

*Simple and
Classic
Recipes*



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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



Easy Deviled Eggs

Low in calories, High in protein.

Course Side Dish

Cuisine American

Keyword Deviled Eggs

Prep Time 10 minutes

Cook Time 15 minutes

Total Time 25 minutes

Servings 6

Ingredients

- 6 Eggs
- 1/4 cup Mayonnaise I use low-fat mayo
- 1 teaspoon Sweet gherkin pickle juice I use no sugar pickle juice
- 1 teaspoon Spicy brown mustard
- 1/8 teaspoon Salt
- 1/4 teaspoon Ground black pepper
- Paprika (optional) for garnish

Instructions

1. Place eggs in a saucepan. Heat on medium high until water begins to boil. Continue cooking for 5 minutes, then turn off burner and let eggs sit in hot water for 10 minutes..

Remove from heat and drain. Add cold water to the eggs in the pot to stop the cooking process. Drain again and add more cold water. Crack the eggs and let sit in the cold water for a few minutes. This helps with peeling.

2. Peel eggs. Rinse with cold water. Drain on a paper towel.

Slice the eggs in half lengthwise, removing yolks to a medium bowl, and placing the whites on a plate.

Mash the yolks into a fine crumble using a fork. Add salt and pepper while crumbling.

Add mayonnaise and mustard, stirring with a spoon to mix well. This will be a thick ball stage. Add sweet pickle juice to thin to a softer consistency. Not too much or it will get "goopy."

3. Evenly disperse teaspoons of the yolk mixture into the egg white halves. Refrigerate in a covered container. Before serving, you can sprinkle with paprika for color, but it's not necessary.

Recipe Notes

I use low-fat mayonnaise and no-sugar-added sweet gherkins to make my deviled eggs so that they are zero Weight Watchers points. The finer your egg yolk crumble, the less lumpy your mixture will be. But you don't have to go crazy with the mixing. It will smooth out somewhat as you add the pickle juice.



Nancy's Cheese Ball

Spicy and delicious

Course Appetizer

Cuisine American

Keyword Nancy's Cheese Ball

Prep Time 20 minutes

Total Time 20 minutes

Servings 24

Ingredients

- 16 oz Extra Sharp Cheddar Cheese Grated
- 1 stick Butter Room Temperature
- 1 medium Onion Finely chopped
- 1 medium Pepper Finely chopped
- 2 tsp Prepared Horseradish
- 4 tsp Worcestershire Sauce
- 1 tbsp Paprika

Instructions

1. Mix all ingredients well with hands.
2. Shape mixture into a ball and roll in paprika. Keep in refrigerator until ready to serve.



Refrigerator Dill Pickles

Easy to make. Store in the refrigerator.

Course Appetizer

Cuisine American

Prep Time 10 minutes

Cook Time 5 minutes

Total Time 15 minutes

Servings 5-6 Jars

Ingredients

- 2 Tbsp Kosher Salt
- 1/2 Cup Apple Cider Vinegar
- 6 Cup Water
- 10-12 Pickling Cucumbers Washed and Dried
- 3-4 Sprigs of Fresh Dill Washed and Dried

Instructions

1. Mix the salt, vinegar, and water in a pot and bring to a boil. Simmer for 5 minutes, stirring occasionally. Remove from heat.
2. Slice cucumbers into spears. Arrange the standing cucumbers in quart or pint jars, scattering the dill sprigs among the cucumbers. The cucumbers should be fitted closely together, but leave about 1/2 inch space from the top of the jar.
3. Add the brine to the jars of cucumber spears. Fill to the top and tap lightly to remove any air bubbles. Screw on lids.
4. Store in refrigerator. The pickles will absorb the flavors within at least a day. They store well in the refrigerator for several weeks.

Recipe Notes

You can add a few peppercorns and/or a smashed garlic clove to each jar if you like those flavors. You can also play around with the brine. Try different types of vinegar. More or less salt. Sea salt instead of kosher salt.



Crab Stuffed Shrimp

Low in fat, easy to make, and full of flavor

Course Appetizer

Cuisine American

Keyword Crab Stuffed Shrimp

Prep Time 25 minutes

Cook Time 12 minutes

Total Time 37 minutes

Servings 6

Ingredients

- 18 Large Shrimp
- 6 oz Crabmeat Canned, Drained
- 1 Egg
- 1/3 cup Bread Crumbs
- 1 Tbsp Mayonnaise
- 1/2 tsp Bay Seasoning
- 1/4 tsp Parsley Flakes
- 1 Tbsp Sweet Gherkin Pickle Juice
- 1/2 tsp Lemon Juice
- 1 Tbsp Parmesan Cheese Grated
- 1/2 tsp Paprika

Instructions

1. Peel and de-vein raw shrimp. Remove tails. Butterfly shrimp by cutting along the outside curve partially through. Open the shrimp to flatten and place on an ungreased glass baking dish.
2. In a small bowl, combine the egg, mayonnaise, lemon juice, pickle juice, parsley, and bay seasoning. Stir in the crabmeat.
3. Place 1 tablespoonful of the mixture over each shrimp. Sprinkle with Parmesan cheese and Paprika.
4. Bake at 350 degrees F for 12 minutes. Serve warm. Refrigerate any leftovers.

Recipe Notes

I used the inexpensive canned crab. The sweet pickle juice took away the tin can aftertaste. You can also use pricey lump crab in this recipe for more elegant service. Cold leftovers were delicious.



Easy Cocktail Meatballs

A sweet and tangy appetizer for any occasion

Course Appetizer

Cuisine American

Keyword Easy Cocktail Meatballs

Prep Time 10 minutes

Cook Time 40 minutes

Total Time 50 minutes

Servings 16

Ingredients

- 1 lb Ground Beef
- 1 Egg
- 1 tsp Salt
- 1/2 tsp Pepper
- 3 Tbsp Minced Onion
- 1 tsp Parsley Flakes
- 1/4 cup Bread Crumbs
- 6 oz Sweet and Sour Sauce

Instructions

1. In a mixing bowl, scramble the egg, then add the meat, salt, pepper, onion, and parsley. Mix well to incorporate all of the spices, then add the bread crumbs. Using your hands, thoroughly incorporate the bread crumbs into the meat.
2. Preheat the oven to 350 degrees F. Roll the meat mixture into 1" balls and place in an ungreased baking dish. Bake the meatballs for 40 minutes or until thoroughly cooked.
3. When the meatballs are done, drain the excess fat, then place them in a sauce pot with the sweet and sour sauce. Cook over medium heat until the flavors infuse, then keep them warm on low heat.
4. Transfer the meatballs to a serving platter and place a toothpick in each one. Serve warm.

Recipe Notes

Typically I make the meatballs the night before, then heat them with the sauce in a slow cooker before serving. This meatball recipe is slightly different from an Italian meatball recipe because I like the meatball to infuse with the sweet and sour sauce. If you prefer, you can make your own sweet and sour sauce. I took the short-cut and used LaChoy Sweet and Sour Sauce.



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.



Sweet and Spicy Sesame Shrimp

A quick and easy appetizer

Course Appetizer

Cuisine Oriental

Keyword Sesame Shrimp

Prep Time 20 minutes

Cook Time 5 minutes

Total Time 25 minutes

Servings 6

Ingredients

- 1 lb Shrimp Defrosted
- 1/2 cup Sweet and Sour Sauce
- 1 tbsp Sesame Seeds Optional
- 1/4 tsp Black Pepper

Instructions

1. Defrost the shrimp overnight in the refrigerator or by running cold water over them. Remove the shells and tails.
2. Place the shrimp in a non-stick saute pan and add the sweet and sour sauce and pepper. Cook over medium heat, turning the shrimp in the sauce, for about 5 minutes.
3. Remove the cooked shrimp to a platter, add a toothpick for serving, and sprinkle with sesame seeds. Serve warm or cold. Store in the refrigerator.

Recipe Notes

Make sure to remove shells and tails before cooking. These are sticky and easier to eat by just picking up with the toothpick. I used frozen, de-veined, pre-cooked shrimp. Since they were already cooked, I sauteed only long enough for the sauce to coat the shrimp. If you use raw shrimp, cook in the sauce until the shrimp turn pink. I used 1/2 jar of LaChoy brand of sweet and sour sauce, but any type is fine for this simple and quick appetizer. I estimate that 5 shrimp is 1 WW point because of the brand of sauce I used.



Cheesy Yogurt Dip

Low fat and easy to make

Course Appetizer

Cuisine American

Keyword Cheesy Yogurt Dip

Prep Time 10 minutes

Servings 12

Ingredients

- 5.3 oz Plain Non-fat Greek Yogurt 1 small container
- 1 tbsp Low-fat Mayonnaise
- 1 tsp Spicy Mustard
- 2 tsp Minced Onion Dehydrated
- 1 tsp Dried Parsley Flakes
- 1/4 tsp Black Pepper
- 1/4 cup Fat-free Mozzarella Cheese Kraft Shredded

Instructions

1. In a small mixing bowl, add each of the ingredients. Stir to incorporate well.
Store in the refrigerator.

Recipe Notes

This tasty dip pairs well with celery or carrot sticks. I estimate 2 tbsp. of dip to be only 1 WW point.

Soups



Hearty Vegetable Beef Soup

Easy to make. Good use of leftover beef.

Course Soup

Cuisine American

Keyword Hearty Vegetable Beef Soup

Prep Time 15 minutes

Cook Time 30 minutes

Total Time 45 minutes

Servings 6

Ingredients

- 1 lb. ground beef
- 1 medium onion
- 2 stalks celery
- 3 small potatoes
- 32 oz. beef broth
- 14.5 oz can diced tomatoes
- 1 bag frozen mixed vegetables

Instructions

1. Brown the ground beef in a large pot. Let cooked meat drain on paper towels while washing the pot to remove excess fat.
2. Dice onion and celery and saute for a few minutes on low heat in the clean pot.
3. Add carton of beef broth and can of tomatoes. Using the empty can, add water as needed. Cook on medium heat.
4. Dice potatoes and add to pot. Add salt and pepper as needed.
5. Add frozen vegetables. Simmer until vegetables are tender.

Recipe Notes

You can substitute any type of leftover beef, cut into cubes, for the hamburger.



Turkey Noodle Soup

Easy to make. Good use of leftover turkey or chicken.

Course Soup

Cuisine American

Keyword Turkey Noodle Soup

Prep Time 10 minutes

Cook Time 20 minutes

Total Time 30 minutes

Servings 4

Ingredients

- 1 quart Chicken Broth
- 2 stalks Celery Chopped
- 1 cup Turkey Chopped
- 1/2 cup Dry Noodles
- 1/2 tsp Black Pepper
- 1/2 tsp Dried Parsley Flakes

Instructions

1. Pour entire carton of chicken broth into saucepan. Add chopped celery and cook on medium heat.
2. Add chopped turkey to the pot. Season with pepper and dried parsley. Stir and let simmer for about 10 minutes to incorporate flavors.
3. Stir in noodles. Turn up heat so noodles come to a boil, then turn heat to low until ready to serve.

Recipe Notes

I use Barilla Fideo Cut Spaghetti for the noodles.

Use leftover turkey or leftover chicken, whatever amount suits your fancy.



Lentil Vegetable Soup

Great source of protein and very filling. Yum!

Course Main Course

Cuisine American

Keyword Lentil Vegetable Soup

Prep Time 20 minutes

Cook Time 1 hour

Total Time 1 hour 20 minutes

Servings 10

Ingredients

- 28 oz Diced Tomatoes
- 1 qt Beef broth
- 1 Cup Dried Lentils
- 1.5 cups Mixed Vegetables
- 1 tsp Salt
- 1/2 tsp Pepper
- 1/2 tsp Dried Parsley
- 1 Onion
- 2 Celery Stalks

Instructions

1. Place lentils in a bowl of water to soak while preparing the other ingredients. This step is not necessary, but it removes any debris and shortens the cooking time.
2. Add can of diced tomatoes and carton of broth to a large soup pot. Place over medium heat on stove. Dice celery and onions. Add these to the tomatoes/broth with salt, pepper, and parsley.
3. Rinse and drain the lentils. Add lentils to the simmering (not boiling) pot. Cook for about 45 minutes, then add frozen mixed vegetables. Let simmer for another 15 minutes.

Recipe Notes

For a totally vegetarian or Lenten meal, use vegetable broth instead of beef broth. Do not overcook the lentils as they'll become mushy. I estimate that a 1 cup serving has 0 WW points.

Entrees



Turkey Noodle Casserole

Always my first leftover dish after Thanksgiving. Comfort food at its finest.

Course Main Course

Cuisine French

Keyword Turkey Noodle Casserole

Prep Time 25 minutes

Cook Time 20 minutes

Total Time 45 minutes

Servings 8

Ingredients

- 6 oz Egg Noodles
- 2 tbsp Butter
- 2 tbsp Flour
- 2 cups Non-fat Milk
- 1 stalk Celery chopped
- 1/2 tsp Salt
- 1/8 tsp Pepper
- 2 cups Turkey cooked and chopped
- 6 oz Peas and Carrots

Instructions

1. Preheat oven to 375 degrees. Spray casserole pan with cooking spray.
2. Cook the noodles according to package directions. Drain and set aside.
3. In a saucepan, melt butter and saute celery on medium heat for 1 minute. Add all-purpose flour and stir to coat the celery. Add milk and seasonings. Stir constantly until the mixture begins to bubble. Immediately turn off heat, but continue to stir as the mixture thickens.
4. Add frozen mixed vegetables and cooked noodles. Stir to mix. Adjust seasonings to taste. Pour into prepared casserole pan.
5. Bake for 20 minutes in preheated oven or until bubbly.

Recipe Notes

Any mixed vegetable, any type of pasta, and any leftover turkey may be used. I use skim milk as a healthier option, but whole milk or 2% milk is fine.

Grated cheddar cheese or bread crumbs can be used to top the casserole though I prefer mine without toppings.



Chicken Cabbage Rolls

A lower fat version of traditional cabbage rolls

Course Main Course

Cuisine American

Keyword Chicken Cabbage Rolls

Prep Time 20 minutes

Cook Time 1 hour

Total Time 1 hour 20 minutes

Servings 8

Ingredients

- 8 Cabbage Leaves
- 1 lb Ground Chicken Breast
- 1 Egg
- 1 Onion Chopped
- 1 Bell Pepper Chopped
- 1 bag Boil In Bag Rice
- 1 tsp Salt
- 1/2 tsp Pepper
- 1/2 tsp Parsley Flakes
- 24 oz Pasta Sauce
- 1/4 cup Shredded Mozzarella Cheese Optional

Instructions

1. In a pot of salted boiling water, cook the bag of rice for 8 minutes. Remove and drain. Then add the cabbage leaves to the boiling water to wilt them for about 3 minutes. Remove and drain. Preheat oven to 350 degrees F.
2. In a mixing bowl, combine egg, chopped onion, and bell pepper, salt, pepper, and parsley flakes. Add chicken breast and cooked rice. Mix well.
3. Cover the bottom of a casserole baking dish with a layer of pasta sauce. Cut each cabbage leaf in half, along center vein. Add a scoop of the chicken mixture to the center of a 1/2 cabbage leaf and roll. Fasten with a tooth pick and place in the sauce.
4. Cover the first layer of cabbage rolls with a little more sauce, then add the next layer. Pour remaining pasta sauce over the top and cover with the glass casserole dish lid. (I used a large Corning Ware casserole dish with glass lid.)
5. Bake at 350 degrees F for 1 hour. Remove from heat and sprinkle mozzarella cheese if you want. Serve warm. Refrigerate any leftovers.



Tuna with Spaghetti and Green Beans

Simply delicious. My new favorite!

Course Main Course

Cuisine Italian

Keyword Tuna with Spaghetin and Green Beans

Prep Time 10 minutes

Cook Time 15 minutes

Total Time 25 minutes

Servings 2

Ingredients

- 4 oz Spaghetti
- 1 Tbsp Olive Oil
- 1 Tbsp Minced Onion
- 1 Tbsp Parmesan Cheese
- 1 tsp Salt
- 1/2 tsp Pepper
- 4 oz Green Beans
- 5 oz Solid White Tuna in Water

Instructions

1. Cook the spaghetti in a pot of boiling salted water according to the package directions. In the last 2 minutes of cooking, add the green beans. When done, remove from heat and drain.
2. In a 10-inch saute pan, warm the olive oil, then add the cooked and drained spaghetti and green beans. Mix to coat with the oil, then add the dried minced onion, salt, pepper, and Parmesan.
3. Open and drain a can of tuna, adding it to the spaghetti and green bean mixture. Stir to incorporate ingredients. Cook on medium-low heat for 5 minutes. Serve while warm. Refrigerate leftovers.

Recipe Notes

I used the pot-ready thin spaghetti and extra-fine frozen green beans. Just warm through when you add the tuna. The beans and spaghetti are already cooked. Cold leftovers made a delicious salad for lunch.



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.



Ham Croquettes

A great use of leftover ham. Yum!

Course Main Course

Cuisine French

Keyword Ham Croquettes

Prep Time 50 minutes

Cook Time 6 minutes

Total Time 56 minutes

Servings 8

Ingredients

- 3 tbsp Butter
- 3 tbsp All-purpose Flour
- 1 cup Milk
- 1/2 tsp Salt
- 1/4 tsp Pepper
- 2 cups Ham
- 1 Onion
- 1 Egg Slightly Beaten
- 4 tbsp Bread Crumbs

Instructions

1. Make the Thick White Sauce with the first five ingredients. Melt the butter in a saucepan, add the flour, and stir until all of the flour is incorporated. Add the milk and stir over medium heat until the sauce is thickened. Remove from heat.
2. Chop the ham and onion together in the food processor. Add the chopped meat to the cooled cream sauce and mix well. Season to taste.
3. Form the ham/sauce mixture into balls, cones, or cylinders. Roll in bread crumbs, then coat with beaten egg, and roll in bread crumbs again. Deep fry in oil (385 degrees F.) until brown. Drain on paper towels.

Recipe Notes

I chop the ham/onions in batches. You can omit the onion if you prefer, though I think it adds to the flavor. I do this recipe in stages. I might chop up the ham and onions after a ham dinner and store in the refrigerator. (If you have a lot of the chopped mixture, you can also make a nice deviled ham with the leftover.) Then, I might form into cylinders and do the coating earlier in the day that the croquettes will be served. All that's left is the frying.

I tried baking these instead of frying, but they tend to fall apart. I also tried pan frying with just a little oil. Same thing happened. Still tasty but not pretty. Deep fat frying works best.



Fish in a Pouch

Delicious, nutritious, and easy to make with any type of fish or veggies.

Course Main Course
Cuisine Mediterranean
Keyword Baked Fish

Prep Time 10 minutes
Cook Time 20 minutes
Total Time 30 minutes

Servings 1

Ingredients

- 4 oz. Cod (Any type of fish can be used).
- 1/4 yellow onion
- 4 oz. frozen green beans
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 1/4 tsp. poultry seasoning
- 1/4 tsp. parsley
- 1 tsp. butter

Instructions

1. Layer vegetables on a sheet of tin foil or parchment paper. Season with salt and pepper.
2. Place fish on top. Season with salt, poultry seasoning, and parsley.
3. Wrap and seal the tin foil to create a packet of the fish and veggies. Place the packet on a baking sheet or pie plate.
4. Bake in pre-heated 375 degree oven for 20 minutes. Cut small slit in packet to release steam.
5. Open packet and serve.

Recipe Notes

Use any type of fish. I like flounder, cod, or tilapia. A thicker fish may need additional cooking time.

Use your favorite vegetables. I used frozen green and yellow beans. You can use fresh beans as well. I also like onions, but they can be omitted.

I vary the seasonings. You could use Old Bay seasoning or paprika on top to add color. The poultry seasoning gave the fish an interesting and tasty flavor.

Be careful opening the pouch. Steam can cause a bad burn.



Addy's Maple Glazed Salmon

Flaky and delicious; easy to make

Course Main Course

Cuisine American

Keyword Addy's Maple Glazed Salmon

Prep Time 35 minutes

Cook Time 20 minutes

Total Time 55 minutes

Servings 4

Ingredients

- 1/4 cup Maple Syrup Real Maple
- 2 tbsp Soy Sauce
- 1 clove Minced Garlic
- 1/4 tsp Garlic Salt Optional
- 1/8 tsp Pepper
- 1 lb Salmon

Instructions

1. Preheat oven to 400 degrees. Spray casserole dish with cooking spray. Place salmon in baking dish.
2. In a mixing bowl, add maple syrup, soy sauce, and spices. Mix well. Pour over salmon. Marinate for 30 minutes.
3. Bake uncovered 20 minutes in preheated oven or until the salmon flakes with a fork.

Recipe Notes

If you prefer to marinate the salmon overnight, cover and refrigerate.
Many thanks to Sister Adrienne S. for her delicious recipe.



Crustless Spinach Pie

A lower-carb version of Quiche that's easy to make.

Course Main Course

Cuisine French

Keyword Crustless Spinach Pie

Prep Time 15 minutes

Cook Time 40 minutes

Total Time 55 minutes

Servings 8

Ingredients

- 10 oz Chopped Spinach (Frozen pkg. thawed and drained)
- 8 oz Cheddar Cheese Grated
- 2 Cups Non-fat Cottage Cheese
- 4 Eggs
- 6 Tbsp All-purpose Flour
- 1/8 Tsp Salt
- 1/8 Tsp Pepper

Instructions

1. Beat eggs with fork.
2. Add spinach, cottage cheese, cheddar cheese and flour. Mix well with eggs.
3. Spray pie pan with cooking spray. Pour mixture into pie pan.
4. Bake at 350 degrees F. for 40 minutes or until lightly browned on top.

Recipe Notes

Go light on the salt and pepper until you check the taste. Different brands of cheese and cottage cheese can already have a lot of salt.

Individual portions could be made in muffin tins. Make sure to use cooking spray on each muffin cup. Adjust the cooking time, depending on the muffin size.



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.



Poached Cod

Savory poaching liquid brings life to fish. Yum!

Course Main Course

Cuisine American

Keyword Poached Cod

Prep Time 20 minutes

Cook Time 10 minutes

Total Time 30 minutes

Servings 4

Ingredients

- 8 oz Cod Filet Thawed
- 2 cups Water
- 1/4 cup Lemon Juice
- 1 Bay Leaf
- 4 Peppercorns
- 4 Whole Cloves
- 1 tsp Salt
- 1 small Onion Sliced
- 1/4 tsp Parsley Flakes

Instructions

1. In a 2-quart pot, combine water, lemon juice, sliced onion, bay leaf, and seasonings. Bring to a boil. Simmer 20 minutes.
2. Cut cod into 4 serving size pieces. Add to simmering liquid and cover with lid. Cook for 10 minutes or until fish flakes with a fork.
3. Remove cod and onions to serving platter. (Toss poaching liquid.) Garnish with parsley flakes. Serve immediately.

Recipe Notes

This recipe is 0 WW points. You'll want to eat all 4 servings yourself, with no guilt attached.



Rotini and Shrimp

A colorful entree or salad to accompany any meal

Course Side Dish

Cuisine Italian

Keyword Rotini and Shrimp

Prep Time 15 minutes

Cook Time 10 minutes

Total Time 25 minutes

Servings 12

Ingredients

- 1 box Tri-color Rotini
- 1 Onion Chopped
- 2 stalks Celery Diced
- 1/2 tsp Pepper
- 8 oz Zesty Italian Salad Dressing Lite
- 1 lb Miniature Shrimp

Instructions

1. Cook the pasta in salted water according to the package directions. Drain and allow to cool while chopping the onion and celery.
2. Add the chopped onion and celery and the pepper. Stir to combine. Cover and refrigerate.
3. When the pasta has cooled, add the Zesty Italian dressing and the shrimp. Mix to incorporate all of the ingredients. Cover and store in the refrigerator.

Recipe Notes

I use about a half bottle of the Lite or non-fat Zesty Italian dressing. I buy the frozen cocktail shrimp and defrost overnight in the refrigerator. Check for seasonings after the salad dressing is added. I don't usually need to add salt since the pasta was cooked in salted water. I estimate 5 WW points for a 3/4 cup serving.

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.



Creamed Spinach with Pearl Onions

A tasty side dish

Course Side Dish

Cuisine American

Keyword Creamed Spinach with Pearl Onions

Prep Time 15 minutes

Cook Time 15 minutes

Total Time 30 minutes

Servings 6

Ingredients

- 10 oz Frozen Chopped Spinach thawed and drained
- 3 oz Frozen Pearl Onions thawed and drained
- 1 Tbsp Butter
- 1-1/2 Tbsp All Purpose Flour
- 1-3/4 cup Plain Almond Milk Regular lowfat milk can be substituted
- 1 tsp Salt
- 1/2 tsp Black Pepper
- 1/8 tsp Nutmeg

Instructions

1. Defrost spinach and pearl onions. Let spinach drain in a strainer, then squeeze out excess water.
2. In a 10 inch saute pan, melt butter over medium heat. Stir in flour to create a roux, then add milk. Stir with a whisk until creamy and smooth. Add seasonings, continuing to stir until mixture begins to bubble. Lower heat, continuing to stir until the sauce thickens.
3. Add the drained spinach and pearl onions to the white sauce, Stir to incorporate. Cook on medium heat for about 5 minutes, stirring occasionally. Taste to adjust seasonings to your palate.
4. Serve warm. Refrigerate any leftovers.

Recipe Notes

The almond milk worked fine in the white sauce and it added a nice flavor to the creamed spinach. Regular, Low-fat, or Non-fat milk can be substituted.



Mom's Easy Cole Slaw

Creamy with just a little tang.

Course Side Dish

Cuisine American

Keyword Mom's Easy Cole Slaw

Prep Time 20 minutes

Servings 4

Ingredients

- 2 cups Cabbage thinly sliced
- 4 Tbsp Mayonnaise
- 1 Tbsp Sweet Gherkin Pickle Juice
- 1/4 tsp Salt
- 1/2 tsp Black Pepper

Instructions

1. Slice raw cabbage against the grain very thinly. Place in a medium sized mixing bowl.
2. In a small mixing bowl, combine mayonnaise, pickle juice, salt, and pepper. Stir until all are incorporated to make a smooth sauce.
3. Add the sauce to the sliced raw cabbage. Mix well. Store in a covered container in the refrigerator.

Recipe Notes

I use the light mayonnaise and the juice from a jar of "no added sugar" sweet gherkins. Mt. Olive and Essential brands make the "no added sugar" sweet gherkins. I like the blend of spices, rather than using vinegar.



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.



Savory Twice-Baked Potatoes

Garlic and non-fat Greek yogurt add tang.

Course Side Dish

Cuisine American

Keyword Savory Twice-Baked Potatoes

Prep Time 10 minutes

Cook Time 1 hour

Total Time 1 hour 10 minutes

Servings 2

Ingredients

- 1 Russet Potato Baked
- 5 oz Non-fat Greek Yogurt
- 1/2 tsp Pepper
- 1/2 tsp Minced Garlic
- 1/2 tsp Salt
- 1/2 tsp Grated Parmesan
- 1/2 tsp Dried Parsley

Instructions

1. Bake the potato about 50 minutes at 350 degrees F. When cool enough to handle, slice the potato in half, lengthwise. Scoop out the inside into a mixing bowl, leaving about 1/4" of potato along the peel.
2. With an electric mixer, beat the inside of the potato with the minced garlic, salt and pepper, and yogurt. Do not overbeat, but it should be the consistency of mashed potatoes.
3. Spoon the mashed potatoes back into the skin. Sprinkle with Parmesan cheese and parsley, and return to the oven to bake for 10 more minutes. Serve warm.

Recipe Notes

If the potato mash is too thick, add a splash of milk to thin it. I estimate each potato half to be 2 WW points.

Breads
and
Muffins



Cranberry Walnut Bread

A holiday favorite, but good any time of year.

Course Dessert

Cuisine American

Keyword Cranberry Walnut Bread

Prep Time 15 minutes

Cook Time 1 hour 5 minutes

Total Time 1 hour 20 minutes

Servings 16

Ingredients

- 2 Tbsp Butter
- 1 Cup Sugar
- 1 Egg
- 2 Cups Flour
- 1 Tsp Baking Soda
- 1/2 Tsp Salt
- 3/4 Cup Orange Juice
- 1-1/4 Cup Cranberries Fresh or Frozen
- 3/4 Cup Walnuts Chopped

Instructions

1. Cream together butter, sugar, and egg.
2. In a separate bowl, mix or sift together flour, baking soda, and salt.
3. Alternately add flour mixture and orange juice to the creamed ingredients. Lightly stir to combine.
4. Add chopped cranberries and walnuts. Lightly stir to combine.
5. Spoon batter into a greased and floured 9" x 5" loaf pan.
6. Bake at 350 degrees F. for 65 minutes, or until toothpick inserted in the top of the loaf near the center comes out clean.
7. Cool in pan for about 10 minutes before removing loaf from pan to cool on a wired rack.
8. Wrap in foil or plastic wrap when cool and store in the refrigerator.

Recipe Notes

Margarine can be substituted for the butter. It should be slightly softened before creaming with the electric mixer. For more citrus flavor, you can add 1 Tbsp grated orange rind. You can omit the walnuts or substitute with pecans. Cranberries and nuts should be coarsely chopped before adding to the batter.

Do not over-mix. It will cause the bread to be tough.



Banana Nut Muffins

A tasty way to use up over-ripe bananas and so easy to make.

Course Breakfast

Cuisine American

Keyword Banana Nut Muffins

Prep Time 15 minutes

Cook Time 25 minutes

Total Time 40 minutes

Servings 6

Ingredients

- 1/4 cup Butter Softened
- 1/2 cup Sugar
- 1 Egg
- 1 cup Banana Mashed
- 1/2 tsp Vanilla Extract
- 1 cup All-purpose Flour
- 1 tsp Baking Powder
- 1/4 tsp Baking Soda
- 1/4 tsp Salt
- 1/2 cup Walnuts Chopped

Instructions

1. Preheat oven to 350 degrees. Spray muffin cups with cooking spray or use paper liners.
2. With an electric mixer, cream butter and sugar. Beat in egg, mashed banana, and vanilla.
3. In a separate bowl, combine flour, salt, baking powder, and baking soda. Mix well, then add to the wet ingredients until blended. Add chopped walnuts.
4. Fill muffin cups about 2/3 full with batter. Bake for 25 minutes or until toothpick inserted in center of muffin top comes out clean.
5. Remove muffins to a wire rack to cool.

Recipe Notes

Do not over-mix the batter or the muffins will be tough.

Use the same recipe if you prefer mini-muffins, but adjust the cooking time as necessary.

Cookies



Springerle Cookies

Traditional German cookie with an anise flavor. A favorite in our house.

Course Dessert

Cuisine German

Keyword Springerle

Prep Time 30 minutes

Cook Time 30 minutes

Resting Time 12 hours

Total Time 1 hour

Servings 60

Ingredients

- 4 Eggs
- 1 lb Confectioner's Sugar 4-1/4 cups
- 2 tsp Anise Extract
- 1 tsp Baking Powder
- 3 cups All-Purpose Flour
- 1 tbsp Anise Seed

Instructions

1. Beat eggs at high speed until thick and lemony yellow. About 10 minutes.
2. Continue beating while slowly adding the confectioner's sugar, 1/2 cup at a time until fully incorporated. Add anise extract.
3. Add baking powder. Continue beating while slowly adding the flour, 1/2 cup at a time until fully incorporated.
4. On floured wax paper, roll out the dough to 1/2 inch thickness. (You can do this in batches). If you have a springerle rolling pin with the embedded designs, lightly roll across the rolled out dough to stamp the designs. If not, cut the rolled dough in squares.
5. Sprinkle a light amount of anise seeds on lightly greased cookie sheets. Place the dough squares on top of the seeds, about a 1/2 inch apart. Let dry, uncovered, overnight (about 12 hours).
6. The next day, preheat oven to 250 degrees F. Bake springerles 25-30 minutes until firm but still white. Remove to wire racks or wax paper to cool.
7. Any anise seeds that don't stick to the bottom of the cookies can be brushed into the airtight containers with the cooled cookies. Flavors develop as the cookies are stored.

Recipe Notes

I have a springerle rolling pin, but it never works right. I just skip the designs. My springerles look rustic, not even in perfect squares, but they are mighty tasty.



Almond Flavored Nuggets

A tasty morsel, easy to make

Course Snack

Cuisine American

Keyword Almond Flavored Nuggets

Prep Time 10 minutes

Cook Time 18 minutes

Total Time 28 minutes

Servings 30

Ingredients

- 3/4 cup Butter Softened
- 1/4 cup Granulated Sugar
- 2 tsp Almond Extract
- 2 tsp Water
- 2 cups All-purpose Flour

Instructions

1. Preheat oven to 350 degrees F.
2. Cream the butter and sugar with an electric mixer until light and fluffy.
3. Add almond flavoring and water, continuing to beat. Add the flour in 1/2 cup increments until smooth.
4. Divide the mixture into two rolled logs, about an inch in diameter. Wrap in plastic wrap and refrigerate until ready to use. Cut the logs into 1/2 inch slices and place them an inch apart on an ungreased baking sheet. Sprinkle with colored sugar.
5. Bake until pale golden, about 18 minutes. Transfer cookies to waxed paper or a wire rack to cool.

Recipe Notes

If you prefer not to wait before baking, you can roll the cookie dough to 1/2" thickness and use a shot glass to cut into small circles.

You can omit the colored sugar before baking. Instead, dust the cookies with powdered sugar or finely ground almonds when they are still warm after baking.



Raisin Spice Cookies

This is an updated old family recipe. Always a favorite at Christmas.

Course Dessert

Cuisine American

Keyword Raisin Spice Cookies

Prep Time 20 minutes

Cook Time 12 minutes

Total Time 32 minutes

Servings 36

Ingredients

- 1 Egg
- 1 cup Brown Sugar
- 1 stick Butter Melted
- 2 tbsp Plain Non-fat Greek Yogurt
- 1 cup Raisins
- 1 tsp Cinnamon
- 1/2 tsp Nutmeg
- 1/4 tsp Allspice
- 1/2 tsp Baking Powder
- 1/8 tsp Baking Soda
- 1-3/4 cups All-Purpose Flour

Instructions

1. Preheat oven to 375 degrees F. Grease baking sheets or spray with cooking oil.
2. Beat egg and brown sugar until creamy. Add melted butter and Greek yogurt. When combined well, add the spices, baking powder, and baking soda. Mix well.
3. Add the flour in segments, beating with each submission. The dough gets thick, so you may need to switch to incorporating the flour with a spoon. Add raisins, thoroughly mixing.
4. Drop by teaspoonful onto prepared baking sheets, about an inch apart. These cookies don't spread, but give them room to breathe. Bake 12 minutes. Remove to cool on wire rack or waxed paper.

Recipe Notes

The original recipe called for sour milk. The recipe worked well with non-fat Greek Yogurt. I would imagine sour cream would work as well.

Desserts



Chocolate Toffee Mousse

Rich and decadent

Course Dessert

Cuisine French

Prep Time 15 minutes

Cook Time 10 minutes

Total Time 25 minutes

Servings 6

Ingredients

- 2 Cups Heavy Cream
- 3 Ounces Semisweet Chocolate Chopped
- 4 Mini Toffee Bars Coarsely chopped
- 1 Pinch Salt
- Whipped Cream or Cool Whip Used to Garnish

Instructions

1. In a medium saucepan, combine 2 cups cream, the chocolate, 2 of the chopped toffee bars, and the salt.
2. Cook over medium heat, stirring constantly, until the chocolate is melted and smooth.
3. Pour into a large bowl and refrigerate until cold. Usually about 3 hours.
4. When chilled, remove the chocolate mixture from the refrigerator and whip with electric beaters until it's thick and creamy.
5. Spoon the mousse into serving glasses. Dollop with whipped cream and garnish with the remaining chopped toffee bars.

Recipe Notes

1/4 teaspoon of instant espresso powder may be added to the chocolate mixture when it's cooking to add a mocha flavor. Make your own whipped cream or use store-bought of your choice as a topper.

Recipe adapted from Rachel Ray's Toffee-Mocha Mousse



Cream Puffs

Light and Airy, Easy to Make.

Course Dessert

Cuisine American

Prep Time 20 minutes

Cook Time 35 minutes

Total Time 55 minutes

Servings 8

Ingredients

- 1 Cup Water
- 1/2 Cup Butter or Margarine
- 1 Cup All Purpose Flour
- 4 Eggs

Instructions

1. Heat oven to 400°F. In 2 1/2-quart saucepan, heat water and butter to rolling boil. Stir in flour; reduce heat to low. Stir vigorously over low heat about 1 minute or until mixture forms a ball; remove from heat. Beat in eggs, all at once; continue beating until smooth.
2. On ungreased cookie sheet, drop dough by tablespoon about 3 inches apart. Bake 35 to 40 minutes or until puffed and golden. Cool away from draft, about 30 minutes.
3. Make the filling. Cut off top third of each puff and pull out any strands of soft dough. Fill puffs with filling; replace tops. Cover; refrigerate until serving. Store covered in refrigerator.



Cream Puff Filling

This was my mother's favorite filling. Old fashioned vanilla custard.

Course Dessert

Cuisine American

Prep Time 10 minutes

Cook Time 25 minutes

Total Time 35 minutes

Servings 8

Ingredients

- 1/3 Cup Sugar
- 2 Tbsp Corn Starch
- 1/8 Tsp Salt
- 2 Cups Milk
- 2 Egg Yolks Slightly Beaten
- 2 Tbsp Butter or Margarine Softened
- 2 Tsp Vanilla Extract

Instructions

1. Mix sugar, cornstarch and salt in saucepan. Gradually stir in milk. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute.
2. Stir at least half of the hot mixture gradually into egg yolks. Stir back into hot mixture in saucepan. This is called tempering the yolks so they don't curdle.
3. Boil and stir 1 minute; remove from heat. Stir in margarine or butter and vanilla; cool.

Recipe Notes

Custard can easily scorch. You need to stir constantly. Once you see the concoction bubbling, the mixture thickens. Temper the yolks, add them back to cook for a minute, then remove from burner to add the butter/margarine and vanilla.



Cherry Meringue Dessert

Light and Airy, low in fat

Course Dessert

Cuisine American

Keyword Cherry Meringue Dessert

Prep Time 8 minutes

Cook Time 1 hour 30 minutes

Total Time 1 hour 38 minutes

Servings 8

Ingredients

- 3 Egg Whites
- 1/4 tsp Cream of Tartar
- 1/2 cup Splenda
- 20 oz Lite Cherry Pie Filling
- 8 Tbsp Fat-free Cool Whip

Instructions

1. In a medium bowl, using electric mixer, whip egg whites and cream of tartar. Slowly add Splenda, a few tablespoons at a time. Continue whipping for 5 minutes. Mixture will be shiny and peaks will form when you raise the beaters.
2. Place a piece of parchment on a baking sheet, and spoon about 1/4 cup of the meringue into 8 piles. Using the back of a spoon, make indents in the center of each pile.
3. Bake for 90 minutes in a preheated 250 degree F oven. Then, turn off oven, letting the meringue cups dry in the warm oven for another hour. Place on counter rack to finish cooling.
4. When ready to serve dessert, fill center of the meringue cup with cherry pie filling and a dollop of Cool Whip.

Recipe Notes

Baked meringues are light and brittle. They just about melt in your mouth. Store un-filled meringues in a cookie tin or plastic bag. They're even yummy as a fat-free snack.



Applesauce Cherry Crumble

Cherry pie in a bowl. Yum!

Course Dessert

Cuisine American

Keyword Applesauce Cherry Crumble

Prep Time 15 minutes

Cook Time 25 minutes

Total Time 40 minutes

Servings 2

Ingredients

- 1/2 cup Cherry Pie Filling
- 1/2 cup Unsweetened Apple Sauce
- 1 tsp Almond Extract
- 2 Tbsp Butter
- 2 Tbsp Brown Sugar
- 3 Tbsp All Purpose Flour
- 3 Tbsp Old Fashioned Oats

Instructions

1. In a small mixing bowl, combine cherry pie filling, applesauce, and almond extract. Stir to incorporate the ingredients.
2. In a cereal bowl, combine the butter, flour, oats, and brown sugar. Stir with a fork to incorporate the ingredients, then use your fingers to make sure the butter is in small, coated pieces.
3. Spoon the applesauce-cherry mixture into 7 oz. oven-proof ramekins, evenly dividing the sauce. Top with the crumble mixture.
4. Place the ramekins on a baking sheet in a pre-heated 350 degree F oven. Bake for 25 minutes, or until the top is browned and the sauce is bubbly. Serve warm or cold. Refrigerate any leftovers.

Recipe Notes

I used granulated brown sugar, which worked fine in the recipe. I did not grease or spray the ramekin. There was minimal sticking of the syrup.



Easy Yule Log

Make it easy on yourself by using pre-packaged items to build this holiday treat.

Course Dessert

Cuisine English

Keyword Yule Log

Prep Time 35 minutes

Cook Time 15 minutes

Total Time 50 minutes

Servings 20

Ingredients

- 6 Eggs
- 1 box Devil's Food Cake Mix
- 1/2 cup Water
- 2 tbsp Vegetable Oil
- 1 tbsp Powdered Sugar
- 1 container Chocolate Frosting
- 1 container Whipped Vanilla Frosting

Instructions

1. Heat oven to 375°F. Line bottom only of 15x10x1-inch pan with waxed paper; spray with baking spray and sprinkle with flour. (For the extra batter, place paper baking cups in 8 regular-size muffin cups.)
2. In large bowl, beat eggs with electric mixer on high speed about 5 minutes or until thick and lemon colored. Add cake mix, water and oil; beat on low speed 30 seconds, then on medium speed 1 minute, scraping bowl occasionally. Pour 3 1/2 cups batter into pan. Divide remaining batter among muffin cups.
3. Bake 14 to 16 minutes or until cake springs back when lightly touched in center and cupcakes test done when toothpick inserted in center comes out clean. If necessary, run knife around edges of pan to loosen cake. Turn cake upside down onto clean kitchen towel sprinkled with 1 tablespoon powdered sugar; carefully remove pan liner. While hot, carefully roll up cake and towel from narrow end.
4. Cool rolled cake completely on cooling rack, about 1 hour. [Cool cupcakes and save for another use.]
5. When cool, unroll the cake carefully, and remove towel. Spread vanilla frosting evenly over inside of cake. Carefully roll up cake without the towel. Place cake roll on serving plate. Frost the outside of cake with chocolate frosting. Using fork, drag tines through frosting to look like log.
6. Store loosely covered in refrigerator. Let stand at room temperature 30 minutes before serving.

Recipe Notes

You can use your favorite frosting recipes or even Cool Whip or ice cream for the inside of the Yule Log. This Pillsbury recipe is available at <https://www.pillsbury.com/recipes/yule-log/b7cf1df3-33b5-429c-9f08-edc30a1c9dba>



Apple Crisp

Apple Crisp

Course Dessert

Cuisine American

Keyword Apple Crisp

Prep Time 15 minutes

Cook Time 30 minutes

Total Time 45 minutes

Servings 6

Ingredients

- 4 cups medium tart cooking apples 4 apples, cored and sliced
- $\frac{3}{4}$ cup packed brown sugar
- $\frac{1}{2}$ cup all-purpose flour
- $\frac{1}{2}$ cup quick-cooking or old-fashioned oats
- $\frac{1}{3}$ cup softened butter or margarine
- $\frac{3}{4}$ teaspoon ground cinnamon
- $\frac{3}{4}$ teaspoon ground nutmeg

Instructions

1. Heat oven to 375 degrees F. Grease bottom and sides of 8-inch square pan with shortening or cooking spray.
2. Spread apples in pan. In medium bowl, stir remaining ingredients until well-mixed; sprinkle over apples.
3. Bake about 30 minutes or until topping is golden brown and apples are tender when pierced with a fork



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.



Strawberry Mousse

Light and fruity. Yum!

Course Dessert

Cuisine French

Keyword Strawberry Mousse

Prep Time 15 minutes

Servings 4

Ingredients

- 2 Egg Whites Pasteurized
- 2 cups Strawberries Crushed
- 1/3 cup Splenda
- 1/2 tsp Vanilla Extract

Instructions

1. Beat the egg whites and Splenda until stiff. At least 5 minutes with the electric mixer. Stir in the vanilla flavoring.
2. Crush the strawberries, then fold into the egg whites until fully incorporated.

Recipe Notes

Use pasteurized egg whites since raw egg whites could result in Salmonella. I used an immersion blender to crush the strawberries. This tasty fruit mouse can be also be used as a topping on shortcake. 0 WW points



Cinnamon Oat Clusters

A healthy snack or dessert, packed with fiber.

Course Dessert

Cuisine American

Keyword Cinnamon Oat Clusters

Prep Time 20 minutes

Cook Time 20 minutes

Total Time 40 minutes

Servings 48

Ingredients

- 2 cups Strawberries Crushed
- 2 Egg Whites
- 1/3 cup Splenda
- 1/2 tsp Vanilla Extract
- 1 Apple Chopped
- 2-1/2 cups Old-Fashioned Oats
- 3 tsp Cinnamon

Instructions

1. Beat the egg whites with Splenda and vanilla flavoring. Add the crushed strawberries. (Basically, you've got the Strawberry Mousse.)
2. Core the apple, then chop finely with the peel. Add it to the strawberry mousse. Add the cinnamon and oats and mix well. Let sit for at least 5 minutes so the oats absorb the flavors.
3. Prepare miniature cupcake baking trays with paper baking cups. Using a small scooper or a teaspoon, fill each cupcake slot to the top. Make sure to get bits of apple in each one.
4. Bake at 350 degrees F for 20 minutes. Serve warm with a dollop of Cool Whip for dessert or cold for a snack. Store in a covered container in the refrigerator.

Recipe Notes

This recipe yielded 36 miniature clusters plus 6 regular cupcake-sized clusters. They're my new "go-to" snack with only 1 WW point for 6 clusters.