

CRANBERRY PUNCH

1 can (16 ounces) jellied cranberry sauce
¾ cup orange juice
¼ cup lemon juice
3 ½ cups chilled ginger ale

Preparation:

In a blender, process cranberry sauce until smooth; add orange juice and lemon juice. Pour cranberry mixture into a 2-quart pitcher with ice. Gradually add ginger ale.



Makes about 7 cups

Nutrition Information Per Serving

Calories	153
Carbohydrates	39 gm
Fat	0 gm
Cholesterol	9 mg
Protein	0 gm
Sodium	28 mg
Fiber	1 gm
Calcium	10 mg
Iron	0 mg
Vitamin A	68 IU
Vitamin C	19 mg

Source: About.com, Diana Rattray, Southern U.S. Cuisine

HONEY-GLAZED NEW POTATOES

2 ½ pounds new potatoes cut into quarters
½ cup butter or margarine
¼ cup water
2 tablespoons honey
1 teaspoon salt
¼ teaspoon ground black pepper



In a large saucepan or Dutch oven, cover potatoes with salted water. Bring water to a boil and cook until potatoes are tender, drain.

In a large skillet, melt butter over medium heat. Stir in water, honey, salt, and pepper. Stirring occasionally, cook 1 layer of potatoes 10 to 12 minutes or until brown. Transfer to serving dish and cover with aluminum foil to keep warm. Repeat for remaining potatoes. Serve warm.

Yield: 6 to 8 servings

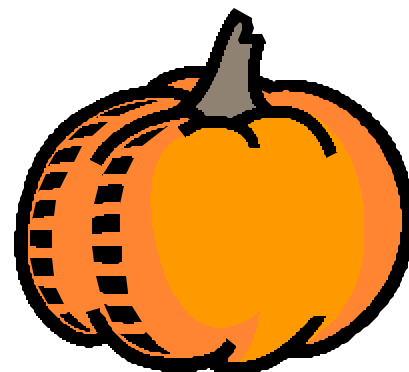
Nutrition Information Per Serving

Calories	263
Carbohydrates	34 gm
Fat	13 mg
Cholesterol	35 mg
Protein	4 gm
Sodium	481 mg
Fiber	3 gm
Calcium	16 mg
Iron	1 mg
Vitamin A	496 IU
Vitamin C	32 mg

Recipe taken from Spirit of Christmas, Book 6

PUMPKIN CHEESECAKE DESSERT

32 gingersnap cookies, crushed (about 1 – 1 ½ cups)
¼ cup butter, melted
5 packages (8 ounces each) cream cheese, softened
1 cup sugar
1 can (15 ounces) solid-pack pumpkin
1 teaspoon ground cinnamon
1 teaspoon vanilla extract
5 eggs, lightly beaten
Dash ground nutmeg
Maple syrup



In a small bowl, combine the gingersnap crumbs and butter. Press into a greased 9" x 13" x 2" baking dish; set aside.

In a large mixing bowl, beat the cream cheese and sugar until smooth. Beat in the pumpkin, cinnamon and vanilla. Add eggs; beat on low speed just until combined. Pour over crust; sprinkle with nutmeg.

Bake at 350° for 40-45 minutes or until center is almost set. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of baking dish to loosen; cool 1 hour longer. Refrigerate overnight.

Cut into squares; serve with syrup. Refrigerate leftovers.

Yield: 24 servings

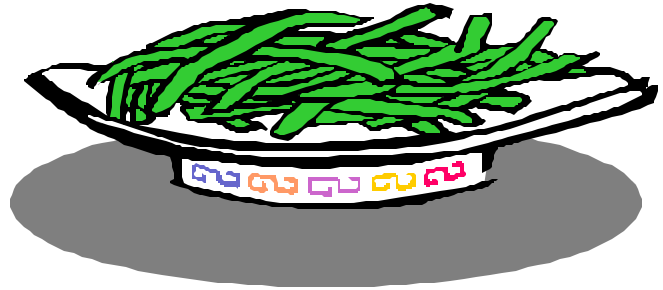
Nutrition Information Per Serving

Calories	286	Cholesterol	108 mg
Carbohydrates	21 gm	Fat	21 gm
Protein	6 gm	Sodium	237 mg
Fiber	1 gm	Calcium	60 mg
Iron	2 mg	Vitamin A	4732 IU
Vitamin C	1 mg		

Recipe taken from Taste of Home, August/September, 2007

GREEN BEANS WITH SWEET & SOUR BACON DRESSING

3 slices bacon - chopped
¼ cup chopped onion
1 teaspoon flour
¼ cup cider vinegar
2 tablespoons sugar
1-2 quarts of green beans or to taste



Cook bacon and onion in medium skillet until bacon is crisp and onion is tender. Remove bacon and onion from skillet and set aside. Stir flour into bacon drippings. Add vinegar and sugar. Stir and cook until bubbly and thickened. Pour sauce over cooked and drained green beans or peas. Top with bacon and onion (or add bacon and onion to sauce before pouring over vegetables).

Nutrition Information Per Serving

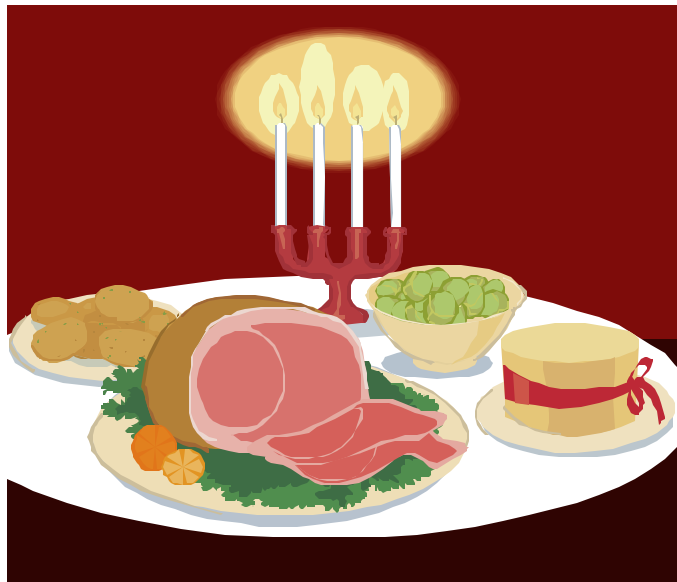
Calories	218
Carbohydrates	15 gm
Fat	17 gm
Cholesterol	19 mg
Protein	4 gm
Sodium	562 mg
Fiber	3 gm
Calcium	40 mg
Iron	2 mg
Vitamin A	471 IU
Vitamin C	7 mg

PEPPERED HAM

4 pound boneless fully cooked ham
¼ cup honey
2 tablespoons prepared mustard
1 clove garlic, minced
3 tablespoons coarse ground black pepper
1/8 teaspoon ground cloves

Preheat oven to 325°. Place ham on a rack in a shallow roasting pan. In a small bowl, combine remaining ingredients. Brush honey mixture over ham. Loosely cover ham with aluminum foil. Bake 1 ¾ hours to 2 ¼ hours or until heated through. Serve warm.

Yield: about 14 servings



Recipe taken from Leisure Art Presents The Spirit of Christmas, Book eight

*DOUBLE CHOCOLATE MINT DESSERT

1 cup flour
1 cup sugar
½ cup butter or margarine, softened
4 eggs
1 ½ cup (16 oz. can) chocolate syrup



Heat oven to 350°. Grease rectangular 9" x 13" pan. In large bowl, mix flour, sugar, butter, eggs and syrup until smooth. Pour into pan and bake 25 – 30 minutes. Cool completely in pan. Spread mint layer on cake. Chill. Pour chocolate topping over dessert. Cover. Chill.

MINT CREAM LAYER

In a small bowl combine 2 cups confectioner's sugar, ½ cup butter or margarine, softened, 1 tablespoon water, ½ teaspoon mint extract and 3 drops green food coloring. Beat until smooth.

CHOCOLATE TOPPING

In a small bowl melt 6 tablespoons butter or margarine, and 1 cup mint chocolate chips at High in microwave, for 1 ½ minutes or until melted.
Makes 16 servings

*Please note that for Fall Into Christmas sample purposes, cakelike brownie mixes were used.

Nutrition Information Per Serving

<i>Calories</i>	<i>335</i>		
<i>Carbohydrates</i>	<i>49 gm</i>	<i>Fiber</i>	<i>1 gm</i>
<i>Fat</i>	<i>16 gm</i>	<i>Calcium</i>	<i>12 mg</i>
<i>Cholesterol</i>	<i>33 mg</i>	<i>Iron</i>	<i>1 mg</i>
<i>Protein</i>	<i>3 gm</i>	<i>Vitamin A</i>	<i>463 IU</i>
<i>Sodium</i>	<i>176 mg</i>	<i>Vitamin C</i>	<i>0 mg</i>

CRANBERRY-PEAR TOSSED SALAD

1/3 cup apricot nectar
1/3 cup red wine vinegar
1/3 cup canola oil
2 teaspoons Dijon mustard
1/4 teaspoon salt
1/8 teaspoon pepper
2 tablespoons sugar
1/2 cup chopped walnuts or pecans
12 cups torn mixed salad greens
3 medium ripe pears, sliced
1/2 cup dried cranberries
3/4 cup crumbled blue cheese



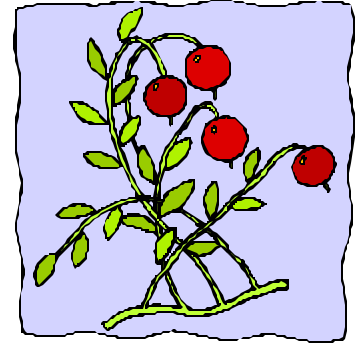
For dressing, in a large bowl, whisk together the first six ingredients; set aside. In a heavy small skillet, melt sugar over medium heat, stirring constantly. Add walnuts; stir to coat. Remove from the heat. In a large salad bowl, combine the greens, pears and cranberries. Drizzle with dressing. Sprinkle with nuts and blue cheese; toss to coat.

Yield: 12 servings

Recipe Source – Taste of Home magazine

CRANBERRY SUPREME SALAD

*1 (3 oz.) package raspberry flavored gelatin
2 cups water, divided
1 (16 ounce) can whole cranberry sauce
1 (3 ounce) package lemon flavored gelatin
1 (3 ounce) package cream cheese, softened
½ cup mayonnaise
1 (8 ounce) can crushed pineapple
1 cup whipping cream
1 cup miniature marshmallows*



Dissolve the raspberry gelatin in one cup of boiling water; stir in the cranberry sauce. Pour into the bottom of a 1 ½ quart (6 cup) round mold. Chill until partially set. Dissolve the lemon gelatin in the remaining 1 cup of boiling water; set aside. Beat together the cream cheese & mayonnaise. Gradually add the lemon gelatin mixture. Stir in the pineapple. Chill until partially set. Whip the whipping cream. Fold the whipped cream in to the lemon gelatin mixture. Add marshmallows. Spread the lemon mixture on top of the cranberry mixture. Chill until set.

Makes 12 servings.

Nutrition Information Per Serving

Calories	309		
Carbohydrates	56 gm	Vitamin C	12 mg
Fat	10 gm		
Cholesterol	24 mg		
Protein	2 gm		
Sodium	168 mg		
Fiber	1 gm		
Calcium	20 mg		
Iron	0 mg		
Vitamin A	281 IU		

Source: recipesunlimited.com

HOW TO MAKE YOUR DESSERTS MORE HEALTHFUL



Think of desserts as a part of the entire meal, not as a separate sweet add-on that does not add to the overall nutritional value of the meal. Adding fruits and vegetables, yes vegetables, along with whole grains and nuts is a way to get the best of both worlds -- nutrition and the sweetness that we long for at the end of the meal.

The following tips can be incorporated to help you enjoy guilt-free treats:

Nuts: While nuts have been found to contain healthful fats, they also contribute a large amount of calories in desserts. In many dessert recipes you can cut the amount of nuts called for by one fourth to one half with successful results.

Substituting a crisp cereal for the amount removed is an option, especially in non-baked desserts. Chopping the nuts into small pieces is another way to stretch their flavor as is toasting the nuts.

Fruits and Veggies: Substituting unsweetened applesauce is a way of replacing fat in some desserts, especially cakes. Use baby food prunes in place of some (or all) of the fat in chocolate desserts. For extra moistness and nutrients in some baked goods you can add pureed bananas, shredded zucchini, shredded carrots, apple butter or canned pumpkin.

Spices and Extracts: Adding more sweet spices such as cinnamon, nutmeg or cardamom to recipes that you've cut the fat will help bring out the flavor. Also doubling the vanilla extract provides more flavor. Use less coconut in recipes as this ingredient is high in saturated fat. Add some coconut extract instead.

Chocolate: To intensify the rich flavor of chocolate desserts, add $\frac{1}{2}$ to 1 teaspoon of instant coffee granules to the recipe.

WAYS TO CREATE HEALTHIER DESSERT RECIPES

Use these techniques to reduce the fat, calories and sodium in your favorite dessert recipes.



1. Reduce the amount of fat, sugar and sodium

With most dessert recipes, you can reduce the amount of fat, sugar and sodium without losing the flavor. By cutting fat and sugar, you also cut calories. How much can you leave out without affecting the flavor and consistency of the food? Apply the following general guidelines:

- **Fat.** For baked goods, use half the butter, shortening or oil and replace the other half with unsweetened applesauce, mashed bananas or prune puree.
- **Sugar.** Reduce the amount of sugar by one-third to one-half. When you use less sugar, add spices such as cinnamon, cloves, allspice and nutmeg or flavorings such as vanilla extract or almond flavoring to enhance the sweetness of the food.
- **Sodium.** Reduce salt by one-half in baked goods that don't require yeast. For foods that require yeast, don't reduce the amount of salt, which is necessary for leavening. Without salt, the foods may become dense and flat.

2. Make a healthy substitution

Healthy substitutions not only reduce the amount of fat, calories and sodium in your recipes, but also can boost the nutritional content. For example, prepare a dessert with skim milk instead of whole milk to save 69 calories and almost 8 grams of fat per cup.

3. Delete an ingredient

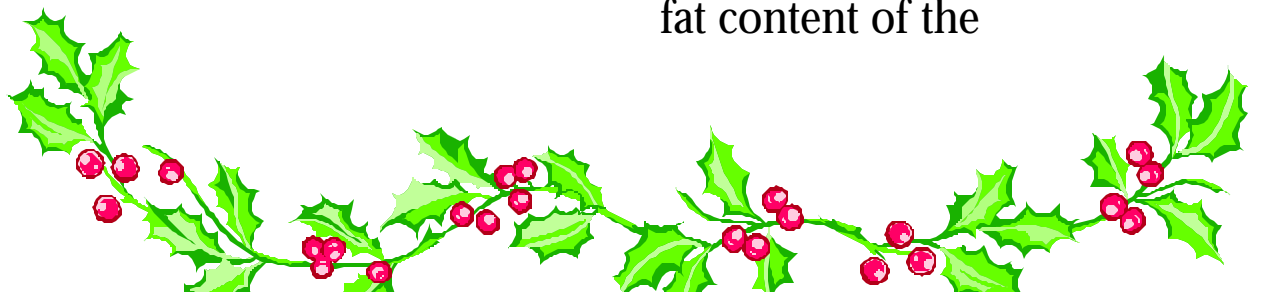
In some dessert recipes, you can delete an ingredient altogether; likely candidates include items you add out of habit or for appearance, such as frosting, coconut or nuts, which are high in fat and calories.

4. Change the portion size

No matter how much you reduce, switch or omit ingredients, some dessert recipes may still be high in sugar, fat or salt. In these cases, reduce the amount of that food you eat. Smaller portions have less fat, calories and sodium and allow you to have the sweet ending that you desire to finish off your meal. Research reveals that a person experiences all of the flavors, textures and sensations of a food in the first three bites. With that in mind, small desserts are becoming very popular in restaurants as consumers discover that they can have their sweets and watch their waistline at the same time.

5. Putting it all together

As you look over your dessert recipe, decide what to change and how to change it. Make notes of any alterations, so you can refer to them the next time you prepare the recipe. It is best to start making modifications in a recipe with one nutrient class. For example, if you are interested in lowering the fat content of the



recipe, look only at the ingredients that are contributing fat (oil, butter, nuts, eggs, etc) and make those changes. Do not make changes in the sugar and other ingredients at the same time as changing all the ingredients at once will probably result in an undesirable product that does not resemble the original recipe.