

# *Recipes of the Month*

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## *Common Cooking Abbreviations*

C. or c.	Cup
lb.	Pound
oz.	Ounce
fl. oz.	Fluid ounce
pkg.	Package
qt.	Quart
T. or tbsp.	Tablespoon
t. or tsp.	Teaspoon

# *Appetizers*



## **Baked Onion Dip**

A healthier alternative with lower fat

**Course** Appetizer

**Cuisine** American

**Keyword** Baked Onion Dip

**Prep Time** 15 minutes

**Cook Time** 45 minutes

**Total Time** 1 hour

**Servings** 48

### **Ingredients**

- 1/2 cup Whipped Cream Cheese
- 1/2 cup Light Mayonnaise
- 1 cup Sweet Onion Thinly sliced and chopped
- 1 Tbsp Low-fat Parmesan Cheese
- 1/8 Tsp Pepper

### **Instructions**

1. Thinly slice and chop onion. Combine the cream cheese, mayonnaise, pepper, and onion in a mixing bowl and stir well.
2. Spoon mixture into Pyrex baking dish prepared with a light coat of cooking spray. Sprinkle the top with the low-fat Parmesan cheese.
3. Bake at 350 degrees F for 45 minutes. Onions should be tender and top lightly browned. Serve warm.

### **Recipe Notes**

I counted 1 teaspoon as a serving, such as would be used on a cracker. As such, I estimate that 1 teaspoon of dip is 0 WW points. However, 2 teaspoons of dip jumps up to 2 points.



## Mini Crustless Pepper and Onion Quiche

A low-fat, high protein appetizer or snack. Delish!

**Course** Appetizer

**Cuisine** French

**Keyword** Mini Crustless Pepper and Onion Quiche

**Prep Time** 10 minutes

**Cook Time** 25 minutes

**Total Time** 35 minutes

**Servings** 24

### Ingredients

- 6 Eggs
- 1/2 Cup Non-fat Milk
- 1/2 Cup Bell Peppers Diced
- 1/4 Cup Onions Diced
- 1/4 tsp Pepper
- 1/2 tsp Salt

### Instructions

1. Oil or use cooking spray in the cups of the mini cupcake pan. Preheat oven to 350 degrees F.
2. Whisk eggs, milk, salt, and pepper until the mixture is smooth. Stir in diced peppers and onions.
3. Pour the mixture into mini cupcake pans. Bake for 25 minutes or until the center of each quiche is set.
4. Cool slightly, then run knife around each quiche to quickly remove from pan. Transfer to serving tray.

### Recipe Notes

I used frozen sliced peppers and onions, defrosted and diced. These little quiches will stick to muffin cups unless you grease the pans well. I estimate that up to 5 mini quiches are 0 WW points.

# *Entrees*



## Instant Pot Pork Shoulder

Perfect for Pulled Pork

**Course** Main Course

**Cuisine** American

**Keyword** Pulled Pork

**Prep Time** 30 minutes

**Cook Time** 2 hours 5 minutes

**Total Time** 2 hours 35 minutes

**Servings** 8

### Ingredients

- 3 lb Pork Shoulder
- 1 cup Chicken Broth
- 2 tbsp Brown Sugar
- 1 Onion
- 2 tbsp Worcestershire Sauce
- 1 tsp Salt
- 1/2 tsp Pepper

### Instructions

1. Cut boneless pork shoulder in 3 pieces, for even cooking. Trim visible fat. Add to Instant Pot insert and select SAUTE for 5 minutes. Select CANCEL. Open lid and turn meat. Select SAUTE for another 5 minutes. Select CANCEL and open lid.
2. Add chicken broth, salt, pepper, brown sugar, and worcestershire sauce to the pork in the pot insert. Make sure the ingredients aren't above the marker on the insert. Secure lid and set to pressure cook meat. Cook on high pressure for 90 minutes. Allow natural release for 35 minutes.
3. Release any remaining pressure, then open lid. Remove meat to cutting board and shred with fork. Cooking liquid may be used as au jus gravy.

### Recipe Notes

Serve, au jus, with side dish such as mashed potatoes or rice. To make barbecue pulled pork sandwiches, add additional barbecue sauce. For pork tacos, add taco sauce. I estimate a 3-oz serving as 5 WW points. More if you add barbecue sauce.

You can use the same recipe in a slow cooker or in an oven. Of course, you'll need to extend the cooking time by several hours.



## Stuffed Peppers

Tasty and Easy to Prepare.

**Course** Main Course

**Cuisine** American

**Keyword** Stuffed Peppers

**Prep Time** 25 minutes

**Cook Time** 30 minutes

**Total Time** 55 minutes

**Servings** 2

### Ingredients

- 2 Bell Peppers
- 1/2 lb Ground Beef
- 1/2 cup Chopped Onion
- 15 oz Tomato Sauce 1 can/divided
- 1 cup Cooked Rice
- 1/2 tsp Salt
- 1/4 tsp Pepper

### Instructions

1. Cut tops off peppers and remove seeds. Rinse and drain. Place peppers in a pot and cover with water. Cook for 3 minutes after water comes to a boil. Remove peppers to drain on a paper towel.
2. Filling: Place ground beef and onion in a skillet on medium heat. Cook until the meat is no longer pink. Remove from heat and drain on paper towel. Wipe skillet of excess fat, then return meat to the pan. Add 1/2 can tomato sauce, cooked rice, salt, and pepper. Stir on low heat until ingredients are well mixed. Remove from heat.
3. Place the cooked/drained peppers in an ungreased 2-qt baking dish. Spoon the meat filling into the two peppers. Pour remaining tomato sauce over the filled peppers.
4. Cover and bake at 350 degrees for 30 minutes, or until peppers are tender.

### Recipe Notes

Works well with leftover rice. Otherwise you can use instant or boil-in-a-bag rice.

# *Side Dishes*



## **Creamed Potatoes**

A Southern style alternative to mashed potatoes. Yummy!

**Course** Side Dish

**Cuisine** American

**Keyword** Creamed Potatoes

**Prep Time** 30 minutes

**Cook Time** 30 minutes

**Total Time** 1 hour

**Servings** 6

### **Ingredients**

- 4 Potatoes
- 2 tbsp Butter
- 2 tbsp All-purpose Flour
- 2 cups Milk
- 1 tsp Salt
- 1/4 tsp Pepper
- 1/4 tsp Dried Parsley

### **Instructions**

1. Peel and cut potatoes into 3/4" cubes. Place potatoes in a saucepan and cover with water. Bring to a boil, then reduce heat and cook for 20 minutes or until potatoes are tender.
2. White Sauce: In another pot, melt butter. Add flour, salt, and pepper and stir until coated. Add milk, stirring with whisk until smooth. Cook on medium heat until bubbles start to surface. Lower heat and continue stirring until thickened.
3. Drain potatoes, then place them in a serving bowl. Add white sauce and toss gently. Sprinkle with parsley on top. The creamed potatoes are now ready to serve.

### **Recipe Notes**

I use skim milk in my white sauce and it thickens as if I had used cream. Using skim milk, I estimate 4 WW points per serving.



## Easy Homestyle Baked Beans

Make your own baked beans from a can of any other beans. So easy!

**Course** Side Dish

**Cuisine** American

**Keyword** Easy Homestyle Baked Beans

**Prep Time** 10 minutes

**Cook Time** 40 minutes

**Total Time** 50 minutes

**Servings** 4

### Ingredients

- 14 oz Navy Beans 1 Can
- 1/2 cup Onion Chopped
- 6 Tbsp Ketchup
- 1.5 Tbsp Brown Sugar
- 1 tsp Spicy Mustard
- 1 tsp Apple Cider Vinegar
- 1 tsp Worcestershire Sauce
- 1/4 tsp Black Pepper

### Instructions

1. Preheat oven to 350 degrees F. Chop onion.
2. In a non-stick saucepan, add chopped onion, ketchup, brown sugar, mustard, vinegar, Worcestershire sauce, and pepper. Simmer these on stovetop for about 5 minutes, stirring occasionally.
3. Add 1 can of beans, including the liquid. Stir to incorporate. Bring to a low simmer, then transfer to a small baking dish.
4. Bake uncovered until thick and bubbly, about 40 minutes.

### Recipe Notes

Any type of canned beans can be used. Cooked and crumbled bacon can be added. Since my version is low-fat and relatively low sugar, I omitted those. Because I used granulated brown sugar and "No sugar Added" ketchup, I estimate a serving to be only 2 WW points.

# *Desserts*



## Sugar-Free Egg Custard

No sugar, low fat, high protein and delicious!

**Course** Dessert

**Cuisine** French

**Keyword** Sugar-Free Egg Custard

**Prep Time** 10 minutes

**Cook Time** 1 hour

**Total Time** 1 hour 10 minutes

**Servings** 4

### Ingredients

- 3 Eggs
- 1.5 Cups Non-fat milk
- 1/3 Cup Splenda
- 2 tsp Vanilla
- 1/2 tsp Nutmeg

### Instructions

1. Preheat oven to 325 degrees F.
2. In a mixing bowl, scramble eggs with an electric mixer. Add milk, vanilla, and Splenda and beat for a minute to incorporate all ingredients.
3. Fill 4 oven-proof ramekins with the egg mixture. Sprinkle nutmeg on top of each.
4. In a separate Pyrex cake pan, fill half-way with hot tap water for a warm water bath. Place the filled ramekins in the hot water, careful not to get water in the egg mixture.
5. Bake for one hour or until custard is set. Remove from water bath immediately to cool. Store covered in the refrigerator.

### Recipe Notes

Cinnamon can be used in place of the nutmeg. I estimate 1 serving to be 1 WW point if you use non-fat milk.



## Cinnamon Apple Cake

Delicious snack cake using only 1 apple

**Course** Dessert

**Cuisine** American

**Keyword** Cinnamon Apple Cake

**Prep Time** 15 minutes

**Cook Time** 30 minutes

**Total Time** 45 minutes

**Servings** 9

### Ingredients

- 2 Tbsp Brown Sugar
- 2 tsp Cinnamon
- 1/2 cup Butter Softened
- 2/3 cup Sugar
- 2 Eggs
- 1 tsp Vanilla Extract
- 1/2 cup Non-fat Milk
- 1.5 cups All-Purpose Flour
- 1.75 tsp Baking Powder
- 1 Apple Peeled and chopped

### Instructions

1. Preheat oven to 350 degrees F. Grease and flour 9 x 9 cake pan.
2. In a small glass, mix cinnamon and brown sugar together. Set aside.  
Peel and chop apple. Set aside.
3. Using an electric mixer, cream the butter and sugar together until light and creamy. About 5 minutes.
4. Beat in eggs, one at a time, until thoroughly incorporated. Add vanilla extract and milk. Mix well.
5. Combine flour and baking powder in another bowl, then add to the liquid ingredients. Mix until smooth. Stir in the chopped apples.
6. Pour half the batter into the prepared pan. Sprinkle half of the brown sugar/cinnamon mixture on top, and swirl with a knife. Add the remaining batter, and swirl the remaining sugar/cinnamon mixture.
7. Bake for 30 minutes or until toothpick inserted in the center of the cake comes out clean.

### Recipe Notes

Adjust cooking time if you use a different size pan.