sliced almonds

Divide the spring mix among six plates. Layer with turkey, pears, avocado, pomegranate seeds and onion. Whisk the dressing ingredients; drizzle over salads. Sprinkle with cheese and almonds. Makes 6 servings.

ROASTED BEET SALAD

3 lbs beets
1 tsp kosher salt
1 cup chopped red onion

Olive oil
½ tsp freshly ground black pepper
Vinaigrette (recipe follows)

Preheat oven to 425°. Scrub and trim beets, but do not peel. Place beets on foil, drizzle with oil, and sprinkle with salt and pepper. Wrap beets, and place on a rimmed baking pan. Bake for 1 to 1 ½ hours or until tender; cool. Peel and cut into 1-inch chunks. Toss with onion and vinaigrette. Makes about 8 servings.

VINAIGRETTE:

⅓ cup white wine vinegar
½ tsp ground black pepper
2 T honey

½ tsp salt
2 T chopped fresh parsley
3 T olive oil

In a small bowl, combine vinegar, salt, pepper, parsley, honey, and olive oil, stirring well to combine.

SLOW-COOKED SAUSAGE DRESSING

Try this crock pot dressing and have your oven free for other foods.

½ lb reduced-fat bulk pork sausage
1 large onion, chopped
1 can (14 ½ oz.) reduced-sodium chicken broth
⅓ cup chopped pecans
1 ½ tsp rubbed sage

2 celery ribs, chopped
7 cups seasoned stuffing cubes
1 medium tart apple, chopped
2 T reduced-fat butter, melted
½ tsp pepper

In a large nonstick skillet, cook the sausage, celery and onion over medium heat until meat is no longer pink; drain. Transfer to a large bowl; stir in the remaining ingredients.

Transfer to a 5-qt. slow cooker coated with cooking spray. Cover and cook on low for 3-4 hours or until heated through and the apple is tender, stirring once. Makes 8 cups.

HERB-BUTTERED BABY CARROTS

The herb butter can be used for everything from vegetables to roast chicken, turkey and game hens—let your imagination be your guide.

½ cup butter, melted
1 tsp dried parsley flakes
¼ tsp *each* dried oregano, marjoram, & thyme
1 lb fresh baby carrots, trimmed

1 garlic clove, minced
½ tsp dried basil
¼ tsp dried rosemary, crushed

In a large bowl, combine the butter, garlic, and herbs. Add carrots and stir until coated. Transfer to a greased 1 ½-qt. baking dish. Cover and bake for 375° for 50-60 minutes or until tender, stirring once. Makes 6 servings.

ROASTED SWEET POTATOES

2 sweet potatoes, scrubbed, unpeeled and diced
¼ tsp salt
Chopped fresh parsley, optional

1 T olive oil
¼ tsp ground cumin

Preheat oven to 450°. Lightly spray a rimmed baking sheet with nonstick cooking spray. In a medium bowl, combine sweet potatoes, oil, salt, and cumin. Place on prepared pan in a single layer. Bake until tender, about 15 to 20 minutes. Remove from oven and sprinkle with parsley, if desired. Makes 2 servings.

FESTIVE CORN 'N' BROCCOLI

1 pkg (16 oz.) frozen chopped broccoli, thawed	1 can (7 oz.) Mexicorn, drained
¼ cup butter, cubed	1 tsp dried basil
½ tsp salt	1/8 tsp garlic powder
1/8 tsp pepper	

In a large skillet, combine the broccoli, corn, and butter; cook over medium heat until butter is melted. Stir in the basil, salt, garlic powder, and pepper. Cover and cook for 8-10 minutes or until vegetables are tender, stirring occasionally. Makes 5 servings.

ITALIAN ROASTED VEGETABLES

2 medium yellow summer squash or zucchini, sliced	1 medium sweet red pepper, cut to 1-inch pieces
¼ lb fresh green beans, trimmed	¼ cup sun-dried tomato salad dressing
¼ tsp salt	¼ tsp dried basil
1/8 tsp pepper	

In a large bowl, combine all ingredients. Transfer to an ungreased 15 x 10 x 1-inch baking pan. Bake, uncovered at 425° for 15-20 minutes or until tender, stirring once. Serve immediately. Makes 4 servings.

ROASTED POTATOES WITH THYME AND GORGONZOLA

1 lb small red potatoes, halved	3 tsp olive oil
3 tsp minced fresh thyme or 1 tsp dried thyme	¼ tsp salt
¼ tsp pepper	6 T crumbled Gorgonzola cheese

In a large bowl, combine everything but the cheese. Arrange in a greased 15 x 10 x 1-inch baking pan. Bake, uncovered, at 425° for 20-25 minutes or until potatoes are tender, stirring once. Sprinkle with cheese. Makes 4 servings.

CHILI-LIME SOUTHWEST WRAPS

Make the filling a day ahead, and store, covered, in the refrigerator. Assemble wraps the day of the party.

½ cup mayonnaise	1 T lime juice
1 tsp chili powder	3 cups shredded cooked chicken or turkey
1 (10 oz.) can diced tomatoes and green chilies	1 (15.25 oz.) can black beans, rinsed & drained
1 (15.25 oz.) can whole-kernel corn, rinsed & drained	½ cup chopped cilantro
7 (10-inch) flour tortillas	

In a large bowl, combine mayonnaise, lime juice, and chili powder. Stir in chicken, tomatoes, and green chilies, beans, corn, and cilantro. Spoon mixture into each tortilla. Roll up tortillas, and cut in half. Makes 14 servings.

PICANTE BEEF ROAST

*Before putting in the slow cooker, trim the fat from the roast to avoid greasy gravy.
If your roast weighs 3 or more pounds, cut it in half to ensure even cooking.*

1 beef bottom round roast (3 lbs), trimmed & halved	1 jar (16 oz.) picante sauce
1 can (15 oz.) tomato sauce	1 envelope taco seasoning
3 T cornstarch	¼ cup water

Cut roast in half; place in a 4-qt. slow cooker. In a large bowl, combine the picante sauce, tomato sauce and taco seasoning; pour over roast. Cover and cook on low for 8-9 hours or until meat is tender.

Remove meat to a serving platter; keep warm. Skim fat from cooking juices; transfer 3 cups to a small saucepan. Bring liquid to a boil. Combine cornstarch and ¼ cup water until smooth. Gradually stir into pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Slice roast; serve with gravy. Makes 8 servings.

VEGGIE SPAGHETTI SAUCE

2 (28 oz.) cans crushed tomatoes	2 cups sliced zucchini
1 cup sliced yellow squash	1 (8 oz.) container sliced fresh mushrooms
¼ cup finely chopped carrots	3 cloves garlic, minced
¼ tsp dried basil	¼ tsp dried oregano
¼ tsp dried thyme	¼ tsp dried parsley
¼ tsp salt	¼ tsp ground black pepper
Hot cooked spaghetti	Shredded Parmesan cheese, optional

In a 4-quart slow cooker, combine tomatoes, zucchini, squash, mushrooms, carrots, garlic, basil, oregano, thyme, parsley, salt, and pepper. Cover and cook on low 7 hours. Serve over pasta. Sprinkle with cheese if desired. Makes 8 to 10 servings.

PAELLA

A big pan of paella is the perfect choice when cooking for a crowd.

3 lbs uncooked skinless turkey breast, cubed	4 lbs uncooked chorizo, cut into 1 ½-inch pieces or bulk spicy pork sausage
3 T olive oil	1 medium sweet red pepper, chopped
2 medium onions, chopped	½ tsp cayenne pepper
4 garlic cloves, minced	1 cup white wine or chicken broth
2 cups tomato puree	4 cups uncooked long grain rice
5 cups water	2 tsp salt
3 ½ cups chicken broth	¾ tsp saffron threads or 2 tsp ground turmeric
1 tsp dried thyme	2 lbs uncooked medium shrimp, peeled & deveined
1 bay leaf	
¾ cup pitted Greek olives	
½ cup minced fresh parsley	

In a large skillet, cook turkey and chorizo in oil in batches until browned. Remove with a slotted spoon and keep warm. In the same skillet, sauté onions and red pepper until tender. Stir in garlic and cayenne; cook for 1-2 minutes or until garlic is golden brown. Stir in tomato puree and wine or broth. Bring to a boil; cook and stir for 2 minutes or until thickened.

Transfer to a soup kettle. Stir in the water, rice, broth, salt, thyme, saffron, bay leaf, turkey, and chorizo. Bring to a boil. Reduce heat; cover and simmer for 20 minutes or until rice is tender. Add shrimp; cook for

2-3 minutes or until shrimp turn pink. Remove from the heat; discard bay leaf. Stir in olives and parsley. Makes 24, 1 cup servings.

KIELBASA CHILI

A quick and easy soup to make for entertaining.

- 1 lb. smoked kielbasa or Polish sausage, halved & sliced
- 1 can (15 oz.) chili with beans
- 1 can (2 ¼ oz.) sliced ripe olives, drained
- 2 cans (14.5 oz. each) diced tomatoes, undrained
- 1 can (8 ¾ oz.) whole kernel corn, drained

In a Dutch oven coated with cooking spray, sauté kielbasa until browned. Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 4-5 minutes or until heated through. Makes 7 servings.

Top it off with: croutons, chunks of bread, cilantro, chives, sour cream, shredded cheese, grated parmesan, chopped green onions, crushed crackers, breadsticks, or bacon crumbles.

CORNBREAD-CRUSTED TURKEY

Not just for Thanksgiving—enjoy this hearty turkey dinner any time of year.

- 1 cup low-fat buttermilk
- 4 skinless turkey fillets (3 oz. each)
- 1 egg white (or substitute liquid egg white)
- 1 cup low-sodium chicken broth
- 1 lb frozen baby carrots
- 1 T butter
- 1 T Dijon mustard
- 4 x 4-inch square prepared cornbread (about 1 cup crumbs)
- 1 T cornstarch
- 1 T fresh sage, rinsed, dried, and chopped (or 1 tsp dried)

Preheat oven to 350°. Combine buttermilk and Dijon mustard. Mix well. Add turkey fillets to buttermilk mixture to marinate for 5-10 minutes while preparing cornbread. Grind cornbread in a food processor, or use your fingers to make coarse crumbs. Place breadcrumbs on a baking sheet, and dry in a 300° oven or toaster oven for 4-5 minutes. Do not brown. Pour breadcrumbs into a dry, shallow dish. Put egg white in a separate bowl. Remove turkey from the buttermilk, and dip each fillet first in the egg white and then in the cornbread crumbs to coat. Be sure to discard leftover buttermilk mixture and cornbread crumbs.

Place breaded turkey fillets on a baking sheet, and bake for 10-15 minutes (to a minimum internal temperature of 165°). While the turkey is cooking, combine chicken broth, cornstarch, carrots, sage, and butter in a medium saucepan. Bring to a boil over high heat, stirring occasionally. Lower temperature to a simmer. Simmer gently for about 5 minutes, or until the butter is melted, the sauce is thick, and the carrots are warm. Serve each 3 oz. turkey fillet with 1 cup of carrots and sauce mixture.

CRAB-STUFFED POTATOES

Crab is always an elegant touch.

- 6 large Russet potatoes
- ¾ cup milk
- 1 cup crab meat
- Paprika
- 6 T butter
- 5 finely chopped green onions
- 6 T sour cream
- Grated Cheddar cheese

Preheat oven to 400°. Bake potatoes until tender. While still warm, cut potatoes in half lengthwise and gently scoop out pulp. Mash the pulp and add butter, milk, green onions, crab and sour cream. Fill the potato skins with the mixture. Sprinkle with paprika and cheese. Return to oven until cheese melts. Makes 12 servings.

COCONUT CREAM POUND CAKE

1 cup butter, softened	1 ½ cups sugar
½ cup sweetened flaked coconut	2 cups all-purpose flour
2 T cream of coconut	1 T fresh lemon juice
1 tsp vanilla extract	5 large eggs
Confectioners' sugar	

Preheat oven to 350°. Spray a 12-15 cup fluted pan with nonstick baking spray with flour. In a large bowl, beat butter and sugar at medium speed with a mixer until fluffy. Stir in coconut. Gradually add flour to butter mixture, beating just until blended. Add cream of coconut, lemon juice, and vanilla, beat well. Add eggs, one at a time, beating well after each addition. Spoon batter into prepared pan.

Bake 1 hour or until a wooden pick inserted in center comes out clean. Cool in pan for 10 minutes. Remove from pan, and cool completely on a wire rack. Sprinkle with confectioners' sugar just before serving. Makes 1 (10-inch) flute cake.

CRANBERRY-APPLE CRUMBLE

This homey dessert makes a healthy, no-fuss alternative to pie for your Thanksgiving menu. If you like, serve the crumble with a small scoop of low-fat vanilla ice cream or frozen yogurt.

5 cups peeled, sliced cooking apples (4-5 medium) such as Jonathon, Braeburn, or Rome Beauty	½ cup packed light brown sugar
1 ½ tsp ground cinnamon	1 cup fresh or frozen cranberries
¼ cup granulated sugar	3 T frozen apple juice concentrate, thawed
⅔ cup whole-wheat flour	2 T canola oil
½ cup old-fashioned rolled oats, uncooked	2 T chopped walnuts

Preheat oven to 375°. Coat an 8 x 8-inch or similar 2-qt. baking dish with cooking spray. Combine apples, cranberries, and granulated sugar in prepared baking dish; toss to mix. Cover with aluminum foil. Bake 35 minutes.

Meanwhile, mix flour, oats, brown sugar and cinnamon in medium bowl with a fork. Combine apple juice concentrate and oil in small bowl; drizzle over flour mixture, stirring with a fork. Continue to work topping with your fingertips until dry ingredients are moistened.

When crumble has baked 35 minutes, sprinkle flour mixture evenly over fruit. Sprinkle with walnuts. Bake, uncovered, until fruit is bubbly and tender, and topping is lightly browned, 25 to 30 minutes longer. Let cool at least 10 minutes before serving warm or at room temperature. Makes 8, ½ cup servings.

CHOCOLATE CANDY CLUSTERS

Give these as gifts and bring them to parties.

8 squares (1 oz. each) white baking chocolate, chopped	1 cup milk chocolate chips
1 cup semisweet chocolate chips	1 ½ cups chopped walnuts or peanuts
1 ½ cups miniature pretzels, broken	

In a microwave-safe bowl, melt white chocolate and chips; stir until smooth. Stir in walnuts and pretzels. Drop by rounded tablespoonfuls onto waxed paper-lined baking sheets. Refrigerate until firm. Store in an airtight container. Makes about 3 dozen.

PECAN TOFFEE FUDGE

1 tsp butter	¼ tsp almond extract
1 pkg (8 oz.) cream cheese, softened	3 ¾ cups confectioners' sugar
Dash of salt	¼ cup coarsely chopped pecans
6 oz. unsweetened chocolate, melted & cooled	¼ cup English toffee bits

Line a 9-inch square pan with foil and grease the foil with butter; set aside. In a large bowl, beat cream cheese until fluffy. Gradually beat in confectioners' sugar. Add the melted chocolate, extract and salt; mix well. Stir in pecans and toffee bits.

Spread into prepared pan. Cover and refrigerate overnight or until firm. Using foil, lift fudge out of pan. Gently peel off foil; cut fudge into 1-inch squares. Store in an airtight container in the refrigerator. Makes 2 ½ lbs.

CHOCOLATE-ALMOND BARS

1 cup butter, softened	1 cup firmly packed brown sugar
1 large egg	2 cups all-purpose flour
1 tsp vanilla extract	½ tsp almond extract
1 ½ cups semisweet chocolate morsels	1 cup chopped almonds

Preheat oven to 350°. Spray a 13 x 9-inch baking pan with nonstick cooking spray. In a medium bowl, beat butter and sugar at medium speed with a mixer until creamy. Add eggs, beating well. Gradually add flour, beating until blended. Add extracts, stirring until combined. Press dough into prepared pan. Bake 25 minutes or until golden brown.

Sprinkle chocolate morsels over top. Bake 4 minutes longer or until morsels are melted and of spreading consistency. Spread chocolate over top. Lightly score and sprinkle with nuts, lightly pressing nuts into chocolate. Cool completely. Slice into bars. Makes 30 (3 x 1 ½-inch) bars.

PRETZEL CEREAL CRUNCH

1 ¼ cups Golden Grahams	1 cup chopped pecans, toasted
1 ¼ cups Apple Cinnamon Cheerios	1 pkg (10-12 oz.) vanilla or white chips
1 ¼ cups miniature pretzels	2 T creamy peanut butter

In a large bowl, combine the cereals, pretzels and pecans. In a microwave-safe bowl, melt chips; stir until smooth. Stir in peanut butter. Drizzle over cereal mixture; toss to coat. Spread evenly on a waxed paper-lined baking sheet. Cool completely; break into pieces. Store in an airtight container. Makes about 9 cups.

BUFFALO-STYLE SNACK MIX

This snack mix has a "kick" to it.

2 ½ quarts popped popcorn, divide	2 cups corn chips
1 cup dry roasted peanuts	¼ cup butter, cubed
2 T Louisiana-style hot sauce	1 tsp celery seed

In a large bowl, combine 2 cups popcorn, corn chips and peanuts. In a small saucepan, melt butter; add hot sauce and celery seed. Remove from the heat. Pour over popcorn mixture and toss to coat. Transfer to a greased 15 x 10 x 1-inch baking pan. Bake at 350° for 10-15 minutes or until crisp. Place in a large bowl; add remaining popcorn and toss to coat. Store in an airtight container. Makes 2 ½ quarts.

CHOCOLATE CHERRY CAPPUCCINO

Give this to use as a dessert beverage. Great for winter.

3 cups sugar
1 ⅓ cups powdered nondairy creamer
1 cup baking cocoa

2 cups confectioners' sugar
1 ⅓ cups instant coffee granules
1 envelope (.13 oz.) unsweetened cherry soft drink mix

TO EACH SERVING ADD:

1 cup hot milk

2 T miniature marshmallows

In a large airtight container, combine the first six ingredients. Store in a cool, dry place for up to 2 months. For each serving, place 2 T cappuccino mix in the bottom of a mug. Stir in hot milk until combined; top with marshmallows. Makes 48 servings (6 cups cappuccino mix).

CINNAMON ESPRESSO BUTTER

Make this up as a gift for a coffee lover. Use on bagels, cookies, etc.

2 tsp instant coffee granules
½ tsp vanilla extract
1 T confectioners' sugar

2 tsp water
½ cup butter, softened
1 tsp ground cinnamon

In a small bowl, combine the coffee granules, water, and vanilla. In a small bowl, cream the butter, confectioners' sugar and cinnamon until light and fluffy. Add the coffee mixture; beat until smooth. Store in the refrigerator for up to 1 month. Makes ½ cup.

CROCKED BEER CHEESE

This is hot and tangy!

1½ lbs Cheddar cheese, grated
2 cloves garlic, minced
¼ tsp salt
1 (12 oz.) can of beer, allowed to go flat

2 T Worcestershire sauce
1 to 2 tsp Tabasco sauce
¼ tsp freshly-ground black pepper

Place all ingredients in a blender or food processor and blend until a coarse puree. Cut a square of colored plastic wrap to fit a nice, new terracotta container or other suitable container. Put square inside the container with about 5 inches showing above the top of the container. Fill container with cheese. Gather wrap and tie with a raffia bow. This will keep for several weeks in the refrigerator.

MEXICAN FIESTA DIP MIX

This is an unusual Southwestern dip mix that can be given in a small sombrero.

½ cup dried parsley
¼ cup dried chives
¼ cup ground cumin

⅓ cup minced onion
⅓ cup chili powder
¼ cup salt

In a large bowl, combine the spices and store in an airtight container. Makes 2 cups.

Attach these instructions to the jar: In a medium mixing bowl, combine 3 T Mexican Fiesta Dip, 1 cup mayonnaise or low fat mayo, and 1 cup sour cream or low-fat yogurt. Whisk the mixture until smooth. Makes 2 cups. Refrigerate for 2 to 4 hours. Serve with tortilla chips or fresh vegetables.

PUMPKIN PIE SPICE COFFEE CREAMER

Keep on hand all holiday season to flavor your morning cup of coffee.

- | | |
|---------------------|----------------------------------|
| 4 tsp cinnamon | 1 tsp allspice |
| 2 tsp ground ginger | 1 cup powdered non-dairy creamer |
| 2 tsp nutmeg | 1 tsp ground cloves |

Combine ingredients; mix to blend. Store in airtight container. Makes about 1 ¼ cups.

MALT CHOCOLATE WAFFLE MIX

A warm and tasty breakfast mix and friend would enjoy as a gift.

- | | |
|-----------------------------------|----------------------------|
| ⅓ cup powdered malted milk | 2 T sugar |
| 2 ½ buttermilk biscuit baking mix | ⅓ cup mini chocolate chips |

Combine all ingredients in a large plastic zipping bag; seal. This chocolatey waffle mix will delight friends & family. Place it in a simple, holiday themed box, then tie on a set of handmade recipe cards. Attach instructions.

Instructions: Place mix in a large mixing bowl; set aside. Blend 2 egg whites until stiff peaks form; set aside. Add 2 egg yolks, 1 ⅓ cups buttermilk and ½ cup melted butter to mix; blend well. Fold in egg whites; heat according to waffle iron manufacturer's instructions. Makes 6 servings.

PINEAPPLE WASSAIL

Bring to a holiday open house while still warm...mmmm.

- | | |
|------------------------------------|----------------------------------------|
| 4 cups unsweetened pineapple juice | 6-inch cinnamon stick, coarsely broken |
| 12 oz. can apricot nectar | 2 cups apple cider |
| 1 tsp whole cloves | 1 ½ cups orange juice |
| 4 cardamom seeds, crushed | |

Combine ingredients in a 3-qt. saucepan; heat to boiling. Reduce heat and simmer 15 to 20 minutes; strain into serving glasses or punch bowl. Serve warm. Makes about 2 quarts.

Pour strained Pineapple Wassail into an elegant bottle with a cork, then just copy, cut out and attach the label below. What could be easier?

HOLIDAY GIFT TAGS TO COPY, CUT OUT AND ATTACH TO YOUR GIFT MIXES