

Breakfasts.....	23
Cream of Brown Rice.....	23
Sue’s Somersize Blueberry Muffins.....	23
Cinnamon Nutmeg Muffins.....	23
Lemon Blueberry Surprise Muffins.....	24
Orange Spice Muffins.....	25
Whole Wheat Berry Scones.....	25
Spelt English Muffin Loaves.....	25
Dry Pancake Mix (Carbs).....	26
Starlite’s Sweet Cinnamon Rolls.....	26
Starlite's Black Forrest Chocolate Breakfast Cake.....	27
Starlite’s Pumpkin Bread.....	28
Chocolate Oatmeal.....	28
Chase’s Chewy Oatmeal Bars.....	29
Donna's Breakfast Cookie.....	29
Pro/Fat Pancakes.....	30
Easy Peasy Pancakes.....	30
Pancakes the Somersize Way.....	30
Protein Pancakes.....	31
Pro/fat Waffles.....	31
Pro-fat waffles.....	31
Waffles! Yes, Waffles!.....	32
Great & Easy Pro-fat waffles.....	32
Mock Danish.....	33
Level 1 Pro/Fat Bread.....	33
Homemade Pork Sausage.....	33
Turkey Breakfast Sausage.....	34
Nuthin Muffin.....	34
Hormel Little Sizzler’s Breakfast Bites.....	34
Frank/Sausage Egg Scramble.....	35
Sausage Gravy Over Eggs and Onions.....	35
Egg/Bacon/Onion Skillet Breakfast.....	35
Vidalia Onion Pie.....	35
Breakfast Quiche.....	36
Jillybean's Artichoke, Goat Cheese & Portobello Mushroom Quiche.....	36
Jillybean's Crustless Spinach Quiche.....	37
Quiche Lorraine.....	37
Quiche Lorraine Muffins.....	38
Vegetable Quiche Cups To Go.....	38
Bacon Quiche.....	39
Sausage Breakfast Quiche.....	39
Ham and Swiss Cheese Quiche.....	39
Spinach Frittata.....	40
Breakfast Crepes.....	40
Blueberry-Smothered Cheese Blintz Bonanza.....	41
Veggie Frittata.....	42
Zucchini “Pancake”.....	42
Hash-Brown Zucchini Patties.....	42
Eggs Florentine.....	43
Better Than Eggs.....	43
Baked Eggs With Spinach.....	44
Portable Breakfast Squares.....	44
Eggs En Cocotte.....	44
Baked eggs with cheese and zucchini.....	45
Cracker Barrel Ham and Egg Casserole.....	45
Mexican Pesto Stack.....	46

Starlite's celery root hash browns	47
Gridmama's Sausage Gravy	47
Appetizers	48
Whole Wheat Tortilla Shells	48
Whole Wheat Pita Bread	48
Legal Level One Chips	48
Veggie Chips	48
Easy Tortilla Chips for Mexican Fare	49
Snappy Cheese Rounds	49
Ginger Dipping Sauce.....	49
Tangy Orange Hummus	49
Baked Vidalia Onion Dip	50
Seafood/Veggie Dip - Variables	50
Crab Dip Delicious!!	51
Hot Crab Dip	51
Dill Dip	51
French Onion Dip	51
French Onion Dip	51
Sour Cream Onion Dip	52
Ranch Dip Mix.....	52
Onion Soup Mix	52
Dry Onion Soup Mix	52
Onion-Cheese Dip Mix.....	53
Caramelized Onion and Blue Cheese Dip	53
Garlic Lovers Dip	53
Vegetable Dip	54
Cucumber spread/dip/dressing.....	54
Yummy Dip	54
Yummy Spinach Dip.....	55
BLT Dip	55
Bacon Cheddar Spread	55
Pepperoni & Cheddar Spread	56
Cheese Sauce/Dip	56
Fantastic Cheese Dip.....	56
Pimento cheese dip.....	57
Cream Cheese Salsa Dip	57
Mexican Cheese Dip	57
To Die for Taco Dip	58
Crockpot Taco Dip	58
Taco Cheesecake	58
Spicy Beef Dip	59
Spinach Artichoke Dip	59
Houston's Artichoke Spinach Dip- Revised.....	60
Mediterranean Artichoke Dip	61
Artichoke-Parsley Dip	61
Hot Chicken Artichoke Dip	61
Hot Artichoke Dip	62
Hot Broccoli Dip	62
Easy Bacon, Tomato "Dip".....	62
Sun-Dried Tomato Dip	62
Wonderful Beef Spread	63
Faux Honey Mustard Dip	63
Ranch Dressing.....	63
Ranch Dip (or dressing!).....	63
Beau Monde Dip	64
Anytime Dip	65

Cream Cheese Beef Dip	65
SuperSalsa.....	65
Baked Pizza Dip	66
Cheese Ball.....	66
Green Onion Cheeseball.....	67
Peppered cheese ball	67
Salmon Cheese Ball	67
Salmon Spread	67
Boursin Cheese Spread.....	68
Cheezy Cheese Sticks	68
Stuffed Cherry Tomatoes	69
Stuffed Tomatoes.....	69
BLT Bites.....	69
Bacon Wraps.....	70
Water Chestnut and Bacon Appetizers	70
Cream Cheese and Roasted Pepper Swirls	70
Pepperoni Cups	71
Must Try Pizza Rounds!.....	71
Spinach Cheese Squares.....	72
Spinach Balls	72
Another Winner, Chili Cheese Puff	73
Parmesan Puffs.....	73
Sausage Balls.....	73
Sausage Cheese Balls.....	74
Tuna/Egg Salad.....	74
Deviled Eggs.....	75
Easy Deviled Eggs	75
Potato Skins.....	76
Potato Skins.....	76
Fake Twice Baked Potatoes.....	76
Not Quite Potato Skins.....	77
Mushroom Caps.....	77
Stuffed Mushroom Caps.....	77
Stuffed Mushrooms	78
Stuffed portabella mushroom caps.....	78
Stuffed Mushrooms	79
Bacon Stuffed Mushrooms	79
Cyranos Cheese and Bacon Mushrooms	79
Stuffed Mushrooms, no Cream Cheese!.....	80
Oriental Lettuce Wraps.....	80
Tortilla Wrap Ups.....	81
Smoked turkey roll-ups	81
The *BEST* Hot Wings	81
Spicy Chicken Drumettes	82
Jalapeno "Poppers".....	82
Pepperoncini Appetizer	82
Salsa Bites.....	83
Fire Cracker Shrimp	83
Spicy Grilled Shrimp	84
Lobster Cakes.....	84
Asparagus Prosciutto Rolls	85
Asparagus Salami	85
Artichokes with Dijon Sauce.....	85
Salads and Dressings.....	87
Cranberry Salad	87
Tomato and Feta Salad	87

Mozzarella And Tomato Salad.....	87
Eggs Continental.....	88
Continental Egg Salad.....	88
Bean 'N Bacon Salad.....	88
Bean Salad.....	89
"Potato" Salad.....	89
Faux Potato Salad.....	90
"Potato" Salad with Jicama.....	90
Cauliflower Lettuce Salad.....	91
Cauliflower Salad.....	91
Broccoli Surprise Salad.....	91
Broccoli Salad.....	92
Broccoli Cheese Salad.....	92
Great Veggie Salad.....	92
Brandy's Mediterranean Salad.....	93
Sveltechick's Tzaziki.....	93
Cucumber Salad.....	93
Tomato, Cucumber and Feta Salad.....	94
Cucumber and Cream Salad.....	94
Hot Cucumber Salad.....	95
Red Onion & Sugar Snap Pea Salad.....	95
Su's Green Bean Salad.....	95
Grilled Zucchini and Summer Squash Salad with Basil.....	96
Supreme Pizza Salad.....	96
Tossed Pizza Salad.....	97
Greek Veggie salad.....	97
Deep-fried Red Pepper Salad with Blue Cheese.....	97
Hot Bacon and Asparagus Salad.....	98
Delicious Salad.....	98
BLT Salad.....	99
CA Kitchen Chopped Salad with Herbed Vinaigrette.....	99
Easy Salad.....	100
Chopped Salad.....	100
Lorraine Salad.....	101
Crazy Salad.....	101
Sprout Salad.....	102
Popeye Salad.....	102
San Antonio Salad Sizzler.....	103
Oriental Salad with Ginger Dressing.....	103
Spinach Salad w/ Warm Bacon Dressing.....	103
Creamy Spinach Salad.....	104
Spinach Salad.....	104
Spinach and Tomato Salad.....	104
Spinach & Strawberry Salad.....	105
Spinach and Tomato Salad.....	105
Wilted Spinach Salad.....	105
The Best Level One Caesar Salad.....	106
Quick and Easy Caesar salad.....	106
Anthony's Caesar Salad.....	107
Oriental Cabbage Salad.....	107
Aunt Suzy's Tangy Cole Slaw.....	107
Sweet and Creamy coleslaw.....	108
KFC Cole Slaw.....	108
The Real KFC Coleslaw Recipe Somersized.....	108
Curried Coleslaw with Green Onions.....	109
Shrimp Salad A La New Orleans.....	109

Crab Salad.....	109
Asian Grilled Beef Salad.....	110
Nordstrom's Oriental Chicken Salad.....	111
Oriental Chicken Salad.....	111
ChaCha Chicken Salad.....	112
Curried Chicken Salad.....	112
Chicken Taco Salad Topper.....	113
Layered Chicken Salad.....	113
Chicken BLT Salad.....	113
Spicy Creamy Chicken Salad.....	114
Country Club Hot Chicken Salad.....	114
Roasted Garlic Grilled Chicken Salad - Level One.....	114
Warm Chicken, Mushroom and Spinach Salad.....	115
Outback Ranch Dressing.....	115
Best Ranch Dressing.....	116
Hidden Valley Ranch Salad Dressing.....	116
Ranch Dressing.....	117
Ranch Dressing w/Blue Cheese Variation.....	117
Ranch Dressing.....	117
Mexi-Ranch Dressing.....	118
Green Goddess Dressing.....	118
SomerSized Miracle Whip.....	119
Creamy Caesar Dressing.....	119
Caesar Salad Dressing.....	119
Caesar Salad Dressing.....	120
Parmesan Peppercorn dressing.....	120
Bleu Cheese Dressing.....	120
Mom's Blue Cheese Dressing.....	121
Dad's Salad Dressing.....	121
Creamy Salad Dressing.....	121
Fat Free Cottage Cheese Dressing.....	121
Spicy Dressing.....	121
Outback Steakhouse Tangy Tomato Dressing.....	122
Catalina French Dressing.....	122
Great French Dressing.....	123
Western Dressing.....	123
Russian Dressing.....	123
Kraft Thousand Island Salad Dressing.....	124
1000 island dressing.....	124
Honey Mustard Dressing.....	124
Starlite's "Honey" Mustard Salad Dressing.....	125
Smooth and Creamy Salad Dressing.....	125
Creamy Chili Dressing.....	125
Olive Garden Salad Dressing.....	125
Good Seasons Italian Salad Dressing Mix.....	126
Greek Salad Dressing.....	126
Poppy Seed Dressing.....	127
Poppy Seed Dressing.....	127
Caesar Dressing.....	127
Benihana's Salad Dressing.....	127
Garlic Vinaigrette.....	128
Balsamic Vinaigrette.....	128
Balsamic Vinaigrette Dressing.....	128
Balsamic Garlic Vinaigrette.....	129
Dijon Vinaigrette.....	129
Dijon Vinaigrette Dressing.....	129

Basil Pesto Vinaigrette	130
Beef Entrees.....	131
Beef Gravy.....	131
Hamburger Gravy.....	131
Spicy "leftover" Beef.....	132
Sweet and Sour Meatballs	132
Meatballs	133
Meatballs	134
Taco Meatballs	134
Beef and Cabbage.....	134
Ground Beef and Cabbage.....	135
Easy Ground Beef and Cabbage	135
Faith's Cabbage Lasagna.....	135
Country Meat Loaf with Tomato Relish.....	135
German Meat Loaf	136
Moist Meatloaf.....	137
Favorite SS Meatloaf	137
Fantastic Somersized Meatloaf	138
Wolfgang Puck's Bacon Wrapped Meatloaf.....	138
Best Meatloaf Ever!	138
Zucchini Joe	139
Spinach and Mushroom Casserole	139
Baked Spaghetti Squash Dinner.....	140
Ground Beef and Zucchini Casserole	141
Zucchini Goulash.....	142
Stuffed Zucchini	142
Deannie's Inside Out Shepherd's Pie	142
Spanish Style Beef and Rice.....	143
Coney Dogs	144
Texas Yummy Beef Casserole	144
Creamy Italian Beef Manicotti.....	145
Family Friendly Stuffed Bell Pepper	146
Taco Stuffed Peppers	146
Fantastic Mexican Stuffed Peppers	147
Italian Stuffed Peppers.....	147
Stuffed Burgers	148
Italian Burgers	148
Almost Lasagna.....	149
Eggplant Lasagna with Beef.....	149
Eggplant Parmesan.....	150
Yummy Spaghetti Sauce	151
Fried Mozzarella with Meat Sauce.....	151
Easy Stuff.....	152
Sloppy Joes.....	152
Sloppy Joes.....	152
Faith's Mexi-Cheese-Burger Quiche	153
Bacon Cheeseburger Quiche	153
Mexican Casserole	153
Easy Mexican Pizza	154
Chili Pizza	154
Mexican Pizza	155
Zucchini Pizza Bake	155
Pizza Casserole	156
Hamburger Spaghetti Squash Casserole.....	156
Hamburger Salad.....	157
Stir Fried Corned Beef & Cabbage	157

Reuben Casserole	158
Roast Beef and Cheese Rollups	158
Arby's Beef and Cheddar.....	158
Beef Tri Tip in Creamy Marsala Sauce	159
Creamed Steak	160
Roquefort Steaks	160
Beef Rouladen.....	161
Blue Cheese Stuffed Steaks	161
Best Steaks Ever!! - Pan Seared in Cast Iron.....	162
Chicken Fried Steak	163
Beef Stir Fry	163
Smothered Cube Steaks	164
Boneless Beef Ribs.....	164
Peppered Sirloin Steak with Balsamic Mustard Sauce.....	165
Skillet-Seared Flank Steak in Spicy Ginger Marin	166
Soya Steak	166
Steak Fajita Bowl	166
Crock Pot Hungarian Goulash.....	167
Mongolian BBQ.....	167
Barbequed Beef Brisket.....	168
Beef Brisket.....	168
Crockpot Brisket.....	169
Herb-Roasted Rib Roast.....	169
Beef and Green Onion Kebabs.....	170
Fantastic Swiss Steak.....	170
Castaways Steak and Mushrooms	171
Steak Burgundy.....	171
Pepper Steak	171
Any Meat BBQ	172
Too Good to be True Marinade.....	172
Beef or Pork Marinade	173
Cuts of Meat.....	173
Chicken and Turkey Entrees	174
Roasted Chicken	174
Chicken Stroganoff	174
Enchilada Pie	175
Creamy Chicken Enchiladas.....	175
Enchiladas Suizas	176
Ideas for Stuffed Chicken Breast.....	177
Fajita Stuffed Bell Peppers	177
How to Cook a *MEAN* Chicken Breast!.....	178
Grilled chicken.....	178
Garlic Chicken Pizza	179
Morgan's PMS Chicken	179
Chicken Borsin	180
Terrific Tarragon Chicken	181
Chicken and Spinach in a Skillet	181
Sweet Chili Chicken.....	182
Smothered Chicken	182
Southern Smoked Chicken.....	183
Another Smothered Chicken	183
Smothered and Covered Chicken Breasts	183
Chinese Chicken in Lettuce Leaves	184
Soy Chicken	184
Really EASY Chile Chicken	185
Artichoke Chicken Bake	185

Fabulous! Crispy Garlic Chicken	186
Chicken, Peppers, Onions & Mushrooms	186
Chicken with Peppers and Onions.....	186
Chicken Italiano.....	187
Artichoke Chicken.....	187
Chicken, Mushroom and Cheese Bake	187
Pepper Jack Cheese Chicken	188
Chicken in Foil.....	188
Teriyaki Chicken	188
One Pan Chicken in Alfredo Sauce.....	189
Cajun Chicken, Sausage, And Veggies	189
Indian Butter Chicken.....	190
Viktoria's Chicken Tikka Masala.....	190
Creamy Curry Chicken Wings.....	191
Lightly Spiced Indian Chicken.....	191
Curried Chicken Casserole	192
Curried Chicken With Eggplant and Tomato	192
Chicken Broccoli Curry.....	193
Chicken Wings.....	193
Lemon Chicken Wings.....	194
ssweet's Sweet & Spicy Buffalo Wings.....	195
Tomato, Spinach Chicken Wings.....	195
The Best BBQ Chicken Wings	195
Starlite's "Honey" Mustard Chicken Wings.....	195
Creamy Mushroom Chicken.....	196
Easy Chicken Tortilla Minus the Wrap.....	196
Mexican Style Chicken Kiev.....	197
Greek Lemon Chicken.....	197
Chicken with Lemon-Rosemary Salt	198
Bacon Wrapped Chicken.....	198
Great chicken casserole	199
Mexican Chicken.....	200
Greek Lemon Chicken.....	201
Baked Chicken Poupon.....	201
Zucchini Chicken Bake	202
Chicken Florentine	202
Chicken Jamie	202
Chicken Adobo.....	203
Chicken Tequila Fettuccine	204
Buffalo Chicken Rolls	204
Lime Chicken	205
Stuffed Bacon Wrapped Chicken	205
Pollo Avellino.....	205
Coq au Herbs de Provence.....	206
Cracked Mustard Seed Chicken.....	207
Balsamic Chicken Breasts.....	207
Cheesy Chili Chicken	208
Velvet Chicken.....	208
Simple Lemon Chicken.....	208
Stuffed Chicken with Lemon Sauce.....	208
Excellent Fried Chicken	209
Southern Fried Chicken.....	209
Old Fashioned Crispy Chicken	210
Chicken Cacciatore	210
Chicken Cacciatore SS Style	210
Theo's Chicken Cacciatore.....	211

Camembert Chicken	212
Sour Cream Chicken	212
Reuben Chicken.....	212
Cajun Pasta	212
Sloppy José Sandwich Filling	213
Taco Chicken Rolls	214
Chicken and Broccoli.....	214
Easy and Delicious Chicken	215
Creolized Stuffed Chicken Breasts.....	215
Chicken Breast stuffed with Feta and Spinach.....	216
Romantic Chicken with Artichokes and Mushrooms.....	216
Outback's Alice Springs Chicken	217
Chicken Parmagiana	217
Awesome Chicken Parmesan!.....	219
Easy Chicken Parmesan	219
Chicken Pepper Parmesan.....	219
Slightly different method for Chicken Parmesan.....	220
Parmesan Pesto Crusted Chicken	220
Pesto Chicken.....	220
Sweet and Sour Japanese Chicken.....	221
My favorite chicken recipe	221
Chicken Livi.....	221
Chicken and Eggplant Parmesan	221
Sesame* Chicken.....	222
Chicken in a Package.....	223
Yummy Chicken Florentine	223
Swiss Bacon Chicken.....	224
Garlic Mushroom Chicken	224
Sweet-n-Spicy Orange Chicken Breasts.....	225
Pan Roasted Chicken and Vegetables.....	226
Chinese Chicken in a Lettuce Wrap.....	226
Lettuce Wraps.....	227
Elegant Chicken Divine.....	227
Chicken (or Turkey) Divan by Bfoster.....	228
Chicken Divan.....	228
Chicken Divan Casserole	229
Chicken Divan with Curry	229
Chicken Chop Suey.....	229
Creamy Chicken & Mushroom Spaghetti Squash.....	230
Spaghetti Squash w/ Mozzarella and Chicken	230
Chicken Mexican Casserole	231
Littlejewels Julie's Crustless Chicken and Broccoli.....	231
My Mom's Italian Chicken	231
Chicken a la Franze	232
Turkey Divan.....	232
Chard and Turkey Gratin	233
Cheesy Turkey Meatloaf.....	233
Italian Turkey Sausage - Great!!.....	234
Moist Thanksgiving Turkey	234
Stuffing.....	235
Seafood Entrees.....	236
Crab Cakes	236
Crab Imperial.....	236
Crab Gumbo	236
Crab & Spinach Quiche.....	237
Maryland Crabcake Dip	238

Crab Cakes.....	238
Akarnoff's *Crabcakes*	238
Crab Cakes.....	239
Crab Quiche.....	239
Garlic Butter Sautéed Crab and Shrimp	240
Grilling Salmon Suggestions.....	241
Rosemary Roasted Salmon	242
Grilled Salmon	243
Salmon Croquettes.....	243
Salmon Cakes.....	243
Zesty Dilly Salmon.....	244
PT's 3-minute Lemon-Parmesan Salmon	244
Salmon with Onions & Capers.....	245
Newbie's Salmon Casserole	245
Salmon & Shrimp	245
Greek Shrimp	246
Quick and Easy Shrimp Scampi.....	246
Shrimp Scampi.....	247
Spicy Grilled Shrimp	247
Fire Cracker Shrimp	247
Yummy for Shrimp Lovers.....	247
Shrimp with Parmesan Vegetable Sauce.....	248
Easy Shrimp Dish.....	248
Baked Eggplant and Shrimp	248
Shrimp Sauce.....	249
Aunt Vonnie's Eggplant Bake	249
Seared Scallops with Bacon.....	249
Baked Scallops with Sautéed Red Cabbage.....	250
Creamy Cajun Scallops	250
Creamy Seafood & Sauce	251
Seafood Paprika	251
Warm Scallop & Bacon Salad.....	252
Tuna Patties	252
Dali's Tuna Salad.....	252
Tuna Pate	253
Tuna Noodle Casserole.....	253
Tuna Casserole.....	253
Quick Tuna Curry	254
Easy Halibut	254
Easy Fish Delight	254
Easy Fish.....	255
Easy Delicious Fish.....	255
Best Fish ever and so easy.....	255
Quick Parmesan Dijon-Mayo Baked Fish.....	255
Cajun Pan Fried Fish.....	256
Braised Cod with Tomatoes.....	256
Yummy for Cod Lovers	256
Grilled Snapper with Mango.....	257
Baked Red Snapper serves4 **This sauce is good for any fish fillets.....	257
Baked Orange Roughy.....	257
Pan Fried Orange Roughy.....	257
Haddock in Cream Sauce.....	258
Creole Style Flounder.....	258
Cod and Tilapia Filets with Portabella	258
Ways to Make Tilapia	259
Tartar Sauce - wonderful and easy.....	260

Sour Cream Fish Topping.....	260
Pork and Lamb Entrees.....	261
Pork Chops with Blue Cheese Gravy.....	261
Easy Pork Chops in Cream Sauce.....	261
Pan-fried Pork Chops.....	261
Easy Pan Pork Chops.....	262
Fried Porkchops.....	262
Oven Fried Pork Chops.....	262
Hot or Sweet Pork Chops.....	262
Best chops you can make!.....	263
Pork Chops and Onions.....	263
Sauerkraut Chops.....	263
Mustard Crusted pork chops.....	263
Pork Chop and Cauliflower Casserole.....	264
Pork Chops with mushroom cream and onion sauce.....	264
Chili Pepper Pork Chops.....	264
Barbecued Pulled Pork w/ Surprise Sauce.....	265
Old Fashion Pork BBQ.....	265
BBQ Spareribs.....	266
Sauerkraut with Ribs.....	266
Shredded Pork Tenderloin with Lime Sauce.....	266
Pork Tenderloin with Onion/Mustard Crust.....	267
Caramelized Pork & Onions.....	267
Spinach Stuffed Pork Tenderloin.....	267
Caramelized Pork & Onions.....	268
Herb Pork Roast.....	268
Enchiladas.....	269
Sausage Balls.....	269
Zucchini-Sausage Casserole.....	270
Italian Sausage Casserole.....	270
Sausage Casserole Supreme.....	271
Easy Stuffed Cabbage.....	271
Sweet Italian Sausage Casserole.....	272
Pork Medallions.....	273
Pork Medallions Dijon.....	273
Sweet Sauces for Pork or Chicken.....	273
Italian Spaghetti Squash Pie.....	273
Italian Food Craving.....	274
Ham and Fontina Frittata.....	274
Creamy Ham Casserole.....	275
Cheesy Ham Casserole.....	275
Ham Quiche.....	276
Crustless Broccoli, Bacon and Cheese Pie.....	276
Lemon-Rosemary Lamb Chops.....	277
Italian-style Lamb and Pepper Ragout.....	277
Moussaka.....	278
Marinade for Pork.....	278
BBQ Sweet Sauce.....	279
Sweet Sauces for Pork or Chicken.....	279
Vegetarian Entrees.....	280
Veggie Tacos.....	280
Refried Beans.....	280
Magnificent Bean Supper.....	280
Crepes for Manicotti.....	281
Eggplant Pie.....	281
Eggplant Pasta.....	282

Roasted Eggplant Rolls	282
Egg Foo Yum.....	283
Veggie Combo Casserole	283
Broccoli Casserole.....	284
Broccoli Casserole.....	284
The Yummiest Squash Casserole	284
Spinach Frittata.....	284
Wild Mushroom and Goat Cheese Quiche.....	285
Somersized Macaroni and Cheese.....	286
BFoster’s Spaghetti Squash “Mac and Cheese”.....	286
Eggplant Rollentine.....	286
Mozzarella Marina	287
Yummy Lasagna for one!.....	287
Vegetable Pizza	288
Zucchini Pizza Crust.....	288
Tomato Pesto Pizza	289
Potpourri (Miscellaneous).....	291
Starlite’s Sweet and Spicy German Style Mustard	291
Starlite’s Honey Mustard Dressing.....	291
Creamy Mustard Sauce.....	291
Starlite’s Ketchup.....	291
Starlite's Secret Sauce.....	292
Starlite's BBQ sauce.....	292
BBQ Sauce	293
Homemade Arby's Sauce	293
Sweet and Sour Sauce.....	294
Pesto Sauce.....	294
Miracle Whip.....	294
Homemade Mayonnaise.....	294
Cilantro Mayonnaise.....	295
Too Good to be True Marinade.....	295
Lemon-Orange Citrus Marinade.....	295
My Secret Marinade.....	296
South American Marinating Sauce.....	296
Cajun Chicken Marinade.....	297
Steak Sauce.....	297
Outback Steakhouse Tiger Dill Sauce	298
Stefanie's Alfredo Sauce.....	298
White Sauce.....	298
Whole Grain White Sauce Mix	299
Lemon Dill.....	299
One Hour Pizza Sauce	299
Neuman's Mesquite BBQ Sauce	299
Tangy BBQ Sauce.....	300
Sweet BBQ Sauce	301
Chimichuri Sauce	301
Planet Hollywood’s Creole Mustard Sauce.....	301
Jack's Pro/Fat Marinara Sauce.....	302
Flavored Vinegar.....	302
Citrus Vinaigrette	302
Taco Bell RESTAURANT-STYLE Meat Seasoning	303
Taco Bell BAJA SAUCE Clone	303
Mexican Blend Spices	304
Barbecue Rub.....	304
Barbecue Spicy Sweet Rub.....	305
Herbs de Provence Spice Mix.....	305

Orleans Pepper Rub.....	306
Tuscan Salt Rub.....	306
Rub for Meats and Veggies.....	307
KFC Chicken Spices.....	308
Sauce De La Chocolate.....	308
Stabilized Whipped Cream.....	308
Sweetened Condensed Milk.....	309
Meringue Shell.....	309
Non-Fat Yogurt.....	310
Homemade Vanilla Extract.....	310
Utterly FABULOUS Cranberry-Strawberry Jam.....	310
Gravy.....	311
Italian Butter.....	311
Pasta Sauce.....	312
REAL L'Italiano Pasta Sauce.....	312
Basic Sauce - Authentic Italian.....	313
Pizza/Spaghetti Sauce.....	313
Favorite Marinara Sauce.....	314
Creamy Fettuccine Sauce like Olive Garden.....	314
Quick Alfredo sauce.....	314
Creamed Broccoli "Pesto".....	315
Great Legal Guacamole.....	315
Amy's Cilantro Cream Sauce.....	315
Mustard Dill Dip for smoked salmon.....	316
Velvet Cheese Sauce.....	316
Missmac's Pimento Cheese.....	316
Missmac's Homemade Salsa.....	316
Sweet Pickles.....	317
Sweet Freezer Pickle.....	317
Slaw Dogs.....	317
Deep Dish Pizza.....	318
Gruntle's Regular Pizza Crust.....	319
Shrimp Alfredo Pizza.....	320
Portabello Pizza.....	320
Protein Bread.....	321
Make your own ATKINS Bake Mix.....	321
Bagel Bread.....	322
Starlite's Basic Bread Recipe.....	322
Easy Whole Wheat Bread (level one carb).....	323
Eggplant 'Bread'.....	324
Somersized Cheddar Bay Biscuits.....	324
Modified Cheddar Bay Biscuits.....	324
Sommersized Mexican Corn Bread.....	325
Deb's Egg Crepes.....	325
Classic French Crepes.....	325
La Crepes.....	326
Soups and Stews.....	328
Quick Microwave Soups.....	328
Basic Soup.....	329
Bean Chili.....	329
Thrifty Chili.....	329
Lentil Soup.....	330
Spinach & Bean Soup.....	330
Bean Broth.....	330
Dumplings for your soup.....	330
Cream of Anything Soup.....	331

Roasted Vegetable Soup.....	331
Gazpacho.....	331
Lula's Gazpacho.....	332
Green Minestrone.....	333
Cauliflower Cheese Soup.....	333
Cream of Cauliflower Soup.....	334
Cream of Cauliflower Soup.....	334
Baked "Potato" Soup.....	334
Cabbage Soup.....	335
Celery Root Soup w/Ginger and Herbs.....	335
Cucumber and Yogurt Soup.....	336
Artichoke-Blue Cheese Bisque.....	336
Cream of Jalapeno Soup.....	337
French Onion Soup.....	337
French Onion Soup.....	338
French Tomato Soup.....	338
Tomato Soup.....	339
Aphrodisiac Tomato Soup.....	339
Creamy Tomato Soup.....	339
Cream of Tomato Soup.....	340
Tomato Soup.....	340
Carma's Cream of Tomato Soup.....	340
Tomato Soup.....	340
Very Easy Old-Fashioned Tomato Soup.....	340
Cream of Tomato and Gorgonzola Soup.....	341
Tomato Basil Soup.....	341
El Cid Tomato Soup.....	342
Cold Cucumber and Yogurt Soup.....	343
Summer Squash Soup.....	343
Yellow Squash Soup.....	344
Broccoli Soup.....	344
Broccoli Cheese Soup.....	344
Creamy Broccoli Cheese Soup.....	345
La Madeleine Red Pepper Soup.....	345
Red Pepper Soup.....	346
Red Pepper Soup.....	346
Asparagus Soup.....	346
Jillybean's Eggplant Stew.....	347
Quick & Fast Spinach, Bacon & Tomato Soup.....	347
Green Bean Soup.....	348
Bayou Tomato Bisque.....	348
Peter Neumann's Italian-Style Chili.....	349
Chili Soup.....	350
Thick Hearty Chili.....	350
Delicious Chili.....	351
Chili.....	351
Chili.....	352
Some Real Good Chili.....	352
Spicy Cheeseburger Soup.....	353
Italian Wedding Soup.....	353
Legal Beef Stew.....	354
Greek-Style Oven Stew.....	354
Italian Beef Stew.....	355
Beef and Mushroom Stew.....	355
All Day Stew.....	355
Chicken Cheese Soup.....	356

Dottie's Hot & Sour Soup.....	356
Peruvian Chicken Soup.....	357
Creamy Chicken Corn Soup.....	357
Tex-Mex Soup.....	357
Chicken "Tortilla" Soup.....	358
Turkey Chili.....	359
Zuppa Toscana.....	359
Sausage Meatball Soup.....	359
Italian Sausage Soup (stew).....	360
Chili Verde.....	360
Chili Verde.....	361
Chili Verde.....	361
Rueben Soup.....	361
Hot Ham & Swiss Soup.....	362
Ham and Cauliflower Soup.....	362
Pepperoni Pizza Soup.....	363
Greek Lamb, Vegetables and Feta Cheese.....	363
Crab Soup.....	364
Yummy Shrimp Soup.....	364
Grid's New England Chowder.....	364
Seafood Chowder.....	365
Somersized Crockpot Marinara Sauce.....	366
Slow Cooker Spaghetti Sauce.....	366
Spaghetti Sauce.....	366
Perfect for a Carbo Spaghetti Dinner.....	367
Crockpot Chili.....	367
Slow-cooker Chili.....	368
Theo's Homemade Chili.....	368
Turkey Veggie Crockpot.....	368
Crocked Chicken.....	369
Slow Cooker Adobo Chicken.....	369
Seasoned Chicken w/Leeks, Red Onions.....	370
BBQ Pork in a Crock-Pot.....	370
Luau Pork.....	370
Sausage, Meatballs, and Veggies.....	370
Corned Beef and Cabbage Crock-Pot.....	371
Crock Pot English Roast.....	371
Side Dishes.....	372
PrincessTudy's Butter Rum Pro -Fats Baked Beans.....	372
Baked Beans (Carbo).....	374
Red Beans and Rice.....	375
Spanish Rice.....	375
LC Spanish "Rice".....	375
Mexican 'Rice'.....	376
Vinny's Mashed Cauliflower.....	376
Whipped Cauliflower.....	377
Roasted Garlic Mashed Mock Potatoes.....	377
Mock Mashed Potatoes with the Works.....	377
All Dressed Mock Mashed Potatoes.....	378
Mashed Potatoes.....	378
Mashed "Potatoes" with Tomato Gravy.....	378
Cauliflower au gratin.....	379
Cauliflower Au Gratin.....	379
Twice Baked "Potato" Puffs.....	380
Mock "Twice baked Cauliflower".....	380
Cauliflower Puree.....	381

Boboslove Mock Hash Brown Casserole	381
Sweet Whipped Turnip Puff.....	381
Hashbrown Casserole	382
Sweet Potato Clone... Almost.....	382
Country Fried Potatoes	383
Green and Gold Turnip Casserole	383
Turnip Gratin	383
Caramelized Turnips.....	384
Scalloped Potatoes.....	384
Scalloped Turnips.....	384
“Turnip” Scalloped Potatoes.....	385
Mock Scalloped Potatoes.....	385
Jicama Oven Fries	386
Faux Fried Rice.....	386
Indian "Rice"	386
"Rice", Broccoli and Cheese.....	387
Broccoli "Rice" Casserole.....	387
Untraditional Chinese Food.....	387
Spaghetti Squash Patties.....	388
Spaghetti Squash Casserole	388
Yummiest Squash Casserole	388
Squash Borag.....	388
Squash/Vegetable Casserole.....	389
BFoster’s Somersized Southern Y.....	389
Yellow Squash Casserole.....	389
Lemon Pesto Spaghetti Squash.....	390
Spaghetti Squash with Parsley Butter Sauce	390
My Favorite Zucchini Casserole	390
Skillet Zucchini.....	390
Tomato Zucchini Gratin	391
Au Gratin Cabbage.....	391
Sour Cream Cabbage.....	392
Creamy Coleslaw.....	392
Sautéed Broccoli With Garlic	392
Scalloped Eggplant.....	392
Eggplant Cheese Bake	393
Baked Eggplant with Tomatoes and Cheese.....	393
Asparagus Soufflé	393
Vegetable Soufflé	394
Cauliflower Casserole.....	394
Cauliflower Mushroom Risotto.....	395
SweeteyPie’s Creamed Spinach.....	395
Creamed Spinach.....	396
Spinach Soufflé	396
Artichoke Spinach Casserole.....	396
Artichoke Casserole	397
Fried Okra Salad.....	397
Baked Peppers with Ricotta and Basil	397
Green Bell Peppers & Onions.....	398
Baked Tomato Heaven	398
Tomato Verde Con Queso (Green Tomatoes with Cheese).....	398
Tomato Stack.....	399
Tomatoes, Cucumbers & Feta	399
Tomato Zucchini Gratin	399
Stuffed Tomatoes and Red Peppers.....	400
Spinach Stuffed Tomatoes	400

Leek and Wild Mushroom Stuffing.....	400
Cheesy Marinated Onions.....	401
Cheese Hushpuppies.....	401
3-Bean Salad.....	401
Sommersized Focaccia.....	402
Cranberry Sauce.....	403
Cranberry Sauce.....	403
Low Carb Cranberry Relish.....	403
Veggie Dishes.....	405
BBQ Green Beans.....	405
Sherrie's Southern Green Beans.....	405
Hyde Green Beans.....	405
Garlicky Green Beans.....	406
YUMMY Green Beans.....	406
Fried Green Beans.....	407
Green Beans and Mushrooms.....	407
Green Bean Casserole.....	408
Delectable Green Bean Casserole.....	408
Good Green Beans.....	408
Green Beans and Bacon with Sour Cream.....	409
Royal Green Beans serves 8 ** recipe can be halved.....	409
Dottie's Green Bean Casserole.....	410
Cauliflower with Cheese Sauce.....	411
Roasted Cauliflower.....	411
Colcannon.....	411
Oven Fried Zucchini.....	412
Easy Zucchini.....	412
Ribbon zucchini w/yellow beans.....	412
Cheese Baked Zucchini.....	413
Zucchini Pie.....	413
Zucchini and Parmesan Skillet Cake.....	413
Sweet & Tasty Cucumbers.....	414
Elegant Puffed Broccoli.....	414
Broccoli Mousse.....	415
Veggie Fritters.....	415
Asparagus with Hot Mayonnaise.....	416
Roasted Asparagus.....	416
Marvelous Mushrooms.....	416
Spinach Stuffed Portabellas.....	417
Roasted Jicama.....	417
Roasted Brussels Sprouts.....	417
Caramelized Brussel Sprouts.....	417
Caramelized Brussel Sprouts and Red Onions.....	418
Brussel Sprouts in Onion Cream.....	418
Don't care for Radishes? Try this!.....	418
Yellow Wax 'Dilly' Beans.....	419
Ratatouille.....	419
Oven-Fried Eggplant.....	419
Skillet Cabbage.....	420
Creamy Leeks.....	420
Good Okra Recipe.....	421
Munchies and Crunchies (Snacks).....	422
Cinnamon Scone Sticks.....	422
Spinach Chips.....	422
Fried Spinach.....	422
Eggplant Chips.....	423

Zucchini Chips.....	423
Zucchini Cakes.....	423
"Mock" Potato Chips.....	423
Veggie Chips.....	424
Homemade Legal Triscuits.....	424
Faux Ritz Crackers.....	425
Cinnamon and "sugar" delights.....	425
Cinnamon Puffs.....	425
Cinnamon Cream Cheese Nibbles.....	426
Texas Fudge.....	426
Quick Snack.....	426
Snowcapped Cocoa Puff Mountains.....	427
Pizza Dip.....	427
Hot Dogs and Cheese.....	427
Egg/Tuna Salad & Pork Rinds.....	427
Great snack or lunch idea.....	427
Beef Roll Ups.....	428
Frozen Grapes.....	428
Home Made Beef Jerky.....	428
Desserts – Level One.....	430
Philadelphia Rice Pudding.....	430
Cinnamon Scones.....	430
Mom's Doughnuts.....	431
Miracle Fluff.....	431
Yummy Jell-O Stuff.....	432
Lemon/Lime Fluff.....	432
Homemade SF Jello.....	432
Orange Gel-lo.....	433
Diet rite Jello.....	433
Three Layered SF Jello.....	434
BLACK-CHERRY-COKE.....	434
Popsicles.....	435
Gelatin pops.....	435
Lemon Sour Cream Mold.....	435
Pina Colada Clouds.....	436
Vanilla Panna Cotta.....	436
Classic Almond or Banana Creme.....	437
Moist Cookies.....	437
Whey Protein Powder Cookies.....	437
Vanilla Cookies.....	438
Cakelike Cookies.....	438
Starlite's Spice Cookie.....	438
Meringue Cookies.....	439
Lemon Delight Bars.....	440
Lemon Filling.....	441
Delicate Lemon Squares.....	441
Heavenly Lemon Pie.....	442
Lemon Creamy Pie.....	442
Lemon Zest Tart.....	443
Lemon Torte.....	443
Key Lime Pie.....	444
Key Lime Pie.....	444
Simple Lime Mousse.....	444
Cinnamon Breakfast Cake-Pro/Fat.....	445
Mock Coconut Cream Pie.....	445
Starlite's Mock Pumpkin Pie.....	446

Mock Pumpkin Pie	446
“Pumpkin” Pie	447
Pumpkin Cheesecake	447
Squash Pie	448
Barbo'sOriginal "Noodle Kugel"	449
Mock Rice Pudding	449
Hot Lemon Pudding	450
Creamy Dreamy Pudding	450
Creamy Banana (or any flavor) pudding	450
Yummy Butterscotch Pudding	451
Creme Brulee	451
Semi Freddo	452
Frozen Lemon Mousse	452
Tiramisu Mousse Recipe	453
Cheesecake Mousse	453
Frozen Maple Cream	453
Baked Custard	453
Baked Custard	454
Baked Custard with Maple Ripple	454
Caramel Custard	455
Chai Pots de Crème	455
Marshmallow Cream with Custard Sauce	456
Velvety Smooth Microwaveable Custard	457
Cheesecake Custard	458
Lazy Pumpkin Cheesecake	459
Pumpkin Pie Mousse	459
Key lime cheesecake mousse	459
Dessert Lemon Mousse, Pie filling or Frosting	460
Cream Cheese Cupcakes	460
Petite Rhubarb Cheesecakes	461
Strawberry Cheesecake	461
Creamy Cheesecake	462
Rich Vanilla Cheesecake	462
Cuznvin's BUH BYE Cheesecake	463
The Most Fabulous Cheesecake	464
Rich and Creamy Mascarpone Cheesecake	464
Caramel Cheesecake	465
Caramel Sauce	466
Fool Proof Caramel Sauce (Pro/fat)	466
Caramel Sauce	467
Dulche de Leche	467
Vanilla Cheesecake	467
Cheesecake	468
My Favorite Cheesecake	468
Meyer Lemon Cheesecake	470
Cheesecake from the Plaza	471
Carole's Favorite Cheesecake	471
Authentic New York Cheesecake	472
3-Step Key Lime Cheesecake	472
3-Step Luscious Lemon Cheesecake	472
3-Step Peppermint Stick Cheesecake	473
3-Step Creme de Menthe Cheesecake	473
Easiest Quickest Cheesecake	473
Quick Microwave Cheesecake	473
No Bake Cheesecake	473
Tiny No-Bake Cheesecake	474

Lime Cheesecake	474
Lemon Lime Topping.....	474
Banana Cream Pie	475
Eggnog Fudge and Balls	475
Ziploc Ice Cream.....	476
Granny's Ice Cream.....	477
Easy no machine ice cream.....	478
Easy "No cook" Scoopable Ice Cream.....	478
No Film Ice Cream.....	478
Ice Cream – No Film.....	478
Nancilynn’s Ice Cream.....	479
Somersized ROSETTE & PIZELLE BATTER!!!	479
Heavenly Angel Food Cake	480
Apple Spice Cake	481
SomerSized Princess Tudy’s POUNDless CAKE.....	481
"Flan Pan Ice Cream Sundae Cake"	483
Choate's Bread Pudding.....	484
Fluffy White Frosting	484
Somersized Cream Cheese Frosting.....	485
Mango Sorbet.....	485
Mango Fruit Slush.....	485
Baked Apples	486
Crustless Apple Pie	486
Mock Apple Streusel.....	486
Rhubarb Crisp	487
Rhubarb Dessert.....	487
Rhubarb Pie	488
Rhubarb Recipe.....	488
Tina’s Rhubarb Tangy Topping.....	488
Rhubarb Jelly & Ice Cream Topper	488
Baked Jicama Dessert	489
Easy Grilled Fruit	490
Fresh Fruit Dip	491
Desserts – Almost Level One	492
Starlite's Best Ever Brownies	492
Angel2u’s Brownies	492
One Bowl Brownies	493
Moist Chocolate Brownies.....	493
Fudgy Chocolate Cream Cheese Brownies.....	493
SSweet’s Chocolate Frosting.....	494
Chocolate Ganache Sauce.....	494
Somersize Dipping & Coating Fudge Sauce	495
Chocolate Truffle Torte.....	495
Chocolate Cake is Back!	496
Cake	499
Flourless Chocolate Mousse Cake	499
Chocolate Roulade	500
Chocolate Raspberry Trifle	500
Chocolate Cannoli Cake	501
Decadent White Chocolate Cake	502
White Chocolate Torta.....	502
Button's English Toffee	503
Sweet Milk Chocolate Kisses	504
Chocolate Mints.....	504
Table Cream Fudge.....	504
Fudge.....	505

JustMe's Refrigerator Fudge Recipe	506
Peppermint Melt Away Fudge	506
Chocolate Candy.....	507
Dessert Chocolate Mousse, Pie filling or Frosting	507
Chocolate Pudding	508
Yummy Chocolate Pudding.....	508
Classic Chocolate Creme (Pudding)	508
Chocolate Mousse.....	509
Dark Chocolate Mousse.....	509
White Chocolate Mousse.....	510
Quick and Easy Mocha Dream.....	510
Mocha Ricotta Creme	511
Chocolate Soufflé	511
Chocolate Soufflé with Hot Chocolate Sauce & Whipped Cream	511
Chocolate Fluff	512
Chocolate Fondue.....	513
Cindi's Pie Crust.....	513
Decadent Brownie Cheesecake	514
Chocolate Peanut Butter Pie	515
Chocolate Covered Peanut Butter Cheesecake Balls	515
Double Chocolate Cheesecake	516
Decadent Chocolate Mint Cheesecake	516
Chocolate Chip Cheesecake	517
Cappuccino Chocolate Chunk Cheesecake	518
Mocha Mousse Cheesecake	518
White Chocolate Cheesecake	519
Raspberry Cheesecake	520
Chocolate Waffles	520
Chocolate Cookies	521
Oreo Cookies	521
Mocha Madness Ice Cream.....	522
Texasjellybean's Ice Cream.....	522
Strawberry Shortcake	522
Mixed Berry Terrine	522
Blueberry Custard 'Muffins'.....	523
Blueberry Mousse.....	523
Raspberry Mousse.....	524
Floo La Flay	524
Maddie's Strawberry Alla Crema	525
Blackberry Cremesicles.....	525
Tar Heel Pie	526
Bumbleberry Black Bottom Pie	526
Strawberry Chiffon Pie	527
Berry sorbet/ice cream.....	527
Cranberry Ice.....	527
Desserts - Level Two	529
Chocolate Peanut Butter Cups.....	529
Chocolate Peanut Butter Blobs	529
Peanut Butter Cup Cheesecake	530
Orange-Lime Cooler Pie (Margarita Pie).....	530
Rhubarb Berry Crunch.....	531
Pecan Sandies	531
Peanut Butter Cookies	532
Chocolate Chip Cookies	532
Butter Pecan Ice Cream.....	533
Dan's Flourless Chocolate Cake	533

Pumpkin Cheesecake using real pumpkin	533
Crustless Pumpkin Pie	534
Pumpkin Pudding	535
Instant creamy banana pudding.....	535
Chocolate Dipped Pretzels	536
Apple Dumplings.....	536
Apple Wonderful!	536
Vanilla Pecan Fudge	537
Chocolate Brownies	537
Decadent Chocolate Cake Serves 6-8.....	538
Molten Chocolate Cakes Serves 6	539
Drinks.....	540
Berry Yogurt Smoothie	540
Sparkling Lemonade	540
Fruity Creamsicle Protein Shake	540
Divinely Vanilla Protein Shake	541
Rich Milk Chocolate Protein Shake	541
Nearly Naughty Milk Chocolate Protein Shake	542
Chocolate Milkshake	542
Chocolate Shake	543
Cream Shake.....	543
Strawberry Milkshake.....	543
Banana Milkshake	543
7-Eleven Cherry Slurpee	544
Kool Kubes.....	544
Perfect Hot Chocolate.....	544
Hershey's Hot Cocoa Recipe (pro/fat).....	545
Whole Bunch of Hot Cocoa Recipes.....	545
Starlite's Egg Nog	547
Peter's Eggnog.....	547

Breakfasts

Cream of Brown Rice

2 cups water in a pot
1/2 cup brown rice powder
1 teas. salt or (to taste)
1 teas. maple or vanilla extract
1 teas. butter extract (optional)
sugar free sweetener (to taste)
1/4 cup non-fat powdered milk (dry)

You can use your coffee or spice grinder to grind the brown rice into a fine powder. Put water in a pot, add salt, the brown rice powder, maple extract (you can use vanilla), dry non-fat powdered milk, stir it with a wire whisk to get milk lumps out, then add your sugar free sweetener of choice. Cooked it on med-low for about 3 minutes, stirring occasionally, then turn off the heat, leave the lid on and let it sit for about 10 minutes more. Then, sprinkle cinnamon on it, if you wish. It is really, really delicious, warm and comforting. Hope you like it :)

Thanks terry this looks yummy. Bob's red mill also makes a cream of brown rice cereal that would work well in this recipe if you do not want to grind rice yourself. Also I cook my rice in skim milk instead of using water and ff powdered milk cause it's easier and cheaper for me and I like the flavor better. I really like adding cinnamon as suggested.

Sue's Somersize Blueberry Muffins

1 1/3 cups whole wheat flour
1 1/2 cups oats
2 1/2 teaspoons Baking Powder
1 teaspoon Baking Soda
3/4 teaspoon salt
3/4 cup Splenda
1 cup Fat-Free Skim Milk
1 cup Non-fat Plain Yogurt
1 cup Blueberries (I add them frozen)

Preheat oven to 375. Combine flour, oats, baking powder, baking soda, salt and splenda. Form a well in the middle of the dry ingredients; add skim milk and non-fat yogurt. Stir together until dry and liquid ingredients are well combined. Add blueberries and stir to distribute them evenly in the batter. Spoon batter into non-stick muffin tins (I spray them with Pam) and bake for 25 minutes. Remove from oven and allow cooling on a wire rack. Makes one dozen large muffins. Muffins should be frozen if not eaten immediately. They re-heat well in the microwave.

Cinnamon Nutmeg Muffins

After trying many muffin recipes that were dry tasting, I made up this one. Mary (mjlibbey)

1 3/4 cup whole wheat pastry flour or whole spelt flour
2 teaspoons baking powder
1 teaspoon baking soda

1/2 teaspoon sea salt
1 teaspoon cinnamon or more
1/2 teaspoon nutmeg or more
2 teaspoons brown sugar sweet n' low
3/4 cup evaporated skim milk
3/4 cup pureed smooth nonfat cottage cheese
3/4 cup cooked and cooled spaghetti squash
1 tsp vanilla

Preheat oven to 350 degrees.

Use non-stick muffin tin or use paper liners. Mix all dry ingredients in a bowl. Mix all wet ingredients in another bowl. Pour wet ingredients into dry ingredients and stir until just combined. Do not over stir. Spoon batter into muffin tins. Bake for 25 mins, reg sized muffins (makes 12). Bake 30-35 mins for 6 jumbo muffins.

To use another sweetener; use sweetener to equal 1/4 cup of sugar or to taste.

Lemon Blueberry Surprise Muffins

From: Celebrate Low Carb (CelebrateLowCarb)

3 eggs
3 tablespoons oil
1/4 cup heavy cream
1 1/4 cups vanilla whey protein powder
2 teaspoons baking powder
Pinch of salt
1/3 cup Splenda (or sweetener of your choice)
1/4 teaspoon cinnamon
1 tablespoon grated lemon rind
1/2 teaspoon grated orange peel
1/2 cup blueberries (leave out if you're on level 1 and aren't losing well yet - you could use legal blueberry flavoring or extract instead)
2 ounces cream cheese, cut into 9 cubes
9 paper muffin liners

Preheat the oven to 375 degrees. Line 9 muffin tins with paper liners.

Combine the eggs, oil, and cream; stir to blend. In a separate bowl, mix the whey powder, baking powder, salt, Splenda, cinnamon, lemon rind, and orange rind. Stir into wet ingredients until just combined. Do not over-stir or the muffins will be tough (VERY IMPORTANT). Fold in the blueberries gently (optional).

Spoon 1/2 of the batter into the prepared muffin tins. Place a cube of cream cheese in the center of each. Fill the tins with the remaining batter; making certain that the batter goes completely over and around the cubes of cream cheese. Bake at 375 degrees for 13-15 minutes, or until the muffins spring back when touched and no longer look moist on the top. Serve warm.

Makes 9 muffins.

Orange Spice Muffins

2 cups quick-cooking oats
2 cups All-Bran cereal
2 cups boiling water
Mix the above ingredients well and set aside.
4 cups whole wheat flour
2 1/2 teaspoons baking soda
2 1/2 teaspoons baking powder
2 teaspoons salt
1 1/2 teaspoons ginger
1/2 teaspoon allspice
2 teaspoons cinnamon
1 1/3 cups Splenda

Sift the above ingredients together then add to the oat mixture along with:
32 oz. nonfat plain yogurt
2 1/2 - 3 tablespoons finely grated orange peel
2 teaspoons vanilla.

Mix all together and bake in muffin tins for 30 minutes at 350 degrees.
These muffins are so yummy I look forward to breakfast every morning!!! Lauriefl @ SS site

Whole Wheat Berry Scones

I was craving a muffin or something like that all week! But all the recipes I have found need yogurt in them, and I am having a terrible time finding legal yogurt!! These turned out pretty good!

2 c ww flour
1 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1/2 tsp cinnamon
1 tbs sweetener
1 1/4 c skim milk
1 1/2 c. fresh or frozen berries (I used frozen blueberries, and raspberries)

Mix all dry ingredients into a bowl, add berries, and milk. Stir until just combined, do not over mix. Place on a baking tray lined with parchment bake at 375 degrees for 12 min. (depending on size of scones)

Spelt English Muffin Loaves

I love these loaves of bread! They freeze well and are best sliced and toasted. I have tried them with whole wheat and white whole wheat, but like the whole spelt better. Mary

6 cups whole grain spelt flour
2 tablespoons of Lora Brody Dough Enhancer or 2 tablespoons of vital wheat gluten
2 packages of yeast or 4 1/2 teaspoons of bulk yeast
sweetener to equal 1 tablespoon of sugar (3/4 teaspoon ss)
2 teaspoons salt
1/4 teaspoon baking soda

2 1/2 cups skim milk

Combine 3 cups of flour, yeast, somersweet, salt and soda in a large bowl. Heat milk until very warm, not hot. Combine liquid and dry ingredients, whisk until smooth. Stir in the other 3 cups of flour. Dough will be very sticky. Put into 2 well greased bread pans.* Cover lightly with plastic wrap, then a tea towel. Let rise 45 minutes or until dough is even with the top of the bread pans. Bake in a preheated 400* oven for 25 minutes. Cool for a while, and then remove from pans.

*Greasing the pans may cause a very slight imbalance. It's needed in order to remove the bread from the pans.

Editing: make two loaves

Lora Brody Dough Enhancer is available from King Arthur Flour catalog or online.

Edited by - mjlibbey

Dry Pancake Mix (Carbs)

I purchased SS pancake waffle mix and I loved them. In fact, all four cans have been gobbled up with the SS syrup. So now, I'm trying to develop my own, so that I can mix it up and use as Suzanne does. Not as good as Suzannes mix. But, hers is expensive.

1 1/2 cups rolled oats
3/4 cup whole-wheat flour
3/4 cup brown rice flour
4 teaspoons baking powder
1 tablespoon Somersweet
1 tablespoon Cinnamon
1 teaspoon salt
2/3 cup dry non-fat milk (or 8 T dry buttermilk powder)
2 teaspoons dry egg whites (may omit)

Mix all dry ingredients together. I have been using 1/2 cup dry mix to almost 1/2 cup water. Or mix to your desired consistency - thick or thin pancakes.

Starlite's Sweet Cinnamon Rolls

This is a legal level 1 carbo. You can make these the night before and refrigerate the dough until morning so you can have fresh baked. I prefer to bake them the night before and warm them in the microwave for that just baked freshness. The rolls also freeze well in the dough or baked form. If you have never made cinnamon rolls by hand check your basic cookbook for tips, instructions, and pictures on how to do it. You will need a 9 x 13 x 2 inch non-stick cake pan for this recipe. This recipe makes 12 rolls and takes me about 4 hrs. total prep time. Thank goodness they freeze well! The glaze is inspired by Suzanne's recipe on her bread mixes for orange spread.

Dough:

1 1/2C skim milk
3C winter white whole wheat flour
3 tbs vital wheat gluten
1 tsp salt
2 tsp yeast

1 tbs somersweet
1 tbs orange peel (zest)

Filling:

2 tbs of ground cinnamon
2 tbs of somersweet
8 oz ff ricotta

Glaze:

8oz fat free ricotta cheese
2tsp somersweet
1 tbs orange peel (zest)

Place all ingredients for the bread in a bread machine and set on the dough cycle or mix by hand and let rise until double. After dough has risen long enough the machine beeps or its double in size, place dough on floured surface. With a rolling pin roll dough into an 8 x 18 rectangle. Mix filling ingredients in bowl. Spread the dough with filling. Starting with long side roll up dough. Pinch the dough to seal the roll. With a sharp knife cut into 12 rolls. Place rolls cut side up and flatten them slightly in the pan. Prewarm oven for 2 minutes and turn off. Place another 9 x 13 x 2 inch cake pan filled with boiling water on the rack below your rolls. Place your rolls in oven and close door. Let rise in warm moist oven until double. You are going to want to peek but do not! This step takes me about 1-1 1/2 hr. When rolls are double remove from oven. Preheat oven to 350. Bake rolls for 25 to 30 minutes until golden brown. Remove baked rolls from pan and cool on wire rack. Mix orange ricotta ingredients in a bowl. Glaze with orange ricotta right before serving.

Starlite's Black Forrest Chocolate Breakfast Cake

The texture of this treat is a rich fudgy cake.

2C winter white whole wheat flour
2/3C wondercocoa
3 tbs somersweet (1c sugar)
3 tbs vital wheat gluten
1 tsp baking powder
1 tsp salt
1 tsp vanilla
1 tbs cherry flavor
8 oz fat free ricotta cheese
1C skim milk

Preheat oven to 350. Sift dry ingredients together twice. Combine wet ingredients. Add wet to dry and mix until well blended. Pour into ungreased non-stick 8-inch square baking pan.

Bake for 30 minutes or until toothpick inserted in center comes away clean. Cool slightly and serve with a frosty glass of skim milk.

Be sure and refrigerate any leftovers, as this cake has no preservatives. I like to warm it a little in the microwave for that just from the oven experience.

Starlite's Pumpkin Bread

This recipe is level 1 but can be converted to level 2 easily by using 1C ff ricotta and 4 eggs in place of 2C ff ricotta cheese.

6 tbs somersweet (or 2C sugar)
2C fat free ricotta cheese
1 1/2 tsp salt
1 tsp ground cinnamon
1/2 tsp ground nutmeg
1/2 tsp ground cloves
1/2 tsp ground ginger
1/2 tsp ground allspice
1 tsp grated orange zest
2/3C skim milk
2C spaghetti squash cooked and pureed
3C winter white whole wheat flour
3 tbs vital wheat gluten
2 tsp baking soda

Preheat oven to 350. Beat somersweet and ff ricotta until well blended. Add salt, cinnamon, nutmeg, cloves, ginger, allspice, orange zest, spaghetti squash, and skim milk. Mix well. Sift whole wheat flour, vital wheat gluten, and soda together twice to lighten flour. Add flour mixture by heaping spoonful to batter while mixing until well blended. Pour into nonstick bundt pan. Please do not grease the pan! Bake for 1 hr. or until toothpick inserted in the center comes away clean.

You should be able to find winter white whole wheat and vital wheat gluten in the baking section of your grocery or health food store. They give a lighter product. But you may substitute 3 1/3 C regular whole wheat for them if you like.

Chocolate Oatmeal

(ToddlerMom)

1/2 cup regular oats (Quaker, not quick)
1/2 cup skim milk
1/2 cup water
1 tblsp. wondercocoa
4 tblsp. Davinci Sugar Free Vanilla syrup
(or sub. vanilla extract, I've tried both)
Mix all together and microwave at 3 min and it was so darn good! I mean, almost Cocoa Puff cereal good!

Chase's Chewy Oatmeal Bars

3/4 cup Whey-Low GOLD brown sugar or 6 tsp Sweet-n-Low Brown
1/2 cup Whey Low-D
8 oz non-fat plain yogurt (1 cup)
2 egg whites – lightly beaten (until opaque)
Additional 2 Tbsp non-fat yogurt
2 Tbsp fat-free milk or 1 Tbsp fat-free evaporated milk & 1 Tbsp water)
2 tsp vanilla
1 ½ cups whole wheat flour
1 tsp baking soda
1 tsp ground cinnamon
½ tsp salt
3 cups Quaker Oats (I use regular, but quick cooking seems to be okay, too)
OPTIONAL – 1/2 to 3/4 cup diced or dried fruit (raisins, currants or cranberries or dates are best).

Preheat oven to 350 degrees. In large bowl, combine Whey-Lows, yogurt, egg whites, additional yogurt, milk and vanilla. Mix well with whisk until thoroughly combined and no lumps remain. In medium bowl, combine flour, baking soda, cinnamon and salt; mix well and add to yogurt mixture, stir to combine well. Add oats (and fruit, if using). It is easiest to add oats one cup at a time – it gets a big tough! I use a large pastry fork with wide spaced tines.

Spread dough onto bottom of 13 x 9 inch baking pan sprayed with non-stick spray. Bake 28 to 32 minutes or until light golden brown. Cool completely on wire rack. Cut into bars and store tightly covered.

Remember if using Whey-Low, you may need to adjust baking temperature to 325 and keep on eye on the color, especially if using a glass (Pyrex) baking dish. These need to be kept in an airtight container (I put them individually into zip lock bag snack size thingies) – since there's no oil, etc they dry out pretty quickly. If I put them in a large Rubbermaid container, I will put a slice of apple in with it to keep them moist. I eat these for breakfast a half an hour or so after a cup of Marion blackberries. I often use the brown sugar/cinnamon yogurt cheese all over them, too. Makes a good mid-day snack, and have been known to gnaw down a few of them later in the evening if I need just one more thing to eat, but I am way sensitive to any carbs after 3 pm or so.

Donna's Breakfast Cookie

In a bowl
1 cup no fat plain yogurt
1 cup rhubarb sauce (I make this before hand and freeze in containers)

Add dry ingredients
1 cup rolled oats
1 cup whole wheat flour
3 Tbsp. Somersweet or 1 cup Splenda or 1 cup Sugar Twin (all work well)
1 tsp. baking soda
1 tsp. cream of tarter
1 tsp. cinnamon (generous)
1/2 tsp. salt

Spoon into muffin crown pans and bake at 350 for 30 minutes. (Yield 12 large cookies)

I've also used a nonstick cookie sheet and cut into squares when cooled.

Note: Increase the oven temperature to 380 and bake for 40 minutes.

Works well on Reynolds non stick foil also.

Good for on the run but even better with a nice cup of decaf. Enjoy

The **Rhubarb sauce** is easy. Just cut rhubarb in 1-inch pieces and simmer with a tiny bit of water until tender. You don't need much water because the rhubarb is full of juice. (10 or 15 minutes depends on how much you make) Add sweetener to taste.

Pro/Fat Pancakes

3 oz cream cheese

2 eggs

1 packet somersweet

2 tbs Naturade whey protein (vanilla)

1/2 teas baking powder

1 teas vanilla

Microwave cream cheese until VERY soft. You don't want any lumps in the batter. I did 1 min on high. Add eggs and mix until smooth. Add whey protein, somersweet, vanilla and baking powder. Mix until smooth. Cook on low heat on greased frying pan or griddle. I topped these with 3 tbs melted UNSALTED butter mixed with 1/2 teas maple flavoring and one packet somersweet. I then topped them with somersweet sweetened whipped cream and cinnamon sprinkled on top. ENJOY!!

Easy Peasy Pancakes

These cakes are so easy. Warm 2 oz of cream cheese in microwave until warm about 30 sec in mine. Add 1 tsp of vanilla, 3 scoops of somersweet, (3 tsp sugar) and two whole eggs. Mix till smooth and that's it. One bowl and no fussy egg separating! Fry in nonstick pan or butter. Serve with whipped cream, cinnamon, or sf syrup.

I just used one of my leftover "circles" as an English Muffin (since it was kinda thick) I even put it in my toaster oven...then egg, ham, sautéed spinach...covered with a cheese sauce.

Pancakes the Somersize Way

3oz of cream cheese

2 to 3 tablespoons of heavy cream

1 teaspoon of vanilla

2 or 3 teaspoons of sweetener

1/2 teaspoon of baking powder

2 eggs

1 cup of pork rind flour

Mix with electric mixer until well blended. Spoon a tablespoon of mixture onto hot griddle or skillet that has been sprayed with Pam.

Protein Pancakes

This recipe taste most like pancakes to me but I also think it depends on how good your protein powder is, mine is real fine and vanilla flavored. My husband even thought they tasted like actual pancakes.

3/4 cup protein powder
1/2 teaspoon cinnamon
3/4 teaspoon baking powder
1/4 teaspoon baking soda
1 tablespoon fructose or other sweetener equivalent
sift together then add

1/8 cup heavy cream
2 teaspoons of vanilla
1 egg

Then add a tablespoon of water until it is pancake batter sometimes it takes up to 1/8 cup but generally I use a couple tablespoons.

Mix and pour into warm greased pan just like you would a pancake, lifting to see when it is lightly brown cause they wont bubble around the edges like a original pancake.

I topped mine with melted butter and DaVinci syrup mixed together. By Delight

Pro/fat Waffles

1 1/2 cups cream
3 T. Vegetable Oil
2 eggs
1 1/2 Cups Whey Protein Powder (I use Naturade Vanilla)
2 t. baking powder
2 t. Splenda

Combine ingredients (Add the whey protein last and lightly stir it. It becomes tough if you stir too much). Pour into a hot waffle iron (Just bought a cheap \$9.00 Belgian Waffle Iron and it has been great. The first one I ever had that didn't stick). Serve with sugar free syrup. Makes 6 double waffles.

Pro-fat waffles

I loooove waffles and have been playing with a bunch of recipes to come up with THE perfect recipe. They are not eggy at all and do not deflate after cool. They are also not grainy and dry as the ones based on protein powder tend to be. They are so light and airy and yet hold up so that you can even put them in the toaster the next day. (That is if there are any left!) And they are totally level 1. by zoomzoom

Into a blender put it:

6 eggs
1 tsp. oil
1/4 cup cream
1/4 tsp. baking powder
1/8 tsp. baking soda
1 tsp. vanilla
1 TBS splenda
pinch of salt

1 heaping TBS. of protein powder (you need this so that they will hold up, but you don't taste it at all)

Blend till smooth (it's okay if there are still some granules of protein powder). Pour into each waffle cavity till you just see the tops of the squares) Bake for 5-6 minutes till golden brown. The recipe makes 8 perfect waffles.

Waffles! Yes, Waffles!

Hi y'all. I got the original recipe for these from a different website posted by Stormy. I made some modifications and MAN OH MAN! I am impressed, if I can say so myself.

5 large eggs
1/4 cup water, combined with
1/4 cup cream
1 tsp. vanilla
2 packets sweetener (I use Splenda)
1/4 tsp cinnamon
1 bag (2-3 oz.) of pork rinds (I know, but keep reading)

Empty entire bag of pork rinds into food processor or blender. Process until they become a finely ground powdery consistency.

With processor still running, add other dry ingredients-sweetener and cinnamon. In a separate bowl scramble the eggs with the vanilla. Pour egg mixture into processor. The mixture will be thick and goopy (technical term). With the processor still running, slowly add the cream/water mixture. How much you need may vary-humidity, preference and such. Keep in mind that as the mixture sits (while you're making waffles) it will get thicker. I typically use most of the liquid. Cook on your waffle iron. I have a small iron that cooks two 4" Belgian style waffles, side by side. I use about 1/2 cup of the mix per side. Recipe makes 7 waffles on my iron.

These really are great. I even have an aversion (sp?) to the smell of pork rinds. I just dump the bag in and put the lid on before the smell can escape. They have a nice nutty flavor and heat up in the toaster very nicely. A little bit of your favorite SF syrup and YUMMMY!!!

Great & Easy Pro-fat waffles

I tried to adapt a non-SS'd recipe and they came out great! They help up well but were still light and fluffy.

1 cup cream
1/2 cup water
3 tbsp oil
2 eggs
1 1/2 cups whey protein Isolate -- vanilla
2 tsp baking powder
1 tbsp splenda (optional)

Just mix all ingredients together and pour onto hot waffle iron. Cook 3 to 4 min till done. That's it. The family loved them last night with oven fried chicken. It reminded me of a meal that I had in the south years ago.

I made a double batch and froze the leftovers. Had one for breakfast with Davinci flavored sour cream. YUMMM
Hope you enjoy!

Mock Danish

2 oz cream cheese (soften in microwave)

1 egg

1 tblspn splenda

1 tsp lemon concentrate

1/2 tsp vanilla

mix softened cream cheese and egg. Add remaining ingredients. microwave on high for 2 minutes.

I added some 50 fifty jam in the center before nuking... delicious.

* it tastes better if you don't totally mix the egg and cream cheese; you get little pockets of cream cheese.

Level 1 Pro/Fat Bread

This is the best bread! It is as close to regular bread as you can get. You can use it for a regular sandwich or as a bun to wrap around a hotdog. I use it to make my French toast. I make this bread for my mother-in-law because she can't eat yeast bread and she loves it. The waffle iron may seem a little strange, but it works well. My husband has no problem staying on this WOE with this bread. We also like to make them fresh and but butter and syrup over for our waffles.

Bread

1 1/2 c. whipping cream

3 tablespoons oil

3 eggs

3/4 c whey protein powder

1 teaspoon baking soda

Combine all ingredients. Bake in a pre-heated waffle iron. The iron must be heated to the "Waffle" setting or they will stick. The batter is very thin, but really puffs up so don't put too much in. Bake until they are well browned. Let cool completely then wrap tightly.

French Toast

2 eggs

2 Tablespoons water or syrup (for flavor)

1 Teaspoon cinnamon

Dip the bread in the egg mixture and cook in a hot skillet with butter. Serve while hot with syrup.

Homemade Pork Sausage

1 tsp salt

1/2 tsp pepper

1 tsp fennel seeds

1/4 cup suzannes maple syrup
1 lb ground pork

Mix together well patty then fry up for a tasty, level 1 sugar free sausage.

Turkey Breakfast Sausage

2 lbs. ground turkey
2 tsp. dried sage
2 tsp. salt
1 tsp. ground black pepper
1/4 tsp. dried marjoram
2 scoops somersweet or more to taste
1/8 tsp crushed red pepper (optional)
1 pinch ground cloves

In a small bowl combine the sage, salt, pepper, marjoram, sweetener, red pepper and cloves. Mix well. Place the ground turkey in a large bowl and add the spices to it. Mix well with your hands (like a meatloaf!). Form into patties and sauté over medium high heat for 5 min. per side. This sausage freezes well.

Nuthin Muffin

1/2 lb. sausage (Like Jimmy Deans)
6 eggs separated
1-cup whey protein powder
1-teaspoon salt
1-teaspoon baking powder
1/2-cup mayo
1/2-cup sour cream
4-6 ozs shredded cheese

Pre heat oven to 375

Crumble and cook sausage and drain, beat egg yolks and add whey powder, baking powder, salt, mayo and sour cream and cheese. Blend with spoon. It will seem stiff, add sausage. In another bowl beat egg whites until firm. Fold into other mixture. Spoon it into muffin tin 3/4 full. Bake 25 min. until golden brown. Slather on butter and enjoy. Very good.

Now for the good part. Leave out the sausage and cheese. Bake in little loaf pans filling 1/4 to 1/2 full, muffin tins work to, I bought the large tins. Bake them 25 mins or so. You now have a bun you can cut in half. It makes 1/2 hamburger or add a breast of chicken and there's a sandwich. I also make sausage and egg breakfast sandwiches with this bread. It's a little more firm I think. These are level 1. Enjoy! To find whey protein go a health store. I try to find one with no flavoring but vanilla is better than nothing. There are other recipes that have whey protein so you can use it for more than one thing.

Hormel Little Sizzler's Breakfast Bites

1 package Hormel Little Sizzlers breakfast sausage links (12 count), defrosted, but not cooked
1/2 c. diced onion
1/2 c. diced green pepper

1/8 t. garlic powder
2 c. shredded sharp cheddar cheese (I just use whatever cheddar I have)
1 1/2 c. pork rind flour
6 eggs, scrambled

Scramble the eggs and set aside to cool. In a bowl, break up sausage into smaller chunks and mix in onion, green pepper, garlic and cheese, then mix in pork rind flour. Add the scrambled eggs and mix. Roll into 1" balls and place on greased cookie sheet. Bake at 375 for 20 minutes. Serve with salsa. (We like taco sauce, and sour cream is great too!).

Can be frozen.

Frank/Sausage Egg Scramble

4-5 hot dogs or 1 pkg Farmer John's skinless link sausage
1 Tbsp sugar substitute
1 Tbsp soy sauce
1/2 med onion, sliced and separated into ring
1/2 med bell pepper, cut into 1/4" strips
6 beaten eggs

Slice hot dogs or sausage into 1/2" wide pieces and brown, then remove from pan, including oil from sausage, if using. Stir in sugar sub and soy sauce in fry pan. Add veggies and cook, covered, until tender (or crisp-tender, to your liking). Replace meat into the pan, then cover with eggs. Cook and stir until eggs are set. This is a very yummy dish. I posted one like this before, this one's a little different. Hope people try it and like it. By Carma

Sausage Gravy Over Eggs and Onions

Take sausage, (I use jimmy deans) fry up as much as you would like, adding 1/2 to 1 cup cream and allowing cream to reduce and thicken. Serve over eggs and or caramelized onions (1 onion per serving). It's not biscuits and gravy, but its darn close and very yummy on a cold morning.

Hint: you can also add cheese and sautéed mushrooms to the gravy and serve it over mashed cauliflower or pureed celery root and its almost mashed potatoes. Enjoy. Gridmama

Egg/Bacon/Onion Skillet Breakfast

We had this camping almost every morning. Yummy! Serves 2 hungry people. - amandakay

1/4 lb. bacon, chopped
1/2 onion, chopped fine
6 eggs

Fry bacon pieces until very crispy. Drain some of the grease. Add onion pieces. Sauté until transparent. Scramble eggs in a bowl, then add to bacon and onion in skillet. Cook until it's as done as you like it.

Vidalia Onion Pie

2 1/2 cups thinly sliced Vidalia onions
2 Tbl olive oil
2 eggs
1/2 cup heavy cream
salt and pepper to taste
1 cup shredded cheese

Sauté onions in oil in skillet until tender. Spread in pie plate. Combine eggs, cream, and seasonings in bowl; mix well. Spoon over onions. Top with cheese. Bake for 30 minutes in 350 oven.

Breakfast Quiche

I found this recipe and I changed it some. I think it would be level-1, if not, let me know. (Please). I made it and my son loved it, and I thought it was good to. I guess you could fix it for lunch if you wanted to. Thought I would share my recipe with you.

1 1/2 cups broccoli, chopped
1/4 cup onions, chopped
1 cup lean ham, diced
1 1/2 cups grated cheddar cheese (they had light cheddar cheese).
5 whole eggs
1/2 cup cream (they had 1% milk)
1/4 cup mayonnaise (they had light)
1/2 teas. salt
1/2 teas. pepper
1/4 cup Parmesan cheese, grated

Preheat oven to 375 degrees. Lightly coat a 9" pie plate with Pam.

Place chopped broccoli and onions in a microwave safe casserole, cover with plastic wrap and microwave on high for 3-4 mins, until tender.

Combine broccoli, onions, ham and cheddar cheese in prepared pie plate. (I put it in layers, ham, cheddar cheese, onions and broccoli on top, and poured the stuff all on the top, sprinkled with parmesan).

In a large mixing bowl whisk together eggs, cream, mayonnaise, salt and pepper. Pour over broccoli mixture. Sprinkle with Parmesan cheese on top.

Bake 40 minutes or until firm. Cut in wedges to serve. I baked it on 375 and the last 10 min., I turned it down to 350. (I think it would have burned if I didn't turn it down some). It browned real pretty on top and rose up like a nice puffy pie. Hope ya like it!!

Jillybean's Artichoke, Goat Cheese & Portobello Mushroom Quiche

3 eggs, beaten
¼ c. heavy cream (optional, will make a smoother texture)
4 oz. crumbled goat cheese
1 small can portabella mushrooms, drained (Pennsylvania Dutchman Chunky Style, drained weight 4 oz.)
2 cups shredded cheese – Monterey Jack
1 can artichoke bottoms* (approx. 14oz.), chopped
Parmesan cheese for topping

Mix all ingredients, except for Parmesan cheese, until well blended. Pour into a greased 9" pie pan. Sprinkle Parmesan cheese on top. Bake at 350 degrees for about 30 minutes or until nicely browned.

* I prefer the artichoke bottoms as they don't have any of the tough, inedible parts that sometimes come with the canned artichoke quarters...

Jillybean's Crustless Spinach Quiche

1 Tbsp. vegetable oil
1 large onion, chopped
1 – 10 oz. package frozen spinach, thawed and squeezed to remove as much moisture as possible
5 eggs
3/4 lb. (12 oz.) Muenster cheese grated (can also use Colby, Colby/Jack)
salt, pepper

Preheat oven to 350 degrees. Butter 9" pie plate (or use square pan to be able to cut into square shapes). Heat oil in skillet over medium high heat. Add onion and sauté until wilted. Add spinach; cook until excess moisture is evaporated. Let cool. Beat eggs in bowl and add cheese. Stir into onion/spinach mixture. Season to taste with salt and pepper. Turn into pie plate, spreading evenly. Bake until top is nicely browned and tester comes out clean, about 40-45 minutes.

Quiche Lorraine

Below is my classic recipe for Quiche Lorraine, minus the crust. I make this just about every week and enjoy it daily for breakfast, sometimes using different veggies or whatever I have in the house. Enjoy! By 2 be thin

Serves 6 - 8

4 Strips bacon, cooked well and crumbled
1 Onion, thinly sliced
1 Cup Swiss or Gruyere cheese (Laughing Cow) cubed
1/4 Cup grated Parmesan cheese
5 Eggs lightly beaten
2 Cups heavy cream
1/4 Teaspoon nutmeg
1/4 Teaspoon white pepper

Preheat Oven to 450°

Cook bacon until crisp and remove from skillet. Pour off all but one tablespoon of the bacon fat. Cook onion in bacon fat until transparent.

Sprinkle crumbled bacon, onion, and cheese in quiche dish or pie plate.

Combine eggs, cream, nutmeg, salt, and pepper and pour over onion/bacon mixture.

Bake at 450° for 15 minutes, then reduce temperature to 350° for 20 minutes, or until knife inserted comes out clean.

Note: Quiche will rise above dish while baking but will drop like a soufflé when removed from the oven.

Laughing Cow is a brand of Gruyere cheese, which is sold in a thin, circular package. It has a picture of a cow on the front. The 6 oz package contains 8 wedges. Use all of them. The recipe calls for 8 oz of Gruyere, but I use the 6 oz package and used more Parmesan cheese.

Quiche Lorraine Muffins

I got this Quiche Lorraine recipe from the atkinsfriends web site and adapted it for egg muffins. I don't use the paper wrappers because I find it's hard to remove from the muffin. This is one of my favorite hand-held breakfasts. I make them on a Sunday afternoon and they last me for a week. Enjoy!

- 7 slices crisp bacon, diced
- 1/4 cup minced white or yellow onions
- 1/4 cup dices green peppers
- 1 teaspoon chopped chives
- 1 cup shredded Gruyere cheese (or Swiss)
- 1/4 cup freshly grated parmesan cheese
- 6 eggs, lightly beaten
- 1 1/2 cups cream
- 1/4 teaspoon freshly grated nutmeg
- cayenne pepper
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground white pepper

Sauté bacon until crisp. Drain and set aside. Pour off all but 1 tablespoon of bacon drippings and sauté onions and green peppers until tender.

Sprinkle bacon, onions, peppers, chives, and Gruyere cheese evenly over bottom of non-stick cup cake pan (or spray with PAM.) Combine eggs, cream, nutmeg, cayenne, salt, and pepper and strain over all. Sprinkle Parmesan over the top.

Preheat oven to 375°F. Bake egg muffins in lower third of oven for 30 to 35 minutes or until puffed and browned. A knife stuck into one of the center cakes should come out clean. Serves 12

Vegetable Quiche Cups To Go

- 1 package (10 ounces) frozen chopped spinach
- 3/4 cup liquid egg substitute
- 3/4 cup shredded reduced-fat cheese
- 1/4 cup diced green bell peppers
- 1/4 cup diced onions
- 3 drops hot-pepper sauce (optional)

Microwave the spinach for 2 1/2 minutes on high. Drain the excess liquid. Line a 12-cup muffin pan with foil baking cups. Spray the cups with cooking spray. Combine the egg substitute, cheese, peppers, onions, and spinach in a bowl. Mix well.

Divide evenly among the muffin cups. Bake at 350 degrees F for 20 minutes, until a knife inserted in the center comes out clean. Quiche cups can be frozen and reheated in the microwave. Any combination of appropriate vegetables and reduced-fat cheeses may be used. Serves 6

Bacon Quiche

1/2 pound bacon cut into dices
4 eggs
1/2 cup cream
1 tbsp. dehydrated onions
1 cup shredded cheese

Partially fry bacon (it finishes cooking in the oven), but in bottom of an 8x8 Pan sprayed with nonstick spray. Mix together eggs cream and onions and pour over bacon. Put shredded cheese on top.

Bake in a 350 degree oven for 45 minutes.

Sausage Breakfast Quiche

1/2 lb sausage
1 green pepper
1 onion
8oz sliced mushrooms
3 eggs
3/4 c cream
1 1/2 c mozzarella cheese

Sauté sausage and veggies until sausage is no longer pink and veggies are crisp tender. Mix eggs and cream in a bowl w/salt and pepper to taste.

Layer ingredients in 8x8 pan starting w/veggie mixture followed w/egg mixture ending w/cheese. Bake in a 350 degree oven for 45 minutes.

Ham and Swiss Cheese Quiche

-This is for a deep pie pan

8 eggs
1 cup cream
1/8t black pepper
1/3-1/2 c chopped ham (I used black forest ham and bought a hunk and sliced it about 1/4 inch thick and diced
2 green onions diced
3-4 cups grated Swiss cheese
1-2 cups grated mozzarella

- The cheese I did not measure this is a generous guess may have used less.

1. Put thin layer of 3/4 Swiss cheese and 1/4 mozzarella cheese on bottom of pie pan to form a crust.
2. Place some ham and green onion on cheese put as much as you like. I could have easily used more.
3. Sprinkle more Swiss cheese on top of ham.
4. Whisk eggs and cream together, add pepper, add about 1/2 c Swiss cheese
5. Pour about 1/2 of egg mixture in pie pan
6. Add another layer of ham and green onion then add the rest of the egg mixture

7. Top with Swiss cheese and mozzarella cheese
8. Bake at 350 F for about 40 minutes or until brown on top

This was excellent!

Spinach Frittata

I found this recipe in a magazine and really enjoyed it. Thought I'd share

- 2 spring onions or 1 large sweet onion
- 2 tsp olive oil
- 1 bag (5-6 oz) baby spinach
- 8 large eggs
- 1/4 c. grated Pecorino Romano Cheese (I used grated parmesan)

Preheat oven to 425. Trim tough green leaves from top of spring onions. Cut stems crosswise into 1/4" thick slices. Cut each onion bulb in half and thinly slice. (WHAT the heck is a spring onion? I used a Mayan sweet onion, chopped it up, and it was really good.) In a non-stick 12" skillet with oven-safe handle, heat oil over med. heat until hot. Add sliced onions and stems and cook 10 minutes or until soft and golden brown, stirring occasionally. Stir in spinach and cook 1 min until just wilted, stirring constantly. (I used frozen baby spinach, well drained, and worked fine.) Spread this mixture evenly in skillet, remove skillet from heat.

In medium bowl whisk eggs, Romano, 1/4 cup water, 1/2 tsp. salt, 1/4 tsp pepper until blended. Carefully pour the egg mixture into skillet over onion/spinach mixture; do not stir. Return to medium-high heat and cook 2-3 min. or until egg mixture begins to set around the edge. Place skillet in oven. Bake 8 to 10 min. or until frittata is set. Slide out of skillet onto cutting board. Cut into wedges to serve.

This was even better reheated the next day. Enjoy! Racerchic75

Breakfast Crepes

Version 1:

- 1 egg
- 1/8 cup cream
- 1 tsp olive oil
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1 packet of Splenda or sweetener

Mix well and pour into hot buttered non stick pan. Cook on one side- not too fast- then flip (mine usually tear, but just try your best) when cooked on the other side, put onto plate and spread with filling. roll filling up jelly roll style and top with a big dollop of slightly sweetened whipped cream

Filling:

- 4 ounces cream cheese
- 3 packets Splenda

2 Tbls cinnamon
1 Tbls nutmeg

Version 2:

1 egg
1/8 cup cream
1 tsp olive oil
1 packet Splenda
1 Tbls wonder cocoa

Follow directions above for cooking

Filling:

4 ounces cream cheese
3 packets Splenda
2 Tbls wondercocoa

Blueberry-Smothered Cheese Blintz Bonanza

Rather than rolling blintzes, I just stacked the crepes and layered the cheese filling between. The blueberry topping is an excellent finish and great presentation. You can use different berries.

Crepes

2 eggs
1/4 cup cream
2 tsp olive oil
3/4 tsp somersweet
1/2 tsp cinnamon
1-1/2 tsp whey powder protein (optional)

Whisk together ingredients very well. Heat nonstick 8" skillet over medium heat. Spread butter onto pan with a paper towel. Pour batter using a 1/3rd cup measure, using up about 2/3rds of the measure for each crepe. Hold the heated pan in one hand and with the other pour the batter into the center of the pan. As soon as the batter hits, start swirling the pan about coating the bottom with batter (fill any holes with fresh batter). Should be pretty thin. Cook over low-medium heat a few minutes until crepe looks dry on top and cooked through. Use a knife to pry the edges of the crepe off the pan and place on a warm plate. (Plate can be stored in a barely-warm oven while making the rest of the crepes.) After each crepe, wipe skillet clean with buttered paper towel. Should make 6 crepes. Repeat with remaining batter.

Cheese Blintz Filling

4 ounces farmer's cheese
2 ounces cream cheese, softened
1 cup whole milk ricotta cheese
1 tsp vanilla
1/4 tsp orange extract (more as desired)
1 tsp Somersweet
1 tsp fructose (my favorite mix of sweeteners, adjust to suit)
1/2 tsp cinnamon

Cream or mash together all ingredients until smooth. On a plate, place first crepe and evenly spread 1/5th of the cheese mixture over the top. (If you made 5 crepes, you'll wind up dividing the mixture into 4ths, and so on...) Place the next crepe over that and repeat. Continue building your stack.

Blueberry Topping

1 cup frozen blueberries
splash of brandy or extract of your choice

Heat blueberries in small saucepan until hot and bubbling. Decant blueberries into a bowl and continue cooking down the remaining liquid until a few tablespoons of thick syrup remain. Return blueberries to syrup and reheat just before serving.

Pour blueberries and syrup over stack of blintzes and place in a 250 degree oven for 5-10 minutes to heat. Serve immediately. YUMMY!!!

Veggie Frittata

We make this at least twice a week as it is so good and legal. It usually lasts us about 3 days. I try to make it at night while dinner is in the oven etc so that in the morning all I have to do is put it in the oven to reheat while I take a shower. Feel free to use whatever veggies you have left over in the fridge. I've done it a dozen different ways but here's my favorite

1 lg red pepper, chopped
6 oz mushrooms, any kind chopped
2 med zucchini, chopped
1 large onion, chopped
1 lg clove of garlic, minced
3T olive oil
8-10 large eggs (whatever I have)
1/4 c half and half
2 (8 oz.) packages of cream cheese
1 1/2 cups of shredded cheddar cheese
S&P

Sautee veggies in olive oil with garlic until soft. Mix cream cheese, half and half, eggs and cheddar in mixer. When veggies are done, mix together with cream mixture. Add S&P. Pour into a spring form pan and bake at 350 for 1 hour and 20 minutes. When I reheat it I put it on a piece of aluminum foil and bake for 15-20 minutes. Tastes even better the next day. I have been meaning to try adding crumbled bacon or sausage to it but we love it like this so much we hate to ruin a good thing. Let me know what you think.

Zucchini "Pancake"

I shred a zucchini, (put about half in the fridge for another day), then add an egg to the raw zucchini, salt, pepper, and some Parmesan. Mix it all up and cook it like a pancake. Combine this with a big, cold glass of tomato juice, you've done 2 veggies for the day and you will be full till lunch! My favorite breakfast! By Racerchic75

I've made these for several people, and they all loved them. I've even used them as a substitute for the English muffin for Eggs Benedict, and it was divine! I'd definitely add extra salt, pepper & any spices you like to the zucchini before cooking. Be sure to squeeze out the water, too.

Hash-Brown Zucchini Patties

1/4 cup butter
1-1/2 lb. zucchini (coarsely shredded to make 4 cups)

1/2 tsp. salt
1/2 clove fresh garlic (finely minced)
2 eggs
6 Tbsp. Parmesan (freshly grated)

Combine zucchini w/salt in a medium bowl. Let stand 15 min's. Squeeze with hands to press out moisture. Stir in eggs, cheese & garlic. Melt 2 Tbsp. of butter in wide frying pan over med-high heat. Mound about 2 Tbsp. of zucchini mixture in pan; flatten slightly to make patty. Repeat until pan is filled, but don't crowd patties. Cook patties, turning once, until golden on both sides (about 6 min's). Lift out & arrange on warm platter; keep warm. Repeat, adding more butter till done.

Makes 8 servings. Less than 3 carbs per serving.

Eggs Florentine

1 package chopped spinach
8 eggs
1/2 cup melted butter
8 ozs shredded Swiss cheese
8 ozs crumbled feta cheese
1/2 teaspoon nutmeg

Cook spinach as directed on package. Drain well, then squeeze in paper towels until water is removed. Set aside. Beat eggs and add melted butter, cheeses, and nutmeg. Mix well. Add spinach and blend thoroughly. Pour into greased 9 x 12-inch baking pan. Bake at 350 degrees for 30 minutes. Cut into squares and serve. Serves: 8

Better Than Eggs

(breakfast casserole)

This recipe came from the Jimmy Dean sausage, but had to make some changes to it.

1 pkg Jimmy Dean mild country sausage
6 whole eggs
1/2 head of chopped cauliflower
1 16 oz pkg of cheddar cheese, or preference
1/4 C parmesan cheese
soy sauce
salt
season salt
chili powder
2 small onions chopped
3 T butter

In a skillet, melt butter, add cauliflower, and onions, season to taste with season salt. Fry until tender. In another skillet, fry the sausage until done. In a bowl, beat the 6 eggs, add 1/4 C Parmesan cheese, couple dashes of soy sauce, salt, and chili powder (salt to your liking). Pour into the bottom greased 9x13 baking dish. Put sausage on top of eggs, and cauliflower on top of sausage. Sprinkle with cheese. Bake in a 400 degree oven for about 20 mins.

Baked Eggs With Spinach

1/2 medium onion, finely chopped (1/4 cup)
2 tablespoons unsalted butter
1 1/4 lb spinach (2 bunches), coarse stems discarded and leaves coarsely chopped
1/3 cup heavy cream
1/2 teaspoon salt
1/8 teaspoon black pepper
4 large eggs

Special equipment: 4 (8-oz) ramekins

Preheat oven to 400°F.

Cook onion in butter in a 10-inch heavy skillet over moderate heat, stirring, until softened, about 5 minutes. Add spinach and cook, covered, stirring 2 or 3 times, until wilted, 2 to 3 minutes. Remove lid and cook, stirring, until excess liquid is evaporated, 2 to 4 minutes. Add cream, salt, and pepper and simmer, stirring occasionally, until slightly thickened, 3 to 4 minutes.

Arrange buttered ramekins in a shallow baking pan and divide spinach among them. Make an indentation in center of each and carefully crack an egg into each indentation. Bake in middle of oven until whites are just set, about 15 minutes. If eggs are too runny, finish cooking in microwave for :30.

Portable Breakfast Squares

Canned or jarred, diced or sliced, green chilies or jalapenos to taste (I'm in Texas, where we like it hot!)

6 eggs, beaten

8 oz. cheddar, shredded

8 oz. mozzarella, shredded

Mix well. Place peppers of your choice (green chilies, jalapenos, etc.) in bottom of buttered 8 x 8 pan. Add cheese mixture. Bake at 350 for 30 minutes, then 250 for 30 minutes more.

Let cool, then cut in squares like brownies. It keeps all week in the fridge.

Eggs En Cocotte

1 TBLS. melted butter

1/2 c. heavy cream

4 mushrooms finely chopped

1/4 c. ham finely chopped

1/3 c. Gruyere cheese, grated (or Swiss or cream cheese)

4 eggs

1 tbs. finely chopped herbs, such as chervil, parsley, chives (whatever you like) season to taste

Preheat oven to 400 degrees. Place baking sheet on top rack. Grease 4 ramekins w/ the melted butter. Pour in half of the cream, dividing equally amongst the 4 ramekins. Add equal amt. of mushrooms, ham, and cheese into each ramekin. Break an egg into each. Mix remaining cream with the herbs and pour over top of each egg cup. Bake for about 20 min. on the hot baking sheet, depending on how runny you like your eggs. Remove from oven while still a little runny as eggs will continue to cook in their cups.

Note: the consistency of the egg cups will be creamy, not hard. Even if you over cook the egg till the yolk is hard, just break it up w/ your fork into the cream mixture.

Baked eggs with cheese and zucchini

2 tsp butter
2 tsp olive oil
1/2 small onion, chopped
2 zucchini thinly sliced
1/2 tsp dried basil
1/2 tsp salt
1/4 tsp ground black pepper
1/3 cup shredded sharp provolone or Swiss cheese
8 large eggs
1 TBSP heavy cream

Preheat oven to 350. Heat butter & oil in large skillet over med heat until butter has melted. Add the onion, zucchini, basil, 1/4 tsp salt, and 1/8 tsp pepper. Cook, stirring occasionally, until crisp tender (7 mins).

Spread the zucchini mixture over the bottom of 4 individual shallow baking dishes (or 1 large baking dish). Sprinkle with 2 1/2 TBSP of cheese and add the eggs (do not break yolks or stir). Sprinkle with remaining 1/4 tsp salt, 1/8 tsp pepper, and 2 1/2 TBSP cheese. Drizzle with cream. Cover with foil and bake until whites are set and yolks begin to thicken - 15 mins for individual dishes or 20 mins for 1 large dish.

Cracker Barrel Ham and Egg Casserole

CopyKat.com

Ease of Cooking: Medium Difficulty

Serving Size: 6

Notes:

This is easy to make, and would be perfect for a Sunday Brunch.

Ingredients:

1/3 C. Lean Cooked Diced Smoked Ham (country cured ham if available)
1 Slice Sour Dough Bread (use the pro fat buns)
4 - 5 Eggs (beaten, one cup)
1/4 C. Evaporated Milk(sub cream)
1/4 tsp. Salt
1/4 tsp. Ground Black Pepper
1/2 C. Shredded Mild Cheddar Cheese

Preparation:

Spray casserole dish with a non-stick spray and place sour dough bread on the bottom of casserole dish. Beat eggs, add salt, pepper, evaporated milk and mix until completely. Pour

egg mixture over bread. Sprinkle diced ham over egg mixture and cover. Place casserole in refrigerator overnight or for at least five hours.

Remove casserole from the refrigerator, spoon shredded cheddar cheese on to the top of eggs. Smooth the cheese gently on top of egg mixture.

Place casserole in a preheated oven at 375 for 20 - 22 minutes depending on the depth of the casserole dish.

Mexican Pesto Stack

Pesto:

1 cup cilantro leaves, whole
2 lg. cloves garlic
2 tbsp. Parmesan cheese -- * omit on Level 1
1 tbsp. lime juice
1/2 tsp. salt
1/2 tsp. black pepper
2 1/2 tbsp. vegetable oil -- * omit on Level 1
dash ascorbic acid

Stacks:

3 egg crepes
cooking spray
tomato slices
1 small link sausage -- sliced thinly
1/3 block cheddar cheese -- sliced thinly

Topping:

salsa Verde -- fresh or canned

Garnish:

cilantro leaves, whole
sour cream

Pesto: Place all ingredients, except ascorbic acid, in food processor and process until a smooth paste appears. If it is a bit dry, add a bit more limejuice or some vegetable broth, just a bit. Set aside.

In a preheated skillet (over medium heat), heat the crepes until warmed. Then place one on work surface. Spread a bit of the pesto over two of them. Top with toppings, ending with cheese. Place both in a baking dish that has been sprayed with garlic-infused cooking spray. Put one on top of the other. Then spread some pesto on the last crepe and place it, empty side up, on top. Drizzle with a bit of oil, if you are on Level 2. Otherwise leave dry. Place in a preheated 350°F oven for 15 minutes to melt cheese.

Meanwhile, in a small skillet, heat some salsa Verde (1/2-cup). When hot, turn off and remove from heat.

To serve:

Place stack in middle of plate. Cut into 3rds and then drizzle salsa Verde over top. Garnish with sour cream and cilantro (or just cilantro).

Starlite's celery root hash browns

I peeled and than grated one large celery root in my food processor. I cooked till golden brown in peanut oil, sprinkled with seasoned salt (legal brand of course), onion powder, garlic powder, and pepper. DH and I had to bat the kids away so we could have this all to ourselves. Ok we gave them 1 serving each but no seconds even though they begged!

Gridmama's Sausage Gravy

Take sausage, (I use jimmy deans) fry up as much as you would like, adding 1/2 to 1 cup cream and allowing cream to reduce and thicken. Serve over eggs and or caramelized onions (1 onion per serving) It's not biscuits and gravy, but its darn close and very yummy on a cold morning.

Hint: you can also add cheese and sautéed mushrooms to the gravy and serve it over mashed cauliflower or pureed celery root and its almost mashed potatoes. Enjoy.

Appetizers

Whole Wheat Tortilla Shells

Mix together all ingredients with hand mixer, except the tortilla shells. Spread some of the dip on tortilla shells. Roll the tortilla shells jelly roll style and then slice into bite size pieces. Refrigerate and then serve.

Whole Wheat Pita Bread

3 - 4 c. whole wheat flour
1 T. dry yeast
1 1/4 c. warm water (120° to 130°)
1/2 tsp. salt (optional)

Mix 2 cups flour and dry yeast. Add water and salt; mix well. Gradually add remaining flour until dough cleans the side of the bowl. Dough should be moderately stiff. Knead 4 - 5 minutes until dough is smooth and elastic. Do not over knead. Form dough into 10 balls. On a floured surface, roll each ball from the center out into round 1/4 inch thick circles about 5 - 6 inches in diameter. Be certain both sides are lightly covered with flour. Place on a lightweight, nonstick baking sheet. Let rise 30 minutes or until slightly raised. Preheat oven to 500°. Gently turn the rounds upside down just before placing into the oven. Bake on the bottom rack of the oven. The instant heat makes the bread puff. Pita pockets will be hard when removed from the oven and soften as they cool. While still warm, store in plastic bags or an airtight container. Reheat in a 350° oven or in the microwave. Before filling, tear crosswise into halves. Fill pitas with chicken, tuna salad, taco filling, chili, sprouts, stews or leftover casserole.

Legal Level One Chips

I have a friend who is a chef and recommended deep frying celery root, turnips, and radishes they are wonderful!! The celery root tastes most like potato chips!! Now I can have chips and salsa or chips and dip!! Yummmm slice your chips thin if you have time soak them over night make sure they are dry before you add them to the deep fryer enjoy!!!!

Veggie Chips

1 celery root or turnip
1/3 cup peanut oil

Using vegetable peeler, peel vegetables into thin strips.

In deep skillet, heat oil over high heat; deep-fry, in batches, for 2 to 3 minutes or until golden.

With slotted spoon, remove and drain on paper towels.

Easy Tortilla Chips for Mexican Fare

Make Suzanne's egg crepes in a 5 or 6 inch frying pan. Cut the crepes in 6 wedges each. Put them on a cookie sheet and bake at 450 degrees until crisp. You can sprinkle them with seasoning if you like i.e. paprika, chili powder, and onion powder).

I made these for lunch today and had them with cheese. Very nice crispy treat. I think I would like to make them up as Nachos with all the fixings. Hope you like them.

Snappy Cheese Rounds

- (1) 1/2 lb grated cheese (your choice), room temperature
- (2) 1/4 lb. butter (1 stick, softened)
- (3) 1 1/2 C. pork rind flour
- (4) Heavy pinch cayenne pepper
- (5) salt to taste

Cream (1), (2), (4), (5) in double boiler until melted, stirring.

Add (3), remove from heat and cool.

Roll into log (s) and wrap in waxed paper. Let chill.

Slice into thin wafers and bake @ 350 for 8 - 10 minutes until slightly browned.

Ginger Dipping Sauce

- 1/4 C. chopped onion
- 1 small piece ginger root or 1/8 tsp. ground ginger
- 1/2 C. soy sauce
- 1/4 C. rice wine vinegar

Preparation:

Combine all ingredients in blender and process until smooth.

Dip in shrimp, chicken, fried veggies.

Tangy Orange Hummus

Carbs and Veggies - Almost Level ONE

Makes about 4 Cups

As good as classic hummus is, the addition of fresh orange juice and a few other non-traditional seasonings makes it even better. Tahini is a thick paste made from ground sesame seeds and is available in the import section of large grocery stores or in health food stores. This is great for potlucks and picnics.

- 2 19oz. cans chickpeas (garbanzo beans), rinsed and drained
- 3/4 cup freshly squeezed orange juice
- 1 teaspoon paprika
- 1/2 teaspoon chili powder
- 1/2 teaspoon dry mustard
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground ginger
- 1/8 teaspoon cayenne pepper
- 3 garlic cloves

1/3 cup tahini
3 tablespoons balsamic vinegar

Process chickpeas in 2 batches in a food processor until smooth. Place all chickpea purée in the food processor and add remaining 11 ingredients. Process until well combined. Serve with vegetables or toasted whole wheat pita triangles.

Baked Vidalia Onion Dip

3/4 to 1 C. finely chopped Vidalia onions
1/2 C. mayonnaise
1/2 C. grated sharp cheddar or Swiss cheese
1/8 to 1/4 t. Tabasco sauce
1/4 C. grated Parmesan cheese (not the powder!)
paprika, to taste

Preheat oven to 350°F.

Mix onions, mayonnaise, cheddar or Swiss cheese and Tabasco. Spread into small baking dish or pie plate. Top with Parmesan cheese and sprinkle with paprika to taste. Bake in preheated oven at 350°F. for approx. 30 min. Serve warm.

Seafood/Veggie Dip - Variables

This is not really an exact recipe because I whip it up a little different every time depending on how much I need or what we want it,

I start with

Cream (around 2 cups)

Season it with whatever spices you like- I LOVE CUMIN with my seafood and salt and pepper

Let it reduce some then add some cream cheese (preferably at room temp) - I usually add around 4 oz.

After the cream cheese melts, I add whatever shredded cheeses I like -- just to flavor -- because if you add too much it will get too thick...I keep tasting as I go!!

I like Asia go and fontina with a touch of sharp cheddar.

Then add whatever seafood or veggies you like...our FAVEs are: Lump Crab Meat and Shrimp and Artichoke hearts cut up small.

I have also thrown in Crab Cakes that fell apart (DELICIOUS!!) You can buy the tiny shrimp in a can, too.

We had added broccoli, too.

Our FAVE thing to dip in this is Celery. it is so fresh and crisp against the cheesy dip...

This is so easy to adapt to ANYTHING you like!!! It is so very good any way you make it!
Enjoy!: -) Kristin

Crab Dip Delicious!!

1 can crab meat
1 cup shredded cheddar
Mayonnaise (just enough to blend ingredients easily)
salt and pepper to taste.
horseradish (optional)

Mix and enjoy. K

Hot Crab Dip

This is my requested hot crab dip:

1 lb lump or backfin crab meat
8 oz cream cheese (softened)
3 tbs mayo
1 tbs old bay seasoning
1/2 cup (more or less to liking) shredded sharp cheese

Blend softened cream cheese, mayo, old bay and add crabmeat. Place in buttered casserole and top with shredded sharp cheese. Heat in 350 oven for approx 30 minutes or until hot and bubbly

Usually served with crackers, but use substitute for somersizing, cheese crackers, celery veggies, or perhaps a jicama chip would be great.

Dill Dip

I have a really good dill dip.

1/2 cup sour cream
1/2 cup mayonnaise
1 pressed garlic clove
1 tablespoon dill weed
1 tablespoon finely chopped onion

Combine everything together in small bowl. Mix until smooth. Chill before serving. Spoon into V-cut pepper.

French Onion Dip

8 oz. sour cream,
8 oz. cream cheese,
1 package dry onion soup mix.
Combine and chill.

French Onion Dip

8 ounce cream cheese
8 ounce sour cream
1 Knorr Vegetable Bouillon cube
8 teaspoons dried minced onion
1 teaspoon onion powder

¼ teaspoon Bon Appetit Seasoning (McCormick's, in glass jar with green lid)

Combine all ingredients and chill. May use all sour cream for a softer dip. Serve with raw vegetables (or chips for non-SSer's).

Sour Cream Onion Dip

1 pt. sour cream
1 tsp. garlic powder
1 tsp. Accent seasoning
Pinch salt
1 bunch green onions, minced
1 c. Cheddar cheese, grated

Add garlic powder, Accent and salt to sour cream, blend well. Chop green onions, including stems and add to sour cream. Add grated cheese to sour cream mixture. Best served after standing awhile to let flavors blend.

Ranch Dip Mix

2 tablespoons plus 2 teaspoons dried minced onion
1 tablespoon dried parsley flakes
2-1/2 teaspoons paprika
1 packet Splenda
2 teaspoons salt
2 teaspoons pepper
1-1/2 teaspoons garlic powder

ADDITIONAL INGREDIENTS FOR DIP:

1 cup sour cream

In a small bowl, combine the first seven ingredients. Store in an airtight container in a cool dry place for up to 1 year. Yield: about 6 tablespoons mix.

To prepare dip: In a bowl, combine 1 tablespoon mix and sour cream; refrigerate for at least 1 hour before serving.

Onion Soup Mix

8 teaspoons dried minced onions
1 teaspoon onion powder
¼ teaspoon Bon Appetit Seasoning Salt by McCormick

Dry Onion Soup Mix

1 Knorr vegetable bouillon cube,
8 teaspoons dried minced onion,
1 teaspoon onion powder,
1/4 teaspoon Bon Appetit Seasoning.
Yield: one package.

I made a casserole of pureed cauliflower with the above recipe, turned out great! Knorr veggie bouillon has less than 1 gram of sugar per serving. That would be trace amounts. Hope you enjoy it! Mary

Onion-Cheese Dip Mix

1T. dried onion flakes
1T. Parmesan cheese (from shaker can)
1/2 T. beef bouillon powder
1/4 tsp garlic powder

Mix into 8oz. sour cream or softened cream cheese. Refrigerate overnight for flavors to blend. Not too oniony at all!

Caramelized Onion and Blue Cheese Dip

1 tablespoon olive oil
1 1/4 cups thinly sliced shallots or onion
3/4 cup mayonnaise
3/4 cup sour cream
3 oz blue cheese (room temperature)
salt & pepper

1. Heat oil in medium sized pan over medium-low heat.
2. Add shallots.
3. Cover pan and cook until shallots are deep golden brown (caramelized), stirring occasionally (about 20 minutes).
4. Combine mayonnaise and sour cream using food processor. Add blue cheese, shallots, salt, and pepper. Pulse to blend ingredients while leaving some small chunks of cheese.
5. Cover and refrigerate for at least two hours before serving.

NOTE: Best prepared 1-2 days ahead and served at room temperature. If you don't have a food processor, just stir it together well. I got this recipe from epicurious.com

Garlic Lovers Dip

This is the best garlic dip ever. I got it out of a garlic cookbook a few years ago. It is normally made in a bread bowl and served with bread chunks. I bring this to parties now in a dish w/ bread for my non SS friends and veggies for me.

1 stick butter
1 head of garlic; chopped (can use less or more depending on how much you like garlic!)
1 sm bunch scallions ; chopped
1 pkg Cream Cheese (8oz) room temp
1 pint sour cream
8-10 oz Cheddar Cheese
8-10 oz Monetary Jack Cheese
1 can Artichokes hearts; chopped

In Med sauce pan over med heat.

Melt Butter and sauté garlic and scallions till soft. Add cream cheese in chunks, allow to melt. Add sour cream. Once mixture is warm slowly add the cheese till all is added and melted. Stir in chopped artichokes.

Place in oven proof bowl or casserole and cover. Bake on 200 for about 30 minutes. This is just to make sure the cheese is melted and everything can flavor through. I sometimes leave it in for over an hour while waiting to serve.

I have been making this for about 5 years and all my friends beg me to make it. Sometimes I think that is the only reason they invite me ;-) Enjoy!!!! Jen

Vegetable Dip

1 8oz. cream cheese
3 strips bacon, fried crisp and crumbled
1 tomato, peeled, seeded, and chopped
chopped green pepper
1 Tbl. mustard
1 tsp. celery salt

Mix all together and serve with vegetable sticks.

Cucumber spread/dip/dressing

For years I have made the following filling for 'finger sandwiches' when entertaining...but since Somersizing, I haven't thought about 'sandwiches'! I was thinking about what I could 'dip' my pork rinds in and this filling came to mind.

Cucumber filling:

1 cucumber, peeled & seeded
1/2 t. onion powder
1/2 t. garlic powder
1/4 t. salt
8 oz. cream cheese, softened
1 T. mayonnaise
heavy cream
(May add more or less of any of the seasonings to your taste)

After peeling and seeding the cucumber, cut into pieces and put in food processor. Add other ingredients, except for cream and process on high until well combined. You don't have to completely 'liquify' the cucumber...it is better to me if there are little pieces in the spread. Add just enough cream to get the spread to a good spreading/dipping consistency. Serve.

For a different dressing....I use the Hidden Valley Ranch Dip Mix combined with 1 cup mayo, 1 cup sour cream, 1/4 c. heavy cream...mixed well...this is a great dressing for salads. When I made the cucumber dip (recipe above)..I used it as dip for a few days, then the leftovers I combined w/the Ranch Dressing I had made....it was delicious! The mix of the cucumber spread and the ranch dressing was a great blend of flavors and I could still use it for dressing or dip.

Yummy Dip

A friend of mine made this dip over the holidays and it was quick and delicious! by angelique

1 tube of sausage, browned and drained (make sure it's legal)
1 can of rotel, drained
1 pkg. of cream cheese, softened

Mix all ingredients well and put in baking dish. Bake at 350 for 30 minutes or until bubbly. Serve with veggies or cheese crackers. Yummy!

Yummy Spinach Dip

Here is a great spinach dip for eating fresh veggies with. by bethlyn

1 block cream cheese, softened
1 cup sour cream
1 cup of finely chopped red pepper
1 can of water chestnuts, drained and finely chopped
1 pkg. frozen spinach, thawed and drained
1 envelope of ranch dressing mix

In a medium bowl, blend cream cheese and sour cream. Mix in envelope of ranch dressing. Stir in spinach, red bell pepper, and water chestnuts. Serve with your choice of veggies (I like cucumber spears, broccoli, cauliflower, and/or celery)

***BLT* Dip**

I saw a neat, EASY BT "dip" idea that MrFood showed on TV.

You mix

1 cup of mayonnaise with
1 cup of sour cream.

Add 1 lb. bacon, cooked, drained, and crumbled, and
a few tomatoes--cored, seeded, and diced.

That's it! I'm guessing that you could use less bacon if you like, or the equivalent of pre-cooked store-bought, if that's your preference.

And if you wanted to add some shredded, well-blotted lettuce, you'd have a true BLT DIP!

Whatever...this could be used with vegetable dippers (celery sticks, cucumber or zucchini slices...you get the idea!) OR with pork rinds...**OR**--how 'bout some spooned onto ZeeFabulousDebBuns?!?!?

Bacon Cheddar Spread

I like to make this hot dip for parties and family gatherings. Serve with fresh veggies, cheese "crackers" and pepperoni chips for dippers.

8 ounces cream cheese
1/2 cup mayo
1 cup shredded cheddar cheese
1/2 pound bacon, cooked crisp and crumbled

In a microwave safe bowl, soften cream cheese for about 30 seconds. Stir in the mayo and cheddar cheese and return to the microwave for another 4 or 5 minutes depending on your

microwave...or until all the cheese is melted and you have a smooth mixture after stirring. Top with crumbled bacon, and stir it in just before serving.

*** Chopped black olives are great addition in the dip for a level 2 treat.

Pepperoni & Cheddar Spread

4 oz. Cream Cheese (I use Philadelphia brand)

4 oz. Sharp Cheddar Cheese

3/4 Cup finely minced Pepperoni

1/4 Teaspoon Beau Monde (optional)

a few shots of Hot Sauce

Salt and Pepper to taste

1/2 Teaspoon Worcestershire Sauce (optional)

Allow the cheese to come to room temperature and combine thoroughly, adding the rest of the ingredients.

This is great to stuff celery spears, spread on top of 1/4" cucumber slices, etc. Great for snacks, or to accompany Lunch/dinner menus. by tiger

Cheese Sauce/Dip

I was messing around last night trying to make a cheese sauce for my boring veggies, I think I got it!! This cheese sauce rocks. (at least I think so.

2T butter

1C cream

2C shredded cheddar cheese

2T cream cheese

1/4t salt

1/4t pepper

1/4t paprika

1/4t dry mustard

1/2-1t franks red hot sauce (I used about 3 or 4 good splashes)

In a pot slowly melt butter over med/low heat, add cream and heat slowly, whisking all the time. When the cream is heated throughout add spices and Wisk, next add cheddar and then the cream cheese, again whisking all the time. Continue to heat and whisk, don't let it boil after about 15 min it starts to thicken, I turned off the heat and covered until I was ready to use it. It thickened up so well and it tasted even better I really hope you all like it as much as I did.

Fantastic Cheese Dip

2 Cups chopped onion

2 Cups any type of cheese I used (Mexican mix and Swiss)

2 Cups Mayo

dash of Worchester and dash of hot sauce

Mix together put in baking dish and bake at 350 for 30 min. Use with veggies great for non Somersizing guests with crackers. It is awesome and smells heavenly. Can reheat in Microwave. by kathyJG

Pimento cheese dip

This is delicious with celery or veggie dippers, or pork skins:

Grate about 2 cups of Colby-jack cheese
1/2 cup Mayonnaise
add one can of green chilis
add one small jar pimentos
add 2 T. Pace Picante Sauce (or homemade salsa)
add 1 tsp. garlic salt
add 1 small jalapeno chopped fine (optional)

Mix well and serve cold. This is soooo yummy!!

Cream Cheese Salsa Dip

This dip is awesome, one that once you start, you eat until it's gone. I don't have the measurements down but it's an easy one.

8 oz pkg cream cheese
Salsa
sour cream
taco seasoning (or some kind of powder Mexican seasoning)

First mix the cream cheese with electric mixer until smooth then add as much salsa as you like. Tip: it should be a salmon color and still creamy. I like to add quite a bit, but only a little at a time or it could get runny. Then add 3 or 4 tbs, however much you want really, of sour cream. Keep tasting as you go. Then, by adding a little at a time add some Mexican seasoning, again tasting as you go. Go ahead, make it your own recipe. Chill in the fridge so it thickens, tastes better cold anyway.

What to serve it with? For the recipe above, you could have it with taco salad, crisp veggies, or anything that sounds good to you.

Carbos Version?

Substitute fat-free cream cheese and non-fat sour cream.
Serve the carbos dip with whole wheat tortilla chips.

To make, simply slice fat free whole wheat tortillas into triangles and place them on a non-stick cookie sheet and bake them in the oven at high heat, like 425 or around there until they get hard and crispy.

For a flavor burst squeeze lime juice on the chips before baking and sprinkle with coarse salt!

You'll be the hit of the party for sure!

Mexican Cheese Dip

4 cups shredded cheddar
4 cups diced Velveeta
4 4-ounce cans Ortega diced green chilies
2 peeled & diced tomatoes

2 tsp chili pepper
2 tsp garlic salt

Mix all ingredients together. Bake at 300 degrees for 30 minutes. Serve hot. OR use a crock pot - the dip will stay soft. (I recommend the crock pot if you have one.) By Circe

To Die for Taco Dip

1pkg taco seasoning
1 8oz.pkg cream cheese (FF or Reg)
1 16 oz. pkg. sour cream
shredded cheddar cheese to taste.

Blend all ingredients using hand mixer. It is a little easier and smoother if you let the cream cheese soften. use about 1/2c.-1c. of cheddar in the mixture. Garnish with cheddar on the top to make it look pretty. This looks very odd, but family has been eating this at our family get togethers for years. Use with legal tortilla chips, veggies, or Legal cheese chips.

I know you'll love this one...especially the men in the family.

Crockpot Taco Dip

I have a GREAT crock pot Taco Dip recipe. It was my specialty long before I started SSing.

1 lb. lean ground beef
1 small onion
1 pkg. legal taco seasoning
16 oz. cream cheese
8 oz. cheddar cheese (shredded)
4 oz. Monterey jack cheese (shredded)
4 oz. mozzarella cheese (shredded)

Brown ground beef with onions, and continue to prepare the taco beef as directed on the taco seasoning. Put the taco beef in the bottom of a crock pot. Spread the sour cream over the top of the beef and sprinkle the shredded cheese on top. Prepare at least 1 hour before serving to allow the cheeses to melt, and then leave the crock pot on for the whole party. Many Taco Dips are made in the oven, so the cheese starts to harden as soon as it is served.

You can add as many legal veggies as you want to this dish. I would add them in the middle of the shredded cheeses. Try jalapenos, green or red peppers, onion rings, etc.

Hmmmm, I might need to make this tonight! By Mrs. Bauck

Taco Cheesecake

Here's a recipe from Southern Living that a friend has brought to work a couple of times and it gets scarfed up in a flash! With just a couple little changes it would be legal. I've tasted hers (YUM) but haven't tried making it myself yet. Everyone at work was eating it with taco chips, but celery worked fine for me!

1 cup crushed tortilla chips (I would just omit these, but someone may have an idea for a substitute)
1 tablespoon butter, melted (for the tortilla chips, so not needed)
1 pound ground round
1 (1 1/4-oz) envelope taco seasoning mix, divided
2 tablespoons water
2 (8-oz) pkgs cream cheese, softened
2 large eggs
2 cups (8 oz) shredded sharp Cheddar cheese
1 (8-oz) container sour cream
2 tablespoons all-purpose flour (omit or think of a substitute)
Toppings: shredded lettuce, chopped tomato, chopped green bell pepper.

STIR together crushed tortilla chips and butter; press into bottom of a 9-inch spring form pan.

BAKE at 325 for 10 minutes. Cool on wire rack.

COOK beef in a large skillet over medium heat, stirring until it crumbles and is no longer pink; drain and pat dry with paper towels. Return beef to skillet. Reserve 1 teaspoon taco seasoning mix. Stir remaining taco seasoning mix and 2 tablespoons water into beef. Cook over medium heat, stirring occasionally, 5 minutes or until liquid evaporates.

BEAT cream cheese at medium speed with an electric mixer until fluffy; add eggs and reserved 1 teaspoon taco seasoning mix, beating until blended. Add Cheddar cheese; beat until blended.

SPREAD cream cheese mixture evenly over crust and 1 inch up sides of pan. Spoon in beef mixture. Spread cream cheese mixture from around sides of pan over beef mixture, forming a 1-inch border. Combine sour cream and flour, spread over cheesecake.

BAKE at 325 for 25 minutes. Cool in pan on a wire rack 10 minutes. Run a knife around edges; release sides. Serve warm with toppings. Store in refrigerator. Yield: 12 appetizer servings.

Prep: 35 min., Bake: 25 min.

Spicy Beef Dip

1 lb ground beef
1/2 c chopped onion
1 clove garlic, minced
1 (8 oz) can tomato sauce
1/4 c ketchup (SF or homemade)
3/4 tsp dried oregano, crushed
1 tsp sugar substitute
1 (8 oz) pkg cream cheese, softened
1/3 c grated parmesan cheese

Cook beef, onion, and garlic until lightly browned and onion is tender. Stir in tomato sauce, ketchup, oregano, and sugar sub. Cover and simmer gently for 10 min. Spoon off excess fat. Remove from heat and add cream cheese and Parmesan; stir until cheese melts and is blended. Serve warm.

Spinach Artichoke Dip

After eating this type of dip from TGI Fridays and Red Robin, and not being able to determine from either restaurant what the total ingredients were, I did some checking on the Internet for recipes and found this one that is TO DIE FOR, seriously! It's better than restaurant ones I've had...YUMMMMMMMMM!!!!

I've refrigerated it and then reheated in the microwave, adding cream to loosen it up a bit and make it creamy...it is the best!

2 (8 oz.) pkgs cream cheese
1 can 14 oz. unmarinated artichoke hearts, drained well, coarsely chopped
1 pkg frozen chopped spinach, drained well
1/2 C. Mayonnaise
1/2 C. Parmesan Cheese
1/2 C. Romano Cheese
2 clove garlic, finely minced
2 Tbsp. dry basil
1/2 C. Mozzarella Cheese grated
1/2 tsp. Garlic Salt
Salt and Pepper to taste
(Cream for reheating)

Allow cream cheese to come to room temperature (or heat in microwave 30 sec to 1 min). Cream together cream cheese, mayonnaise, Parmesan, Romano cheese, garlic, basil, and garlic salt. Mix well. Add the artichoke hearts and spinach (careful to drain this well), and mix until blended. Grease glass baking dish, pour in dip, and top with cheese. Bake at 350 degrees for 25 minutes or until the top is browned. Serve with chilled celery sticks.

*I tried this with the Monterey on top - next time I will just mix it all together and maybe add a splash of cream to counteract the thickness.

PS - this makes quite a bit of dip. For smaller portions, cut recipe in half or quarter.

Houston's Artichoke Spinach Dip- Revised

From CopyKat.com

Ingredients:

1 (6.25 oz) Jar Marinated Artichokes (drained)
1 (10 oz.) Package Frozen Chopped Spinach (thawed and drained very well)
1/2 tsp. Minced Garlic
1/3 C. Freshly Grated Romano Cheese
1/4 C. Freshly Grated Parmesan Cheese
1 C. Shredded Mozzarella Cheese
1/3 C. Cream
1/2 C. Sour Cream

Preparation:

In food processor blend artichokes, Romano cheese, garlic and Parmesan cheese for about 1 - 1 1/2 minutes. Artichokes and cheeses should be minced, but should not be pasty.

In a mixing bowl add drained spinach, cream, sour cream, and mozzarella, stir well. Spoon into mixing bowl mixture from food processor. Blend all ingredients. Mixture should have a medium thick consistency. Spray an oven proof shallow serving dish. Pour artichoke mixture into baking dish and bake for 20 - 25 minutes at 350 degrees.

Artichoke dip should be a little bubbly and cheese melted through.

Mediterranean Artichoke Dip

This is my variation of an artichoke dip that is originally a Pampered Chef recipe.

1 can plain (non-marinated) artichoke hearts or bottoms

1 8 oz. package of cream cheese, softened

1/2 cup mayo

1 tbl lemon juice

1 tsp dried basil

2 cloves crushed garlic

8 oz crumbled Feta cheese

salt and pepper to taste

chopped green onion (optional) Chop the artichokes to your liking- chunky or well minced.

Mix the softened cream cheese and mayo together until well blended. Add artichokes to mixture and then add the seasonings and lemon juice. Mix well. Mix in feta cheese. Then transfer to dish for baking. Bake at 350 degrees for 20 minutes or until melted and bubbly.

Variations:

*Instead of plain feta cheese, use the sun-dried tomato and basil style, reduce or eliminate the 1 tsp of dried basil.

*Add chopped fresh tomatoes, or chopped sun-dried tomatoes

*Add in chopped spinach

Enjoy! There are lots of possible variations to this basic recipe!

Artichoke-Parsley Dip

This is an easy dip-good served with spicy pork rinds:

1 cup sour cream

1 can artichokes, drained and chopped

2 Tbls. Parmesan cheese

large sprig parsley, chopped

garlic powder to taste

cayenne pepper(opt.)

Mix all together. Garnish with paprika. Yum

Hot Chicken Artichoke Dip

1 pkg. 8oz. cream cheese

1/2 C. mayo

1 can of artichoke hearts drained and chopped

1 C. Chopped chicken breast

1 C. Cheddar cheese

1/2 C. Chopped roasted red peppers (in water)

1/2 C. Chopped green onion

Mix all of above together and put into a pie plate and bake @ 350 for 20 to 30 min. or until bubbly.

Serve with SS Parmesan cheese chips or on lettuce as a hot salad.

Hot Artichoke Dip

398mL can artichoke hearts, drained & chopped

1/2 cup freshly grated parmesan cheese (I use the regular Kraft stuff)

1 cup mayonnaise

1 garlic clove, minced

dash lemon juice

**Mix all ingredients. Bake at 350F for 10 minutes. Serve with crackers.

(When I baked mine, I needed 20 minutes in the oven. I think it depends on how deep/shallow your dish is)

Hot Broccoli Dip

This dip was introduced to me at a Pampered Chef party.

Preheat Oven to 375 F

Ingredients:

1 small head broccoli

1 red pepper

2 garlic cloves

1 1/2 Cup cheddar cheese

1/4 Cup Fresh Parmesan

1 Cup mayonnaise

1 Cup sour cream

1 Small onion

black pepper to taste

Directions:

chop onion, broccoli, and red pepper with food chopper. Place in bowl. Add sour cream and mayo, add to veggie mix. Add grated cheddar to mixture and mix well. Add pressed garlic and mix well. Add salt and pepper to taste. Grate Parmesan over top of mixture. Bake at 375 for 20-25 minutes.

Dip your veggies or pork rinds. It is fabulous!

Easy Bacon, Tomato "Dip"

You mix

1 cup of mayonnaise with

1 cup of sour cream.

Add 1 lb. bacon, cooked, drained, and crumbled, and a few tomatoes--cored, seeded, and diced.

That's it! I'm guessing that you could use less bacon if you like, or the equivalent of pre-cooked store-bought, if that's your preference. And if you wanted to add some shredded, well-blotted lettuce, you'd have a true BLT DIP! Whatever...this could be used with vegetable dippers (celery sticks, cucumber or zucchini slices...you get the idea!) OR with pork rinds...**OR**--how 'bout some spooned onto ZeeFabulousDebBuns?!?!?

Sun-Dried Tomato Dip

I got this recipe from Barefoot Contessa(foodtv). Its YUMMY

1/4 cup sun-dried tomatoes in oil, drained and chopped (8 tomatoes)
8 ounces cream cheese, at room temperature
1/2 cup sour cream
1/2 cup good mayonnaise
10 dashes, hot red pepper sauce
1 teaspoon kosher salt
3/4 teaspoon freshly ground black pepper
2 scallions, thinly sliced (white and green parts) I left these out..

Puree the tomatoes, cream cheese, sour cream, mayonnaise, red pepper sauce, salt and pepper in a food processor fitted with a metal blade. Add the scallions and pulse twice. Serve at room temperature

Wonderful Beef Spread

This is a great item to take to a party - because it's a popular dish for people who aren't SomerSizing, too. Just make sure you have legal crackers or pork rinds for you. We made some of this at Christmas, and I thought my non-SS'ing hubby was going to lick the bowl, lol...By Smatterchu

2- 8 oz. cream cheese
2- bunches of green onions, including tips
1- large jar dried beef (like Armour) (chopped or cut into small pieces. I use kitchen scissors.)
2- T. Accent (I just use garlic powder)
1- T. Lea & Perrin

Mix together and serve with crackers (or pork rinds). This is best made ahead of time.....wonderful & legal.

Faux Honey Mustard Dip

I dip my pork rinds, ham strips, chicken...LOL anything goes!

1 C mayo (best foods...Hellmann's)
2TBS yellow mustard
4 packets Splenda or (2 TBS pourable Splenda)
Mix all ingredients together in small bowl and adjust to taste. YUM! by Jaded

Ranch Dressing

I get the Hidden Valley Buttermilk Ranch package and add: 3/4 C. whipping cream, 1/4 C. water, 1 t. vinegar and 1 cup of mayonnaise.

Ranch Dip (or dressing!)

1 cup mayo
2 cups sour cream
2 tbl dried dill
1 tbl garlic powder
1 tbl onion powder
1 tbl Mrs. Dash seasoning

cracked pepper and salt to taste

*Add some cream if you want to thin it out for dressing.

Mix all of this together and taste, add more of whatever seasoning you want more of. I suggest letting it sit for awhile in the fridge then taste again as the flavor comes together after it sits. Then you'll have a better idea if you want more seasoning.
Enjoy!

Variation: Add defrosted chopped spinach to this and you have a great spinach dip!

Beau Monde Dip

1 cup mayonnaise

1 cup sour cream

1 tsp. dill

1 tsp. parsley

1 tbsp. Beau Monde seasoning (a little hard to find sometimes)

1 tbsp. minced onion (

4 oz. dried beef (cut into small pieces

Mix all together. We had always served it with rye or pumpernickel bread, but I think it's great with veggies and stuff too. Hope ya like it. I have never made the seasoning from scratch and would probably be too lazy to anyway... lol. The brand I have found around here in Virginia is "spice Island". I don't know if it's a local thing or not.

Almost Beau Monde Seasoning

1 tablespoon ground cloves

1 1/4 teaspoons ground cinnamon

1 tablespoon salt

1 tablespoon ground bay leaf

1 tablespoon ground allspice

2 tablespoons ground black pepper

1 teaspoon ground nutmeg

1 teaspoon ground mace

1 teaspoon celery seed

2 tablespoons ground white pepper

In a small mixing bowl sift together the clove, cinnamon, salt, bay leaf, allspice, pepper, nutmeg, mace, celery seed and white pepper; mix well and store in a tightly closed jar.
<http://christmasrecipe.com/AZ/AlmostBeauMondeSeasoning.asp>

Beau Monde Seasoning

Many recipes call for this seasoning blend but the manufacturer no longer makes it. Use this homemade version instead.

1 tablespoon salt

1 tablespoon bay leaf

2 tablespoons white pepper

2 tablespoons black pepper

1 teaspoon nutmeg

1 teaspoon cinnamon

1 tablespoon allspice

1 tablespoon mace
1 tablespoon cloves
Blend all spices together and store in a tightly closed jar.
Yield: about 1/2 cup seasoning mix.

from busycooks.com

Anytime Dip

I mix 8 oz of cream cheese & 12 oz of feta cheese....add the following: fresh basil chopped, fresh dill chopped, fresh parsley chopped, tiny bit of chopped green onion...and any other herb you like. I don't measure...I just throw it in. Mix well and let sit covered in refrigerator overnight. Great with veggies and I even spread it on my pepperoni chips....AND I use it in veggie/deli meat roll ups....GREAT!

Oh and also use on a hamburger instead of your cheese...YUM!!! by mizztucker

Cream Cheese Beef Dip

1 8 ounce Cream cheese, room temp.
2 to 3 green onions. Depending on how much you like onions. I prefer two try it and see if not you can add one more.
1 can of dried beef**

You can put all this in a food processor but to me it's a little bit too pureed. I like to hand chop the onions and beef. And I use my hands to mix the softened cream cheese.

Serve this with Cheese crackers or veggies. It's delicious hot or colds.

**Armour's Dried beef is in a jar (like in a jar that resembles a small jelly jar). My mom is the one that told me about this meat I had never heard of it. I've always found it close to where tuna is in the grocery store. It looks like large slices of Pepperoni. Actually that's probably the best description. It's very good, though, despite the name.

SuperSalsa

Here is my DH's Easy Salsa recipe. He has another version in which all of the veggies are roasted - this one is the one we make most often because it is fast. Enjoy.

NOTE: Check the Chipotles in Adobo for added sugar. If your brand contains sugar then substitute fresh ground dried chipotle chiles.

Easy Salsa

All of the ingredients are just tossed into a tall glass pitcher and chopped with a hand mixer. The only specialty ingredient necessary is a can of Chipotle Chiles in Adobo Sauce, which is available in the Mexican section of most groceries. Open the can and store the contents in a sealed container in your fridge. It won't go bad for ages and you can easily dip into it as necessary.

What you will need:

15 red ripe medium sized tomatoes, stems removed and seeds and juice squeezed into separate container* (canned plum tomatoes can be substituted if you are in a real rush)
2 cloves garlic, peeled

1 small onion, peeled and quartered
1 bunch fresh cilantro
1 jigger red wine vinegar
1 jigger olive oil (optional for pro/fat)
juice from 1/2 lime
1 dash oregano
1 dash black pepper
1 dash salt
1 dash ground cumino
1 dash ground corriander
1 handful of red and green chiles, seeded
2 chipotles in adobo sauce
1 tsp. adobo sauce
1 tsp. equ. sweetener to stabilize the acidity of the tomatoes (if desired)

1. Dump all of the above ingredients into a tall glass water pitcher or something similar.
2. Using your handheld mixer, chop the ingredients until the desired consistency is reached.
3. Let sit a little while, then eat.

Serving Suggestion:

Enjoy with tortillas, chips, eggs, etc.! Do not store in metal container. Keeps for a couple of weeks.

* Use tomato juice and seeds in other sauce recipes or discard.

Baked Pizza Dip

8 ounce cream cheese
1 teaspoon Italian seasoning
8 ounce shredded mozzarella cheese
1/2 cup legal pizza sauce

Beat cream cheese and Italian seasoning until well blended. Spread onto the bottom of a 9 inch pie plate. Top with layers of 1 cup of the mozzarella cheese, pizza sauce and remaining mozzarella cheese. Bake at 350 degrees for 15-20 minutes or until mixture is heated through and cheese is melted.

Serve with your favorite dippers. I used pepperoni chips.

Cheese Ball

2-8 oz cream cheese
1 Tab. mayonnaise
1/2 pkg sliced ham
1/2 package sliced beef
1 Tab. lemon juice
2 green onions

Dice onions, dice meat. Mix all ingredients together and let it set in refrigerator over night. It was good on Ritz crackers so I know it will be yummy on pepperoni crackers and celery.

Green Onion Cheeseball

Here is a family favorite recipe with SS options. Sooooooo good!

2 pkgs. cream cheese softened

1 TBS. worcheshire sauce

2 tsp. accent

dash chili powder

2 pkg. budding beef slices chopped in processor (separate the 2 pkgs)

6 green onions chopped

Combine above ingredients except beef and onion thoroughly. Add 1 pkg. of the shredded packaged beef and the chopped green onions. (be sure to use the tops too)

Spread the other pkg. of chopped beef onto wax paper and roll the cheeseball in it to coat the outside and chill.

For somersize pro/fat meal omit the beef in the cheeseball. The pkg. beef has less than 2% sugar in it so if u don't want the sugar, omit the beef altogether. Great spread on pork rinds. Mister Bee brand pork rinds are very mild and large for dipping. I make the recipe with the beef omitted on the inside so I can eat only the cheese mixture but my family can enjoy the beef on the outside of the cheeseball.

For SS carb meal, use nonfat cream cheese and omit the beef. Great on toasted whole wheat pitas, toasted whole wheat bread or legal crackers. I found Ry-Krisps crackers at Kroger that has no fat or sugar and is legal. I tried the Rye crackers. Very crispy and good for dipping.

Peppered cheese ball

8oz package cream cheese, softened

1 TBSP sour cream

1 tsp garlic powder

3 TBSP cracked peppercorns (keep 1 tablespoon for garnish)

Beat first 3 ingredients. Add 2 TBSP peppercorns and beat until fluffy. Shape into ball. Garnish with remaining peppercorn. Refrigerate. Serve with veggies or meat.

Salmon Cheese Ball

This is a wonderful cheese ball.

1 lg can pink salmon, drained(or 2 small cans)

8 oz cream cheese softened

1/3 cup sour cream

1 tbs minced onion

1 tbs prepared horseradish

Parsley

Soften cream cheese and add all ingredients except parsley. Form into a ball and then take a spatula and spread extra sour cream over the entire ball. Sprinkle chopped parsley over the top. By Winter-3

Salmon Spread

2 pounds cooked salmon, chilled

1 stalk finely chopped celery

1/2 cup small-diced red onion (1 small onion)

1 8oz package cream cheese (softened)
1/2 cup mayonnaise
2 tablespoons minced fresh dill
2 tablespoons capers, drained and chopped
2 tablespoons vinegar (raspberry or white)
2 tablespoons extra virgin olive oil
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper

Break the salmon into very large flakes, removing any skin and bones, and place the salmon in a bowl. Mix celery, red onion, dill, mayonnaise, cream cheese, capers, vinegar, olive oil, salt, and pepper together well. Fold in salmon. Season, to taste. Serve cold or at room temperature.

Boursin Cheese Spread

Here is an awesome cheese spread that my friend made and I wanted to share it with everyone. She had it with crackers but I'm sure it would be great on almost anything.

2-8oz pkgs cream cheese
2/3 stick of butter
warm to room temp. the thoroughly mix together. Add 1/4 tsp. of the following spices
dried dill
thyme
marjoram
oregano

Then add 1-2 cloves finely chopped garlic.
Mix well and let sit for at least overnight. The longer you age it, the better!

Cheezy Cheese Sticks

8oz Mozzarella cheese block cut into 16 sticks
2 oz crushed pork rinds
2 teaspoons Parmesan cheese
1/2 teaspoon garlic powder
1/2 teaspoon oregano(optional)
1/8 teaspoon pepper
1 large egg

Heat about 2 inches of oil in a deep skillet
until VERY HOT (the HOTTER the oil , the BETTER!)

When oil is heating, in a medium bowl, mix pork rinds, Parmesan cheese, garlic powder and pepper; set aside.

Whip the egg in a small bowl with whisk.

Dip cheese sticks in egg, then roll them in pork rind mixture making sure they are evenly coated.

Deep fry sticks until coating is golden brown.

Tastes great with legal Ranch dressing or legal marinara sauce (Classico is great).

You can also freeze a while a head of time. I hope this helps! ENJOY, ENJOY!!!!!! - Twinkle

Stuffed Cherry Tomatoes

Yield: 8 servings

18-20 large cherry tomatoes (cut in half)
1/2 cup mayonnaise
3 Tbsp grated Parmesan cheese
2 Tbsp fresh parsley (chopped)
3/4 lb bacon (cooked & crumbled)
1/3 cup green onion (chopped)

Note: If small cherry tomatoes are used, just cut the tops off.

After eating this type of dip from TGI Fridays and Red Robin, and not being able to determine from either restaurant what the total ingredients were, I did some checking on the Internet for recipes and found this one that is TO DIE FOR, seriously! It's better than restaurant ones I've had...YUMMMMMMMMM!!!!

I've refrigerated it and then reheated in the microwave, adding cream to loosen it up a bit and make it creamy...it is the best!

Stuffed Tomatoes

My all-time favorite stuffed tomato recipe is this one:

6-8 medium tomatoes halved
8 oz. cream cheese
8 slices bacon, crumbled
1 smallish onion chopped

(Do everything to taste. I like a bit more bacon...it's up to you. I was just trying to provide a guide for you.)

Fry crumbled bacon in a skillet on the stove. When crispy pour off all but about 2 Tbls of bacon grease. Add chopped onions to bacon and brown in the bacon grease (you can add a little olive oil if it's too dry). When onions are crispy and browned, add cream cheese. Watch cream cheese as it might burn. Stir whole mixture together until everything is incorporated.

Scoop out insides of tomato. Stuff tomatoes with cream cheese mixture. You can either eat them like this or, if you prefer, bake them at 350 degrees for 15-20 minutes. I prefer them un-baked. Give it a try and see what you think. I also like a little Parmesan cheese on top of these.

**I usually save the tomato insides and either makes sauce for dinner or just put salt on it and eat it as a snack or side dish.

I love tomatoes and make this often during the summer when I have fresh tomatoes from my garden. I hope you enjoy! Daisy

BLT Bites

16-20 cherry tomatoes
1/3 cup chopped green onions

1 pound bacon, cooked and crumbled
3 Tablespoons Parmesan Cheese
1/2 cup Mayonnaise
1 Tablespoon chopped fresh parsley

Cut a thin slice off of each tomato top. Scoop out and discard pulp. Invert the tomatoes on a paper towel to drain. In a small bowl, combine all remaining ingredients; mix well. Spoon into tomatoes. Refrigerate for several hours. By inreno

Bacon Wraps

2 or 3 Skinless Boneless Chicken Breast cut up in small bites.
Marinate chicken in a brisket marinade for maybe 30 minutes. Make sure your brisket marinade doesn't have any funky stuff in it.
1 lb. bacon cut in half.
sliced jalapenos.

Place chicken bite and jalapeno on 1/2 strip of bacon and roll up.

Cook at 350 degrees for 45 minutes. Drain grease and cook another 10-15 minutes. I cook mine on a broiler rack so the fat drains off.

My family loves these and I love that I can eat them too. They are always a hit.
Enjoy!

Water Chestnut and Bacon Appetizers

Three cans of whole water chestnuts
1 and 1/2 cups of soy sauce
1/4 teaspoon of Somersweet (or equivalent)
1 package of bacon
toothpicks

Drain water chestnuts and slice through the middle (so that they are still round). Put soy sauce in a small bowl and stir in Somersweet. Add water chestnuts, and allow them to marinate for at least 5 - 10 minutes. While the bacon is still in its package, make two cuts down the front so that each slice is cut into three. Wrap bacon slices around water chestnuts, making sure the ends of the bacon overlap so that you can secure them with a toothpick. Place on a broiling dish. Broil under a medium to low broil temperature until bacon is cooked. Keep an eye on them but it takes roughly 10 minutes, depending on your oven. You may prefer to bake these, I haven't tried that. I think these are best when they bacon gets quite crisp.

Cream Cheese and Roasted Pepper Swirls

(makes 36 to 48 swirls /lasts 3-4 days in fridge)

6 large red peppers
8 oz cream cheese
1 Tbsp sour cream, or whipping cream
1 tsp fresh thyme leaves
2 garlic cloves, minced

1/2 tsp salt
1/2 tsp freshly ground pepper
2 green onions, sliced
1/3 cup fresh parsley or basil leaves

Preheat oven to 425 degrees. Core and seed peppers, then slice in half. Place cut-side down on 2 foiled-lined baking sheets. Roast in pre-heated oven until the skins are lightly charred (about 25 to 30 minutes). Remove from oven. Wrap foil around peppers. Let stand until peppers are cool enough to handle (about 15 minutes). Unwrap peppers and carefully peel off skin, trying not to tear the peppers. Pat peppers dry with a paper towel.

Cut cream cheese into small cubes. Place in a large bowl. Using an electric mixer, or food processor fitted with a metal blade, "beat" cheese until soft. Whirl in the sour cream or whipping cream, thyme, garlic, salt, and pepper until creamy and spreadable. Add more cream or sour cream if needed. Mix in green onions, and parsley or basil.

Divide cheese mixture between peppers, then spread evenly on inside of pepper halves. Tightly roll each pepper lengthwise into a cylinder. Wrap in plastic wrap or waxed paper, twisting ends to tightly seal. Refrigerate until cheese is firm, at least four hours.

To serve, unwrap each roll and slice crosswise into 3 or 4 rounds.

Pepperoni Cups

8 oz. cream cheese (softened)
1 cup mozzarella cheese (grated)
1 cup Parmesan cheese
1 box of frozen spinach, thawed and squeezed
(approx) 48 slices of larger pepperoni sliced thin (from the deli)

Line mini muffin tins with the pepperoni slices to form a 'cup'. Mix cheeses and spinach. Drop a spoonful of the filling into each pepperoni cup. Bake for 20 minutes at 350 degrees. These are good cold too---like leftover pizza!

I really liked the flavor of the "filling" and was thinking about different uses -- stuffed chicken (making little pockets inside chicken breasts), stuffed mushroom caps, etc... I slit raw boneless chicken breasts to make a pocket and filled them with the cheese mixture. I topped the chicken with tomato sauce and baked the chicken until done. This was a great way to use the leftover filling!

Substitute the following for the spinach, in an effort to have a "supreme" pizza:

In 1 T olive oil sauté until tender
1 small onion, chopped fine
1/2 green pepper, chopped fine
1 T garlic, minced
1/2 lb mushrooms, sliced thin

Stir this into the cheese mixture and bake! Oh, and I topped mine last night with a little legal pizza sauce.

I tried making one pepperoni cup with deli ham and it was delicious, too. One thin slice of ham covers the entire tin, creating the cup.

Must Try Pizza Rounds!

I can't seem to get enough of these things. They are super easy and hit the spot! Very nice appetizer or snack. Thanks Darnito!

1/4 cup ground beef (or sausage)
7 slices pepperoni (small deli)
2 slices provolone cheese
1/3 cup mozzarella cheese-shredded
sf pizza sauce

Preheat oven to 350 degrees.

Brown the beef or sausage and spice to taste in a small pan. Take a slice of provolone and place it on a paper plate (Dixie is good). Microwave it for 2 min. on high or until brown and crispy. Take out and cover this with pepperoni (7 covers nicely). Place another slice of provolone on top, place back in micro and wave for another minute and a half. It will get bubbly.

Take out and let COOL ALL THE WAY. Now put some of the sf pizza sauce on top. Then add ground beef. Cover with 1/3 cup grated mozzarella. Place in oven (stove) for a few minutes to melt cheese (watch carefully).

Mine took about 5 min to melt.

Recipe doubles easily for 2 rounds. This is very addictive, easy, versatile, and of course quite YUUUUUMMMMMY!! Enjoy!!!!!!

Spinach Cheese Squares

1 package frozen chopped spinach
3 eggs
1 lb Monterey jack cheese, grated

Cook spinach and drain thoroughly. Add beaten eggs and cheese. Mix together. Bake at 350 degrees for about 30 minutes or until lightly brown on top. Let cool and cut into squares. Makes a great appetizer or side vegetable.

Spinach Balls

2 pkgs. (10 oz) frozen spinach
3 C medium ground pork rinds
1/2 - 1 small onion, finely chopped
6 eggs, well beaten
3/4 C melted butter
1/2 C. grated parmesan cheese
1 1/2 tsp. black pepper
1/2 tsp. thyme

Cook spinach as directed. Drain well & squeeze out excess moisture. Combine spinach & remaining ingredients, mixing well. Shape into 1 " balls & place on lightly sprayed cookie sheet.

Bake 325 for 15 minutes.

* May be frozen before baking. Place on cookie sheet & freeze, then store balls in freezer bag.

** Thaw slightly & bake.

Another Winner, Chili Cheese Puff

4 fresh poblano chiles (about 3/4 pound, I used a 21 oz can roasted poblanos)
2 tablespoons unsalted butter
1/4 cup whey protein powder
3/4 teaspoon salt, or to taste
1/2 teaspoon baking powder
6 large eggs
1 cup full fat whole milk ricotta
1/2 pound freshly grated Monterey Jack (about 2 cups, or cheese of your choice)
Fresh tomato salsa, as an accompaniment

Preheat oven to 350 degrees and oil a 9-inch glass pie plate. (I think I used a 10 inch pie plate) I also used Baby Swiss cheese. I think it is also fine without the salsa. You can also bake in muffin or mini muffin pans as appetizer size puffs. I can use never had poblanos, they are not spicy at all. I guess you can kick it up by using jalapenos or a mixture of both.

Roast and peel poblanos. Wearing protective gloves, cut chiles into 1/2-inch dice. Melt butter. Into a small bowl sift together flour, salt, and baking powder. In a large bowl with an electric mixer, beat eggs until doubled in volume, about 3 minutes. Add butter, flour mixture, and cheeses and beat well. Stir in chiles and pour mixture into pie plate. Bake custard in middle of oven until golden brown and a tester comes out clean, 30 to 35 minutes.

Serve cheese puff immediately with salsa. By Cuznvin

Parmesan Puffs

4 large egg whites at room temperature
1/4 teaspoon salt
1/4 teaspoon cream of tartar
Cayenne to taste
2 cups freshly grated Parmesan
Vegetable oil for deep frying

In a bowl with an electric mixer beat the egg whites with the salt until they are frothy, add the cream of tartar, and beat the whites until they hold stiff peaks. Stir in the cayenne and the Parmesan. In a deep fryer heat 2-inches of vegetable oil to 370 degrees and in it fry teaspoons of the mixture, formed into balls, in batches, turning them occasionally, for 2 to 3 minutes, or until they are golden. Transfer the Parmesan puffs to paper towels to drain and serve them hot as an hors d'oeuvre.

Sausage Balls

Hi! I think that you would be okay with pork rind flour. Personally, I just can't get myself to use it. Here's how I make mine:

1 package Jimmy Dean sausage
1 package shredded cheddar (I use about 1 1/2 cups)
Parmesan cheese
1 egg

I just mix up all of the above, I use the Parmesan to the eye until it seems "solid." I actually just ball them up and put them in my mini muffin pan for about 30 minutes (just keep checking!) at 350. They seem to keep their shape pretty well with those.
Hope that helps! Lissa

Sausage Cheese Balls

1 lb. sausage (I use Jimmy Dean regular in the roll)
1 package cheddar (or 2 cups fresh shredded)
1 egg

Mix all together (like a meatloaf, get in all mixed well) and just form little balls with them and put on a cookie sheet sprayed with Pam and cook at 350 for about 1/2 hour or until golden brown. (If you want them browned on all sides, turn halfway through cooking).

Alternatives:

1. I use the sausage, cheese and egg, but also add 3-4 slices of microwaved cheese crumbled coarsely. This seems to hold them together and make them taste just like you had added the flour.
2. I make theses in mini muffin pans. They are wonderful. Sometimes I add 2 or 3 eggs and eat them for breakfast.

Tuna/Egg Salad

This is a spread that I put on cucumber slices.

2 hard boiled eggs, chopped
1 can tuna
1/4 of a Green pepper, finely chopped
1/2 stalk celery, finely chopped
1/4 onion, finely chopped
Hellmann's Mayo to bind together
Grape tomatoes, cut in half
Cucumber slices

Finely chop the egg. Finely chop the green pepper, celery, and onion. Combine with egg. Drain tuna and add to mixture. Add mayo as a binder. Spread on cucumber slices and top with half of grape tomato.

This is a good spread to use a variety of ways.

Chopped Egg & Onions

This dish is one of the oldest dishes in Jewish culinary history. It is delicious served sprinkled with chopped parsley & sliced green onion rings. Serve Chopped Egg & Onions as part of a buffet with a selection of dips & toppings.

8-10 eggs
6-8 scallions &/or 1 yellow or white onion, very finely chopped, plus extra to garnish
4-6 tablespoons mayonnaise or rendered chicken fat
Mild French wholegrain mustard, to taste (optional if using mayo)
Salt
Black pepper

Put the eggs in a large pan & cover with cold water.
Bring the water to the boil & when it boils, reduce the heat & simmer over a low heat for 10 minutes.
Cool the boiled eggs under cold running water.
When cool, remove the shells from the eggs & discard.
Dry the eggs & chop coarsely.
Place the chopped eggs in a large bowl, add the onions, season generously with salt & black pepper, & mix well.
Add enough mayo or chicken fat to bind the mixture together.
Stir in the mustard, if using, & chill before serving.

4-6 servings

My notes: When I made this, I was out of grainy mustard, so I subbed about 1/2 teaspoon of Dijon. By Iwillrejoice

Adapted from a British cookbook called "Four Ingredient Cookbook."

Deviled Eggs

12 hard boiled eggs
1/2 tsp dry mustard
1/2 tsp celery salt
1 tsp dill weed
1 pkt Splenda
"just a pinch" of curry
2 T vinegar
mayo
yellow mustard
Creamy horseradish

Peel eggs, cut in half, remove yolks. Place yolks in ricer (or mash with fork). Add all ingredients except mayo, mustard & horseradish. Mix in mayo, mustard & horseradish to your own preference. I put in about a tablespoon of mustard & the creamy horseradish sauce, then add mayo to the creamy consistency I like. You can leave out the horseradish for a more curried egg.

I cut a corner out of a sandwich bag, screw in my cake decorator tip & fill with egg mixture. (You can leave out the decorator tip if you don't have one, & just squeeze out of cut corner.) Just throw away the baggie when done....no mess!

Sprinkle with dill weed or paprika.

Easy Deviled Eggs

One of my favorites is deviled eggs. Everyone makes it sound like they're so much work, but they're quick and easy! By Mrs. Bauck. I use:

Mayo
Mustard
A splash of cider vinegar
garlic powder (real garlic for larger batches)
Salt
Pepper
Paprika

Potato Skins

2 Daikon radishes (find in Asian markets)
1 tsp. salt (regular or seasoned)
1 tsp. garlic powder
4 tbl. melted butter
8 oz. sour cream (I use Daisy brand)
1-2 cups shredded cheddar or your favorite brand
1/2 cup real bacon bits
1/4 cup minced scallions (aka-green onions)

I do potato skins with Daikon radish that you can find at Asian Markets. It looks like a giant white carrot. Just peel it, cut into shape and thickness of a potato skin and boil in salted water until crisp tender. Drain and dry with paper towel. Put in a 350' oven and bake until they are a little dry. Now rub them with the melted, seasoned garlic butter. Layer the cheddar and bacon bits on them and put under the broiler until melted and lightly browned. Take out and when cooled a bit add your sour cream and green onions or whatever other favorite toppings you like. I really like them. Hope you do. Enjoy :)

I have cut them into french fries and fried them before and I liked them better than the turnips; they don't have that bitter bite to them. They did turn a little brown like fries, however, they were not real crispy but, still very good. That's why they should turn out better in the oven since it will help dry them out a bit.

Potato Skins

I was really craving yummy fried "pub" food, and really missing my favorite potato skins smothered in cheese, bacon, and sour cream. I make a huge batch so I can enjoy them for days! I use turnip, but you can substitute celery root. Here's the recipe:

Shredded Turnip (Shred with your grater)
1 -2 Eggs
1/4 cup Shredded Parmesan cheese
Dash of Nutmeg

Combine these ingredients in a bowl and form into little potato pancakes. Meanwhile heat a pan with oil for frying you turnip pancakes. Fry them until crispy, then flip. Drain on a paper towel. Sprinkle with cheddar cheese, real bacon bits (Hormel), and heat in the micro until cheese melts. Dollop with sour cream and black pepper. YUM!

Maybe not the most nutritious, but goopy, yummy and feels like a cheat! I also make Augratin potatoes using turnip! Enjoy!

Fake Twice Baked Potatoes

Cauliflower
butter
sour cream
cheddar cheese
bacon
chives

Boil cauliflower till it is soft. Drain. Blend until smooth. Add sour cream, butter, salt, pepper, chives, crumbled bacon. Add half the cheese and stir together. Put mixture in pan sprayed with Pam. Add leftover cheese to top and put in 350* oven till cheese is bubbly.

Not Quite Potato Skins

This is a very easy and tasty snack. I'm not giving measurements since this really depends on how much you like to pile on! ;-)

Fresh red peppers
crisp crumbled bacon
chopped green onion
shredded cheddar or cheese blend(I like to use Mexican blend)
sour cream

Preheat oven to 375. Slice fresh red peppers lengthwise into 4-6 slices (removing seeds) depending on size of pepper. You want them large enough to put the fillings on. Lightly oil a baking dish and lay the pepper slices cut side up. Season lightly with salt and pepper. Bake for approximately 15 minutes until the peppers are tender but not mushy. Remove from oven and top with shredded cheese, green onion, and crumbled bacon. Return to oven and bake until cheese has melted. Serve with sour cream.

Mushroom Caps

3 oz. cream cheese
1-8 oz. package whole mushrooms-any kind
1 small onion chopped
2 tbs. butter
1 c. shredded mozzarella cheese
garlic salt to taste

Chop mushroom stems and sauté with onions in butter. Sprinkle with garlic salt. Mix in cream cheese until smooth. Stuff mushroom caps and sprinkle with mozzarella. Set in foil-lined 8 x 8 baking dish and close foil. Bake at 350 for 20-25 minutes. Or if you're in a hurry set stuffed mushrooms in pan you used to sauté with and cook until caps are soft. Works best if you use a covered frying pan.
Enjoy!

Stuffed Mushroom Caps

1 lb medium fresh mushrooms (about 24 each)
1/4 cup finely chopped green onions (with tops)
1 clove garlic, finely chopped
1/4 cup butter
1/2 cup finely crushed pork rinds
1/4 cup grated parmesan cheese
2 TBS snipped parsley
1/2 tsp salt
1/2 tsp dried basil leaves
1/4 tsp pepper

Remove stems from mushrooms. Chop stems finely. Cook and stir mushroom stems, green onions and garlic in butter over medium heat until tender, about 5 minutes. Remove from heat. Stir in remaining ingredients. Generously fill mushroom caps with stuffing mixture.

Place mushrooms, filled sides up, in greased baking dish. Bake at 350 for 15 minutes. Serve hot.

**I loved this recipe before I SS but it was with bread crumbs instead of crushed pork rinds. Have NOT make it with pork rinds yet but figure you won't be able to tell a difference since they are used as a bread crumb sub so often in other posted recipes. Enjoy!

Stuffed Mushrooms

1 lb medium fresh mushrooms (about 24 each)
1/4 cup finely chopped green onions (with tops)
1 clove garlic, finely chopped
1/4 cup butter
1/2 cup finely crushed pork rinds
1/4 cup grated parmesan cheese
2 TBS snipped parsley
1/2 tsp salt
1/2 tsp dried basil leaves
1/4 tsp pepper

Remove stems from mushrooms. Chop stems finely. Cook and stir mushroom stems, green onions and garlic in butter over medium heat until tender, about 5 minutes. Remove from heat. Stir in remaining ingredients. Generously fill mushroom caps with stuffing mixture. Place mushrooms, filled sides up, in greased baking dish. Bake at 350 for 15 minutes. Serve hot.

**I loved this recipe before I SS but it was with breadcrumbs instead of crushed pork rinds. Have NOT make it with pork rinds yet but figure you won't be able to tell a difference since they are used as a bread crumb sub so often in other posted recipes. Enjoy!

Stuffed portabella mushroom caps

I had this at a restaurant for an appetizer not long ago and they were wonderful. I decided to try to make them. They turned out really good.

Portabella mushrooms (2 sm/person)
bacon
onions, chopped
garlic
Italian blend cheese
salt and pepper to taste

First, in one pan I sautéed the onion in a little olive oil until caramelized. I chopped the stems of the mushrooms fairly fine and added it to the last stage of caramelizing the onions. Then in another pan I fried the bacon until well cooked but not crispy. I chopped it finely and added it to the onion mixture. Then I seasoned the mixture with salt and pepper and set it aside. While the onions were caramelizing, I put the mushroom caps in the oven at about 350 degrees for approximately 10 minutes to soften. Then after the rest of the onion/bacon mixture was done, I covered the caps with the mixture, added the Italian cheese on top and put it all back in the oven for approximately 10 - 15 minutes or until the cheese is melted nicely.

Serve warm. The restaurant I had this in served it with a creamy garlic salad dressing on the side. Even homemade legal ranch would be wonderful. Enjoy!

Stuffed Mushrooms

1 doz mushrooms- large sized for stuffing, some stores sell pre-packaged "stuffers"
2-3 tbl. olive oil
2-3 small mushrooms, finely chopped
1 1/4 c. mozzarella cheese
1/4 c. shredded Parmesan cheese
2 tbl. mayonnaise
3 tbl. butter
2 cloves garlic - crushed
1 tsp. Cajun seasoning or Emeril's Essence
salt, pepper to taste

Pre-heat oven to 350

Wash stuffing mushrooms, remove stems and hollow them out a little (if possible). Brush the insides and outsides with olive oil.

Melt butter in medium sauté pan, add garlic and begin to sauté, add chopped mushrooms. Cook for just a few minutes to soften mushrooms.

Mix together cheeses and mayo. Add the cooked garlic and mushrooms. Season with Cajun seasoning or Essence. OR experiment with other seasonings- herbs or more garlic, whatever you like. Add salt and pepper to your taste and mix this all together.

Place spoonfuls of the filling into the mushroom caps.

If your baking dish needs it, brush some olive oil or butter on the pan. Place the mushrooms on the pan and bake for about 10-15 minutes. Then turn the temp to BROIL and cook for another 5 to 10 minutes, watching closely.

A note about the cooking time: I didn't use really large mushrooms, thus my cooking time was short. Larger mushrooms are going to need more time to get the stuffing heated and melted and the mushroom soft. So, cooking time will vary.

Bacon Stuffed Mushrooms

1 pkg. whole mushrooms, stems chopped
8 oz pkg. cream cheese (softened)
1/2 pkg. bacon crumbled
1/2 c. melted butter
1 sm. onion diced, cooked till translucent

Clean mushrooms and dice stems to add to filling later. cook bacon and crumble it.

Soften cream cheese in microwave - 10sec. Melt butter in microwave. Mix together all ingredients in a bowl by using a hand mixer until smooth.(use bacon and mushroom stems to taste). Next spoon mixture into mushroom caps. Bake in a 400 oven for about 5 min. Just until cream cheese is melted and mushrooms are warm. This is a great appetizer and a delicious snack.

Cyranos Cheese and Bacon Mushrooms

Cyranos's is located in Vail, Colorado.

28 medium sized Mushroom caps (no stems), cleaned
1 C. Sharp Cheddar Cheese

1/4 C. cooked Bacon Bits
1/4 C. finely chopped Parsley

Preparation:

Preheat oven to 375 degrees. Arrange the mushrooms in two shallow dishes, steam side up. Put cheese on top mushrooms and sprinkle with bacon bits. Cover pans with foil and bake at 375 degrees for 20 minutes. Remove from oven; sprinkle with parsley.

Stuffed Mushrooms, no Cream Cheese!

by KrisJordan (note by Linda)I made these last week and couldn't get enough of them. I tend to avoid cream cheese because it stalls me. These are really good.

1 lb medium fresh mushrooms (about 24 each)
1/4 cup finely chopped green onions (with tops)
1 clove garlic, finely chopped
1/4 cup butter
1/2 cup finely crushed pork rinds
1/4 cup grated parmesan cheese
2 TBS snipped parsley
1/2 tsp salt
1/2 tsp dried basil leaves
1/4 tsp pepper

Remove stems from mushrooms. Chop stems finely. Cook and stir mushroom stems, green onions and garlic in butter over medium heat until tender, about 5 minutes. Remove from heat. Stir in remaining ingredients. Generously fill mushroom caps with stuffing mixture. Place mushrooms, filled sides up, in greased baking dish. Bake at 350 for 15 minutes. Serve hot.

**I loved this recipe before I SS but it was with bread crumbs instead of crushed pork rinds. Have NOT make it with pork rinds yet but figure you won't be able to tell a difference since they are used as a bread crumb sub so often in other posted recipes. Enjoy!

Oriental Lettuce Wraps

Iceberg Lettuce - Washed & cored
1 lb Ground Chicken or turkey
1/2 lg ground pork
2 cans water chestnuts
2 lg groups of green onion (10-15 each)
5 Celery stalks
Dark Sesame oil
Olive oil
Spike Seasoning (can be found in spice section or I will put a recipe below)
Splenda

- * Brown meats together in skillet w/ salt & pepper
- * Add spike seasoning & 1/2 cup water to deglaze pan. Simmer for 5 minutes
- * Finely chop water chestnuts, onion & celery in food processor or by hand.
- * Cook in skillet w/ oil until translucent.
- * Add meat to mixture.

- * Add about 2 tbsp of dark sesame oil and splenda to taste
- * Put meat into lettuce cups and roll.

Tortilla Wrap Ups

Here's a great recipe that I have used at cookouts, family get togethers, and football parties. Be careful they are Addictive!!

1lb. cream cheese
8 oz. sour cream
1/2 tsp Dried Chives
1/2 tsp Dried Parsley
1/2 tsp Dried Dill Weed
1/4 tsp Garlic Powder
1/4 tsp Onion Powder
1/8 tsp Salt(optional)
1/8 tsp Pepper
1 green pepper (diced)
1 red pepper (diced)
for level 2 you may add chopped black olives
Whole Wheat Tortilla Shells

Mix together all ingredients with hand mixer, except the tortilla shells. Spread some of the dip on tortilla shells. Roll the tortilla shells jelly roll style and then slice into bite size pieces. Refrigerate and then serve.

Smoked turkey roll-ups

2 slices of smoked turkey lunch meat (no sugar added)
1 pickle cut lengthwise into fourths
softened cream cheese

Take 2 slices of lunch meat, spread cream cheese, place 1/4 pickle in the center and roll up. Eat as is or cut into bite size pieces for appetizer tray. :) YUM

The *BEST* Hot Wings

These are the best chicken wings! We have these at least once a week at my house.

24 chicken wing drumettes
oil for deep frying
4T. butter
1T. distilled white vinegar
5T. your favorite hot sauce (not Tabasco)-- I use Franks Red Hot

Rinse and dry chicken well. Deep fry until golden brown (about 10 minutes). Remember not to overcrowd your fryer or you won't get the crispness. Drain chicken and let cool.

In a saucepan on low heat, melt butter, then add vinegar, and then the hot sauce. Stir well. Simmer the chicken wings in the hot sauce mixture. The longer you simmer, the hotter they will be.

Spicy Chicken Drummettes

Preheat oven to 400 degrees.
Lightly grease a 9 x 13 pan.
Bake drummettes until golden brown (about 30 minutes).

Meanwhile, prepare Red Hot Sauce.

Red Hot Sauce

Mix 1/2 cup each vinegar and water, 1/4 cup tomato paste, 2 teaspoons Splenda, 1-3 tablespoons liquid hot pepper and 1-3 tablespoons cayenne pepper.

Remove pan from oven, drain off fat. Pour sauce over chicken, turning to coat well.
Return pan to oven and continue baking, turning drummettes over once or twice until sauce is bubbling (about 15 more minutes).

Serve with blue cheese dip or sour cream.
Enjoy!!

Jalapeno "Poppers"

My husband made these yesterday, they we're delish!!! A little spicy...

jalapeno peppers
cream cheese
minced onion
bacon

Now, depending on how many peppers you have will determine how much cheese, bacon, etc. Slice peppers down one side and de-seed, you can also rinse them if you need too. Combine cream cheese and onion and stuff the peppers. Wrap them in bacon and secure with toothpick. Back at 375 until bacon looks crisp. I don't know how long he had them in the oven. They are very good but like I said, a tad spicy!!!
LOU

Pepperoncini Appetizer

I've been making these appetizers for years and I realized that they are somersized.
So...hear we go.

pepperoncini peppers (jarred)
cream cheese
garlic
bulk sausage (I prefer sage sausage)

Slice the pepperoncinis open on one side and drain (pat dry) with paper towels. No need to remove the seeds since pepperoncinis are fairly mild. You may remove the seeds if you wish. I use to, but I have cut down on the prepare time now and do not remove the seeds and they are just as delicious.

In a bowl mix cream cheese and garlic (garlic to taste). With the tip of a knife....fill the pepperoncinis with the cream cheese.

Take a portion of the raw sage sausage (approximately the size of a golf ball...flatten in palm of hand. Place stuffed pepperoncini in the center of the sausage and "wrap" the sausage around the pepper. Leaving stem poking out of the top for a "handy little handle".

Place on a cookie sheet and bake at 375 for 20 minutes.

I have tried other peppers that were not jarred pepperoncinis and they were not nearly as good.

I did not include quantities for the ingredients because it just depends on how many you want to make.

Salsa Bites

Here is another recipe I took to the party. They are very good and everyone loved them! Hope you do to! Enjoy - Bernice

11 oz cream cheese (softened)
1/3 cup thick and chunky salsa
2 eggs
1/2 cup shredded cheddar cheese
1/4 cup chopped green onions (can add more)
1 clove garlic finely minced
**optional addition: 1/4 cup sour cream
2 TBS chopped fresh cilantro

Beat cream cheese in bowl until smooth. Whisk in salsa and eggs until well blended. Stir in cheeses, onions, and garlic. Spray a mini muffin pan with either vegetable spray or I use a sprayer filled with olive oil.

Fill mini muffin cups. Bake at 375 for 20 minutes. Might take longer depending on your oven. They are done when they turn golden brown and a toothpick inserted comes out clean. Let cool 5 minutes. Remove from pan. **Can then spread tops with a small amount of sour cream and fresh cilantro if desired. Should make 24 mini muffins.

Fire Cracker Shrimp

1 lb. Med. or Large Fresh Shrimp (peeled, deveined, and butterfly, leave tail attached)
Jalapeno Peppers (stemmed, seeded, and sliced length ways to taste)
12 oz. Bacon (cut in half)
Creole Seasoning

Place slice of jalapeno pepper inside of shrimp and wrap with bacon. Shrimp may be held secure with toothpick or place several on skewer. Sprinkle with Creole seasoning to taste. Place on grill or baking sheet at 375 degrees until bacon is lightly crisp. Remove shrimp and place on serving dish. Pick your own dipping sauce. By Inreno

Spicy Grilled Shrimp

1 pound large shrimp - peeled and deveined
1/2 clove garlic
1-1/2 teaspoons kosher salt
1/4 teaspoon cayenne pepper
1/2 teaspoon paprika
1 tablespoon light olive oil
1 teaspoon lemon juice
4 slices lemon, for garnish

1. Preheat barbecue or gas grill, broiler or other grilling item.
2. Mince garlic with salt; transfer to a small bowl. Stir in cayenne and paprika. Add olive oil and lemon juice, and mix together to form a paste.
3. Smear paste over shrimp.
4. Grill shrimp over hot grill, 2 to 3 minutes per side. (Adjust cooking to whatever you are using to cook shrimp-with the lower temp of a GF grill, it takes a bit longer.)

Serve with lemon wedges. By Circe

Lobster Cakes

These are a Somersized adaptation of Emeril Lagasse's Lobster Cakes.

2 Tablespoon unsalted butter
1 onion-finely chopped
1/2 cup finely chopped celery
1/2 cup finely chopped red bell pepper
Salt
Cayenne
1 Tablespoon chopped garlic
1 pound cooked lobster meat, diced
1 1/2 Tablespoons dried parsley
1 Tablespoon Creole mustard
1/2 cup Mayo
1 1/2 cups Somersize Bake and Fry Mix (recipe in Fast and Easy)
vegetable oil for frying
1 lg egg

melt the butter in a small sauté pan over medium heat. Add the vegetable, salt and cayenne. Cook about 5 minutes, until veggies are soft and golden. Add garlic and cook another 2 minutes. Cool for 5 minutes.

In a large mixing bowl, combine the lobster meat, parsley, mustard, mayonnaise, the cooled vegetables and 3/4 cups of the Bake and Fry Mix. Mix well. Divide the mixture into 10 equal portions and form them into 1-inch cakes (patties).

In a shallow bowl, place the remaining Bake and Fry Mix. In another shallow bowl lightly beat the egg.

heat the oil to about 300 over medium heat (I had to play with the setting and the temperature because the Bake and Fry mix can burn easily). Carefully dip cakes in egg

wash then in the Bake and Fry mix, coating them evenly. (It's best to complete coating all the cakes before starting to fry them.) Fry about 3 minutes per side until lightly golden.

Serve with Tarter Sauce (or not-I prefer). Enjoy!

Asparagus Prosciutto Rolls

Since we are coming into the Asparagus season, I am planning on making these this weekend! The recipe is from the cookbook: Intercourses, An Aphrodisiac Cookbook. (hee hee hee)

1/4 C. Olive Oil
1 Tbsp. Balsamic vinegar
1/2 Tbs. Dijon Mustard
1 Clove garlic, crushed
1 Tbsp. minced fresh chives
salt and pepper to taste
3 thin slices Prosciutto, cut in half crosswise
3 Tbsp. cream cheese or goat cheese
18 stalks asparagus, blanched
Italian parsley for garnish

Combine the olive oil, vinegar, mustard, and garlic in a bowl, whisk well. Stir in the chives and salt and pepper. Spread each piece of prosciutto with 1/2 Tb. of cheese. Roll 3 stalks of asparagus in each half of prosciutto. Top with vinaigrette. Serve at room temp.

The recipe says it makes 2-3 servings, however, I sometimes cut my asparagus in half , and get a couple more rolls that way.

Asparagus Salami

Heat oven to 375
bunch of asparagus (however much your family eats)
Genoa Hard Salami, small rounds
cream cheese, softened

Wrap a stalk of asparagus with a piece of salami, seal with cream cheese. I usually wrap it tight and put a wad of cream cheese in there for the flavor. Place on a cookie sheet that has been sprayed with PAM.

Put the loaded cookie sheet in the oven and bake for 20 minutes (longer if you used frozen asparagus -- just until crisp tender.)

Artichokes with Dijon Sauce

1 14-Oz can artichoke bottoms, drained
10-12 slices bacon
3 tbsp Dijon mustard
1/4 c. cream

Preheat oven to 400. Cut each artichoke into 8 wedges. Cut each bacon strip into fourths. Wrap a piece of bacon around each artichoke piece and secure with toothpick. Bake on rimmed cookie sheet for 20-30 min until crisp. Drain on paper towel.

Mix mustard and cream and serve as dip.

Salads and Dressings

Salads

Cranberry Salad

1 9 oz can crushed unsweetened pineapple;
1 3oz pkg sugar free cherry gelatin;
1 Tbsp lemon juice
1/4 cup Splenda
1 cup fresh cranberries, chopped
1 small orange, peeled and chopped
1 cup celery
1/2 cup pecans(optional-level 2)

Drain pineapple and reserve juice. Combine juice with enough water to make 2 cups. Prepare gelatin according to directions using pineapple water for the liquid. Once gelatin is dissolved, stir in lemon juice. Chill until partially set. In separate bowl, mix remaining ingredients. Add to partially set gelatin and stir until blended. Pour into large mold, or individual cups. Chill until firm.

Tomato and Feta Salad

Got this recipe from the Food Network. It is very good.

6 cups of cherry/grape tomatoes sliced in half
1 to 1 1/2 cups feta cheese/cubed or crumbled
1 small red onion diced
3 Tablespoons champagne or white wine vinegar
1/4 cup of good olive oil
2 Tablespoons of minced basil (fresh)
2 Tablespoons minced parsley (fresh)
sea salt
pepper

Gently mix all. Serve cold or at room temp.

Mozzarella And Tomato Salad

Southern Living Aug.98

4 large tomatoes
4 tablespoons olive oil
ground black pepper to taste
10 ounces mozzarella cheese, thickly sliced
8 leaves fresh basil, torn into strips

Chop tomatoes in half, then slice finely; arrange on four plates. Trickle a tablespoon of olive oil over each serving, and sprinkle with black pepper. Lay slices of cheese over tomatoes, and strips of basil over cheese. Cover with plastic wrap, and refrigerate for 30 minutes before serving

Eggs Continental

1/4 cup dry bread crumbs(must omit)
1 tablespoon butter or margarine, melted
4 hard cooked eggs, sliced
3 slices bacon, diced
1 cup dairy sour cream
1 tablespoon minced onion
1/2 cup shredded Cheddar Cheese
1/2 teaspoon salt
1/8 teaspoon pepper
1/4 teaspoon paprika

Heat oven to 350 degrees, toss bread crumbs in butter, divide among 4 buttered 10 ounce baking dishes, layer egg slices over crumbs. Fry bacon until crisp, drain. Stir together bacon, sour cream, milk, onion, and seasonings: spoon over eggs. Top with cheese. Bake uncovered 10 to 15 minutes or until cheese is melted.

Continental Egg Salad

6 eggs, hard cooked and finely chopped
1 1/2 c. Swiss or Cheddar cheese, shredded
1 c. mayonnaise or salad dressing
2 Tbsp. fresh chives, chopped
1 tsp. prepared mustard
1/2 tsp. salt
4 to 5 medium tomatoes, chilled
dill weed, if desired

In 1-quart bowl, combine all ingredients except tomatoes. Stir gently. Cover; chill in refrigerator for about 2 to 3 hours. To serve, cut each tomato into sixths, cutting through to within 1 inch of stem end. Fill each tomato with 1/2 to 2/3 cup egg salad. Sprinkle top with dill weed, if desired. Makes 4 to 5 (1/2 to 2/3 cup) servings.

Bean 'N Bacon Salad

by carma

2 (16 oz) cans whole green beans, drained
1/2 c chopped onion
1/3 c oil
1/4 c vinegar
1/2 tsp salt
1/4 tsp pepper
4 hard boiled eggs, chopped

1/4 c mayonnaise
1 tsp prepared mustard
2 tsp vinegar (2nd amt)
1/4 tsp salt (2nd amt)
4 slices crisp fried bacon, crumbled
lettuce
paprika

Combine beans, onion, and oil. Add first amt vinegar and S&P. Toss lightly. Cover and chill. Mix remaining ingredients except bacon, lettuce, and paprika. Just before serving, drain bean mixture and toss with bacon. Serve on lettuce, top with egg mixture, and sprinkle with paprika.

Bean Salad

by jollygiant

1 can green beans, drained
1 can yellow (wax) beans, drained
2 cups raw cauliflower, broken into small pieces
1/4 cup onion, chopped
1/4 cup celery, chopped
1/4 cup red pepper, chopped

Combine in a bowl.

Dressing:

1/2 cup salad oil (vegetable or canola)
1/2 cup vinegar
6 small pkg. Splenda (this is equal to about 1/4 cup sugar-can add more -original recipe calls for 3/4 cup sugar)
1/2 tsp. salt
Dash of Pepper

Combine dressing and pour over veggies. Stir gently and refrigerate for several hours or overnight. Should keep good for days in frig. Triple this recipe to get an ice cream bucket full of salad. It may not be sweet enough for most of you--so just add more sweetener. I've used it on cucumbers and onions. I made another veggie salad today with cauliflower, broccoli, celery, onions, and tomatoes and this dressing (made with apple cider this time). For lunch yesterday, I put down a bed of lettuce and part of a can of drained tuna, and this salad with the dressing as my dressing on the salad. Very good.

"Potato" Salad

by gettnskinny

1 bag frozen cauliflower (or 1 head fresh)
1 cup mayo
1/4 cup yellow mustard (add more to taste)
1/2 cup dill pickle relish
1/4 cup splenda (to make the relish sweet)
4 boiled eggs

1 small red onion, finely chopped
salt and pepper to taste

Boil cauliflower until good and soft, drain. Use a potato masher to mash the cauliflower until desired potato salad consistency. Chop eggs and add to cauliflower. Add splenda to relish...might add more or less depending on how sweet you like your salad...then dump in with eggs and cauliflower. Add remaining ingredients and stir until well mixed. Chill and serve.

Faux Potato Salad

This is a cooked dressing and is somewhat sweet. It was an old family recipe and I have somersized it.

Cook over low heat for 5 minutes:
6 tablespoons butter
2 eggs
2 tablespoons mustard
2 tablespoons vinegar
14 teaspoons somersweet (10 Tablespoons Splenda)

Cool dressing then add 1 cup mayonnaise pour over the following:

1 head of cauliflower (steamed)
1/2 cup celery chopped
1/4 cup green pepper chopped
4 hard boiled eggs chopped
2 teaspoons celery seed

"Potato" Salad with Jicama

I had tried the cauliflower version in the past and it just didn't have the taste I wanted. So, I experimented with cooking jicama and came up with a version even my husband (a true potato salad lover) even liked. I'm not giving exact measurements because it depends on the amount of jicama you use and your personal preference of the amount of other ingredients. The cooked jicama is darker than potato but still okay! I hope you'll find it as delicious as we did.

Jicama, cooked
Mayonnaise
Mustard
Hard boiled eggs, diced (lots!)
Onion
Salt & pepper

Scrub jicama and boil in water until fork-tender. Remove from water and cool until you can peel it. Discard any fibrous portion. Dice to size you like. Add chopped hard boiled eggs.

Combine mayo with mustard, chopped or grated onion and salt and pepper to taste. Mix into jicama/egg mixture.

Chill at least 2-3 hours but even better if you can make it the day before so the flavors really mingle. It looks great with sliced hard boiled egg on top and a sprinkling of paprika.

Cauliflower Lettuce Salad

This well received by the most skeptical NON somersizer in m family!

1 head iceberg lettuce, torn up
1 head cauliflower-separated into flowerets
7 slices bacon-cooked crisp
1/2 c shredded Parmesan cheese
1/2 onion, chopped
3/4 c shredded cheddar
3 t somersweet
2 cups Mayo

Toss lettuce, bacon and cauliflower together. In another bowl, mix cheeses, mayo, onion, and somersweet. Toss with the lettuce mixture until well coated. Sprinkle a little extra cheddar on top-YUM!

Cauliflower Salad

1 head cauliflower (raw)
1 head lettuce
1 med onion -- chopped
1 pound bacon -- fried and crumbled
1/2 cup Parmesan cheese -- to taste
Salt and pepper
6 Splenda packets -- 6 to 12
(to replace the 1/4 to 1/2 C. sugar)
2 cups mayonnaise

The original recipe says to put lettuce, cauliflower, bacon, onions in bowl and sprinkle over sugar, salt, pepper, Parmesan cheese. Then spread mayo over top to "seal" then cover and let sit over night or several hours. Toss and serve. I personally mix the mayo with the sweetener and salt and pepper "to taste" then mix it all up. Lettuce gets wilted after a day, so if you make for several days of eating I recommend mixing dressing separately and add to your serving up to a few hours before eating. People of all ages love this salad!!!

This recipe has been a staple at holidays in my family for years and is AWESOME!

Broccoli Surprise Salad

3 cups broccoli chopped up
6 slices of bacon cooked crisp, and crumbled
1 cup red onion diced
1 cup shredded cheddar cheese

Mix the above ingredients together, cover with dressing.

Dressing:

1 cup mayo
2 Tbl white vinegar

Sweetener of choice equivalent to ¼ cup sugar

Mix together. This is so yummy. I find myself craving it.

Broccoli Salad

This is so delicious and now it can be made with SomerSweet instead of sugar!!

1 bunch fresh broccoli
2 oz. bacon, chopped
1 cup grated cheddar cheese
1 cup mayo
2 TBSP vinegar
5 TSP Somersweet

Separate broccoli into bite size pieces. Wash and drain. I do not use the stalks at all, just the heads. Mix in bacon and cheese. In separate bowl, mix mayo, vinegar, and Somersweet. Pour dressing over salad just prior to serving. Serves 4 to 6.

I loved this before with 1/2 cup sugar, but without it is even better because the Somersweet doesn't make it gritty. I cut the recipe in half and have it for lunch.

Broccoli Cheese Salad

1/3 c. vegetable oil
1/4 c. lemon juice
1 tsp. sugar (substitute)
1/2 tsp. garlic salt
1/4 tsp. dry mustard
1 bunch fresh broccoli (1 lb)
1 c. cherry tomato halves
4 oz. Swiss cheese, cut in small strips
1/4 c. sliced green onions

In jar, combine first 5 ingredients, set aside. Cut broccoli into flowerets, cut stalks crosswise into thin slices. Cook broccoli until crisp-tender (you want it be bright green and not hard, but don't let it get too soft). Toss broccoli with dressing and tomatoes, cheese, and onions. I eat as is, or you can serve on lettuce.

Great Veggie Salad

1 head Cauliflower chopped
1 head Broccoli chopped
1 bunch green onions chopped
1 Cup Red wine vinegar
1 Cup Olive oil or Vegetable oil
1 pkg. SS Ranch Mix(Could use Hidden Valley Ranch mix or Good Seasons Italian mix)
Dill weed (to taste)
Garlic powder (to taste)
Salt & pepper to taste

Mix all of the ingredients together and refrigerate. I marinate mine 24 hours. The longer it sets the better. You can add more dressing mix if you want.

You can also add a can of artichoke hearts, drained and bell peppers.

Level Two

Add black and green olives

Brandy's Mediterranean Salad

1 Head Fresh Broccoli cut into bite size
1 Head Fresh Cauliflower into bite size
2 Red Peppers diced
2 Yellow Peppers diced
2 Green Bell Peppers diced
1 Med. Red Onion diced
1 6oz. container feta cheese
6 oz. of a good herb and garlic vinaigrette or Italian Dressing
Salt and Pepper to taste

Mix veggies together in a very large bowl or two large bowls, then add the cheese and the dressing. Mix well and refrigerate for at least an hour to let the flavors marry together.

You can also make this ahead of time and it seems to get more flavorful the longer it cools!!

You can make your own legal Italian dressing with oil and vinegar and herbs and spices!

That's how I do it now!!

Sveltechick's Tzaziki

2 cups plain fat-free yogurt
2/3 cloves garlic
1 capful lemon juice
1/2 cucumber
Tbsp. fresh dill

First you have to drain the yogurt, to make it more like the Mediterranean variety. Suzanne does this in EGLW to make yogurt cheese. She lines a strainer with cheesecloth, pours the yogurt in, and lets it sit overnight. I used coffee filters, and I think it worked even better. Just put the coffee filter in a strainer over a bowl. My coffee filters only fit one cup of yogurt, so I just did it in two batches, for a few hours each.

Peel cucumber. Grate or mince in a food processor. Salt and drain for 30 minutes (same as yogurt: put them in cheesecloth lined strainer). Squeeze out any excess liquid. Mince up the garlic, and mix together with the strained yogurt, lemon juice, and dill.

Cucumber Salad

by pennstategirl

My new favorite that is really tasty. I am guessing the measurements because I didn't measure when I put this together.

1 cucumber diced up, no skin
1/4 cup red onion
1/2 cup mayonnaise
1 tbs. of blue cheese
1 tbs. of cooked bacon, crumbled

Mix together and let sit of about 1/2 hour. Then eat. You may omit the bacon since it may be too salty for you, but I love salty. My Mom used to make cucumber salad with just the cucumbers, mayo and onions but I just love blue cheese and it gave the salad a great flavor. I ate the whole recipe for lunch the other day or you could make it as a side dish for with a meat.

Tomato, Cucumber and Feta Salad

2-3 Large fresh tomatoes
2 cucumbers (large ones, not pickle size)
1 cup Feta crumbled
Red Wine Vinegar
Olive Oil

Dice tomatoes, peel and dice cucumber, and mix with feta in a good size bowl (preferable with a lid). Drizzle olive oil, and vinegar over all, and mix well. Refrigerate for at least an hour. The amount of oil and vinegar is by taste. I usually use about 2-3 TBS each. We love this with grilled chicken or steak. by kimmizig1

Cucumber and Tomato Salad

1 large cucumber, cut into chunks
2 medium tomatoes, cut into chunks
8 oz mozzarella cheese cubes
½ cup Italian dressing
4 oz crumbled feta cheese

Place vegetables and mozzarella cheese into a bowl. Pour Italian dressing over. Sprinkle with crumbled feta. Enjoy! by: rondaren

Cucumber and Cream Salad

3 cucumbers sliced paper thin
Salt to taste
1 - 1 1/2 c. cream (enough to coat the cucumbers well)
2 T. vinegar
~ 1/2 c. Splenda

Slice cucumbers paper thin and salt them pretty well. To salt the cucumbers, I just slice half of one into a bowl, shake salt on generously, and then repeat until I've got all of the cucumbers sliced. Let sit for 1/2 hour or so to pull out the water. Drain cucumbers. Do not rinse. Add cream, vinegar and Splenda and mix. Serve cold.

The measurements for cream, vinegar and Splenda are all approximate. You should really go with what tastes good to you... should be a little more sweet than sour.

DH grew up on this and we love it. It's great for packing in a lunch and keeps for several days (if it lasts that long!)

Hot Cucumber Salad

by twiggy

1 English cucumber, thinly sliced
1 large tomato, diced
1 medium onion, thinly sliced
either 625 ml fat free plain yogurt 2 1/2 cup (carbs) or 500 ml cream 2 cup (profat)
15 ml fresh parsley, chopped 1 tbsp
3 ml ground cumin 3/4 tsp
2 ml salt 1/2 tsp
2 ml each grated lemon zest
1 ml hot pepper sauce 1/4 tsp
- pinch each paprika & black pepper –

In a bowl; combine vegetables. Whisk remaining ingredients together and toss with vegetables. Cover and chill thoroughly. Serves 8

Red Onion & Sugar Snap Pea Salad

(mjlibbey)

2 cups romaine lettuce, torn
1 1/2 cups bok choy, thinly sliced
1 8-oz. pkg. sugar snap peas, halved crosswise, stringed and blanched if desired
1/2 red onion, thinly sliced
1/2 cup feta or blue cheese, crumbled

DRESSING

1/3 cup olive oil
3 tablespoons white wine vinegar
1 tablespoon lemon juice
1/4 teaspoon hot pepper sauce
1/4 teaspoon salt

In a large bowl, toss together salad ingredients. In a small bowl whisk together dressing ingredients. Pour dressing over salad and toss, when ready to serve. Make 4 side dish servings.

Su's Green Bean Salad

2 cans French Cut style green beans
2 tomatoes
1/2 purple onion (sliced in rounds)
1/2 cup mushrooms
1 can sliced water chestnuts
1 small bag slivered almonds
Zesty Italian dressing

Drain green beans and put in a large bowl.

Cut up onion. Slice mushrooms. Cut water chestnuts in strips. Add onion, mushrooms, water chestnuts, and slivered almonds to green beans.

Dice tomatoes and add to the mixture.

Add dressing to your liking, and let it all sit in the icebox covered for about an hour before

serving.

Toss to get dressing on all ingredients and serve.

Grilled Zucchini and Summer Squash Salad with Basil

Freakin finelly

4 medium zucchini, trimmed, halved lengthwise
4 medium crookneck yellow squash, trimmed, halved lengthwise
5 tablespoons olive oil
1/2 cup chopped fresh basil
1/3 cup freshly grated parmesan cheese (about 1 ounce)
2 tablespoons balsamic vinegar

Prepare barbecue to medium heat. Place zucchini and crookneck squash on large baking sheet; brush all over with 3 tablespoons of the oil. Sprinkle with salt and pepper. Grill vegetables until tender and brown, turning occasionally, about 10 minutes.

Transfer to a plate and cool. Cut vegetables diagonally into 1 inch wide pieces. Place in large bowl. Add basil, Parmesan cheese, balsamic vinegar and remaining 2 tablespoons olive oil and toss to blend. Season to taste with salt and pepper and serve.

Serves 6.

Supreme Pizza Salad

Recipe courtesy Rachael Ray [30 Minute Meals]

2 plum tomatoes, seeded and chopped
1/2 medium red onion, chopped
8 fresh white button mushrooms, sliced
1 small green bell pepper, seeded and chopped
1 stick pepperoni, casing removed and cut into a small dice
1 pound ball fresh mozzarella or fresh smoked mozzarella, diced
20 leaves fresh basil, torn or thinly sliced
she calls for pinwheel pasta but we'll use romaine lettuce

Dressing:

1 teaspoon garlic salt
1 teaspoon dried oregano leaves or Italian dried seasoning
1 rounded tablespoon tomato paste
2 tablespoons red wine vinegar, eyeball it
1/3 cup extra-virgin olive oil, eyeball it

Freshly ground black pepper

Combine tomatoes, onion, mushrooms, peppers, pepperoni, mozzarella, basil and pasta in a big bowl. Whisk garlic salt, oregano or Italian seasoning, tomato paste and vinegar together. Stream in extra-virgin olive oil while continuing to whisk dressing. When oil is incorporated, pour dressing over pasta salad, add a few grinds of black pepper to the bowl, and then toss salad to coat evenly. Adjust your seasonings and serve salad. Leftovers make a great lunch or snack the next day!

Tossed Pizza Salad

by Nanz

I got this recipe from Bon Appetite a few years ago. I've since SSed it by removing the toasted Boboli cubes and it's still really good with lots of flavor.

1 1/2 cups diced tomatoes
1/2 cup thinly sliced fresh basil
1/2 cup Italian dressing
1 small green bell pepper, chopped
1 cup diced fresh mozzarella cheese (I use the small balls chopped in half)
1/2 roll of pepperoni, sliced about 1/8" thick
1 large bunch arugula, stemmed

Toss all ingredients in a large bowl. Season with salt and pepper and serve

Greek Veggie salad

Cucumbers (cut into chunks)
Grape tomatoes
Mushrooms (sliced)
Banana peppers (sliced)
Mozzarella cheese (shredded or cut into chunks)
Crumbled Feta cheese
Girard's Greek Feta Vinaigrette dressing
Red Onions (sliced or chopped)

Mix everything together (however much you want of each item) and refrigerate for a couple hours. Hope you like it!

Deep-fried Red Pepper Salad with Blue Cheese

3-4 red bell peppers
Olive oil for frying
8 ounces fresh baby mixed greens (spring mix)

1 teaspoon dried Italian herb blend
1 cup crumbled blue cheese
1/3 cup good balsamic vinegar
Freshly cracked pepper to taste

Quarter peppers and rid them of stems and seeds. Rinse and pat dry with paper towel. Arrange greens on individual serving plates or serving platter.

Heat oil. When oil is hot, carefully lower peppers, either all at once or in batches (depending on size of your fryer), and fry at 350 - 360 degrees for about 5 minutes or until blistered, tender and skin begins to blacken. (Can use deep fryer or saucepan). Dab on paper towel but leave glazed with a bit of oil. Arrange peppers on greens. Sprinkle herbs over peppers, then blue cheese. Drizzle balsamic over platter and grind pepper over dish. Serve warm. 6 - 8 servings

Hot Bacon and Asparagus Salad

by mjlibbey

6 slices of bacon
1 pound asparagus, trimmed and cut diagonally into 1/2 inch pieces
6 tablespoons red wine vinegar
sweetener to equal 1 tablespoon of sugar
1/8 teaspoon pepper
1/2 teaspoon dry mustard
2 hard boiled eggs, sliced
4 cups lettuce, washed and torn

Cook bacon, drain skillet, reserving fat. Return 3 tablespoons bacon fat to skillet. Add asparagus, cover and cook until tender-crisp (about 5 minutes). Add vinegar, sweetener, dry mustard, pepper and bacon. Cook, stirring occasionally for 1 to 2 minutes until slightly thickened. Place greens in bowl. Pour asparagus mixture over. Top with sliced eggs. Toss and serve immediately. Serves 4

Delicious Salad

by gwenw

I am new to SS and am looking forward to my first weigh-in! This is a favorite salad that is quick to make.

1/8 # pancetta, cut into small cubes or bacon cooked
1 - 2 T. olive oil
1 bag Romaine lettuce
1 T. Dijon mustard
1 - 2 T. red wine vinegar
Hunk of Parmesan cheese
fresh ground pepper

Sauté the pancetta cubes in the olive oil, over medium heat in a small sauté pan. Meanwhile, have the lettuce waiting in a bowl. When the pancetta has nicely browned, place the cooked cubes over the lettuce, reserving the drippings and oil. Add the mustard and vinegar to the hot oil (be careful, it will splatter!) and whisk until well combined. Pour hot

dressing over salad. Then, with a potato peeler, shave as much Parmesan cheese as you want over the top. Sprinkle on pepper. This is so filling and delicious.

We had it for dinner last night, I wanted it as a main meal so added a few extras (hard boiled egg, asparagus, tomato, & chicken) to bulk it up, and used bacon instead of pancetta (my supermarket didn't have any)

BLT Salad

I Somersized slightly my mother-in-law's recipe for a B L T Salad, because it called for home made croutons, so even without those it was excellent! It has a very tasty dressing!

1/2 to 1 lb Bacon (I say more is better!)
1/2 Cup Mayonnaise
2 Tbsp. Red Wine Vinegar
1/4 Cup Finely Chopped Fresh Basil or 1/4 tsp. Dry Basil (more or less to taste)
1 lb Romaine Lettuce, rinsed and cut
1 Pint Cherry Tomatoes, quartered or 2 to 3 Roma Tomatoes, diced.
Salt & Pepper to taste

Place Bacon in a large deep skillet. Cook over med-high heat until brown & crispy, drain. Reserve 2 Tbsp. of the Bacon Drippings. Crumble Bacon & set aside. In a small bowl whisk together the Bacon Drippings, Mayo, Vinegar, Basil, Salt & Pepper. Let dressing stand covered at room temperature. Prepare the rest of your salad while the dressing sits. In a large bowl pour the dressing into the bottom and then add the Bacon, Lettuce, & Tomatoes. Toss thoroughly to coat. I also added a handful of Shredded Cheese.
I really enjoy this and hope you will too!
~Heather L.

I've also made this into a larger "chopped" salad. I use the same ingredients but add chopped hard boiled egg, chopped cheese (I use provolone) and sometimes chopped chicken. I just chop the lettuce so all the ingredients are about the same size. It absorbs the dressing really well and is very filling.

CA Kitchen Chopped Salad with Herbed Vinaigrette

by inreno

Herb-Mustard Vinaigrette
1 teaspoon minced fresh garlic
2 tsp. minced fresh shallot
2 Tbsp. Dijon mustard
1 1/2 tsp. dried oregano
2 tsp. dried parsley
1/2 teaspoon ground black pepper
1/4 teaspoon kosher salt
1/4 C. red wine vinegar
1 1/3 cups pure, mild-flavored olive oil
3 Tbsp. grated Parmesan cheese

Salad

1/2 head iceberg lettuce, cleaned trimmed and chopped into 1/8 inch-wide strips
1/2 head romaine lettuce, cleaned trimmed and chopped into 1/8 inch-wide strips

12 large leaves basil, chopped into 1/16-inch-wide strips
2 cups (1/3 pound) dry Italian salami, cut into thin strips
3 cups (2/3 pound) shredded mozzarella cheese
4 cups (2 pound) ripe tomatoes, diced 1/2 inch
3 cups (1 pound) turkey breast, diced 1/2 inch
2 Tbsp., chopped scallions, 1/4-inch pieces

To make the dressing:

Process all ingredients except oil and Parmesan using a hand-held, propeller-blade type mixer (or use a whisk in a small bowl). Slowly blend in oil. When all oil has been incorporated, stir in Parmesan. Set aside in the refrigerator.

To make the salad:

Toss first 6 ingredients and dressing together in a large mixing bowl. Transfer the salad to chilled salad plates. Surround each serving with a ring of diced tomatoes and top with diced turkey breast. Garnish with chopped scallions.

Note: If so desired, all ingredients can be tossed together instead of being composed on the plate as described earlier.

Easy Salad

I've got a great salad that we eat often. Mix 2 TB olive oil, 2 TB sour cream, 2 TB lemon juice, and finely minced garlic to taste -- I use 2 cloves (mince with salt to almost a paste), 1 tsp. Splenda. Mix well, pour over mixed greens (I use the baby greens) and sprinkle with cooked, chopped bacon. Top with grated Parmesan cheese (the real stuff). What I do is mix up 1/4 cup of the oil, sour cream, and lemon juice and just sprinkle about 1 TB (to taste) of Splenda and chop up a whole bunch of garlic. It's safe to keep this in the fridge for several days (but not too long because of the garlic). We eat this as a "side" salad or slice cooked chicken or beef on top for a meal. Enjoy

Chopped Salad

4 sprigs chives
5 hardboiled eggs
2 medium cucumbers peeled
1/3 cup water chestnuts
1/4 cup watercress lettuce
3/4 lb. bacon cut and cooked
1/4 cup crumbled blue cheese
1/2 cup mayo
salt (to taste)
pepper (to taste)
1 scallion bunch
1/4 cup blue cheese dressing
1 head Boston lettuce
1/2 lb. Mache lettuce
1/4 lb. baby arugula lettuce
1/4 lb. baby spinach
2 bunches Italian Frisee lettuce
1 head belgian endive lettuce

1 bunch mizuna lettuce
1/2 cup shredded mozzarella cheese

Chop all ingredients separately. Place all ingredients (except mozzarella cheese & chives) in large bowl and toss. Add salt and pepper to taste. Garnish with mozzarella and chives. Place salad in refrigerator. Salad can be prepared 2-4 hours prior to serving.

**Note: the original recipe was called "Bianka's Chopped Salad" by Star Jones. I eliminated avocado from the recipe to somersize it. I imagine you could use different lettuces if you do not have access to some of these specialty lettuces and make sure to use a legal Bleu Cheese dressing!

Lorraine Salad

Break up iceberg lettuce in a bowl with fairly straight sides (you can use other lettuces but iceberg has the best crunch for this salad)

Slice up red onion, thinly, and layer on top of the lettuce

Crumble up some bacon and layer it on top of the onion

Now cover the whole thing with mayo until the top of the salad is sealed - not real thick but enough to cover, and up to the edges of the bowl. Place in fridge for several hours, then toss when you are ready to serve. The bacon and onion flavors soak into the mayo for an amazing dressing. If you like you can add some cherry tomatoes before serving. I used to eat this when it was okay to eat stuff like this, back in the 70s, and thought about it as a perfect SS treat!

7-layer Salad

1 head iceberg lettuce, cut into bite-size pieces
1 medium jicama, diced (or sugar snap peas)
3 celery stalks - diced
12 - hard boiled eggs, diced
8 green onions, sliced
1 lb. bacon - fried crisp and crumbled
Hellmann's Mayonnaise (1-2 c?)
12 oz cheddar cheese - shredded

Layer ingredients in a 9x13 casserole. Start with lettuce. Fill dish 3/4 or more with lettuce (just make sure you leave room for the other ingredients. Then top with jicama (the original recipe calls for green peas, but they are a carb). Next add celery, then eggs, then green onions, then bacon. Cover the top with Mayonnaise. I am not exactly sure of quantity. It was thick enough not to be able to see the ingredients underneath. Top with grated cheddar cheese. Cover and refrigerate overnight before serving.

Crazy Salad

Pro / Fats

** This is to be layered:

- (1) 1/2 head lettuce, torn into bite size pieces
- (2) 1 (10 oz.) pkg. frozen sugar snap peas, thawed

- (3) 2 C. diced celery
- (4) 1 C. chopped shallots or green onions
- (5) 2 1/2 C. chicken, cooked and diced
- (6) 1 (8 oz.) can water chestnuts, drained and sliced
- (7) 1 C. cheddar cheese shredded

- (8) Splenda or Somersweet to = 2 tsp. sugar
- (9) 2 C. Hellmann's mayo

- (10) 10 slices bacon, fried or micro-waved, drained, and crumbled
- (11) 5 eggs, boiled/peeled/sliced or crumbled
- (12) pimento strips, drained (or cherry tomatoes halved) for colorful garnish

Mint leaves (optional)

Directions:

Layer (1) - (7) in order shown in salad bowl

Mix (8) and (9) and spread over top

Chill overnight, sprinkle bacon and either egg slices or crumbles over top.

Garnish with either pimento strips or cherry tomato halves.

Sprout Salad

level 1, pro/fats by Gabby92

1 large bag bean sprouts OR 2 small bags sunflower sprouts

1 pepper- I like 1/2 red and 1/2 another color, diced

bunch of scallions, sliced

cucumber- either 1/2 of an English seeded cucumber or 1 regular cucumber with the seeds scraped out, halved and sliced thin

salt and fresh pepper to taste

I like a bit of herbs de province

olive oil to coat

vinegar of choice, I like balsamic

In a bowl, add the sprouts, diced pepper, sliced scallions and sliced cucumber. Drizzle olive oil and mix to coat. Add salt and fresh pepper to taste- herbs de province added here too or your favorite choice. Mix salad to coat. Drizzle vinegar to liking and mix once again. Store in fridge overnight to let flavors mingle. Best at room temperature or slightly chilled. Travels fantastically well.

Can be ready in minutes and add a sautéed chicken breast for a fast and easy meal any day of the week.

Serves 4 generously.

Popeye Salad

by brittanyandhoward

Romaine and Baby Spinach (bagged)- Torn into bite size.

1 Boiled egg per person

Bacon (as desired)

Equal parts mayo and sour cream mixed-dressing

Favorite Cheese (Originally calls for Parmesan)
Layered in order.

San Antonio Salad Sizzler

by jolly giant

4 diced bacon slices
1/3 cup picante sauce (I used Wal-Mart mild salsa)
1/4 cup balsamic or red wine vinegar
2 tsp. sugar sub (I used 1 pkg. splenda)

Cook bacon in a skillet until crisp. Add picante sauce, vinegar, and sugar sub. Bring to a boil stirring constantly. Pour hot dressing over spinach salad or sliced tomatoes.

Oriental Salad with Ginger Dressing

by wickedwench

Salad: Used mixed greens of your choice. I used Romaine and Red Leaf Lettuce. Top with fresh or canned bean spouts, rinsed and drained well and chopped red or yellow bell pepper.

Dressing:

Combine all in a blender:

1 cup mayonnaise
1/4 cup soy sauce
2T coarsely grated, peeled ginger
2 sliced green onions
1 clove garlic, minced
2 packets Splenda

Blend till smooth. Pass separately.

Spinach Salad w/ Warm Bacon Dressing

By kimmizig1. Makes about 4 servings

1 bag baby spinach leaves (cleaned)
1/2 - 1 lb of bacon, chopped into small bits
1 lb fresh button mushrooms, sliced
4 eggs, hard boiled, sliced
1/4 - 1/2 cup red wine vinegar
1 - 2 tsp Splenda

Chopped the bacon into bits, then cook in a skillet, and remove from skillet to cool. Reserve skillet AND bacon drippings. Place handful of spinach in 4 bowls, sprinkle with sliced mushrooms, place one hard boiled egg (sliced) around each salad. Top with crisp bacon bits.

Place skillet with drippings on low-heat to warm. Add 1/4 cup vinegar and 1 tsp splenda in small amounts first. Heat through, taste test with a piece of spinach. It should have a smooth sweet/sour flavor. If it tastes oily and bland, add more vinegar first, then retest. Drizzle over salads, serve immediately.

The more dressings on these salads the better! This is a wonderful, fresh salad! The amounts of vinegar and splenda will vary based on the amount of drippings. I start slow and

add a little at a time. Whenever I make bacon for breakfast, I save the drippings in a grease catcher in the fridge and add it to the dressing to make extra!

Creamy Spinach Salad

by Lorriebelle

This is a very good spinach salad!!

Brown 1 lb. of bacon(take off some of the grease)
6 eggs whipped(add this to bacon when it is fried)
3/4 pint of heavy cream(add to bacon and eggs when finished)
add: 3 tbsp. somersweet(more if desired)
2 tbs. vinegar
Simmer then pour over:
8 ounces spinach mixed with
1 cup of lettuce

If this is too much for your family you could make smaller portions, because the sauce is hot it wilts the spinach and lettuce so you have to eat it immediately.

Spinach Salad

by DawneRose

1/2 cup lemon juice
1/2 cup oil (I use canola)
2 med cloves garlic, minced or crushed
1/2 tsp thyme - crushed
1/2 tsp rosemary - crushed
1/2 tsp parsley
1 1/2 tsp Somersweet (or any equivalent to about 2 Tbsp sugar)

Mix all ingredients together in a cruet. It is best if the flavors have at least 30 min to blend. Toss with spinach, Parmesan, crumbled bacon and hard boiled egg. You should have enough dressing for several salads. It also makes a good pork or chicken marinade.

Spinach and Tomato Salad

1/2 cup mayonnaise
1/4 cup cream
1/2 cup grated Parmesan cheese
1 teaspoon dill weed
1 teaspoon dried minced onion
1 teaspoon lemon pepper seasoning
1 package fresh spinach, torn.(found in bagged salad section.)
2 cups cherry or grape tomatoes cut in half.
2 eggs hard boiled and chopped fine.
4 strips of bacon cooked crisp and crumbled.

Combine mayonnaise, cheese, cream, dill weed, onion and lemon pepper in a jar with a tight fitting lid and shake well. You may use a bowl and mix well if needed. Chill for at least an hour. Before serving the salad, combine the spinach, tomatoes, crumbled bacon and chopped eggs in a large salad bowl. Whisk or shake the dressing and pour over the salad and toss. If the dressing is too thick, just add a little more cream.

Spinach & Strawberry Salad

Almost Level 1

1/2 c. oil
1/2 c. sugar (equivalent)
1/4 white wine vinegar

Make a bed of spinach leaves and top with strawberry slices. Drizzle over a dressing made from the above and serve!

This is a SUPER easy salad that's great for summer time. You might want to try these strawberry alternatives: *blueberries, *raspberries, *mandarin oranges, *black raspberries

Spinach and Tomato Salad

by jeenie

1/2 cup mayonnaise
1/4 cup cream
1/2 cup grated Parmesan cheese
1 teaspoon dill weed
1 teaspoon dried minced onion
1 teaspoon lemon pepper seasoning
1 package fresh spinach, torn.(found in bagged salad section.)
2 cups cherry or grape tomatoes cut in half.
2 eggs hard-boiled and chopped fine.
4 strips of bacon cooked crisp and crumbled.

Combine mayonnaise, cheese, cream, dill weed, onion and lemon pepper in a jar with a tight fitting lid and shake well. You may use a bowl and mix well if needed. Chill for at least an hour. Before serving the salad, combine the spinach, tomatoes, crumbled bacon and chopped eggs in a large salad bowl. Whisk or shake the dressing and pour over the salad and toss. If the dressing is too thin, just add a little more cream.

Wilted Spinach Salad

1 bundled bunch spinach, washed and drained (or if you are in a rush, buy the pre-washed packaged kind)
1 bunch green onions, sliced including tops
6 to 8 radishes, sliced
2 hardboiled eggs, coarsely chopped
6 slices bacon
1 T. lemon juice
2 T. red wine vinegar
1 t. splenda
1/2 t. salt
dash pepper

In a large bowl, (not plastic) add spinach, onions and radishes. Chill
At serving time, fry bacon until crisp. Remove bacon to drain on a paper towel. To reserved drippings, add the lemon juice, vinegar, splenda, salt and pepper. Stir to combine. Pour hot

mixture slowly over salad to wilt. Add crumbled bacon and eggs. Toss till leaves are coated. Serve while hot.

The Best Level One Caesar Salad

1 large head romaine hearts
Lots of cooked bacon crumbled
Fresh Grated Parmesan Cheese
Pork rinds (optional)

Dressing:

1 egg
1 clove garlic minced
1 tsp Dijon mustard
2 tbsp mayonnaise
1 wedge of lemon squeezed
1/4 cup olive oil

Place all dressing ingredients into tall container and blend with hand blender. If no hand blender, use jar and shake. For a thicker creamier dressing, add more mayo, for thinner, less mayo.

Cut up lettuce, pour half dressing over lettuce and toss. Add bacon bits next, so it sticks to lettuce. Add more dressing and toss. Pour handful of cheese over and toss again.

Put on plate, add any extra toppings (bacon and cheese), salt and pepper and crumbled pork rinds if using.

Quick and Easy Caesar salad

1 oil packed anchovy fillet, finely chopped (or 2 1/2 - 3 Tblsp. Anchovy paste)
3 T packed grated Parmesan cheese
2 T mayonnaise
2 t fresh lemon juice
1/2 t Dijon mustard
1 small garlic clove, minced
1/4 t Worcestershire sauce
1/4 C extra virgin olive oil

Using back of spoon, mash anchovy to puree in small bowl. Whisk in grated Parmesan cheese, mayonnaise, lemon juice, mustard, minced garlic and Worcestershire sauce. Gradually whisk in 1/4 C olive oil. Can make 1 day ahead. Cover and refrigerate. Bring to room temperature and rewhisk before using.

Anthony's Caesar Salad

Anthony's is located in Houston, Texas.

Use a wooden bowl.

Ingredients:

1 1/2 heads Romaine Lettuce, cleaned, rinsed and torn in pieces

3 Garlic Cloves

1/2 Tbsp. Dry Mustard

1 1/2 tsp. Worcestershire Sauce

juice of 1/2 Lemon

4 Anchovies

2 1/2 Tbsp. Red - Wine Vinegar

1 C. Extra Virgin Olive Oil

2/3 C. grated Romano cheese

Freshly ground White Pepper to taste.

Dry and chill lettuce in refrigerator. In large wooden bowl, mash garlic with mustard, Worcestershire, lemon juice, anchovies, and vinegar until smooth. Pour in oil while whisking and mix until smooth. Mix in cheese. Add lettuce. Toss well and serve on chilled salad plates. Offer freshly ground white pepper on top.

Oriental Cabbage Salad

by CP

Shred cabbage, slice chicken breast and small white onion. Cover with dressing and refrigerate until cold. Dressing: 1 1/2 tbsls olive oil, 1 1/2 tbsls soy sauce, 1 1/2 vinegar, pinch of sweetener and 1 clove of grated garlic. Enjoy!

Aunt Suzy's Tangy Cole Slaw

This is my family's century old recipe that I have SSed for us.

1 large Head of Cabbage (finely shredded)

2 med onions (finely shredded)

1 large or 2 small green bell peppers chopped

Put aside in bowl.

Then in small sauce pan pour

1 1/4 cups of splenda

3/4 cup of vegetable oil

1 cup red wine vinegar

1 teaspoon dry mustard

1 teaspoon celery seed

2 teaspoons salt

Bring to a boil and stir and pour over cabbage mixture. Toss and cover with plastic wrap .

Chill 3-4 hours in refrigerator stir well.

Keeps for a long time at least 2 weeks.

This is great with fish or chicken or just about anything. It is even good just by itself.

Sweet and Creamy coleslaw

If you love KFC coleslaw this is as close as I can get and my whole family loves this recipe.

6 cups finely chopped cabbage.
1/2 cup heavy cream(or whipping cream).
1/2 cup mayonnaise.
2 Tablespoons finely chopped onion.
6 packets splenda
2 Tablespoons lemon juice.
1 Tablespoon white vinegar.
Salt and pepper to taste.

Measure the cream into a small bowl and add the lemon juice and white vinegar to the cream and set aside.

Combine cabbage, onion, splenda, mayo, salt and pepper, add cream mixture last and mix well. Chill for at least 1 hour and enjoy/.

KFC Cole Slaw

8 cups Finely shredded cabbage
2 Tbsp minced onion (I use dried - it's easier)
1/3 cup sugar (use equivalent)
1/2 tsp salt
1/8 tsp pepper
1/4 cup cream
1/2 cup Mayonnaise
2 1/2 T red wine vinegar (or vinegar of choice)
2 1/2 Tbsp Lemon Juice
* * I also add: 1 Tbsp horseradish and 1/2 tsp celery seed

Be sure cabbage is chopped very finely. Combine the sugar, salt, pepper, cream, mayonnaise, vinegar and lemon juice in a large bowl and beat until smooth. Add the cabbage and onion and mix well. Cover and refrigerate for at least 2 hours before serving.

The Real KFC Coleslaw Recipe Somersized

I got this recipe from a friend of a person who worked for KFC. It is the actual recipe for KFC coleslaw, I just somersized it. Enjoy! This is a pro/fat recipe.

4 1/2 T. Tarragon Vinegar
6 1/2 T. vegetable oil
3/4 cup finely chopped onion
2 1/2 cups real mayo (Hellmann's)
1 cup sugar (I use 1 cup of Splenda)

This is enough for 2 heads of cabbage and 2 carrots (omit the carrots). You may cut the recipe in half if you like.

Mix onions, splenda, oil and vinegar. Fold in real mayo. Pour over cabbage. Toss and refrigerate overnight. Best if made the night before serving.

Curried Coleslaw with Green Onions

Serves: 4

1/2 cup mayonnaise
2 tablespoons fresh-squeezed lime juice
1 tablespoon curry powder
5 cups thinly sliced green cabbage (1 small head)
2 green onions, thinly sliced
1 small jalapeno chili, seeded, minced

1. Whisk mayonnaise, lime juice and curry powder in large bowl to blend. Add cabbage, green onions and jalapeno; toss to blend. Season to taste with salt and pepper.

Note: Can be prepared 2 hours ahead. Cover and refrigerate. Toss before serving.

Shrimp Salad A La New Orleans

by carma

1/4 c oil
1 Tbsp prepared mustard
2 Tbsp lemon juice or vinegar*
2 green onion with tops, thinly sliced
1/4 c finely chopped pepper
1/2 tsp salt
1/4 tsp pepper
1/2 lb fresh cooked shrimp OR 1 can shrimp
1/2 med head lettuce, finely chopped

Measure first 7 ingredients into bowl in order given and blend. Add shrimp and toss well.

Cover and set in fridge to marinate for 2 hrs. Mix lightly, but thoroughly again when ready to serve. At last min, add lettuce and toss. Place on lettuce leaves for 4 individual servings, or in med. salad bowl to serve family style. Double recipe for main dish.

Crab Salad

I made this the other day to take to a BBQ. I knew there would be a big pasta salad and needed one for me.

1 - 1 1/2 cups crab meat
sliced celery
chopped hard boiled eggs
chives or green onions chopped
asparagus (I cut mine into 1" pieces, boiled them for 2-3 minutes then ran them under cold water)

Dressing:

1 part mayo
1 part sour cream
couple dashes of curry
couple dashes of paprika

Mix together, chill and serve.

Asian Grilled Beef Salad

by iwillrejoice

1 1/4 pound flank steak
4 cloves garlic, minced
1 tablespoon peeled, minced fresh ginger
3 scallions, white part only, sliced
2-4 Thai chilies or jalapeno peppers, seeded & minced
3 tablespoons Splenda
1/3 cup soy sauce
1/3 cup lime juice (about 1 1/2 limes)
2 tablespoons Asian (dark) sesame oil
1 head Boston, Bibb, or red leaf lettuce, or a mixture of lettuces, broken into leaves, washed, & spun dry
1 cucumber, seeded (optional) & thinly sliced
1 small sweet onion, thinly sliced & broken into rings
1 pint grape tomatoes, halved
1/3 cup fresh mint leaves (I left out)
1/3 cup fresh cilantro leaves (I left out)
1/3 cup fresh basil leaves (I left out)
Small mint sprigs for garnish

Lightly score the flank steak on both sides in a crosshatch pattern. This keeps it flat when cooking, & speeds absorption of the marinade. Place in a non-reactive baking dish just large enough to hold the steak. Place the garlic, ginger, scallion whites, chilies, & Splenda into a large, non-reactive mixing bowl. Mash with the back of a spoon. Add the soy sauce, lime juice, sesame oil, & 3 tablespoons water, & stir or whisk until well-blended.

Pour half the marinade over the steak, & let marinate for 1-2 hours in the refrigerator, covered, turning several times to ensure even marinating. Reserve the rest of the marinade for dressing the salad. (Refrigerate, covered.)

Set up your grill for direct grilling & preheat to high (High is when you can only hold your hand over the coals to a count of 2-3 Mississippi.) Line plates with large lettuce leaves. Tear the smaller leaves into 2" pieces. Place the lettuce pieces, cucumber, onion, tomatoes, mint, cilantro, & basil in the mixing bowl with the reserved dressing, but do not mix. When ready to cook, brush & oil the grill grate.

Place the flank steak on the hot grate & grill until cooked to taste, 4-6 minutes per side for medium-rare. Insert an instant-read meat thermometer into the steak sideways for an accurate reading in the center. 145F. for medium rare. Transfer to a cutting board & let rest for 3 minutes.

Cut the steak into paper-thin slices by holding the knife blade at a 45 degree angle to the top of the meat. Toss the salad & loosely mound it on the lettuce-lined plates. Arrange the beef slices on top of the salad. Place a mint sprig on each salad & serve at once.

4 servings

Note: This salad can be made with any sort of meat - pork tenderloin, lamb loin, chicken breast - or even tuna or tofu. This recipe calls for flank steak that's cooked & cut like

London broil. That way you get nice thin, even slices. But you could also use sirloin, strip steak, or even rib eye

Nordstrom's Oriental Chicken Salad

1 medium head of cabbage, sliced thin
2 pkgs sliced almonds toasted(omit)
2 pkgs top ramen noodles, crushed without the seasoning packet (omit)
small sesame seeds, toasted
4 chicken breasts (cooked with onion salt, garlic salt)
6 green onions sliced
De-bone chicken and cut into chunks chill.

Dressing

2/3 c. oil
1/2 c. vinegar
1/4 c. sugar
1 tsp salt
1/2 tsp onion powder
1 tsp pepper
1/2 tsp dry mustard

Mix and chill overnight. Combine all the ingredients and serve.

Oriental Chicken Salad

Large roaster chicken
green spring onions, sliced on the diagonal
1 can sliced water chestnuts, chopped
1/4 C Peanut Oil, smoked
2 T toasted sesame oil
2 T Rice Vinegar (or other to your taste)
1/4 C toasted sesame seeds (optional)

Take a large roaster chicken and boil it in a large pot. (add celery, onions, etc. so that you have broth to freeze!)

After it's cooked for 30 Mins, lift it out of the water, watch the skin swell, put it back in the water and cook for another 1 hour. (For some reason, the chicken meat is moister when you lift it out).

Remove chicken from water, (Freeze the chicken broth in 1 C increments once it's cooled)

Shred the warm or cool chicken and put in a bowl. Put the 1/4 C peanut oil in a hot pan and cook it until it smokes. Pour it over the shredded chicken, add the 2 Tbs of Sesame Oil, 2 T vinegar, veggies, and toss. Top with toasted sesame seeds, if using. (For the non-SSers I give them the crunchy chow-mien noodles to top on the salad too.)

To toast sesame seeds, put in a hot skillet, stirring for 3 to 4 minutes. Remove from heat.

ChaCha Chicken Salad

1 bag of finely shredded cabbage
(or 1 head and do it yourself!)
1-2 cups seasoned cooked chicken
(I use leftover grilled or baked)
1/2 cup chopped celery
1/4 c. mayo
any other chopped veggies you like-just experiment on taste

Add Poppy Seed dressing to coat

Poppy Seed dressing:

1 1/2 c. Splenda
1 T. dry mustard
1 t. salt
2/3 c. cider vinegar
2 c. oil
2 T. poppy seeds
1/4 c. grated onion

This is a fabulous salad I tried to Somersize. Thank You DebB for giving me a legal dressing recipe! FYI: The original recipe has "Briannas" Poppy Seed dressing, grapes, pecans and pears in it. It's the best luncheon salad ever! Give it a try!

Curried Chicken Salad

by Rozwolf

I love this recipe. I hope you will too. =0)

4 Chicken Breasts Cubed in 1-inch pieces
1 cup or so Water
1/2 Cup plus 2 Tbs Minced Red Onion
1 Tbs minced Cilantro
1 Tbs Vegetable Oil
1 Tbs Curry Powder
1 cup Homemade Mayo
2 Tbs Freshly Squeezed Lime Juice
2 cups Red Leaf Lettuce

In a pan poach the chicken cubes in about a cup of water. In a large size bowl toss the poached chicken, onion and cilantro together. In a small sauté pan, heat the oil over med heat. Add the curry powder and stir for about a minute just until its fragrant. Remove oil from pan to a small bowl (glass) and let it cool. Add to the oil and curry mixture the mayo and lime juice stir until well incorporated. Pour over the chicken and fold it all together. Serve it on a bed of then Red leaf lettuce.

*Please note if you are making homemade mayo to coddle you eggs in boiling water for about a minute. This also gives you a thicker mayo.

* Another trick I do while the chicken is poaching. I put the onion and cilantro together in my food processor. It saves mincing time.

Chicken Taco Salad Topper

At a Pampered Chef party, we made a Chicken Taco Braid. It was great! So I made the filling and plopped it on a bed of romaine and it was great!! Forgive the measurements. As with most Pampered Chef recipes, it's approximate.

2-3 chicken breasts, boiled and finely chopped
1 small onion, finely chopped
1-2 garlic cloves, pressed
1/2 c. shredded Parmesan cheese
1 packet taco seasoning mix
1 jar salsa

In a large bowl, toss together all of the ingredients EXCEPT the salsa. Once everything is incorporated, add salsa until the mixture begins to stick (so that you could roll it into "meatballs" if you wanted to).

That's it! You can heat it up a bit if you want to get the cheese to melt. You can even top it with some cheddar. YUM!!

Layered Chicken Salad

This has been one of our favorite salads for years. I had to Somersize it by replacing the original peas with sugar snap peas. It's really easy to make and tastes so good. I hope you enjoy it as much as we do. *Ü*

3-4 boneless (skinless) chicken breasts
1 head shredded (or chopped) lettuce
1-2 cans diced water chestnuts (I then chop them)
8oz sugar snap peas (raw)
1-2 bunches of green onions (scallions)
mayonnaise
grated (powdery) Parmesan cheese

Chop a head of lettuce (head lettuce) and put that in for the bottom layer in your bowl. For the chicken, I typically use rotisserie chicken meat (it's so moist and flavorful). You can also simply boil chicken breasts and then shred them (I pulse them a bit in my food processor - not too much though, you want 'pieces'). Then add the water chestnuts, chopped scallions and chopped sugar snap peas. Cover this all a good layer of mayonnaise, then sprinkle on a generous layer of Parmesan. Cover and chill for 24 hours. Stir well and enjoy.

Notes: I have a neat little manual hand chopper that I use for the sugar snap peas. These peas (if you're not familiar with them) are not the snow peas, which are flat and typically used in stir fries. These are very plump and depending how mature they are, will have 'peas' inside.

This recipe is basically "to taste". We use a lot of Parmesan cheese - it really flavors the dish. This will typically last about 2-3 days, then it starts getting watery.

Chicken BLT Salad

This is a favorite of my "anti-anything diet" hubby as well as me. :)

Ingredients:

1/2 cup mayo
2 T finely chopped onions
1 T lemon juice
8 cups torn lettuce
2 large tomatoes chopped
1 1/2 lbs of chicken breast cooked and cubed
10 bacon strips cooked and crumbled
2 hard boiled eggs, sliced

In small bowl, combine the first 4 ingredients. Mix well. Mix veggies in large bowl and drizzle with dressing. Stir to coat.

We usually have this eaten within a day, even though it's just the two of us. Enjoy!

Spicy Creamy Chicken Salad

I needed a quick (pms) dinner so I took one skinless boneless chicken breast rolled in Suzanne's Sante Fe Chipolte mix powder and grilled on my George Foreman. When done, I sliced chicken and placed on a bed of romaine lettuce leaves, plopped a BIG dollop of full fat sour cream and indulged. I also had some cherry tomatoes, so I cut those in half and added them to my salad. The spicy with the sour cream, incredible! Delish!!!! Try it. And of course I finished it off with raspberry miracle fluff! What a "diet" huh? If this was already posted, my apologies.

Country Club Hot Chicken Salad

by gridmama

4 cups cooked chicken
2 cups chopped celery
4 hard boiled eggs chopped
1 jar (2 oz) diced pimento, drained
1 tbsp finely chopped onion
1 cup mayo
2 tbsp lemon juice
2/3 tsp salt
1 cup shredded cheddar cheese
(for level 2, 2/3 cup sliced almonds)

Combine first 8 ingredients, and mix well. Spoon into a lightly greased baking dish: cover and bake at 350 for 20 minutes. Sprinkle cheese over casserole, (level 2 top with almonds). Bake, uncovered, an additional 3 minutes or until cheese melts.
Serves 6-8

Roasted Garlic Grilled Chicken Salad - Level One

3 whole boneless chicken breasts (grilled and shredded or cut into bite size pieces), about 2 cups.
1 c. roasted red peppers
1/3 c. roasted garlic, peeled and chopped
1/3 c. mayonnaise

1 Tbsp. balsamic vinegar
2 Tbsp. fresh basil, chopped
2 Tbsp. cilantro, chopped (I always use a lot more of this!)
1/4 tsp. paprika
1/4 tsp. nutmeg
1/4 tsp. black pepper.

Combine the chicken and red peppers. Mix together the rest of the ingredients and then mix with the chicken and red peppers. Serve on baby greens.

Warm Chicken, Mushroom and Spinach Salad

Serves 4

1 Tbsp. olive oil
1 c. loosely packed fresh-leaf parsley leaves, coarsely chopped
2 whole boneless, skinless chicken breasts split
Salt and freshly ground pepper
1 small onion, chopped
10 white mushrooms, trimmed and cut into 3/4" pieces
1 c. dry white wine
2 Tbsp. balsamic vinegar
1 Tbsp. butter
4 handfuls (8-10 oz) fresh baby spinach, stems removed.

1. Heat oven to 400 degrees. Heat olive oil in a large skillet over medium heat. Press a scant Tbsp. parsley into each chicken breast. Season with salt and pepper. Place breasts in skillet, cook until golden, about 8 minutes per side.

1. Remove chicken from skillet; transfer to a roasting pan. Transfer pan to oven until chicken cooks through, 15-20 minutes.

2. Meanwhile, return skillet to stove. Add onion; cook, stirring until just golden, about 2 minutes. Add mushrooms, cook until soft, about 5 minutes. Add wine; scrape skillet's bottom to release cooked-on juices. Cook until wine is almost evaporated, about 5 minutes. Add vinegar; cook 1 minute more. Stir in remaining parsley; season with salt and pepper, Remove from heat; stir in butter.

3. Remove chicken from oven. Place spinach on plates, slice each breast into sixths; arrange over spinach. Spoon mushroom mixture over chicken, drizzling juices over spinach and serve.

Dressings

Outback Ranch Dressing

I've been SSing for almost 3 weeks and have found it so much easier to eat at home than dine out. So I had to of course make a dressing like my favorite ranch from the Outback. This is so great I don't miss going out for dinner! By ladybugmomma

3/4c. Mayonnaise
1/4c. cream
1/2 tsp. garlic powder
1/4 tsp. cayenne pepper
1/4 tsp. black pepper
squeeze of lemon juice (maybe 1/2 tsp., I never measure it!)

Mix all of the ingredients and let the flavors meld together in the fridge for about 2 hours. The more you leave it in there the better!
I had this the other night with celery root fries, cheddar and crumbled bacon. I loved it!
Hope you enjoy it!

Best Ranch Dressing

Cheri posted this first and it really IS the BEST ranch dressing recipe...it tastes the most like the regular stuff than anything else!! I modified it slightly from Cheri's original dressing.

1 cup mayo
1/2 cup sour cream
1/8 to 1/4 cup cream
water to thin
1/2 tsp garlic salt
1/2 tsp dried chives
1/2 tsp dried parsley
1/2 tsp dill weed
1/2 tsp onion powder
1/4 tsp garlic powder
1/8 tsp pepper
1/8 tsp paprika

Mix the mayo, sour cream, cream and water first so that it is creamy with no lumps. Use as much water as you like to get the desired consistency. Mix in all the spices and chill for at least an hour. Stir before serving.

Hidden Valley Ranch Salad Dressing

1/2 cup mayonnaise
1/2 cup buttermilk (**funky - see note)
1/2 teaspoon dried parsley flakes
1/4 teaspoon ground black pepper
1/4 teaspoon MSG (Accent brand is good)
1/4 teaspoon salt
1/8 teaspoon garlic powder
1/8 teaspoon onion powder
pinch dried thyme

Combine all ingredients in a medium bowl and whisk until smooth. Cover and chill for several hours before using.
Makes 1 cup.

* I would substitute 1/2 cup cream with a couple teaspoons of vinegar -or- lemon juice for this

Here's another Ranch Dressing (I haven't tried it) but it was getting good comments on the site where I got it and this gal is an awesome cook:

Ranch Dressing

1 cup mayonnaise
1/2C.heavy cream
1/2C.water
1T vinegar
1T. dried chives
2t. garlic powder
1T. parsley
1/2t. paprika
1 dash cayenne pepper
1t. celery salt
1/2t.black pepper
1t.onion powder

Mix everything well & keep refrigerated.
Makes 2 1/4 Cups.

I tried the blue cheese and I liked it. My hubby went crazy over it. Said it was the best he had ever eaten. Thanks to Dottie---

Ranch Dressing w/Blue Cheese Variation

Recipe By: Dottie

3/4 cup sour cream
1/4 cup mayonnaise
1/4 cup heavy cream
1/2 teaspoon salt
1/2 teaspoon black pepper
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon dried parsley
2 tablespoons red wine vinegar
3 ounces gorgonzola cheese -- crumbled
1 tablespoon red wine vinegar

For ranch dressing: combine first 9 ingredients and whisk well. Add more cream if a thinner consistency is desired. For Blue cheese: combine first 9 ingredients with extra vinegar and 1 oz of the cheese. Blend until smooth, then stir in the remaining crumbles blue cheese.
Yield: 1 1/2 cups

Ranch Dressing

If you like a creamy dressing, this one is from the previous posts, posted by our beloved and truly missed Peter Neuman.

1-1/2 cups mayonnaise
1/2 cup sour cream
1/4 cup heavy cream
2 tablespoons lemon juice
1/2 teaspoon garlic powder
1/2 teaspoon dried dill weed

Place all ingredients in blender, min on high for 2 minutes. (It will thicken as it chills.) Store in airtight container in refrigerator for up to two weeks.

My Note: You can take this basic Ranch dressing and make just about any flavor creamy dressing you'd like. You could add grated Parmesan cheese, or maybe replace the lemon juice with lime juice, add a little chili pepper or even chipotle pepper to make something comparable to Suzanne's Chipotle dressing ...! Endless possibilities. The same with the Vinaigrette -- just use ingredients you like. Experiment. They really are very simple to make -- only taking about 5 minutes each ... or less time than it would take for you to sit down at the computer and order from the Internet! And a whole lot less expensive!!! :-)

Mexi-Ranch Dressing

1 c mayonnaise
1 c sour cream
4 T cream
8 t minced tomato (she used a legal ketchup)
6 t white vinegar
4 t mince canned jalapeno slices (I used diced green chillies)
4 t minced onions
1 t dried parsley
1 t Tabasco pepper sauce
1/2 t salt
1/2 t dried dill weed
1/2 t paprika
1/2 t cayenne pepper
1/2 t cumin
1/2 t chili powder
dash garlic powder
dash black pepper

Green Goddess Dressing

From Food Networks Kitchens

3 anchovy filets, soaked in cold water for 5 minutes, dried, and coarsely chopped
3/4 cup prepared or homemade mayonnaise

1/4 cup sour cream
2 tablespoons thinly sliced fresh chives
2 tablespoons minced flat-leaf parsley
1-1/2 teaspoons minced fresh tarragon leaves
3/4 teaspoon finely chopped fresh basil
1 tablespoon minced shallots
1 tablespoon freshly squeezed lemon juice
1/4 teaspoon kosher salt plus more
Freshly ground black pepper

Combine the anchovies, mayonnaise, sour cream, chives, parsley, tarragon, basil, shallots, lemon juice, and the 1/4-teaspoon of salt in a blender. Puree to make a smooth dressing. Season to taste with salt and pepper. Use immediately or store, covered, in the refrigerator, for up to 2 days.

SomerSized Miracle Whip

1/2 cup mayo
2 pkts Splenda
1T lemon juice

If you can let it sit, refrigerated, for 4+ hours first, it picks the flavors up better. Dottie @ LCF

Creamy Caesar Dressing

6 cloves garlic
1 can anchovies, with oil
2 T Dijon mustard
1/2 cup red wine vinegar
1 1/2 cups mayonnaise
1 T Worcestershire (optional)
1 or 2 T lemon juice (to taste)
1 cup grated Parmesan cheese
1/2 cup extra virgin olive oil
Salt and Black Pepper to taste

To chop garlic, drop the cloves one at a time down the feed tube while the processor is running. Scrape down sides. Add mustard and anchovies (including anchovy oil.) Process for about 30 seconds. Add the rest of the ingredients except the olive oil, and puree until smooth. Slowly add the olive oil through the feed tube until dressing is creamy and emulsified. Check for seasoning and adjust to taste. Store in the refrigerator until ready to serve. Patrice

Caesar Salad Dressing

Here is a recipe I had for Caesar salad dressing from before. It is all legal

1/4 cup mayo
1/2 tsp wine vinegar
1/2 cup parmesan
2 tsp lemon juice

1/4 tsp hot mustard
dash Worcestershire
1 clove garlic
salt and pepper to taste
1 tbsp cream

Caesar Salad Dressing

This is the BEST dressing and it is legal. We've used it in our house for years.

1 Cup Extra Virgin Olive Oil
2 TBLSP Crumbled Feta Cheese
2 cloves of garlic
2 TBLSP anchovy paste (don't leave this out- it really makes it. I don't like anchovies at all but this gives it the zip)
1 tsp Worcestershire
1/2 C grated pure Parmesan cheese
1 TBLSP Dijon Mustard

Put everything in a blender and mix until blended. That easy. I add a touch of squeezed lemon juice to the leaves before I add my dressing and then s&p and you have a restaurant quality Caesar salad.

Parmesan Peppercorn dressing

This is my recipe for the dressing. My recipe was published in Suzanne's first cookbook contest

1 C. Sour Cream
1 1/2 C. Mayo
1 Tsp coarse black pepper
3 Tab Parmesan Cheese
1 Tab Horseradish
1 Tab Basil
1/2 Tsp Salt

Mix all ingredients together and enjoy.

Bleu Cheese Dressing

by Amandakay

3/4 c. sour cream
1-1/3 cups mayonnaise
1 tsp. Worcestershire (slight imbalance)
1/2 tsp. dry mustard
1/2 tsp. garlic powder
1/2 tsp. salt
1/2 tsp. pepper
4 oz. crumbled bleu cheese

Combine all and chill 24 hours before serving.

Mom's Blue Cheese Dressing

My mother gave me her recipe for homemade blue cheese dressing.

1 c. real mayonnaise
1/2 c. sour cream
1/c c. crumbled blue cheese
2 T. tarragon vinegar (sorry, I have no idea what this is!)
1 tsp. Worcestershire sauce
1/8 tsp. pepper
1 tsp. garlic alt
(Can substitute 1 clove of garlic, finely chopped, and 1/2 tsp. salt for garlic salt.)

Blend mayonnaise, sour cream & blue cheese. Gradually stir in Worcestershire sauce, vinegar, pepper & garlic salt. Chill.

Makes about 1 3/4 cups.

Dad's Salad Dressing

1 pint sour cream
2 teaspoons season-all (seasoned salt)
2 teaspoons garlic powder

Stir and use as salad dressing

Creamy Salad Dressing

I combine equal amounts of mayo and sour cream, then thin with either water or heavy cream to desired consistency. This is a basic dressing and can be made a blue cheese dressing by adding blue cheese, creamy garlic by adding garlic powder, creamy Italian by adding Italian seasoning, creamy French by adding tomato paste. The possibilities are endless. Leave it thick for a good dip for pork rinds or veggies.

Fat Free Cottage Cheese Dressing

This is an old recipe from my low-fat days. It will work as a dressing for a carb meal. You can also add horseradish and/or Tabasco sauce for a kick. Or use the seasonings for ranch or Italian dressing. Mary

COTTAGE CHEESE DRESSING

1 cup fat free cottage cheese
sweetener to equal 2 tablespoons of sugar
4 teaspoons lemon juice
1/2 cup skim milk

Combine cottage cheese, sweetener and lemon juice in blender; blend until creamy. Add skim milk, a tablespoon at a time, until desired consistency. Makes 1 cup.

Spicy Dressing

by DeLight

Cream together
1/4 cup mayonnaise
1/2 cup sour cream
1/2 teaspoon basil
1/4 teaspoon garlic powder
1/4 teaspoon Cajun seasoning
1/8 teaspoon chili powder
1/2 - 3/4 teaspoon Tabasco sauce (to taste)
After mixing add salt and pepper to taste.

OPTIONAL:

I also added 1/8 teaspoon celery seed
1/2 teaspoon cider vinegar
1 tablespoon parmesan

Creamy Picante Dressing

The recipe directions said to use this on potato salads, pasta salads, coleslaw, or mixed greens. I tried this sauce on a turnip "potato" salad. We don't care for it. But I made some Canadian Bacon chips and used the sauce as a dip. That was good.

1 cup mayonnaise (I used 1/4 cup)
1/2 cup picante sauce (I used 2 T. Wal-Mart mild salsa)
1/2 tsp. ground cumin or chili powder (I used 1/8 tsp. chili powder)
Combine.

Outback Steakhouse Tangy Tomato Dressing

1/2 cup plus 1 tablespoon ketchup
1/3 cup water
1/4 cup granulated sugar
1/4 cup white vinegar
2 tablespoons olive oil
1/4 teaspoon paprika
1/4 teaspoon coarse black pepper
1/4 teaspoon garlic powder
1/4 teaspoon cayenne pepper
1/8 teaspoon onion powder
pinch thyme

Combine all ingredients in a small saucepan over medium heat. Bring to a boil, whisking often, then reduce heat and simmer, uncovered, for 5 minutes. Cover the dressing until cool, then refrigerate it until well chilled. Makes 1 cup.

Catalina French Dressing

2/3 cup sugar free ketchup
1/4 cup oil
1/4 cup vinegar
1/4 cup sugar (sweetener of choice)

1/2 teaspoon salt
1 teaspoon wet mustard
1 teaspoon onion powder

Take out a medium sized bowl and a whisk, or you can make this in a blender. Measure the ketchup, oil and vinegar into the bowl. Whisk very well, to blend in the oil completely. Add the sugar, salt mustard and onion powder. Whisk again, until it is thick, glossy and smooth. Or to make it in a blender just measure everything into the blender and whirl it until it is smooth. Store in a pint size canning jar. Makes about 1 1/3 cups. This stuff tastes so good, you will be amazed. Children are especially fond of this one.

Great French Dressing

This is an old recipe my grandmother used to make using real sugar Ketchup of course. I use Suzanne's instead and it is just as good. Hope you enjoy

Olive oil - 1/2 cup
Balsamic vinegar - 1/4 cup
2 or more garlic cloves - sliced
2 tablespoons or more of sugar free Ketchup (I used Suzanne's)
1 T Dijon

Whisk it all and let the garlic and flavors blend about 1 hour or so. Can adjust ketchup and v/o as I never measure, just taste.....Enjoy.

Western Dressing

1T minced fresh onion
1/4c vinegar
1-1/4T tomato paste
1/2 tsp salt
1/4 tsp pepper
1/2 cup sugar equiv (I use 1T somersweet)
1/2 tsp paprika
1/2 tsp dry mustard
1/2c oil

Put all ingredients except for oil in blender. Blend for 3 minutes. Gradually add oil, then blend for 3-5 minutes more. Keep refrigerated. Just me, this is for you! If you like Western dressing, you may want it a little sweeter. If you prefer Catalina, just don't make it as sweet. I use this on taco salads as well. Marie172 @ SS site

Russian Dressing

by ibsmilin

Converted my favorite recipe over to a legal one and it is delish! Served it to company and they didn't even know it was sugar free! Hope you like it!

2 c. Mayonnaise
1/3 c. Somer Sweet Ketchup

3 TB. dill pickle relish
1 hard boiled egg, finely diced
1/8 tsp. onion powder
1 tsp. Somer Sweet
1/4 tsp. Worcestershire sauce
Fresh black pepper to taste

Mix well and refrigerate for at least 2 hours. Serve with your favorite salad, over sliced tomatoes or with your cheeseburger!

Kraft Thousand Island Salad Dressing

by DebB

1/2 cup mayonnaise
2 tablespoons sugar-free ketchup (I use Estee sugar free brand)
1 tablespoon white vinegar
2 teaspoons sugar (use substitute)
2 teaspoons dill relish
1 teaspoon finely minced white onion (I use dried, it's easier)
1/8 teaspoon salt
dash of pepper

Combine all ingredients in a small bowl. Stir well. Place dressing in a covered container and refrigerate for several hours, stirring occasionally, so that the sugar dissolves and the flavors blend. Makes about 3/4 cup.

1000 island dressing

by Carma

1 1/2 c mayonnaise
2 Tbsp tomato paste
2 Tbsp minced dill pickles (use dill relish)
1 Tbsp vinegar
1 pkg sweetener
white pepper to taste

Mix all ingredients.

Honey Mustard Dressing

by mjlibbey

1/4 cup water
scant 1/4 cup cider vinegar
1/2 cup mayo
1/4 cup spicy mustard
1 teaspoon dry mustard
sweetener to equal 2 tablespoons of sugar

Combine in blender or food processor. Chill

Starlite's "Honey" Mustard Salad Dressing

1 coddled egg
1/4C olive oil
1/4C red wine vinegar
1/2 tsp dried parsley
1/2 tsp dried paprika
2 tbs Starlite's "honey" mustard
1/2 tsp sea salt
1/2 tsp coarse ground black pepper

To coddle an egg submerge it in a bowl of hot water for 15 minutes. Crack egg into food processor and add all other ingredients. Mix to blend.

Smooth and Creamy Salad Dressing

Here is an adaptation of an old favorite dressing I have made for years. It is a little sweet, a little tangy. We love it. by okie-dokie

1 cup each: Mayonnaise and sour cream
2 tsp. each: mustard, vinegar
1 and half tsp. ss
2 T. water
dash salt and pepper
mix all till smooth, store in fridge. Enjoy

Creamy Chili Dressing

by freakin finelly

Whisk together in a small bowl or combine in a blender:

1/2 cup olive oil
1/4 cup sour cream
Add and whisk together or blend to combine:
1/4 cup fresh lime juice
1/4 cup coarsely chopped fresh cilantro
2 tablespoons chili powder
2 teaspoons ground cumin
salt and pepper to taste.

Taste and adjust seasonings. Use immediately or cover and refrigerate. Makes 1 1/2 cups.

Olive Garden Salad Dressing

by Sooz123

1/2 cup white vinegar
1/3 cup water
1/3 cup vegetable oil
1/3 cup splenda
3 tbsp grated Romano cheese (or Parmesan)
2 tbsp dry pectin

2 tbsp beaten egg or egg substitute (I used whites)
1 1/4 tsp salt
1 tsp lemon juice
1/2 tsp minced garlic
1/4 tsp dried parsley flakes
Pinch of dried oregano
Pinch of crushed red pepper flakes

Combine all ingredients with mixer or blender for at least 30 seconds. Chill 1 hour. Serve over mixed greens or use as marinade

Good Seasons Italian Salad Dressing Mix

cl-mjlibbey

Here's a clone for the instant dressing mix you buy in the little .7-ounce packets. When added to vinegar, water and oil, you get one of the best tasting instant salad dressings around. Or maybe you want to save some money and make a bunch? Just use this recipe below to make as much dry mix as you want, and save it for when you need instant salad satisfaction. I've used McCormick lemon pepper in the recipe here because it contains lemon juice solids that help duplicate the taste of the sodium citrate and citric acid in the real thing. The dry pectin, which can be found near the canning supplies in your supermarket, is used as a thickener, much like the xanthan gum in the original product.

1 teaspoon carrot, grated and chopped(leave out)
1 teaspoon red bell pepper, finely minced
3/4 teaspoon McCormick lemon pepper
1/8 teaspoon dried parsley flakes
1 teaspoon salt
1/4 teaspoon garlic powder
1/8 teaspoon onion powder
2 teaspoons sugar (sweetener)
1/8 teaspoon pepper
2 teaspoons dry pectin (unflavored gelatin, may have to adjust amount)
pinch ground oregano

Place (the carrot) and bell pepper on a baking pan in the oven set on 250 degrees for 45-60 minutes, or until all of the small pieces are completely dry, but not browned. Combine (the dried carrot and) bell pepper with the other ingredients in a small bowl. Mix can be stored in a sealed container indefinitely until needed. When ready to use, pour 1/4 cup of vinegar into a cruet or jar. Add 3 tablespoons of water, then the dressing mix. Seal and shake vigorously. Add 1/2 cup of oil and shake until well-blended. Serves 8-10.

Greek Salad Dressing

3/4 c. olive oil
1/4 c. red wine vinegar
1/8 tsp. dry mustard
1/2 tsp. sea salt, crushed
1/4 tsp pepper
1 tsp. garlic crushed
1 tsp. Italian spices (like the ones you use for spaghetti)

Poppy Seed Dressing

I use this to mix with a bag of coleslaw, or as a "sweet" dressing on spinach.

- 1 Small Onion, cut into pieces
- 1/2 Cup Red Wine Vinegar
- 2 teaspoons Dry Mustard
- 1 teaspoon Salt
- 1 Cup Splenda
- 1 1/2 Cup Vegetable Oil
- 1 Tablespoon Poppy Seeds

1. Place the first 5 ingredients in a blender and process until the onion is liquefied.
2. With the blender running on LOW, slowly add the oil until it is incorporated into the mixture.
3. Add the poppy seeds, and blend just until they are mixed in.

Chef Chick @ Atkins Site

Poppy Seed Dressing

- 1 1/2 cups sugar (sub of your choice)
- 1 tablespoon dry mustard
- 1 teaspoon salt
- 2/3 cup cider vinegar
- 2 cups vegetable oil
- 2 tablespoons poppy seeds
- 1/4 cup grated onion, optional

Combine sugar mustard, salt and vinegar in blender. Add oil slowly, blending until thick. Stir in poppy seeds and onion. Store in an airtight container in the refrigerator.

Makes about 3 cups.

Caesar Dressing

This is the BEST dressing and it is legal. We've used it in our house for years. by DebB

- 1 Cup Extra Virgin Olive Oil
- 2 TBLSP Crumbled Feta Cheese
- 2 cloves of garlic
- 2 TLBSP anchovy paste (don't leave this out- it really makes it. I don't like anchovies at all but this gives it the zip)
- 1 tsp Worcestershire
- 1/2 C grated pure Parmesan cheese

Put everything in a blender and mix until blended. It is that easy. I add a touch of squeezed lemon juice to the leaves before I add my dressing and then s&p and you have a restaurant quality Caesar salad.

Benihana's Salad Dressing

by inreno

Serving Size: 6

1/4 C. chopped onion
1/4 C. vegetable oil
2 Tbsp. rice wine vinegar
1 Tbsp. water
1 Tbsp. chopped ginger root
1 Tbsp. chopped celery
1 Tbsp. soy sauce
1 1/2 tsp. tomato paste
1 1/2 tsp. Sugar (your sub)
1 tsp. lemon juice
1/2 tsp. salt

Preparation:

Combine all ingredients in a blender. Process until almost smooth. Any unused portions may be stored in a covered container in the refrigerator. Yummy!!!! Deb in Reno

Garlic Vinaigrette

1/2 a lemon
Vinegar
olive oil
Garlic (as much as you want)
pepper

Squeeze the juice of 1/2 a lemon in a cup Add vinegar(as much as you want) Mix add pepper In a skillet add olive oil and fry the garlic until its brown. Add hot oil into cup with vinegar ... mix and add to salad This is really good !! :)by sandris

Balsamic Vinaigrette

1/2 cup Balsamic vinegar
2 cloves minced garlic
1 teaspoon crushed basil
fresh ground salt & pepper, to taste
1 cup GOOD olive oil

In a jar with screw top lid, pour vinegar, garlic, basil, salt & pepper. Shake to mix. SLOWLY add olive oil in stream while whisking vigorously. Store in same jar. Shake very well before using each time to make sure the oil emulsifies.

This does not need to be stored in the refrigerator. I bought a *Bonjour Salad Chef* at a kitchen store which whips up a beautiful vinaigrette. It emulsifies that oil in nothing flat!!!

Balsamic Vinaigrette Dressing

I have a fabulous dressing recipe to share. I hope you enjoy it. Here it is: by jmprask

Use a wooden bowl and wooden spoon when preparing this dressing

Press 1 clove of garlic into wooden bowl.

Add 3 TBSP of olive oil

Add 1-1/2 TBSP of balsamic vinegar (you can substitute other flavored vinegar's for a different taste if desired)

Mix until well blended.

Add 1 TBSP mayonnaise

Add 1 TBSP Dijon mustard

Add 1 pinch of kosher salt

Mix until well blended.

Add 1/8-1/4 cup crumbled blue cheese (optional), pressing into the bowl and dressing with the wooden spoon.

Put salad greens in bowl on top of the dressing. Toss immediately before serving. ENJOY!

Balsamic Garlic Vinaigrette

2 Tablespoons Dijon-style mustard

4 garlic cloves, pressed or chopped

2/3 Cups balsamic vinegar

2/3 Cups Extra Virgin olive oil

6-8 Basil leaves, chopped

Whisk together mustard and garlic, add balsamic vinegar, whisk well, then add olive oil, whisk again. Add chopped basil leaves, whisk until completely mixed. I keep it refrigerated. What I've also done lately is sauté some mushrooms and cut up chicken in a pan, then pour some of the dressing into the pan over the mushroom mixture. Once warm, I pour the entire mixture over my veggie salad.

Dijon Vinaigrette

1/4 cup red wine vinegar

1/4 cup fresh-squeezed lemon juice

1-1/2 tablespoons Dijon mustard

fresh ground salt & pepper, to taste

1 cup GOOD olive oil.

In a jar with screw top lid, pour vinegar, lemon juice, mustard, salt & pepper. Shake to mix. SLOWLY add olive oil in stream while whisking vigorously. Shake very well before using each time.

Dijon Vinaigrette Dressing

1 1/4 c. vinegar

1/4 c. oil

1/2 c. water

1/4 c. Dijon mustard

1/2 tsp. Louisiana hot sauce

1 tsp. Worcestershire sauce

3 T. garlic powder

4 tsp. oregano
2 tsp. onion powder
1 tsp ground cumin
1 tsp. salt
1/4 tsp. freshly ground black pepper

Basil Pesto Vinaigrette

Finally, here's one I invented to try to mimic a dressing I had in a hotel in Minneapolis when traveling for a former job. They used to make a spinach salad with a dressing like this that was to die for.

1/3 c. vinegar
2/3 c. olive oil
1 c. packed fresh basil leaves
1 tsp. oregano
2 tsp. garlic powder
2/3 tsp. salt
1/2 c. parmesan cheese
1 tsp. parsley

Blend the olive oil and the basil in a food processor. Add other ingredients. Mix. (This one stays blended really well, as I recall.)

Beef Entrees

Beef Gravy

- ❖ You can use heavy cream for a base to make gravy let it boil down to thicken. Also you can add cheese to help thicken as well. I tend to use Monterey jack when I using it to help thicken gravy since it has just a mild taste to it.
- ❖ I've found that a good way to thicken sauces is to use an egg yolk. Just make sure the heat is low and you stir it continually until it thickens or else you'll have bits of egg floating in your gravy!
- ❖ If you're cooking a roast, whole chicken or turkey, simply cut a lot of onions and place them in the bottom of the roasting pan alongside the meat or poultry. You can add a small amount of water if you'd like. Season with salt and pepper, or whatever you're seasoning the meat with. The onions will cook and caramelize, and when the meat is finished cooking, remove the onions with whatever natural juices are in the pan, and be sure to scrape the bottom for any drippings. Place the onions, scrapings, and any liquid into a food processor, or preferably a food mill, which will mash the onions into a puree like consistency. This will make a natural gravy. Place the gravy in a pot on the stove, heating and seasoning to taste. Sometimes I'll add some sautéed mushrooms.
- ❖ If you want it thicker, try a dollop of sour cream (the staff of life) or some cream cheese. Remove from heat, then stir in. A pat of butter will do this too.
- ❖ Whenever I make a beef dish, I take some 'legal' beef broth, cook it down until it is almost gone and add cream to it. Cooking the broth down really intensifies the flavor and the color, and it makes a great gravy. I also cook down the cream so it is thicker.

Hamburger Gravy

One of the favorite dishes in our house when I was growing up was hamburger gravy served with mashed potatoes and green beans.

1 lb. hamburger
1 large onion
cream

S & P to taste
green beans

Break up hamburger into skillet over medium heat, add S&P. Coarsely chop the onion and add to the skillet stirring periodically and continuing to break up the hamburger into bite size chunks. When onions are done, pour cream over all--just enough to cover the meat, add a bit more S&P and bring to a boil, cooking until gravy reaches the desired consistency. Optional: if you have trouble getting the gravy to thicken up, just add some cubed cream cheese which will help, but this shouldn't be necessary. Serve over green beans.

Spicy "leftover" Beef

I will cook a beef roast (any type) in a crock pot for a meal one day then the next day I will do this for a variety of the same meat.

- Shred the leftover meat (just pull apart with 2 forks. I found was the easiest way)
- add 1 to 2 cans of Rotel (depends on how much meat is left over)
- add some cumin or whatever Mexican seasonings you like
- heat in saucepan over medium heat

Serve with shredded cheese and sour cream
on top

*great on lettuce for a taco style salad

Rotel is found in the canned tomato section of the grocery store. It is a mixture of diced tomatoes and green chilies. You can get the temperature that fits your taste, hot, medium or regular. I get regular and its spicy enough for me.

Sweet and Sour Meatballs

Level Two

I made these today and there may be some things you wont want to add but in general I took:

- 1 lb hamburger
- 1 egg
- 2 teaspoons of soy sauce
- 1 teaspoon of Worcestershire
- 1 teaspoon minced garlic
- 1/4 teaspoon black pepper
- 1/2 teaspoon seasoning salt
- 1/4 cup red onion diced
- 1 teaspoon salt
- 1/2 cup diced peppers, I used a variety of green, yellow, orange and red.

OPTIONAL

- a dash of nutmeg
- a couple dashes of cinnamon
- I also added about a teaspoon fructose.

Mix all the above ingredients in a bowl, mix well blending all seasonings. If you desire to taste this take a little piece and fry it up first to taste before making your meatballs and add any flavors you think it is lacking. I cooked it up and it tasted different cause I'm not use to

tasting meat with spices like cinnamon but after adding the sauce it was very good and my friend and I LOVED THEM !

Make your meatballs, for me mine made about 12 meatballs but I make them just a little smaller than a golf ball so if you make them smaller than that you will get more, Fry them over medium heat until no longer pink inside, turning them occasionally with spoon.

I also sliced some peppers and cooked them with my meatballs.

While meatballs are cooking make sauce in a small saucepan:

SWEET AND SOUR SAUCE:

1/2 of a regular size Hunt's tomato sauce
1/4 cup fructose or equivalent sweetener
1/4 cup vinegar (I used apple cider vinegar)
couple dashes of Worcestershire
few dashes of soy sauce

Drain juice from 4 ounce can of pineapple (unsweetened) If you can't find the unsweetened in snack cups I think it is about 1/4 cup juice
Mix all above ingredients and cook this in a little sauce pan over medium heat until it starts to bubble turn to low until meatballs are done then pour it into the pan with meatballs and peppers ADD the pineapple from the 4 ounce can and let cook for about 5 minutes and it will start to thicken.

Meatballs

I like pork rinds, but some people don't and I realized that they aren't that necessary as a bread crumb substitute in meatballs or meatloaf. Here is how I make mine.

1 lb. ground beef (or ground turkey!)
1 lbs. ground pork Italian sausage
1/4 c. shredded Asiago cheese
1/4 c. grated parmesan cheese
1 egg
1 tsp. Italian seasoning (just mixture of basil, oregano, bay leaf, etc.)
garlic powder, salt, pepper to taste
Chopped, sautéed onions are also another optional addition.

Mix all of this together thoroughly and form into balls, whatever size you prefer. In cooking there is some shrinkage because of the lack of bread crumbs/pork rinds, so I just make mine a little larger than my desired size. I bake them in the oven at 400 F, checking on them periodically and turning them over once to get them evenly browned. I only recently decided to bake them instead of frying, which is less mess on the stove and gave me more time to prepare the other parts of the meal instead of watching them closely in the frying pan.

Serve w/ your favorite sauce over spaghetti squash or just meatballs and sauce with veggie side dishes. Yum!

Meatballs

This is a meatball recipe that my family has been using for years, I have eliminated the bread crumbs and you can't even tell the difference. I don't measure most of the ingredients, so you might want to fine tune it to your taste, but the more parmesan, garlic, and parsley the better!

3 lbs. Ground Chuck
1 1/2 lbs. Ground Pork (not pork sausage)
Eggs
Chopped Onion
Chopped Garlic
Chopped Fresh Parsley
Fresh Ground Parmesan cheese (I use a lot of cheese)

roll into balls and deep fry, then you can cook in your marinara sauce, after you take them out of the marinara I always sprinkle with more parmesan cheese.

Taco Meatballs

I thought these were good (a little greasy, but tasty) and hubby liked them as well. I ended up using double the meat, onions, eggs, seasoning and garlic and just the one block of cheese (I used extra sharp) and made extra meatballs to share.

1 1/2 lbs lean ground beef
1 package legal taco seasoning mix
1 green onion finely chopped
2 eggs
1 clove garlic, minced (optional)
1 block sharp cheddar cheese, cut into cubes

Preheat oven to 425.

Beat eggs and mix everything but cheese together. Mold meat ground cube of cheese and repeat. Place on edged cookie sheet, sprayed with PAM and bake for 7-12 minutes or until meat is done and cheese has melted.

Beef and Cabbage

One small head of cabbage, shredded
One small onion, sliced in half moons
1 tsp. dried dill
1 tsp. caraway seeds
1 TBSP. dried parsley
8 oz. fresh sliced mushrooms
1 stick of butter
1 tsp. fresh lemon juice
2 lbs. ground beef
salt and black pepper to taste.

In a large skillet melt butter, a squeeze of lemon and add to it the shredded cabbage, sliced onions and sliced mushrooms. Cook until vegetables have begun to wilt but still have texture (do not cook to death!) In another skillet brown the beef. Salt and pepper

vegetables and beef to taste. Add the beef to the vegetables and toss. It is ready to eat! Very "homey" and delicious. It was hard to stop eating it!

Ground Beef and Cabbage

One of DebB's favorite recipes.

In a large skillet brown 1 lb lean ground beef and 1 lb hot sausage (I use Jimmy Dean hot breakfast sausage) and a chopped onion. Drain meat. Add 1 medium-large head of cabbage coarsely chopped. Add minced garlic, caraway seeds, red pepper flakes, pepper and salt to taste. Also add 1 can of beef broth (I use Swanson's, it's the closest to legal I can find). The caraway seeds really do a lot for this recipe. Add a large (28oz) can of tomatoes (I use crushed tomatoes). Stir together, cover and simmer until the cabbage is tender and the flavors are blended. At this point, you can add a big fistful of freshly grated Parmesan if you'd like (I don't usually add the parmesan). After you dish it up into bowls, add a big dollop of sour cream.

This recipe is easy to cut in half if you want to make less, but it reheats well in the microwave for a nice hot lunch. Tastes better the second day! .

Easy Ground Beef and Cabbage

Try this; it is easy and very tasty:

Brown hamburger in a large skillet, add salt and pepper to taste, 1/2 tsp. Italian Seasoning, one large onion and green pepper. Brown till veggies are tender. Shred 1/2 large head of cabbage, put into skillet with the meat, pour 1 can tomato sauce over it, cover and cook on low about 30 minutes. Really good.

Faith's Cabbage Lasagna

This recipe hits the spot if you are wanting lasagna. Who would have thought cabbage could be so good. Feel free to add your own combo of cheeses! Enjoy!

1 lb ground beef
Italian seasonings
4 cups chopped cabbage
onion, chopped
salt & pepper
1 cup spaghetti sauce
1/2 cup beef broth
Mozzarella cheese
Parmesan cheese

Fry ground beef with seasonings and drain fat. Mix cabbage, onion, salt & pepper, and spaghetti sauce in large bowl. Add cooked ground beef. Mix well (should not be soupy). Put mixture in casserole dish. Add beef broth and cover. Bake at 350 degrees for 1 hour. Stir, replace cover and bake another 25 minutes. Remove cover and add cheeses and bake until cheese is melted.

Country Meat Loaf with Tomato Relish

by Tyler Florence

Tomato relish:

2 tablespoons olive oil
2 garlic cloves, minced
2 bay leaves
1 onion, diced
2 red bell peppers, seeded and chopped
2 tomatoes, seeded and chopped
1/4 cup chopped flat-leaf parsley
1 tablespoon Worcestershire sauce
12 ounces bottled sugar free ketchup

1 1/2 pounds ground beef
1 pound ground pork
3 eggs
2 tablespoons fresh thyme leaves
Salt and pepper, to taste

For the tomato relish, coat a skillet with olive oil and place over medium heat. Sauté the garlic, bay leaves, and onion together until they caramelize. Add the red peppers and cook until soft. Add the tomatoes, parsley and Worcestershire sauce, cook for 10 minutes until the vegetables cook down. Stir in the ketchup and continue to cook until heated through, about 5 minutes. Remove from heat.

In a large mixing bowl, combine the ground beef and pork together with your hands. Fold in 1/2 cup of the tomato relish. Add the eggs and thyme and mix with both hands just until blended. Do not over mix or the meat loaf will become dense and tough. Season with salt and pepper. Coat a 9 by 5-inch loaf pan with nonstick spray. Fill the loaf pan with the meat mixture, mounding it a bit on top. Generously spoon some tomato relish on the surface. When cooked, this will form a top crust. Place the loaf pan on a cookie sheet and bake in a preheated 350 degree F oven for 1 to 1 1/2 hours or until the meat loaf has pulled away from the sides of the pan. Remove from pan, allow to cool slightly before cutting into slices. Serve with remaining sauce on the side.

Yield: 6 to 8 servings

Prep Time: 15 minutes

Cook Time: 2 hours

German Meat Loaf

At first glance the combination of ingredients sound horrible; but for some reason they blend beautifully! I just made a batch of this last night, and loved it.

1 pound hamburger
1 egg
salt & pepper (to taste)
1 16 oz. can corned beef*
1 16 oz. can sauerkraut
1 8 oz. can tomato sauce
8 oz. grated mozzarella cheese
1/4 cup water

In large bowl mix ground beef, egg, salt & pepper.

Grease bottom and sides of 7" x 12" baking dish (a standard 9" x 5" meatloaf pan will work just as well)

Push beef mixture into bottom of dish. Place corned beef atop (spread evenly), then the sauerkraut, then the cheese.

Pull the sides of the beef over the top of the layers, making a roll. Pour the tomato sauce over the top. Pour 1/4 cup water over the concoction. Cover the pan with foil.

You might want to place the pan on a cookie sheet or some tin foil -- sometimes the meatloaf will bubble over.

Bake at 350 degrees for 1 hour.

* the corned beef I use comes from a can - it shows sugar as one of the last ingredients, but the nutritional breakdown claims there are no carbohydrates...so I'm inclined to say it's a Level One item.

Moist Meatloaf

I think the "crumbs" do make a difference in the moistness of the loaf. We like the SSed version of meatloaf better than any I've ever tried. In fact, we have had more meatloaf dinners the last year than ever before!

1 1/2 to 2 lbs. ground beef (don't use the leanest because the fat gives it some moisture and now fat is our friend!)

3/4 cup crushed pork rinds

1/2 cup finely chopped onions OR 1 tsp. onion powder

1 tsp. garlic powder

1 Tbsp. dried parsley

2 eggs

2 Tbsp heavy cream

Mix all together in a bowl. Do not work the meat too much as it tends to toughen the final product. Grease a loaf pan then add the meat mixture. Bake at 350 degrees for one hour.

You can lay a couple of stewed tomatoes atop the loaf before or during baking.

Favorite SS Meatloaf

Here's my favorite SS meatloaf--very moist and yummy!

2 lb lean ground beef

2 eggs

1 1/2 cups ground bacon rinds

1/2 c SF ketchup

1 tsp seasoned salt

1/2 c warm water

1 pkg SF dry onion soup mix (I use Suzanne's onion dip mix or there is a recipe on the boards)

Just mix it all together, place in a large loaf pan, top with 1/4 c SF BBQ sauce or SF ketchup and bake at 350 degrees for 90 minutes.

Fantastic Somersized Meatloaf

Try this! It's great and makes great SS sandwiches later.

1 1/2 lbs. ground chuck

1 Large Egg

3/4 C. Ground Fine Pork Rinds (pork rind flour)

1/2 C. Somersize Ketchup (use 2/3 in mix, reserve the remaining to top meatloaf)

1/2 tsp. Black Pepper

1/2-1 tsp. Garlic Salt

1/3 C. Chopped Onions

Mix together and bake at 350 for 30 mins. Remove from oven after 30 mins., top with remaining SS Ketchup. Put back in oven for 10-15 additional minutes. Enjoy!

Wolfgang Puck's Bacon Wrapped Meatloaf

3 tablespoons olive oil

1 large onion, diced

1/2 pound mushrooms, finely chopped

3 large cloves garlic, minced (2 tablespoons)

1 cup heavy cream

1 1/2 teaspoons minced fresh oregano

1 1/2 teaspoons minced fresh thyme

1 1/2 teaspoons salt

1/2 teaspoon freshly ground black pepper

1 pound lean ground pork

1 pound lean ground beef

1 pound ground veal

1 egg, lightly beaten

3/4 pound sliced bacon (13 slices)

1. In a large skillet over medium high heat, heat the olive oil. Sauté the onions until translucent, about 8 minutes. Add the mushrooms and garlic and cook over medium high heat for 3 or 5 minutes. Add the cream, oregano, thyme, salt and pepper. Bring mixture to a boil. Reduce heat and simmer 5 minutes or until vegetables are tender. Cool vegetable mixture.

2. In large bowl, combine the beef, pork, veal and vegetable mixture. Stir in the egg. Preheat oven to 400 degrees F.

3. Place a 9 x 5 x 2 1/2-inch loaf pan with the short side facing you. Take bacon slices and place them across the pan, slightly overlapping, to line the bottom and sides. Continue with the meat mixture, patting down to level. Fold the ends of the bacon strips up and over the ground meat mixture. Place the loaf pan in a larger baking or roasting pan and fill the larger pan with boiling water halfway up the sides of the loaf pan. Cover with aluminum foil and bake for 1 hour. Remove the foil and continue to bake 30 minutes or until an instant read thermometer registers 165 degrees F.

4. Remove the meatloaf from the oven and let rest for 10 minutes. Carefully pour the juices out of the pan. Cut into 8 slices.

Best Meatloaf Ever!

This is the best meatloaf I've ever had, the sauce is enough to make you crazy. My husband has woken up smelling me warming up another piece of this meatloaf!!

3 lbs. ground chuck/sausage/veal -any combination
½ cup diced onion
½ cup green pepper-(opt.)
½ cup red pepper-can also use roasted red pepper (opt.)
1½ - 2 teaspoons garlic
3 eggs beaten
6 oz. heavy cream
1 tsp. salt
1 tsp. pepper
¼ cup Worcestshire sauce

*One cup of cheese crackers (use recipe for cheese crackers on SS forum. Use White American processed cheese from the deli). Process microwave cheese in food processor until in tiny crumbles. (Replaces 15 crackers).

**OR use 1 cup cooked and crumbled bacon/or ground pork rinds

Preheat oven to 350 degrees.

Mix entire list together in large bowl. Free form the loaf in a baking sheet with 2"- 3" sides. Add 1 cup water in the pan around the meat. Cover pan loosely with foil. Bake in center of oven for 1 ½ - 2 hours. Remove foil. Cover with glaze. Bake another 30 minutes.

Glaze

2 cup good sugar free ketchup-ESTEE
½ c. fructose or sweetener of choice
1 cup prepared yellow mustard
2-3 T. of hot sauce or wing sauce

Mix ingredients together.

Simmer on stove for 30 minutes. (DO NOT LEAVE THE STOVE- you need to stir every 60 seconds or so or it will burn. If it burns on the bottom you need to start over.) The color will darken and sauce will thicken. COULD DO THIS RECIPE A DAY AHEAD EXCEPT FOR THE SAUCE THEN REHEAT WITH SAUCE ADDED.

Could serve with broccoli and hollandaise sauce, Deluxe mashed potatoes. So pretty.
Posted by merrilee

Zucchini Joe

¾ lb ground beef
1 onion, finely chopped
4 med zucchini, sliced
1 small clove garlic, minced
salt and oregano to taste
4 eggs, beaten
¼ lb sliced mushrooms (optional-I don't like mushrooms)
parmesan cheese

Brown meat and onion. Add zucchini, garlic, and mushrooms. Cook for 2 min. Stir in oregano and salt to taste. Add eggs and stir gently until done. Top with parmesan cheese.

Spinach and Mushroom Casserole

I have had this recipe around for a while, I just made it legal. I made it last night, and it really tasted good. I hope if you try it, that you will like it. It does make a lot, but I am sure you could freeze it, if you don't have family to help you eat it.

4 (10 oz.) boxes of frozen chopped spinach
1 lb. ground beef
1 lb. ground sausage
5 stalks celery, chopped
1 package sliced mushrooms
1 onion, chopped
3 cloves fresh garlic, chopped
1/2 cup chicken broth
1/2 tsp. ground cinnamon
1/2 tsp. ground cloves
1/2 tsp. ground allspice
shredded parmesan cheese
salt and pepper to taste

Preheat oven to 350 degrees.

Defrost spinach. Squeeze as much water from the spinach as possible. Brown the ground beef and sausage, add chopped celery, onion, mushrooms and garlic. Continue cooking until vegetables are translucent, about 5 minutes. Drain grease.

In large bowl, combine chopped spinach with cooked meat mixture and mix thoroughly. Add chicken broth and spices, and mix well. Spoon into a casserole dish and cover with lid. Bake for 1 – 1 1/2 hours. Serve with freshly grated parmesan cheese.

Baked Spaghetti Squash Dinner

1 Small to Medium Spaghetti Squash
1 Small Onion — diced
1 Jar (sugar free) Spaghetti Sauce (I use either "Classico Tomato Basil" sauce or "Hunt's Sugar Free" spaghetti sauce)
1 1/2 lb Extra Lean Ground Beef (can also use Ground Turkey)
8 oz Whole Milk Ricotta Cheese
Shredded Parmesan Cheese
1 Egg
Salt and Pepper
Oregano to taste

Preheat oven to 375 degrees.

Cook the spaghetti squash in the microwave until done. (Remove seeds before cooking)

Scoop out the cooked squash in strands and place in a colander over a large bowl to drain.

*Allow plenty of time for this to drain—you'd be surprised how much water will drain out! I usually cook the squash earlier in the day so it can drain...then the recipe goes together faster before dinner.

Sauté the onion until translucent.

Add the ground beef.

Season the beef to your liking with the salt & pepper.

Once browned, drain the beef.

Add 1/2 of the spaghetti sauce and cook over medium heat for 5 - 10 minutes to combine flavors.

In a separate bowl, mix ricotta cheese, 4 oz of the Parmesan cheese, egg & oregano, (to

taste).

Put the drained spaghetti squash into a large bowl.

Add the cheese and meat sauce to the spaghetti squash and mix well.

Pour the remaining spaghetti sauce in the bottom of a lasagna pan.

Pour the mixture into the pan.

Sprinkle some more Parmesan Cheese on top.

Bake for 30-45 minutes.

Ground Beef and Zucchini Casserole

There has been a couple of times when I didn't have dinner planned and I managed to throw this dinner together with things I have on hand. This is like a noodle-less lasagna in that it's layered, but not quite the same ingredients.

3-4 medium sized zucchinis

1 lb. ground beef (or turkey)

3-4 cups of marinara sauce

2 cups shredded cheese (or more if you want) I generally use a combo of jack and cheddar and then also use parmesan as well on the top.

Couple of cloves of fresh garlic

olive oil

salt, pepper and Italian seasonings

*All these measurements are purely a guess on my part. I don't measure anything.

Basically just take those ingredients and throw them together in whatever amount looks good to you. :-)

1. Slice the zucchini length-wise into as many slices and you can get. I have a mandoline-style slicer that makes nice thin slices, I generally only need 2 or 3 zucchinis to get 10 slices.

2. Pour a little olive oil in a pan and add fresh garlic. Add onions and anything else you might like (onions, peppers, tomatoes, etc.) and sauté. Then add ground beef and brown.

4. Season the meat w/ salt and pepper and Italian seasonings. I have a seasoning mixture, but you could just add separate amounts of oregano, basil, marjoram and anything you might like. You don't have to get the beef completely cooked since it will continue to cook in the oven. Drain off any excess oil.

4. Grease the bottom of a casserole pan- I happen to use a round deep dish stoneware pan because I only cook on stoneware, but I think it could work in a 13 x 9 or even a larger one, but just increase the amount of your ingredients.

5. Put one layer of zucchini slices down. Lightly spread some marinara sauce over. Then spread some ground beef mixture over, then a heavier spread of marinara sauce, then cheese.

6. Add another layer of zucchini slices over that, then repeat until you have nothing left. Try to end with zucchini on the top, then top that with cheese.

7. Bake in the oven at 350 degrees for about 25-30 minutes until cheese is melted and everything is bubbly. A good amount of liquid gets created from the zucchini, so you don't have to use a lot of marinara sauce in this dish. Let it sit for a few minutes before serving.

Some notes-

Because I usually use a round pan, I don't need a lot of zucchini to make my layers- 3 or 4 slices on each layer is all I need. But if you use a rectangular pan, you probably need more.

I think for cheese, just use what you have on hand or what you like. Since I have generally made this on the spur of the moment, unplanned I use what I have in the freezer.

Be aware of the "juiciness" of this dish, the water content of the zucchini creates a lot of

"juices" in it. So, I generally don't go to heavy on the marinara sauce as it gets water down by the zucchini. You could probably use something thicker, like pizza sauce if you wanted. I think once what I did was mix the ground beef into the marinara sauce and just skipped a layer. The sauce was much more meat than sauce, nice and thick.

Zucchini Goulash

1 1/2-2 lb lean ground beef
1 c tomatoes, fresh or canned (or use sauce)
pinch oregano
2 bay leaves
2 Tbsp chopped onion or 1 tsp dehydrated
4 c zucchini, sliced
S&P to taste

Brown meat and drain. Add tomatoes, onion, oregano, bay leaves, and squash. Cover and cook until tender, add water if needed.

Stuffed Zucchini

This is a summer favorite at our house and I just realized it is perfect for SS.

1 large zucchini (approx. 6" in diameter)*
1-1/2 lbs. ground beef
1-1/2 c. legal marinara sauce
1/2 chopped onions
1 clove garlic, minced
salt, pepper and Italian seasoning to taste
shredded mozzarella cheese

Brown ground beef, onions and garlic. Drain.

Add seasonings and marinara sauce. Cut off stem end of zucchini and slice in half lengthwise. Scoop out seeds creating a cavity. Pile meat mixture in cavities of both zucchini halves and wrap each half in heavy duty foil. Place on a medium grill and grill for about 30-40 minutes. I usually take an oven mitt and squeeze the zucchini and if it feels soft it is done. Open foil and sprinkle with shredded mozzarella cheese. Pull foil back over zucchini for a minute or so until the cheese melts. It is delicious. I usually prepare it the night before just to the point of grilling. I put the wrapped zucchini in the refrigerator. When I get home from work I just heat the grill and throw it on.

*If you cannot find a large zucchini you can make individual zucchinis. Our local farmers market usually keep the real large zucchinis under the counter and I have to ask for them.

Edited by - Fricke

Deannie's Inside Out Shepherd's Pie

"Crust"

1 lb ground meat (you can use any combination you like - I use beef/pork combo for maximum flavor satisfaction. It's the fat content!)
1 egg, slightly beaten
1/2 tsp thyme

1/2 cup minced onion
1-2 garlic cloves, smashed and finely minced
OR 1/2 tsp garlic powder
salt and pepper, to taste
2 tsp tomato paste

Mix all ingredients with your hands, until well combined. Pat evenly into deep dish pie pan (or 8" square casserole). Bake in preheated 350F oven for 30 minutes. Pour off fat. Fill with prepared topping (below).

Topping (filling) Ingredients

1 medium head cauliflower, cooked and mashed
1 Tbsp butter, plus more for topping
2 Tbsp cream cheese
2 Tbsp heavy cream
2 cups kitchen-cut green beans, blanched

While the "crust" is baking prepare the filling.

To "blanch" the beans, using fresh green beans, wash and trim cutting into about 1" pieces. Heat pot of cooking water over high heat until boiling rapidly. Add 1 tsp salt. Leaving heat on high, add beans to boiling water cooking uncovered just until water returns to the boil. Drain immediately. To preserve color, and stop cooking process (if you are making this ahead) plunge beans into cold water.

Combine cream cheese, 1 Tbsp butter and heavy cream in saucepan over med. heat just until hot. Whisk to make a smooth and creamy sauce. Pour over cooked, mashed cauliflower and season with salt and pepper.

Thoroughly mix the sauce into the cauliflower - it will look a lot like mashed potatoes!

Evenly arrange blanched beans over prebaked meat crust, and top with cauliflower mixture. Add bits of butter to the top, if desired.

Return the pan to the oven and continue baking for 20-30 minutes more, or until top is slightly browned and bubbly.

Spanish Style Beef and Rice

Yes! Can you believe it, Spanish Style Rice! I am very proud to post this recipe as I have used so many of yours, and this is my first. I made it up on my home from work last night and it was a huge hit with the family. And special thanks to the person who called in to Suzanne on HSN in January and mentioned making rice out of cauliflower. It has been a staple in my home since then, and the basis for this recipe.

Ground Meat mixture. - I used the left over meat mixture from Suzanne's Stuffed Bells recipe found in her new Fast & Easy Cookbook. I always double the meat and had plenty left over – about 1 pound. You can either mimic this mixture, or make up your own ground beef, onion, mushrooms, green chilies, crushed tomatoes & seasoning mixture.

1 large head of cauliflower
1 can of chopped tomatoes & jalapenos – drained
1 -4cup bag of shredded cheese – I used the Mexican 4 cheese blend
approx ½ cup chopped tomatoes – I used the rest of what was left from making the peppers...probably not really necessary
Olive Oil
Butter
Salt & Pepper
Emerils Essence

Garlic Powder
Paprika
Cilantro

Brown your meat mixture.

Puree the cauliflower to rice like consistency in the food processor, and sauté in some olive oil and butter (to your liking).

Season this with some of Emeril's Essence, garlic powder, salt & pepper (again, to your liking)

When cauliflower is soft, add the browned meat mixture, a can of tomatoes & jalapeno's , the crushed tomatoes, and about 3 cups of shredded cheese.

Mix well and put into a casserole dish, and top with remaining cheese. Sprinkle some paprika and cilantro on top.

Bake in oven at 350 degrees until cheese melts and it is heated thru.

You would never know you were eating a cauliflower dish as it surely represented Spanish rice to me....well maybe more Mexican style rice. But I think you can get creative with what you want to add!

I hope you all enjoy!

Coney Dogs

This dish tastes much better the next day and can be doubled (but DO NOT necessarily double the chili powder, the sweetener, and especially the tomato sauce - do so according to taste). Use as lean beef as you can.

1 lb LEAN ground beef
1 large green pepper, chopped (I use red)
4 tsp of chili powder (or use 2 for a milder sauce)
2 tsp cumin powder
2 tsp oregano
1/2 tsp crushed red peppers
1/2 tsp salt
1/4 tsp black pepper
2 15oz cans tomato sauce
1 large onion chopped
3 packets of splenda (don't use granular!) - or sweetener equivalent to 6 teaspoons of sugar

Brown ground beef, peppers, and onions together. Drain off excess fat. Add all other ingredients. Mix well and simmer for about 20 minutes. Top legal hot dogs with cheese, chili sauce, onions, relish, etc.

With legal cheese biscuits, this is a great meal.

Texas Yummy Beef Casserole

This is a family favorite- everybody I have cooked this for loves it- so I hope you guys love it too.

1 pound of ground beef or turkey
2 teaspoon salt

1 16 ounce tomatoes and juice diced
1 8 -ounce tomato paste
2 garlic cloves crushed
2 cups of sour cream
6 stalks chopped
1 cup of cheese grated

Directions

- 1) brown ground beef or turkey w/ garlic, drain off excess grease.
- 2) add tomatoes and tomato sauce and salt and heat to boiling.
- 3) in a separate bowl, add sour cream and chopped green onions, mix.
- 4) in a 9x13 casserole dish place meat mixture on the bottom, then pour on and spread the sour cream mixture on top and top it with the shredded cheese.
- 5) bake at 350 degrees for about 35 minutes.

for level 2 add whole wheat spaghetti noodles.

Creamy Italian Beef Manicotti

Experimenting in the kitchen tonight and this what I came up with. Hope you enjoy it as much as we did.

6 eggs
1 1/4 C cream (divided)
1 1/4 tsp salt (divided)
2 1/2 tsp Garlic powder (divided)
1 1/2 tsp pepper (divided)
1 tsp Italian seasoning
1 C chopped onion (divided)
4 garlic cloves (minced)
1 lb. hamburger
1 C mushrooms (chopped)
1 1/2 C Italian blend shredded cheese
4 oz cream cheese (cubed)
1/2 C dry white wine (divided)
1 Tbsp. Butter

Preheat oven to 350.

To make the noodles combine the eggs, 1/4 tsp. salt, 1/4 tsp. pepper, 1 tsp. garlic powder, and 1/4 C cream. Beat until mixed well. Pour just enough of the egg mixture to lightly cover the bottom in a frying pan sprayed with Pam over medium heat and cook until edges brown, turn and cook until lightly brown. Remove from pan and set aside. Continue to cook the rest of the egg mixture in the same way. You should have approximately 12 noodles.

To make the filling in a frying pan over medium heat cook the hamburger, 1/2 C onion, and minced garlic until cooked through. Add the chopped mushrooms and cook until they are soft. Add 1 tsp. garlic powder, 1/2 tsp. salt, 1/2 tsp. pepper, and the Italian seasoning. Mix well. Add 1/4 C wine, and cook until it is absorbed. Remove from heat. Add the Italian cheese blend, mix well, and set aside.

For the sauce sauté the onions in the butter until they are starting to brown. Add 1/4 C wine, and cook until absorbed. Add 1 C cream, cream cheese, 1/2 tsp pepper, 1/2 tsp. salt,

and 1/2 tsp. garlic powder. Cook stirring until the cream cheese is melted and the sauce is well combined. Remove from heat.

Take a noodle and put 2 Tbsp. Filling into it and then tuck in sides and roll up. Place in a 13x9 baking pan sprayed with Pam. Continue until you use all the noodles. Add the remaining filling to the sauce and mix well. Pour the sauce over the manicotti and bake for 20-30 minutes, until bubbly.

Family Friendly Stuffed Bell Pepper

For 2 bell peppers:

3/4 lb hamburger - a guess - extra is good out of the bell peppers :)

1 celery rib diced

1/2-3/4 c chopped onions

8 oz tomato sauce

1/2 can diced tomatoes

salt and pepper

2 bell peppers

2 slices cheddar cheese or cheese of choice

1. Cook hamburger
2. When hamburger 1/2 -3/4 cooked add onion and celery, salt and pepper
3. Cut top of bell peppers off and clean seeds out of inside.
4. Bring pot of water to a boil enough to cover bell peppers, then add bell peppers and cook 3-5 minutes until cooked but still firm.
5. Drain Bell peppers and put in oven proof dish.
6. Stuff bell peppers with hamburger mix, pour some diced tomatoes on top then tomato sauce, and cover with slice of cheese. put leftover hamburger around peppers and pour in remaining tomato sauce and diced tomatoes.
7. Bake in 350 F oven for about 15 minutes, check that sauce is not too thin has cooked down or be careful not to add too much of the juice with the diced tomatoes. Usually we just used tomato sauce but I wanted to try diced tomatoes not realizing how thin the juice is. It was fine after I cooked it down to make it thicker, -adjust to your preference. Even my vegetable phobic son liked this and even ate the bell pepper!!

Taco Stuffed Peppers

1 1/2 pounds ground beef

4 tablespoons chili powder

1/2 teaspoon dried oregano

1 teaspoon ground cumin

salt and pepper to taste

1 1/2 cups salsa

4 med. green peppers

1 large tomato chopped

3/4 cup shredded cheddar cheese

1/2 cup sour cream

In a large skillet, brown the ground beef, drain. Add the next 4 ingredients and mix well. Add the salsa, bring to a boil; reduce heat and simmer for 5 mins. Cut peppers in half lengthwise; remove and discard seeds and stems. Immerse peppers in boiling water for 3 mins.; drain. Spoon about 1/2 a cup of meat mixture into each pepper half. Place in an ungreased 13-in. x 9 in., x 2 in. baking dish. Cover and bake at 350 degrees F for 15 - 20 minutes or until the peppers are tender crisp and filling is heated through. Top each with tomato, cheese and dollop of sour cream. Serves 4.

Fantastic Mexican Stuffed Peppers

Here's a recipe I made up and it turned out great! You'll never miss the tortillas and taco chips with this one.

1 lb. ground beef browned with a small chopped onion
1 pkg. SS Mexican seasoning or any taco seasoning
(Look for one without sugar, I find that Taco Bell brand is the best)
1 1/2 cups grated pepper jack cheese
8-10 Banana Peppers (much like Mexican Poblano peppers) tops cut and insides (seeds) removed
1 cup grated cheddar cheese
1/2 cup Salsa
1/2 cup Sour Cream

Preheat the oven to Bake/350 degrees.

Drop the prepared peppers in salted boiling water and let cook for 4-5 minutes to soften. Remove and rinse thoroughly with very COLD water. Leave to drain completely while browning ground beef & onions. Drain ground beef mixture. Lightly salt & pepper the peppers. Mix the pepper jack cheese with the ground beef. It will melt slightly from the heat but this is okay. Once mixed start stuffing the peppers using a small spoon. Push the meat mixture down into the peppers gently so you don't tear the peppers open. Continue stuffing until completely full. Spray a glass baking dish with PAM or other cooking spray (for easier cleaning). Lay the peppers side by side in the glass dish and cover the whole thing with any left over meat mixture and the cheddar cheese. Bake for 25 mins. Let sit for 3-5 minutes after removing from the oven. Remove peppers using a spatula and divide into servings. This recipe makes four servings. Top with Salsa and Sour Cream. ENJOY!

Italian Stuffed Peppers

by Deborra

I am new to the website. Just signed on today. I have these peppers cooking in the oven now and just have to share with everybody. They are perfect for level 1.

8 - 10 medium peppers
1 1/2 lbs ground beef
1 roll Bob Evans Italian Sausage
1 8 oz cream cheese
8 oz chopped pepperoni
3 eggs
2 garlic cloves, crushed
8 oz parmesan cheese
black pepper
14 1/5 oz can diced tomatoes or crushed tomatoes
Grated Romano cheese
shredded mozzarella cheese

Preheat oven to 350.

Clean peppers and cut in half. Place in a baking dish large enough to hold them.

Combine all ingredients except tomatoes and Romano and mozzarella cheeses. Place filling in pepper halves. Spoon some tomatoes over each pepper. Put a little bit of water in bottom of pan. Cook about 1hr & 20 mins. or until meat is cooked through. Combine the Romano and mozzarella cheeses and spoon some onto each pepper. Bake until cheese melts.

These are even better reheated the next day. I hope you enjoy them.

Stuffed Burgers

Here is a great recipe for stuffed hamburgers:

1 package of nitrate-free bacon, fried until crisp, drained and chopped

1 1/2 lbs. ground beef (divided into eight 3 oz. patties- try to get them smooth and flat)

Gorgonzola cheese (or other blue cheese)

Salt and Freshly ground pepper

Top 4 of the patties with the bacon and crumbled gorgonzola cheese (or blue cheese of your choice), dividing the toppings evenly among the 4 burgers. Close and seal each of the burgers with the remaining 4 burgers. Be careful not to overfill, as the burgers will fall apart and the fillings will ooze out. When you top the first patty with the other thin patty, make sure to seal the edges carefully with your fingertips.

Season with salt and pepper and cook over a hot fire. Cook stuffed burgers just like you would regular ones, handling them a little more carefully to ensure that they stay intact.

Serve with thick sliced tomatoes and thinly sliced red onions.

Serves 4.

Italian Burgers

These hamburgers are so juicy and full of flavor.

1 pound of ground beef

1/3 cup of spaghetti sauce

parsley

garlic salt (to own liking)

salt and pepper to taste

Grill your hamburgers and put some provolone cheese on them.

Eat it on a whole wheat bun for level two or wrapped in lettuce for level one.

you can add your own condiments to it if you want. But they are so juicy I didn't need to.

Smothered Burgers

I had some mushrooms that were drying out in the fridge, & some ground beef that needed to be used, so I made this for lunch today. Simple, but good! (Actually, I hesitated to post such a simple "recipe" with such talented cooks on this forum, but decided to go ahead anyway.)

1 tablespoon butter

1 tablespoon olive oil

1/2 cup chopped onion
1/2 cup sliced mushrooms
Dash of Worcestershire sauce
4 hamburger patties

Melt the butter & heat the oil in a heavy skillet over medium-high heat.
Add the onion & mushrooms, & sauté until the onions are translucent.
Remove to a small bowl.
Add a dash of Worcestershire & stir.
In same skillet, cook your burgers.
Top with mushroom mixture, & serve.

Almost Lasagna

Ok so this isn't "real" lasagna but it tasted so much like it and was sooo good I thought I was going to make myself sick by eating the whole pan! (I didn't though!) Now I get leftovers for lunch!

1 large eggplant
meat sauce (recipe to follow)
sour cream
16 oz block mozzarella cheese shredded
olive oil
Parmesan cheese

Slice eggplant thin. I peeled mine first and liked it better that way but you don't have to peel it if you don't want to. Fry eggplant in hot olive oil until browned and crispy on edges. Let drain on paper towel. Layer eggplant, meat sauce, mozzarella cheese, sour cream, mozzarella cheese, eggplant, meat sauce mozzarella cheese, sour cream, mozzarella cheese, eggplant, mozzarella cheese, parmesan cheese.
I used a small square baking dish. I'm not sure the of dimensions.
Bake at 425 until top is browned and bubbly.
This tasted sooooo good I couldn't believe it! I can't wait for lunch so I can have some more.

Meat Sauce:

2 lb moose meat (we had this in the freezer, but you can use ground beef.)
2 cans tomato paste
1 can crushed tomatoes
spices to taste
1/4 cup cream
pat butter

I had leftover meat sauce from making spaghetti the night before and used the leftovers for the lasagna so I don't think you will need the whole amount of the sauce for the lasagna. Also my sauce sat over night in the fridge so I don't know if this made it thicker. Let me know if you like it.

Also thanks so much to Suzanne. I never would have tried eggplant had it not been for her and now it is one of my favorite foods!

Eggplant Lasagna with Beef

I have a delicious recipe I made up for lasagna - you'll never miss the noodles!

ingredients:

1 large eggplant
tomato sauce (I prefer homemade)
1 tub ricotta cheese
1 egg
1 pkg. sliced mozzarella
grated parmigiana
1-1/2 lbs. ground beef

step 1: make tomato sauce (optional)

fry onion in olive oil
add two large cans Italian tomatoes
add one bunch fresh basil
add one clove crushed garlic
puree with hand blender in pot
season with salt and pepper

step 2:

peel eggplant. slice into 1/4" slices
lay out and sprinkle with salt
leave to sweat for 20 minutes then wipe off and fry in olive oil, both sides until just soft

step 3:

mix ricotta cheese with one beaten egg
mix till smooth, season with salt and pepper

step 4:

fry ground beef and season with salt and pepper

step 5:

assemble lasagna -
sauce, eggplant, sauce, ricotta, mozzarella, parmigiana ground beef - then repeat till dish is full - finish with layer of mozzarella with a sprinkle of parmigiana on top
bake at 350 degrees for 30-40 minutes till bubbling and hot and cheese is melted and golden

Tastes even better the next day!

Eggplant Parmesan

I got the original recipe off the old boards...but I don't know who posted it originally. I add ground beef and other veggies to my version. Either way it's a keeper and really easy to make.

1 eggplant, 1/4" slices
1-2 eggs, beaten
1/2-1 cup shredded parmesan (grated works too)
Italian seasoning
1/2-1# ground beef
1 small onion, chopped (optional)
1 can mushrooms (optional)
1/2 c. green pepper (optional)
1/2-3/4 jar classico tomato/basil sauce (or any legal tomato based sauce)
1 pkg. shredded Italian cheese blend

Preheat oven to 350. Coat eggplant in egg and then coat in parmesan cheese/seasoning. Bake on greased cookie sheet for 25 minutes.

While eggplant bakes, brown ground beef with onion, green pepper. Add mushrooms and sauce. Heat through and set aside.

To assemble, use a loaf pan or a square cake pan. Spread sauce, then layer of eggplant, then cheese. Repeat layers. End with cheese. (I add more parmesan to the top) Cover with foil and bake at 350 for 45 minutes. Remove foil for the last 5 minutes and broil to brown the top. Set for 10-15 minutes before cutting.

This is even better the next day! Enjoy!

Linda

Yummy Spaghetti Sauce

Here is my recipe for a spaghetti. sauce that I eat alone as a meal with a salad. Its quite hearty and delicious.

- 1 lb. legal Spicy Turkey Sausage
- 1 lb. Ground Beef
- 4 cloves garlic, minced
- 1 onion, diced
- 1 pkg mushrooms, sliced
- 1 tsp parsley
- 1 T basil
- 1 T oregano
- 2 bay leaves
- 1-2 tsp olive oil
- Salt and Pepper to taste
- Shredded Sharp cheddar cheese (8 Oz+)
- 2-4 cans legal tomato sauce
- 1 small can tomato paste

Cut raw sausage into bite size pieces and brown over med/high heat until cooked thoroughly. Remove from pan and wrap in paper towels to absorb excess grease. In separate pot on high/med heat, add oil and sauté onions until transparent. Add ground beef and parsley and cook meat thoroughly, stirring regularly. Add garlic and mushrooms and cook until soft. Reduce heat and add sausage back in, all sauces and remaining spices. Stir together, adding more tomato sauce if too thick. Simmer for 30 min then taste, adjusting seasonings if needed. 20 minutes later, add cheese and stir until melted. Simmer for another 10 min, remove bay leaves and enjoy!

Fried Mozzarella with Meat Sauce

I just made this for my family for lunch. This was a big hit. Hope you like it.

- 3 lbs Mozzarella, sliced into 1/4 to 1/2 blocks
- 2 cup ground pork rinds
- 2 lbs ground beef
- 3 large eggs
- 1 29oz can of tomato puree
- 1 29oz can of tomato sauce
- 2 tblsp olive oil

2 tsp lemon juice
2 tsp oregano
1 tsp basil
1 tsp thyme
1 tsp garlic powder

Fry ground beef until brown. Add tomato puree, olive oil, lemon juice, oregano, basil, thyme and garlic powder and simmer for 30 minutes.

Cut mozzarella into block. Beat eggs together and dip mozzarella blocks in it then dredge in pork rinds until well coated. Fry in hot oil until golden brown. Set on paper towels to drain. Place 1-2 fried mozzarella on a plate and ladle meat sauce over it. Sprinkle with parmesan cheese and serve.

Easy Stuff

1lb lean ground beef
1 onion; diced
1 can diced tomatoes in their own juice
1 can green beans(drained well)
1 can sliced mushrooms(drained well)
salt, pepper, Italian seasonings, garlic powder to taste
1 cup shredded cheddar or pepper jack cheese

Brown ground beef with onion and drain. Add everything but the cheese and cook for a few minutes to warm through. Top with cheese and let sit 5 minutes to melt. Serve.

**You can add 1/2 cup cream if you want a cream based one pot meal instead:)

Sloppy Joes

Hi! Here's the recipe we like. Hope you can use it. Mary

2 pounds ground chuck
1 chopped green pepper
1 chopped onion
1 - 8 ounce can tomato sauce
2 teaspoons Worcestershire sauce
2 teaspoons dry mustard
2 tablespoons vinegar
4 teaspoons plus 1/4 teaspoon Brown Sugar Sweet n' Low
3/4 cup sugar free ketchup (homemade or Estee)
1 teaspoon oregano
salt (1 - 2 teaspoons) & pepper to taste

Brown meat and drain off fat. Add green peppers and onions. Cook until tender. Add all remaining ingredients. Bring to a boil, reduce heat. Cover and simmer for 1 hour.

Sloppy Joes

I make a very quick sloppy Joe and it is delicious. Brown lb. ground beef with onions and green pepper, drain fat, and add ss tomato catsup(about 1 cup) and splash of vinegar(about

1 tablespoon) and sweetener to taste I usually just taste mine to get it sweet to my liking. We like ours sweet. This is very good and people always ask me what I use in it and are amazed that it is just catsup, vinegar and sugar(now sugar substitute). By winter

Faith's Mexi-Cheese-Burger Quiche

1 lb ground beef
chopped onion
4oz. can green chiles
2 eggs, beaten
1/2 cup mayo
1/4 cup water
1/4 cup heavy cream
1/2 tsp cumin
1/8 tsp cayenne
1/4 tsp garlic powder
1 cup Mexican cheese blend, shredded
salt & pepper

Cook ground beef in skillet and drain off grease. Add onions & chiles and cook for about 5 minutes. Meanwhile, mix the rest of the ingredients in a bowl. Put beef mixture in pie dish and pour cheese mix over it. Bake at 350 degrees for 35-40 minutes (until cheese starts to brown).

Bacon Cheeseburger Quiche

by southern angel

1 lb. very lean hamburger
1 small chopped onion
4 slices crisp-cooked bacon, chopped in bits
3 eggs
1/2 cup mayonnaise
1/2 cup cream
8 oz. shredded cheddar or Swiss cheese
garlic powder to taste (optional)
white pepper

Brown hamburger in skillet with onion. Remove and mix in bowl with bacon pieces, breaking up any larger clumps with a fork or pastry mixer until you have a fine mix. Drain well of any excess grease and press into the bottom of a deep-dish pie pan. Set aside. Preheat oven to 350°F. Combine remaining ingredients in mixer bowl and whip well. Pour mixture over beef "crust" and bake 40-45 minutes until top is browned and "set". Cool 15-20 minutes before slicing. This can be packaged in Ziplocs or plastic containers for meals quickly microwaved over the next 3-5 days. (Does not freeze well, though.) Makes 6 servings — 2.2 grams of carbohydrate

Mexican Casserole

Preheat oven to 375 degrees

2 cups Mexican cheese blend
4 oz cream cheese
3 eggs
1/3 cup cream
1/4 cup parmesan cheese
1 small can diced green chilies
1 tsp oregano
1 lb. ground beef browned in 2 tsp taco seasoning (I use a recipe found on this site)

Beat together cream cheese and eggs until smooth. Stir in cream, parmesan cheese, green chilies and spices.

Spray 9 x 13 pan with PAM. Sprinkle 2 cups Mexican cheese blend into dish. Spread ground beef over cheese mixture and pour egg mixture over it. Bake for 20 - 25 minutes. Let stand for 5 minutes.

I serve this with sliced tomato, salsa and sour cream. I sometimes add shredded lettuce.

Easy Mexican Pizza

This is something my family has been eating since I was little. The original calls for Refried Beans. I just omitted that and it's still great.

2 lbs of ground beef (or turkey)
2 cups of shredded cheddar cheese
1/2 onion chopped
2-3 cups of lettuce (can just tear it or shred it)
1 tomato chopped into bite-sized pieces

Preheat oven to 350 degrees F. Brown the crumbled hamburger. Drain off the grease and spread the browned hamburger on a pizza pan. Sprinkle the cheese over the top of the hamburger. Put the onion on top of the cheese. Put pizza pan in the oven for about 15 min. Take out and put the lettuce and tomato on top of the pizza. Serve with sour cream and salsa.

The really nice thing about this recipe is you can add (or subtract) whatever. My friend puts green bell peppers on it. Sometimes I add a 4 oz can of Ortega chilies to the hamburger. Just a very easy thing!

Chili Pizza

1 pound ground beef
1 package (1.25 ounces) McCormick® Chili Seasoning Mix
1 can (14 1/2 ounces) stewed tomatoes, cut up
1 can (14 1/2 ounces) pinto beans, or kidney beans, undrained
8 (burrito size) large flour tortillas
2 cups shredded Cheddar cheese
1 can (4 ounces) sliced black olives, drained

1. Brown ground beef; drain. Stir in Seasoning Mix, stewed tomatoes and beans; cook 5-10 minutes.
2. Arrange tortillas in a circle on a 12-inch pizza pan; overlap edges where needed.

3. Spoon ground beef mixture onto tortillas. Top with cheese and olives. Bake in 400°F oven 5-10 minutes or until cheese melts. Garnish with green onion, if desired.

Mexican pizza is super simple and pretty good. Here's the recipe:

Mexican Pizza

2 lbs of ground beef (or turkey)
2 cups of shredded cheddar cheese
1/2 onion chopped
2-3 cups of lettuce (can just tear it or shred it)
1 tomato chopped into bite-sized pieces

Preheat oven to 350 degrees F. Brown the crumbled hamburger. Drain off the grease and spread the browned hamburger on a pizza pan. Sprinkle the cheese over the top of the hamburger. Put the onion on top of the cheese. Put pizza pan in the oven for about 15 min. Take out and put the lettuce and tomato on top of the pizza. Serve with sour cream and salsa.

The really nice thing about this recipe is you can add (or subtract) whatever. My friend puts green bell peppers on it. Sometimes I add a 4 oz can of Ortega chilies to the hamburger. Just a very easy thing! by Daisygirl

Zucchini Pizza Bake

I recently found this "legal" recipe and gave it a try. I expected to be able to eat it like a pizza but I had to eat it with a fork. It was really tasty though and maybe some of you terrific cooks out there can hone the recipe and make it better. I expected the crust to be more firm but I may have either used too much zucchini mixture for the pan size, or didn't drain the zucchini well enough. But still, August is a great month for abundant zucchini, so give this a try!

4 cups grated zucchini
2 eggs slightly beaten
1 cup each shredded cheddar and mozzarella
1 lb. bulk sausage
1 small onion chopped
1 red or green pepper sliced in thin rings
4 oz fresh white mushrooms sliced thin
1 cup spaghetti or pizza sauce
1/2 cup grated parmesan

Use the large holes on grater and grate zucchini. Drain in strainer for at least an hour and then squeeze more water out by hand.

Mix zucchini, eggs and 1/2 cup each of the cheddar and mozzarella cheese. Spread into a sprayed 10 x 15 jelly roll pan. Bake in preheated 400 degree oven for 18-20 minutes.

Brown sausage and onions and drain. Add sauce - I used Classico tomato basil sauce. When crust is done baking, spread meat mix over top, add sliced peppers and mushrooms and all the rest of the cheeses. Bake another 10 minutes until cheese is bubbly.

Pizza Casserole

by gridmama
ok its too easy

Take 1/2 lb of ground beef, cooked and drained. Line the bottom of a 13 x 9 cake pan with the hamburger, spread evenly, add chopped onions, and chopped green and red peppers pour Suzanne's marinara sauce (or any legal marina sauce) over meat, till just covered.

Add layer of cheddar and mozzarella cheese combined. Add pepperoni and mushrooms spread another layer of cheese and sprinkle with grated parmesan cheese. Put in oven at 425 degrees for 15-20 minutes. Let rest 10 minutes, cut and serve.

The hamburger will make it kind of greasy, so rinse it before you use it. Enjoy!!!

Hamburger Spaghetti Squash Casserole

1 pound ground round
1/4 teaspoon salt
1/4 teaspoon black pepper
2 cans tomato sauce with garlic -- (8-ounce)
1 1/2 cups legal sour cream
1/2 cup chopped green onions
1/4 cup (2 oz.) cream cheese -- softened
4 cups hot cooked spaghetti squash
olive oil Cooking spray (I use the Williams-Sonoma oil mister)
1 1/3 cups shredded extra-sharp cheddar cheese -- (about 5 ounces)

Preheat oven to 350 degrees.

To cook squash: Pierce several times with a fork. put on paper towel and microwave on high until soft (will depend on size, try 6 minutes and check it from there, adding a minute at a time). Cut in half, scoop out seeds, and take out flesh in strands, using a fork. Cook meat in a large nonstick skillet over medium heat until browned, stirring to crumble. Drain well, and return meat to pan. Stir in salt, pepper, and tomato sauce. Bring to a boil; reduce heat, and simmer for 20 minutes.

Combine the sour cream, green onions, and cream cheese in a small bowl, and set aside.

Place half the spaghetti squash "noodles" to cover the bottom in a 2-quart casserole dish coated with cooking spray. Spread half the sour cream mixture over spaghetti noodles. Top with half the meat mixture. Sprinkle with half the cheddar cheese. Repeat layers with remaining ingredients. Cover and bake at 350 degrees for 25 minutes. Uncover; bake an additional 5 minutes or until cheese is bubbly.

Yield: 6 servings.

Faith's Spaghetti Pie

1/2 spaghetti squash, cooked
2 eggs, beaten

5 tbsp Parmesan cheese
salt & pepper
8 oz ricotta cheese
1/2 lb ground beef, cooked & drained
1 cup spaghetti sauce
1/2 to 1 cup mozzarella cheese, shredded

Mix spaghetti squash, eggs, Parmesan cheese and salt & pepper (to taste). Place in a 9-inch pie plate, spreading up the sides also. Spread ricotta cheese over squash (just the bottom, not up the sides). Combine ground beef & spaghetti sauce in pan and heat up. Spread over ricotta cheese, but not all the way to the sides (you should be able to see the yellow, white and red in the pie---if you wish---it just makes for a pretty presentation this way). Bake at 350 degrees for 30 minutes. Add mozzarella cheese over the beef/sauce and return to oven and bake 5 to 10 minutes (until cheese is melted and browned a little). Remove from oven and let sit for about 5 minutes before cutting

Cooking spaghetti squash

- 1) The sticker said to wash and cut length wise and take out the seed and place in a dish with water and place half side up and cover with plastic wrap for 8 min. in the micro and it was nice and tender.
- 2) I like to cook Spaghetti Squash by cutting it in half lengthwise, clean out seeds and discard them. Place the squash cut side down in a 9x13 Pyrex baking dish with about 1/4 inch water. Cover with plastic wrap and microwave on high for about 15 minutes. The only difficult part is cutting the raw squash in half! Man! they are hard! Anyway, then just take a fork and scrape the "spaghetti" out.
- 3) I've noticed from this board that people have different ways of cooking spaghetti squash. My favorite way is to microwave it.
First you HAVE to cut slits in it with a knife---I mean REALLY cut a lot of slits! (if you don't do it all over with a lot, the squash could explode in your microwave).
Next, put it on a plate and microwave for 10 minutes. Turn the squash over, and microwave for another 10 minutes. Take out of microwave and let rest for about 5-10 minutes, cut open lengthwise and scoop out the pulp/seeds. Scrape the squash out with a fork

Hamburger Salad

Here's a favorite in my family:

Brown 1 lb. hamburger with 1 medium onion. Drain. Salt and pepper to taste. I even add a bit of garlic powder. Mix in desired amount of mayonnaise as if you were making tuna or chicken salad. Add about 1 Tbl. (or more depending on taste) of mustard. Serve hot on a bed of leafy lettuce. Dress with sliced tomatoes, fresh onions and a Claussen Dill pickle. Can add favorite grated cheese on top if desired. Not only looks great, but tastes great!

Stir Fried Corned Beef & Cabbage

Basically I do this to prepare this meal:

Find a legal corned beef and cook in the oven according to directions. When done, pull out of the oven and let rest on the stove, counter, while you are preparing the cabbage. Chop the cabbage and stir fry in olive oil, garlic powder, onion powder, S&P until crisp, but cooked. Shred beef into chunks and add to cabbage in a large pot and stir fry both together for about 5 mins, season to taste and add a little butter and serve in a bowl. To make this a very quick meal, the night before or even two days before, quickly chop the cabbage and store in a bag in the fridge and bake the corned beef and shred place in a bag in the fridge or freeze, until you want it. When you are ready to cook this for dinner, simply take them

out, and cook. This is one of my absolute favorite meals. It's must be the Irish in me or something! I sometimes serve this with cream cheese baked mushrooms.

Reuben Casserole

Mix 1 jar of drained and rinsed sauerkraut with 1/4 cup of legal 1000-Island dressing and a good sprinkle of caraway seeds, then layer it with 1/2 pound (or so) chopped up sliced corned beef from the deli and 1/2 pound (or so) sliced Swiss cheese. Bake the whole thing in a nice deep dish until hot and bubbly.

Deb's notes: The amount of sauerkraut and dressing depends on the amount of corned beef. What I do is cook a corned beef in the crock pot all day, then shred the beef and make this casserole.

Next time I make this, I'm going to stir everything all together and then layer in the corned beef mixture, layer of cheese, another layer of corned beef topped with more cheese.

Roast Beef and Cheese Rollups

This is a great substitute for manicotti!

- 1 pint ricotta cheese
- 1 egg
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons Italian seasoning
- 1 pound shredded mozzarella cheese, divided
- 1 (16 ounce) legal spaghetti or marinara sauce (no sugar)
- 1 pound deli sliced roast beef (1/4 inch thick)*see note

Preheat oven to 375. In a large bowl, combine the ricotta cheese, egg, garlic powder, onion powder, Italian seasoning and half of the shredded mozzarella cheese. Mix well.

Place one tablespoon of cheese mixture onto a slice of beef and roll up.

Repeat with remaining beef slices.

Spread 1/2 cup of the spaghetti sauce over the bottom of a 9x13 inch pan.

Place beef rolls, seam side down over the bottom of the pan. Pour remaining sauce over rolls.

Bake, covered for 40 minutes.

Sprinkle remaining mozzarella cheese over the rolls, and continue to bake, uncovered for 3 minutes or until cheese is melted.

Note: Beef should not be too thin or will tear. 1/4 inch thickness is about the perfect width.

Arby's Beef and Cheddar

Make DebB's bun recipe

Thinly sliced roast beef

Make cheese sauce;

1/2 cup shredded American cheese (use cheddar instead, if you want to)

1/4 cup mayo

Cook and stir over low heat until cheese is melted. Blend in

1/2 cup sour cream

Heat through. Dash paprika
Makes 1 cup.

Make onion soup mix

8 teaspoons dried minced onions
1 teaspoon onion powder
¼ teaspoon Bon Appetite Seasoning Salt by McCormick
Add a spoonful of onion soup mix to the cheese sauce or to taste.

Make Catalina Dressing

Sweetener to equal 1 cup of sugar (3 tablespoons Somersweet)
1 teaspoon salt
dash paprika
½ teaspoon chili powder
½ teaspoon celery seed
½ teaspoon dry mustard
½ teaspoon onion powder
½ cup white vinegar
2/3 cup sugar free ketchup
1 cup vegetable oil

Combine all ingredients and blend in blender. Chill for several hours to blend flavors.
Put dressing on bottom bun, sliced roast beef, then cheese sauce and top bun.

Beef Tri Tip in Creamy Marsala Sauce

1 4-5 lb beef tri tip, sliced into ½ inch slices
2 TBL olive oil
4 tbl. Butter
2 cloves crushed/chopped garlic
1 shallot, chopped
½ to 1 cup of beef broth
1 cup Marsala wine, this cooks off
1/2 cup heavy cream (more or less, depending on preference for creaminess)
3-4 mushrooms, sliced (optional)
salt and pepper

1. In large skillet heat olive oil and 2-tbl butter on medium high heat, add garlic and begin to brown. Add slices of beef and cook for about 5 minutes on each side. Remove slices and place in warm oven (200 degrees).
 2. Add shallots and let those get slightly cooked.
 3. Add ½ cup of stock, stir and scrape off any browned bits off the bottom of the pan. Let that cook down and if it looks too dry, add more stock.
 4. Then add Marsala and let boil and reduce by half, probably takes 3-5 minutes.
 5. Add sliced mushrooms (if you want) and the remaining butter, stir around to melt.
 6. Whisk in the cream and season with salt and pepper. Let boil for 2 or 3 minutes and begin to slightly thicken.
 7. Add the slices of beef back in and cook for another 2 minutes, or longer to your desired doneness for the beef.
 8. Serve slices of beef w/ some extra sauce and enjoy!
- ***Variations: I have not done this yet, but I think you could whisk in several ounces of

cream cheese (like 2 oz) along with the butter at step 5 and this would make the sauce much thicker. You could then transfer to a dish and bake in the oven, maybe even add some veggies into that and cook it all together.

Also- you could increase the amounts of broth, wine and cream (or just broth and cream, based on your taste) and add steamed green beans at step 6, simmer for a few minutes, then add the beef and simmer some more.

I have made just the sauce in a larger quantity and served it on the side as a gravy for sirloin roast beef, it was really good that way and was well received by the dinner guests.***

Creamed Steak

Tender strips of steak in a delicious, cheese and cream sauce, with a little bit of spice and served over a bed of spinach, spaghetti squash or green beans. What else needs to be said? Warms you up on a cold day. YUM!

Ingredients:

2 large steaks, cut into long, thin strips (any cut of steak is fine)

1 medium-large onion, chopped finely

2 cloves minced garlic

1 1/2 teaspoons parsley flakes

1/2 teaspoon cayenne pepper

1/2 teaspoon black pepper

1/4 teaspoon salt

1 teaspoon dried basil leaves

1 teaspoon dried oregano leaves

1/2 teaspoon Tabasco sauce

1/2 teaspoon ginger

1 cup heavy whipping cream

1/2 cup shredded parmesan cheese

1/2 cup shredded cheddar cheese

2 large mushrooms, sliced thinly

2 large pickles, minced

4 tablespoons butter

Directions:

Melt butter in large skillet over medium heat until melted. Sautee onion and mushrooms until slightly browned, about 5-7 minutes. Add steak strips and salt and cook until steak is browned and cooked throughout, about 15-20 minutes. Add all the spices and mix until combined. Add the whipping cream, pickles, parmesan cheese, and cheddar cheese and mix until combined. Turn heat down to simmer and cover. Let simmer for 10-15 minutes, until cream has reduced and sauce has thickened. Serve steak cream sauce over a bed of cooked spinach, spaghetti squash or green beans. Enjoy.

Hey Everyone. A slight variation to THE CRUNCHY CHICKEN RECIPE would be to add 1/4 cup grated parmesan cheese and 1/4 cup grated cheddar cheese, instead of just 1/2 cup grated parmesan cheese. I tried this, and yum.

Peter Neuman

Roquefort Steaks

Buy whatever cut of steaks you like (I have tried sirloin and filets) and cook them on the grill to desired degree of doneness.

While steaks are grilling, sauté two 8 ounce packages of sliced mushrooms in 2 Tbsp. butter. (I use one package of white mushrooms and one of sliced portabellas). Add salt and pepper but use salt sparingly since cheese will be salty. When mushrooms are done, crumble in some Danish blue cheese (about 6 ounces) until it melts. Add steaks briefly to blend flavors and serve. Yum!

Beef Rouladen

This is a family favorite, excellent for company.

4 sirloin tip steaks - thin
8 slices bacon
8 slices dill pickles (sliced lengthwise)
1 onion, diced
German mustard or brown mustard
salt
pepper
1/4 cup vegetable oil
3 cups beef broth
1/4 cup tomato paste (sugar free)
1/2 cup of heavy cream

Pound the steaks with a meat tenderizer/mallet until about 1/8" thick. Season the steaks with salt and pepper. Spread mustard thickly on one side on each steak. Place two slices of bacon and two pickle slices on each steak. Divide the onion evenly onto each steak. Starting from the narrowest end of each steak, roll tightly (jelly roll style) and secure with string. Heat oil in a heavy saucepan. Brown the meat rolls well on all sides. Add about 1 cup of water to the saucepan, cover and simmer for 1 1/2 hours. Add more water if needed. Remove the meat from the pan. Add the beef broth to the liquid the meat was cooked in. Keep boiling until liquid is reduced by one third of its original size. Whisk in tomato paste & heavy cream, careful to not let it boil (to avoid curdling). Season with salt and pepper. Return the meat to the pan and warm through. enjoy!

Blue Cheese Stuffed Steaks

Any boneless cut of steak you like
1-2 Tbls. Butter
Kosher Salt
Pepper

Preheat oven as high as it will go (not broil) approx 450 degrees. Put butter in a hot skillet that can go in the oven (If you don't have a skillet that can go in the oven, put a jelly roll pan in the oven while it is preheating. The steaks can finish on that if necessary). Let butter melt completely in skillet. While butter is melting, cut a "pocket" in the steaks. To do this cut halfway through the middle of the steak. This creates a little pocket. Stuff blue cheese in the pocket. Some of it will fall out but don't worry about that. When butter is melted put the steak in the skillet. Sear on one side for 2-3 minutes. Flip steak and sprinkle with kosher salt and pepper. Sear on that side for 2-3 minutes. Flip steak again and season with salt and pepper. Put the skillet with the steaks in the **very** hot oven to finish. About 7 minutes in the oven is medium rare. Cook to desired doneness.

These are delish. I serve with a spinach, bacon, blue cheese salad. SOOOO Good. Quite rich so bring your appetite!

Best Steaks Ever!! - Pan Seared in Cast Iron

If you have never watched Good Eats with host Alton Brown (on FoodTV), you are missing a treat.

After years of literally ruining every steak we purchased, I have finally figured out how to make a good steak.

This recipe works for any type of steak, as far as I've tried.

Once we got the hang of it, we have added things like garlic, Worcestershire, ground pepper, etc. There are just a few points that should be followed exactly:

1. Cast Iron Skillet (make sure it's properly "seasoned")
2. Kosher Salt -- gotta get kosher, the other stuff isn't as good for this
3. Room Temperature Meat - otherwise it will cool off the skillet too much
4. Peanut Oil or Olive Oil -- almost any other type will smoke WAY too much and too soon

****Oooh, and one thing I forgot to mention -- make sure you have plenty of ventilation for this recipe. We are in an apartment now, and we have to take one of the smoke detectors down while we make steaks. After we're through, we put it back up, but there's way too much smoke for this tiny vent to handle.****

Enjoy. Let me know if you have any questions.

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### PAN SEARED RIB EYE (or any cut)

Recipe courtesy Alton Brown

1 boneless rib eye steak, 1 1/2-inch thick

Peanut Oil or Olive oil to coat

Kosher salt and ground black pepper

Place 10 to 12-inch cast iron skillet in oven and heat oven to 500 degrees. Bring steak(s) to room temperature.

When oven reaches temperature, remove pan and place on range over high heat. Coat steak lightly with oil and season both sides with a generous pinch of salt. Grind on black pepper to taste.

Immediately place steak in the middle of hot, dry pan. Cook 30 seconds without moving. Turn with tongs and cook another 30 seconds, then put the pan straight into the oven for 2 minutes. Flip steak and cook for another 2 minutes. (\*\*\*)This time is for medium rare steaks. If you prefer medium, add a minute or so to both of the oven turns. (\*\*\*)

Remove steak from pan, cover loosely with foil, and rest for 2 minutes. Serve whole or slice thin and fan onto plate.

Yield: 1 to 2 servings

Prep Time: 10 minutes

Cook Time: 5 minutes

Difficulty: Easy

\*\*\*Note: The original recipe called for Canola Oil, but canola becomes a funky oil when it is heated. So for SS purposes, you'll want to use something like Olive Oil or Peanut Oil.\*\*\*

## Chicken Fried Steak

2 cube steaks  
1 cup pork rind flour  
2 eggs  
2 Tbsp. cream, plus 1/4 cup  
peanut oil (for frying)

Mix the eggs and 2 Tbsp. cream and beat slightly.

Dip the cube steaks into the egg wash.

Roll in the pork rind flour and fry in hot peanut oil.

Remove the steaks from oil and set aside.

In a separate skillet over medium heat, take some of the peanut oil and add 1/4 cup cream.

Reduce to desired thickness and season with salt and pepper.

Serve steaks and pour cream sauce on top.

Tip: Do not add too much salt, remember the pork rinds are salty.

## Beef Stir Fry

1 large London broil steak (or sirloin or any other cut you prefer) cut into very thin slices  
2 tbl sesame oil  
1 tbl olive oil  
2 cloves garlic, crushed  
1/4 c. low sodium soy sauce  
salt, pepper to taste  
1/2 tsp red pepper flakes (optional)  
1/2 tsp ground ginger (optional)  
2 cups chopped broccoli  
2 cups snow peas  
1 cup chopped cauliflower  
2 zucchini, sliced  
4-5 large mushrooms, sliced  
Other veggies you might like:  
green or red bell pepper slices  
onion  
bean sprouts  
eggplant

1. Slice your beef (or chicken) very thin, almost shaved if you can.
2. Heat oils and garlic in large sauté pan or wok at medium high heat. The key to not burning the garlic is to put it in the pan with the oil before the oil is hot.
3. When oil is hot and garlic is sautéed, add beef and quickly mix around to cook.
4. Add half of the soy sauce and sprinkle w/ pepper. Salt is actually optional as the soy sauce is generally salty enough.
5. When meat is mostly cooked, remove from pan and reserve.
6. Add veggies to pan, add remaining soy sauce and seasoning. You might also add more sesame oil if you prefer a stronger taste.

7. If possible, cover pan to let veggies steam, but stir them frequently to get them all cooked to slightly tender.
  8. When veggies are mostly cooked to desired tenderness, add meat back, including the juices that seeped out while it sat.
  9. Incorporate the meat and veggies, season more if you want. Then let this all cook (but remember to keep stirring!) until liquid is cooked off and sort of creates a stickiness on the meat and veggies.
- Serve and enjoy!

Variations: The last part of Step 9 is sort of optional. I used to make my stir fry very saucy- I added cornstarch to the liquid to make the thick sauce that is common in Chinese food. Then ate it over rice. I decided that since I no longer ate it over rice and can't have the cornstarch, why not just cook off the liquid? The result is not dry or burnt, but a caramelization on the veggies and meat that is very nice.

Lemon juice is also a nice addition to stir fry, especially w/ chicken. Squeeze some juice onto the veggies when cooking those and also serve lemon w/ it for people to squeeze directly onto their serving.

## **Smothered Cube Steaks**

Made these the other night and they were delish. Except where obvious my measurements are approximate.

- 4 Cube Steaks
- 2 TBS bacon fat
- Salt, pepper and garlic powder
- 1 1/2 cups thin sliced onions
- 1 8oz pkg mushrooms, sliced
- 1 can beef broth (or homemade)
- 1 TBS Worcestershire
- 1 cup sour cream

Melt bacon fat in skillet, add onions and mushrooms and sauté till onions are soft. Sprinkle cube steaks with salt, pepper and garlic powder...add to skillet and brown a few minutes on each side. Add beef broth and Worcestershire, cover and lower heat and let simmer about 20-25 minutes. ( Let the liquid cook down to about 1/2 cup or so. Remove cube steaks, keep warm, and add sour cream stirring to melt. Add steaks back in and let cook about 5 more minutes to let the sauce thicken. Remove to plate and pour extra sauce on top.

## **Boneless Beef Ribs**

Boneless beef ribs - place in pan. Add water until it's about half an inch high in pan

Take your favorite sauce - mock "honey mustard", sf ketchup, sf bbq, etc. and add about a cup of it into the pan. Sprinkle onion powder, garlic powder, paprika, salt, and pepper. Take a fork and swirl the sauce and spices a little. Cover with foil, tightly. Bake in oven at 375 until cooked.

The mock honey mustard I use is:

- One cup cream
- One cup yellow mustard
- Splenda and cinnamon to taste

Check on the meat occasionally, if it looks like the moisture is evaporating, then add a little more water. The trick is to have enough seasoned water stuff to cook the beef in to make it tender.

## **Peppered Sirloin Steak with Balsamic Mustard Sauce**

I just made the most amazing dinner tonight. It is a cross between the pepper steak w/ bourbon sauce, and the chicken w/balsamic vinegar mustard sauce.

Coat 2 sirloin steaks heavily w/lots of cracked pepper and a bit of kosher salt. Sauté in frying pan w/2 tblsp. butter. Cook until to your preference. Remove from pan. Add 1/2 large onion, chopped, to pan, and cook until translucent. Add 1 c. heavy cream, 2 Tblsp. balsamic vinegar, and 1/2 tsp. Dijon mustard. add 2 Tblsp. chopped cilantro to cream mixture, adds color and flavor! Bring to a boil, then simmer about 7 min. Add salt & pepper to taste. Pour over steaks, and enjoy- YUM!!! A huge hit, and very easy.

## **Southwestern Stuffed Flank Steak**

3/4 cup fresh lemon juice  
3/4 cup vegetable oil  
1/4 cup Worcestershire sauce (I know it's not perfectly legal, but I found one with least amount of carbs/sugar)  
1 garlic clove, minced  
1 tsp liquid smoke  
1/4 tsp freshly ground black pepper  
1 (1 1/2 to 2 lb) flank steak  
1 (8 oz) package frozen chopped spinach, thawed and squeezed dry  
1 (12 oz) jar roasted red peppers in oil, drained and cut into thin strips (I used a bit less than this amount)  
1 cup finely chopped onion  
2 (4 oz) cans chopped mild green chilis, drained  
1 garlic clove, minced  
1 tsp ground cumin  
1 tsp chili powder  
1/4 cup (1 oz) shredded Monterey Jack cheese

1. Combine first 6 ingredients in large zip-loc bag, mixing well. Seal and set aside.
2. To butterfly steak, use a sharp knife to cut the steak in half lengthwise, cutting almost to, but not completely through, the opposite side, to form a thin butterfly shape. Add the butterflied steak to the marinade in bag; seal bag securely, removing as much air as possible, and place in a large bowl. Marinate for 8 hours or overnight in fridge, turning occasionally. (I actually only marinated the steak for a few hours in the afternoon and it came out fabulous)
3. Preheat oven to 350 degrees.
4. Remove steak from marinade, discarding marinade. Spread spinach over steak to within 1/2-inch of edges; top with red peppers and onion.
5. Combine chilis, garlic, cumin, and chili powder; sprinkle chili mixture evenly over pepper and onion layer. Sprinkle evenly with cheese.
6. Roll steak, starting at short side. Secure with heavy string at 2-inch intervals. Place in shallow roasting pan.
7. Bake for 45 minutes. Let stand for 5 minutes before slicing to serve.

I just served it with a salad and it was a huge hit! Enjoy!

## **Skillet-Seared Flank Steak in Spicy Ginger Marin**

Here's a great recipe I just tried! Very flavorful!

2 T Balsamic Vinegar  
2 T soy sauce  
1 T. Dijon mustard  
1 T Chopped jalapeno pepper  
1 T chopped fresh ginger  
2 large garlic cloves, peeled & chopped  
1 t. grd black pepper  
1/4 c + 2 T. olive oil  
1 1/2-2 lbs. flank steak

Combine the first 7 ingredients & 1/4 c. oil in a blender or food processor & mix till smooth. Transfer to a Ziploc bag, add the steak & seal the bag. Marinate at room temp for 30-60 min. (or in fridge for several hours or even overnight)

Heat the remaining 2 T of oil in a cast iron skillet over high heat. Remove steak from bag and wipe off marinade with paper towels. Add the steak to skillet and sauté for 5 minutes, or until nicely browned. Turn over and sauté for 2-3 minutes longer; do not overcook. Transfer to a cutting board and let sit for 5 minutes before slicing. Cut crosswise on the bias into thin slices and serve immediately.

## **Soya Steak**

The simple ingredients in this recipe blend together for the most fabulous flavor in your meat.

Round steak for four large servings.

2 green peppers  
2 T. soy sauce  
dash pepper

Cut steak into small pieces. Brown in olive oil in heavy pan. Add sliced peppers, soy sauce and dash of pepper, cover with water, bring to boil then turn heat down to low, cover and cook about two hrs. Check water often to make sure it isn't cooking dry. The meat should be "fork tender" and not require a steak knife. Enjoy

## **Steak Fajita Bowl**

I love Mexican food and beef so I came up with this one.

1 8 oz. Sirloin Steak, sliced thinly  
Archer Farms (Target) Fajita Seasoning  
Bell Pepper Strips (red, yellow and green)  
1/2 yellow onion (Cut into strips)  
Shredded cheese (co-jack is my fave!)  
Salsa (homemade)(can of petite diced tomatoes, finely chopped onion, finely diced jarred

jalapeno slices, 1/4 cup chopped cilantro, juice of 1/2 lime and a little cumin if you like. Mix and refrigerate.)  
Sour Cream

I sprinkle the beef strips with fajita seasoning and then brown them in a little olive oil in a skillet. Remove the beef, add the peppers and onion to pan and cook until onions are translucent and peppers have softened a bit. Add beef back in and cook for about 4 or 5 minutes. Put in bowl, top with salsa, cheese of choice and sour cream. YUMMY!!!!

## **Crock Pot Hungarian Goulash**

I just made this a couple weeks ago for the first time and we really liked it. I used chuck steak. I like to use the cheap, fatty cuts of meat in the crock pot, as they're more tender. I will also post this under crock pot recipes. \*Ü\*

2 pounds round steak -- cut into 1/2 inch cubes.

1 C chopped onion

1 clove garlic -- minced

1/2 tsp salt

1/2 tsp pepper

1 1/2 tsp paprika

1/4 tsp thyme -- crushed

1 bay leaf

1 can tomatoes -- (1 14 1/2 oz)

1 c sour cream

Put steak cubes, garlic, onion in Crock Pot. Add all remaining ingredients except sour cream. Stir well. Cover and cook on low 8-10 hours or high 4-5 hours. Add sour cream 30 minutes before serving and stir thoroughly.

## **Mongolian BBQ**

Stir fry beef, chicken, pork or shrimp...really any meat that you like will do!

zucchini

squash

onion

minced garlic

green and/or red peppers

raw mushrooms

frozen broccoli florets

ground cayenne pepper

1 or 2 packets splenda

soy sauce

peanut oil

You will notice that I didn't put any amounts of any of the ingredients...that is because it is specifically up to your tastes, and you select the amounts just like you would at a Mongolian bbq restaurant.

So...first julienne (cut in to matchstick size pieces) the zucchini, squash, green pepper, red pepper. Dice the onions, and cut up your meats. Thaw the broccoli, or if using fresh cut into small florets. Once the prep is done:

Sauté the meats in the peanut oil and minced garlic (I use a lot of garlic here). Add the soy sauce, cayenne pepper, and splenda. Simmer for a minute or two, then add all the vegetables and mix well, until vegetables are crisp tender, stirring occasionally so that all vegetables cook evenly. Add more soy sauce if necessary.

You could add anything you like to this mixture including water chestnuts, bamboo shoots, been sprout, green beans and maple extract. I usually don't serve this with anything else, but I have tried the faux fried rice and it was good as a side.

## **Barbequed Beef Brisket**

I made this for dinner tonight and my DH and I thought it was absolutely DELICIOUS! There's a little prep work involved but it is well worth it!!

- 1 3-5 lb brisket
- 1 tsp onion powder
- 1 tsp celery seeds
- 1 tsp garlic powder
- 1 tsp salt
- 1 tsp black pepper
- 1 tbs Worcestershire sauce
- 3/4 cup bar-b-q sauce
- 2 large onions thinly sliced

The day before season the brisket by combining all the seasonings and rubbing them on all surfaces of the brisket. Sprinkle the Worcestershire sauce on the brisket. Cover, either with foil or in a covered roaster overnight. (I put ours in the cooler with some ice since I didn't have room in the refrigerator for it). Preheat the oven to 275 degrees and bake the brisket, covered, for 5 hours. Pour the bar-b-que sauce (I used the sauce for the sweet & spicy chicken wings posted under the chicken recipes) over the brisket and place the onions around it. Bake, uncovered, for 1 additional hour. Let stand 1 hour before serving. Slice across the grain to serve.

## **Beef Brisket**

This has been in my family for as long as I can remember. I love having it has leftovers too. I top it with cheddar cheese and melt it in the microwave.

- 4-5 pound beef brisket
- 1/2 cup ss barbeque sauce

Marinade:

1 can beef broth  
5 oz. soy sauce  
1/4 c. lemon juice  
garlic to taste  
1 Tbsp Liquid Smoke

Combine marinade ingredients. Allow brisket to set in marinade overnight. Cook at 300 degrees for 5-6 hours covered. Remove cover last hour and add barbeque sauce.

## **Crockpot Brisket**

1 approx 3lb brisket  
3 tbsl vinegar  
2 tbsl Worcestershire sauce (some say it's legal to use in small quantities some say not I always do)  
1/2 teas chili powder  
1/2 teas cumin  
1 cup of water

Place all ingredients in crockpot either cook on low for 8-10 hours or high for 4-5. Remove from pot discard liquid and shred when cool to the touch. Return to crockpot pour bbq sauce, I use about 1/2 of a bottle depends on how saucy you like it. Mix well and heat thru for about 45 min. This would be great with my oven fried zucchini I posted on the appetizer forum.

## **Herb-Roasted Rib Roast**

1 tablespoon dried thyme  
1 tablespoon dried oregano  
1 1/2 teaspoons poultry seasoning  
1 teaspoon dried rosemary  
1 teaspoon dried marjoram  
1 teaspoon dried basil  
1 teaspoon dried parsley flakes  
1/2 teaspoon salt  
1/8 teaspoon pepper  
5-6 lb. rib roast  
Horseradish (optional)

Prep: 10 minutes

Cook: 2 hours, 10 minutes

Combine thyme, oregano, poultry seasoning, rosemary, marjoram, basil, parsley flakes, salt, & pepper in a small bowl, stirring to mix.  
Place rib roast on a rack in a large, shallow pan.  
Rub surface of roast evenly with herb mixture.  
Bake roast at 450F. for 35-40 minutes or until lightly browned.  
Reduce oven temperature to 325F., & bake 1 - 1 1/2 hours or until meat reaches desired degree of doneness.  
Serve with pan drippings & horseradish, if desired.

Makes 8-10 servings

Notes: It took longer than this to cook, when I made it, but it's possible it was still slightly frozen in the center. Otherwise, it was wonderful! :-)

## **Beef and Green Onion Kebabs**

I adapted this recipe from one in Gourmet, it is the best marinade ever, I also use it on tri-tip, etc! I makes an elegant appetizer as well.

1/2 c. soy sauce  
5 garlic cloves, minced  
2 Tbsp. olive oil  
2 tsp. minced fresh ginger root, or 1/4 tsp.  
dried  
3 Tbsp. sugar substitute  
1 Tbsp. + 1 tsp. red wine vinegar  
2 tsp. black pepper

1-1/2 lb. sirloin steak cut into strips  
16 green onions- use the green stems and cut  
into strips.

Combine 1st 7 ingredients in a zip lock bag. Add steak and green onions. Marinate in fridge for 25 min. In the meantime, soak about 4 bamboo skewers in water for 30 min (to prevent catching on fire on the BBQ). Thread steak alternately w/onions on the skewers. Grill for about 10 min.

## **Fantastic Swiss Steak**

This is an old family recipe from my Aunt Nan:

1 c. crushed pork rinds  
1 tbsp. paprika  
1 tsp. pepper  
1 tsp salt (only use if pork rinds are not too salty)  
2 lbs. round steak(tenderized)  
1/2 c. water  
3 t. olive oil  
1 can mushrooms  
small onion diced  
1tsp. garlic powder  
1/2 c. sour cream

Mix together the first four ingredients to make a dredging. Dredge steak into mixture (I usually cut it into smaller pieces) and fry both sides in the oil. When browned on both sides, remove steak and drain grease. Add steak back to pan and add water, mushrooms, onion and garlic to steak. Simmer until onion is tender. Stir in sour cream. Simmer until warm. Serve over Zucchini noodles.

## **Castaways Steak and Mushrooms**

Castaways is located near Colorado Springs.

2 lbs. top sirloin steak  
salt and pepper to taste  
3 Tbsp. olive oil  
3 cloves fresh garlic, minced  
2 tsp. oregano  
1 tsp. garlic salt  
1/2 tsp. onion powder  
1/2 C. Red Wine  
1/2 tsp. thyme  
1 C. water  
1 C. sliced fresh mushrooms

Pound steak to flatten. Cut steak into 2 inch strips. Roll in salt, and pepper. Add olive oil to hot frying pan; brown meat on both sides. Reduce heat to simmer; add herbs and 1/2C water and steam for 20 minutes. Add remaining water, wine, and mushrooms and cook 20 minutes more, or until tender. Check periodically, adding more water if needed. Remove meat from pan and add a little cream, cook to reduce to make a gravy.

## **Steak Burgundy**

by gizmo2

I make this for a quick dinner a lot. It tastes like you are paying top dollar at the finest restaurant. I hope my fellow SSrs enjoy it.

1 or more small boneless beef steaks about 1/4 to 1/2 inch thick. Pound the steak until thin. Sprinkle with cracked black pepper (I take pepper corns; put them in a bag and smash them with a hammer), kosher salt, and garlic powder ( or fresh garlic). Heat pan, add olive oil, heat. Fry steak fast. Flip after 3 or 4 minutes. Add more seasoning to other side if desired. When steak is done to your taste, remove from pan and place on dinner plate.

Turn heat up a little. Make sure your pan is good and hot, then add a good Hearty Burgundy wine. I use Gallo. Deglaze your pan and cook the wine down a bit until thickened a little. While the wine is cooking down, add pepper, salt, and garlic powder (or fresh garlic) to taste. When the wine is cooked down some turn heat down to medium and add a generous hunk of butter. Stir and combine wine and butter well. Let this cook down a little. Then add chopped green onions and mushrooms. (however much you want) Put a lid on and steam the mushrooms for 2 or 3 minutes or until desired doneness is achieved. Pour the sauce and mushrooms over steak and enjoy. I'm telling you this is so good I can't even believe it. Start to finish it takes 30 minutes. Enjoy! Deb

## **Pepper Steak**

This is really simple and delicious. DS loves it.

Use cutlets like you would for Chicken Fry steak, salt and pepper them. Melt some butter in a skillet, add the cutlets and cover them with salsa. I just use Pace as it has no added sugar. Cook 3-4 minutes per side. After removing from skillet, use red wine ( I just use

cooking wine) to deglaze the skillet, stir in butter after sauce is reduced. Pour sauce over meat and serve. The sauce will have some of the salsa in it that fell off the meat. I use hot salsa for this recipe, as I find it tastes better than the medium, which is what I usually eat, and the butter counteracts the heat of the salsa.

## **Any Meat BBQ**

This recipe can be cooked in the oven or on the grill with meat or you can make the **BBQ sauce** up ahead of time and use as needed. By starlite

3-4 lbs of chicken, pork, or beef  
1 large onion thinly sliced  
4 cloves of garlic crushed  
1 tsp sea salt  
1/2 tsp crushed red pepper flakes  
1/2 tsp coarse ground black pepper  
1 tsp paprika  
1 tsp chili powder  
2 tbl Worcestershire sauce  
2 tbl vinegar  
1 tbl liquid smoke (I like hickory the best)  
3/4 C ketchup  
3/4 C water

Place meat in ovenproof container. I use a covered roasting pan lined with aluminum foil for easy clean up. Spray foil with oil for easy meat removal. Combine other ingredients and pour over meat. Cover meat and bake at 325F for at least 1 1/2 hrs. Remove the tender meat to a platter and drain pan drippings into sauce pan. Return meat to roaster and continue cooking at 325F for 1/2 hr to brown the meat. Meanwhile boil the sauce until rich and thick on top of the stove. Stir frequently. Put the "falling off the bone" tender meat to your serving platter and pour the thick rich and spicy red BBQ sauce liberally over the top. Ketchup may be a sugar free store brand Suzanne's (which is available on this web site), or make your own from the ketchup recipe I have also posted on another thread.

## **Too Good to be True Marinade**

1 1/2 cups of canola oil  
1/2 cup vinegar (any kind of your choice)  
1/2 cup soy sauce  
1/3 cup fresh lemon juice  
1/4 cup Worcestershire sauce  
1 Tbsp. mustard (dry or prepared)  
2 Tbsp. Parsley flakes (fresh or dried)  
2 Tbsp. coarse ground pepper (I sometimes use 1 tbsp of the pepper and 1 Tbsp of pepper garlic)

Stir all together with a whip and put in any meat (even lamb or deer is very good), pork or poultry and even your vegetables for grilling. ITS AWESOME!

One very easy dish you can make with this is use a portable grill (like the George Forman one) and grill your London Broil for 15 mins after it has set in marinade over night. You can also marinade some cut up veggies (green pepper, red peppers, squash, onion etc..) in another dish and grill them as well to go along with it. Wow! So good and easy dish to make. Let me know how you like it!

## **Beef or Pork Marinade**

1/4 c. Soy Sauce  
2 T Dijon Mustard  
1 T lemon Juice  
4 Cloves Garlic (minced)  
1 t minced ginger  
1/2 t dried thyme  
1/2 t black pepper  
1/2 t dried Rosemary

Mix all and marinate meat. Grill till done!

## **Cuts of Meat**

Common Name - Other Names

Loin

T bone - Porterhouse

Tenderloin steak - Filet mignon, filet steak, chateaubriand

Top loin, boneless - Strip steak, Kansas City steak, New York Steak, Ambassador Steak, boneless club steak, hotel cut steak,

Top loin, bone in - Strip steak. Sirloin strip, country club streak, Delmonico steak,

Rib

Rib eye steak - Beauty steak, Delmonico steak, market steak, Spencer steak

Ribs, rib roasts - pot roast

short ribs - baby back ribs

Flank

Flank steak - Jiffy steak, London Broil

Sirloin

Sirloin steak - Flat bone steak, pin bone steak, round bone steak, wedge bone steak

Round

Round tip steak - Ball tip steak, sirloin tips, breakfast steak, minute steak, sandwich steak, blade steak, London broil

bottom Round, rolled, rump - eye of round

Chuck

Top blade steak, boneless - Book steak, Butler's steak, petite steak

Shoulder steak, boneless - Clod steak, London broil

Arm steak - Swiss steak, chuck steak

7 bone roast, blade roast - Center cut roast, pot roast,

# Chicken and Turkey Entrees

## Roasted Chicken

I'm sure many people already have their favorite method for roasting a chicken. But here's mine.

1 whole fryer chicken (I buy mine at Costco- they come 2 chickens in a package, it's a good deal) I also think a nice roasting chicken from your butcher would be good, just more expensive.

1 stick unsalted butter

1/4 c. olive oil

3 cloves of crushed garlic (or more if you like!)

2 to 3 tbl. of lemon juice (or more if you want it more 'lemony')

1 tsp. dried rosemary

kosher salt

pepper

First and foremost- method of cooking. I grill my chicken. It's the yummiest! I have a large gas grill. So I fire that up to preheat, then when I put the chicken on I turn off the side where the chicken sits to have it cooked using indirect heat. If you don't have a grill or it's too cold out, I'm sure roasting uncovered in the oven is just fine.

OK, now for the basting "paste"...

Soften the butter, but do not melt it. Mix it up to be spreadable. Mix in olive oil, lemon juice and garlic. Also add some salt and pepper. This should be a smooth but thick mixture. Take your washed and cleaned chicken and liberally sprinkle kosher salt, pepper and rosemary. Use more or less to your liking. Place the bird either in the oven or in your pre-heated grill. Let cook for about 20 min. Then using a basting brush, liberally rub the bird with the paste. Continue to roast. Baste again several times throughout cooking. If using a grill, I usually rotate the bird a couple times to make sure the sides get even exposure to the lit side of the grill.

It's ready when it's all golden and crispy on the outside and registers 180 F on your meat thermometer. This is yummy! For anyone who loves butter and garlic with a touch of saltiness, especially the crispy skin, you'll love this!

\*\*\* Please keep in mind that I made the paste measurements up, I just throw stuff together so I have no idea if that's exactly how much I used, but I also think that it's one of those things where it doesn't matter so much, use how much you feel you like. Erika9473

## Chicken Stroganoff

This is so fantastic! It has a great flavor - I was nervous about trying it until my DH made it. I left out the dill and used chopped Vidalia onion - makes a great gravy!

3 T. butter

4 chicken breasts, cubed

1-1/2 c. sliced mushrooms

2 T. parsley

2T. diced green onions

1-1/4 T. dill weed

2 c. chicken broth

1 c. sour cream  
heavy cream needed to thicken (about 1/2 to 1 cup)

Melt butter...Add chicken, cook till browned. Remove chicken. add mushrooms, onions, parsley and dill. Cook till mushrooms are soft. Stir in broth, cover and simmer for 15 minutes. Add sour cream and heavy cream, simmer till thick. Add chicken. Season with salt and pepper.

## **Enchilada Pie**

by trudy

Here's something my family and I love. You can make it ahead and then bake when you're ready.

- Meat: Cubed cooked chicken, or cooked shrimp (I used frozen salad shrimp, thawed), or browned ground beef.
- Vegetables: I used diced onions and green peppers, but you can get creative
- Cheddar Cheese or Mexican Cheese Blend
- Your favorite salsa (make sure no sugar)

In the bottom of a casserole dish, layer half the vegetable(s), then meat, then salsa, then cheese, then repeat the whole thing. Don't skimp on the cheese. Bake at 350 for about a half hour, the first 20 minutes covered lightly with foil (sprayed with Pam, so it won't stick to your cheese), then for 10 minutes uncovered. Everything should be bubbly and melted. Serve with salad.

Note: Sometimes I make two, one like this for me, and one with corn tortillas and black beans added for the family. The corn tortillas line the bottom of the pan, and separate the layers.

## **Creamy Chicken Enchiladas**

This is so easy and yummy....You will love it and it will quickly become one of your families favorites!

3 Chicken Breasts cooked and cut into pieces  
1 can Green Chillies, chopped  
1/2 onion, chopped  
1 8 oz. pkg. Cream Cheese  
2 cups grated Cheddar cheese or cheddar cheese/Monterey Jack mix or Pepper Jack cheese. (1 cup to top the enchilada mixture in the baking dish and 1 cup to put on after you pour the heavy cream.)  
1 pint heavy whipping cream (I DON'T use the whole pint!! It is just used to cover the enchiladas!) Maybe use about 3/4 cup or less.

Sauté onion in small amount of butter. When transparent, add chicken pieces and can of green chillies. Mix well and add cream cheese. Cook over low heat until cheese melts. Put mixture in a 13x9 baking dish, top with 1 cup of grated cheese, then pour the whipping cream over the top and then put the last cup of grated cheese over that.

Bake at 350 for 35 minutes or so, checking to make sure the cheese gets bubbly and golden but not burnt.

I absolutely love this! Sometimes I like to add a few more green chillies for a little more of a snappy flavor.

## **Enchiladas Suizas**

You can make these with ground beef or with chicken, but I'm posting it here because the recipe originated with my friend Ann, who makes it with chicken. You can roll the enchiladas or layer it like lasagna.

Grease a 9x13 pan, or a round casserole dish (if you're layering it like lasagna).  
Preheat oven to 350.

Filling: :

1/2 cup chopped onion

4 cloves garlic, minced

1 tsp ground coriander

1/4 tsp pepper

2 tbsp margarine or butter

1-1/2 lbs ground beef or 2 C leftover cooked chicken, in pieces

Cook until the onion is tender and beef is cooked through (if using leftover chicken, just heat through at the end, after sautéing the onion).

Sauce:

1 cup sour cream

1 4-oz can chopped green chilies, drained

1/2 c cheddar or jack cheese, shredded

Cook gently, and stir until mixture is thickened.

Take 1/2 cup of the sauce mix and add it to the meat or chicken mixture.

You also need:

8 (for layers) to 12 (for individual enchiladas) egg crepes

Pour about a half cup of the sauce in the bottom of the pan to start – more if needed to cover the bottom.

To assemble:

Put about 1/4 cup meat/sauce mix into each crepe, roll and put in the pan, seam side down, or make alternate layers of crepes and filling. Pour remaining sauce on top. Bake, covered, in 350 degree oven for 35 minutes or until heated through. Sprinkle with another 1/2 cup of cheese. Bake, uncovered, for 5 minutes, or until top cheese is bubbly.

Let stand for 10 minutes. Serve. I like diced tomatoes and chopped green onions on top.

## **Faith's Chicken Quesadillas**

You can make this as a dinner or appetizer, depending on how hungry you are! (2 servings)

Egg Crepes:

2 eggs, beaten

1/8 cup cream

salt & pepper

cumin, to taste (optional)

cilantro, to taste (optional)

dash of hot sauce (optional)

Mix all of the above. In a 12 inch skillet, over low to medium heat, melt a little butter. Add half of the egg mixture and swirl around the pan to cover the bottom. Let cook until done and flip to cook a little bit on the other side. Remove and cook the next one.

Filling:

2 chicken breasts, cut into bite size pieces  
Mexi spices like: cayenne pepper, cumin, etc. (optional)  
onion, chopped  
green and/or red pepper, chopped  
Monterey Jack cheese

Fry chicken pieces in oil until done (adding spices while cooking!!) (You can cook the onion & peppers if you like, I use them raw). Put chicken on half of the egg crepes, add onions, peppers and cheese. Fold the egg crepe over filling.

Heat quesadillas until cheese is melted (I use the microwave, but you can use the oven and bake them). Serve with a side of shredded lettuce on the side of the plate, along with salsa & sour cream on top of the quesadillas.

## **Ideas for Stuffed Chicken Breast**

Here's how to turn plain chicken breasts into an exciting meal:

Breast of Chicken stuffed with;

scallops and sweet lobster meat

broccoli, Swiss & American cheeses

asparagus and cheddar cheese

Swiss & American cheeses, smoked ham

spinach, Swiss & American cheeses, rub chicken with Italian herbs and Parmesan cheese

slices of prosciutto meat wrapped rubbed a smooth blend of sage, rosemary, garlic puree and wrapped around Swiss & American cheeses, rub chicken with Italian herbs and Parmesan cheese.

Enjoy, Twiggy88

## **Fajita Stuffed Bell Peppers**

I was experimenting in the kitchen trying to come up with a different way to use my leftover chicken breasts and I came up with this concoction that wasn't half bad.

2 boneless chicken breasts (cooked)  
1 sm. onion sliced  
3 bell peppers  
1 jalapeno pepper (rinsed, seeded, chopped)  
1/4 cup of fresh cilantro (rinsed and chopped)  
1/4 cup sour cream  
2 1/2 tbsp. olive oil  
1 1/2 tsp. chili powder  
1/2 tsp. black pepper  
1/2 tsp. cayenne red pepper  
1 tsp. salt

1 tsp. Texas Pete Hot Sauce  
2 garlic cloves (crushed)  
1/4 cup Old El Paso Picante Sauce(Wild for Mild)  
2 1/4 cups shredded cheddar cheese.

Rinse and dice one of the bell peppers. In a medium skillet sauté the bell pepper, with onions, garlic, cilantro, jalapeno, until the veggies are tender. Add the chicken, chili powder, black pepper, salt, cayenne pepper, hot sauce, and picante sauce and heat for 2-3 min. Stir and blend well. Take the two remaining bell peppers rinse and remove the core. Take a glass Pyrex dish place a bell pepper on either end of the dish. Fill with the fajita mixture, and top each pepper with 1/4 cup of shredded cheddar cheese. Bake for 25-30 minutes. Top with non-fat sour cream and serve.

## How to Cook a \*MEAN\* Chicken Breast!

One of my favorite ways to cook individually \*frozen\* chicken breasts is to warm a coupla tablespoons of olive oil in a good-sized skillet while I'm getting the chicken breasts out of the freezer. I place them in the skillet in a single layer and sprinkle on lemon pepper, garlic salt, and a little cayenne pepper...and then pour a coupla teaspoons of lemon juice down the side (\*inside\*!!!) of the pan, put the heat on low, and cover the pan. After about 10-15 minutes, the breasts will be ready to turn and re-season. Another 5-10 minutes will do it, and you'll have the most tender, juicy, and flavorful breast meat (fabulous to slice or cut into chunks for salads, too!), plus some great juice to use as broth...\*or\*, if you like, you can remove the cover at this point and either drain off the liquid for later use, or simply continue cooking until the juices evaporate (I'd opt for Door #1--no point in wasting something so delicious!) and the chicken just barely begins to brown on the bottom (kinda like pot-stickers).

I also love to put a few tablespoons of dehydrated garlic slices (from my Oriental market--\*very\* inexpensive) in the skillet right after adding the lemon juice--they plump up and add fantastic flavor & additional texture to the dish and, because they share their garliciness(?!?) with the chicken & broth, there's no objectionable intensity to the cooked garlic pieces themselves.

Ooooooh...Ahhhhhhh...\*\*\*YUM\*\*\*!

PS: (Add-in on May 10)--When I make "extra", I like to slice thru the breasts remaining in the pan...about every 1/2-inch or so, making nice, thick chunks...then stir them around in the saucy-juices to coat every facet before refrigerating. This gets \*lots\* of flavor into each big bite...of course these are great for salads, but sometimes I just open the cold container and get a few pieces for a snack--tasty, as is...or with my homemade ranch dip!

## Grilled chicken

8 boneless chick breast halves,  
1/2 c fresh lemon juice,  
6T Dijon mustard,  
1t grnd blk pepper,  
1/2 c unsalted butter,  
1 1/2 T finely chopped fresh rosemary (optional)  
2 large cloves garlic -minced.

Put chicken in 13x9 GLASS dish. Whisk together 1/4 c lemon juice, 4T mustard, and pepper. Pour over chicken, cover and refrigerate between 2-4 hours. Melt butter in pan, add rosemary, garlic, 1/4 c lemon juice, 2T mustard. Simmer 5 min (can be made up to 4 hrs ahead-keep at room temp). Heat BBQ to med. Rewarm sauce and reserve 3T. Put chicken grill-cover and cook 2 min. Uncover and grill till done, baste with sauce 5 min per side. Transfer to platter, baste with reserved sauce and serve. From Bon Appetit July 03.

## **Garlic Chicken Pizza**

6 oz. cream cheese (cc)  
5 eggs  
1/2cup (c) cream  
1/4c grated Parmesan cheese  
1/2 tsp. Italian seasonings  
1/2 tsp. Garlic powder  
2 cups Italian cheeses shredded (mozzarella & Parmesan)  
Uncle Dan's Southern Style Salad Dressing (prepared) (any legal Ranch will do)  
1-2 cups chopped cooked chicken breasts  
1 c chopped red pepper  
1/2 c chopped green onions  
1 cup shredded mozzarella cheese  
1/4 c shredded Parmesan cheese

Spray jelly roll pan w/ Pam. Sprinkle 2 cups Italian cheeses on bottom of jelly roll pan. In food processor, mix eggs & cream cheese till blended. Add cream, grated Parmesan, Italian seasonings and garlic powder, mix well. Pour carefully over cheese in pan. Bake @ 350 for approx. 15 minutes. Check after 10. If not wet, it's done. Remove and let sit for 5 minutes. Spread crust w/ salad dressing (to taste), then top w/ chicken, peppers, onions and remaining 1 cup mozzarella & 1/4 cup Parmesan. Bake @ 350 for approx 15 to 20 minutes. Allow to stand for 10 minutes before cutting.

Julie T @ SS site

For the crust: Try with Sommersized Focaccia or Gruntle's Pizza crust.

## **Morgan's PMS Chicken**

2lbs. chicken breasts-no skin, no bone  
2 Tbls. olive oil  
1 can Ro-Tel brand tomatoes w/green chilis (chopped, not whole kind)  
3 oz. cream cheese  
1/2 c. heavy cream  
salt to taste

Salt and pepper chicken. Cook chicken in large, nonstick skillet in the olive oil. Once it's cooked through remove the chicken and add the tomatoes and stir to get all the bits off the pan. Once the tomatoes are simmering, add the cream cheese (cut into little pieces to get it to melt) and the cream--stir until it's all melted and simmering gently. Add the chicken back in, cover and cook over very low heat for 5 minutes. Serve hot. \*Sauce does not hold well for long simmering times so it is better to use boneless chicken.

## Chicken Boursin

This is probably one of our absolute favorites. I always double the recipe, using 2 boursin cheeses. I always use fresh mushrooms too, which you can omit if you don't like them. I included the "boursin recipes", but I haven't used them as the boursin cheese is so delicious that you buy. If I were making a single recipe, like below, personally I wouldn't use 4 breasts - that's just too much meat... I do let it very gently simmer longer than the recipe calls for.

### Chicken Boursin

-----

4 Chicken breasts (chopped into bite size pieces)

1 Packet garlic Boursin cheese

1 cup of fresh cream

2 tbs sour cream

Small onion chopped

Mushrooms

Sautee mushrooms. Fry onions in olive oil until slightly golden. Add the chicken and cook on a low fire until well done. Stir in the sautéed mushrooms. Add the fresh cream and heat slightly, then add sour cream followed by salt and white pepper. Add the Boursin and stir gently until fully dissolved. Bring to a brief boil and serve. Tastes great with zucchini noodles.

\*If you can't get the garlic version of the Boursin, then use the standard pepper version and add a little garlic powder.

HayaA on ss board

=====

Hi! I have a recipe for making your own boursin cheese. Thought you might like to have it.

1 pound cream cheese

8 oz. whipped butter, at room temp.

1 t. garlic salt

1/2 t. dried oregano

1/4 t. dried basil

1/4 t. dried dill

1/4 t. dried marjoram

1/4 t. black pepper

1/4 t. dried thyme

Place the cream cheese and butter in the bowl of a food processor. With the machine running, add the seasonings, and process until smoothly blended. Line a medium size bowl or crock with plastic wrap and fill it with the cheese mixture. Cover and refrigerate for up to 1 week. Yield 3 cups.

Diannobananas @ SS site

=====

If you can't find Boursin cheese, here are 2 substitutes (the first is a dip -but I left it in -lol) posted on Escribe Atkins board by poster BostonKitty way back in Nov. of 1999:)

'BOURSIN' DIP

2 cup sour cream

2 cup mayonnaise

3 tsp dill weed

3 tsp beaumont seasoning

3 Tbl parsley flakes

3 Tbl dried, minced onion

### 'BOURSIN' CHEESE SPREAD

8 oz cream cheese

1-2 Tbl heavy cream or sour cream (depends on the consistency of your particular brand of cream cheese)

3 tsp dill weed

3 tsp beaumont seasoning

3 Tbl parsley flakes

3 Tbl dried, minced onion

NOTE: both are best if made the night before, so the flavors can 'meld'

Rene\_C @ SS site

More Boursin use tips: I found another great use for this wonderful cheese, Take portobello's and scrape out the gills, brush with olive oil and fill with a mixture of the cheese and halved grape tomatoes and chopped fresh parsley then grill until the cheese is soft. Also we do this with red peppers, first roast and peel then cut in half and fill and grill again. Thanks for finding this great cheese!!!!

### Terrific Tarragon Chicken

1/2 cup white vinegar

1 1/2tsp fresh tarragon, chopped

2tsp soy sauce

1 clove garlic, chopped

2 whole chicken breasts

1 cup onions

1 cup zucchini (you can add whatever vegetables you'd like, I'm sure)

1. Mix vinegar, tarragon, soy sauce and garlic in bowl. Pour over chicken and marinate for at least 1 hours in the refrigerator.
2. Broil chicken for 10 minutes. Remove from oven and add vegetables.
3. Brush with marinade sauce, cover and return to oven. Bake at 350 degrees for 20 minutes, brushing with marinade sauce halfway through. Serves 4.

### Chicken and Spinach in a Skillet

Here's a recipe you might want to try. Very quick and easy! (Not sure if this is something already posted that I, as a newbie w/limited knowledge of SS, am not aware of.) I'll first post the original recipe and then the changes I made/noted.

1 lb boneless, skinless chicken pieces

2 cups marinara sauce

1 cup shredded Swiss cheese

1/2 cup grated Parmesan cheese

4-5 cups chopped spinach leaves

1 cup water

1 tsp Italian seasoning

1/4 tsp salt

Coat large, deep skillet or saucepan with cooking spray and heat over medium heat. Add the chicken and cook, turning occasionally, until lightly browned (about 5 mins). Add the marinara sauce, and cheeses. Cook, stirring, until cheese melts. Add spinach, water, seasoning and salt. Cook for 15 mins. Serve immediately.

\*\*\*\*\*

Now for my changes! I only used about 1-1/2 cups marinara, and this, along with the additional water made it too soupy. The original recipe calls for serving this over rice or pasta, which could accommodate the liquid, but I would suggest using less than the recommended 2 cups marinara and then only adding water as needed to the desired consistency. I used 1/2 tsp basil, 1/2 tsp oregano and 1/4 tsp pepper (totally omitted the salt) in lieu of the Italian seasoning. Next time I'll also add a minced clove of garlic. I also added 2 stalks chopped celery, 1 finely chopped scallion and about 3 T chopped green pepper. In place of the spinach, I could see subbing 2+ cups of freshly chopped broccoli. I think it would be delicious served over hot, buttery zucchini noodles. By cam

## **Sweet Chili Chicken**

Chicken wings or Chicken Breasts  
Chili Powder  
Splenda  
Garlic Powder  
Onion Powder  
Salt  
Pepper

Sprinkle the chicken with Salt, Pepper, Garlic and Onion Powder. Bake the chicken until it is turning golden brown and most of the water/drippings have cooked away. Sprinkle chicken with as much Chili Powder and Splenda as you like (I usually use about 3 tablespoons of Chili Powder and about 8 packets of splenda) I then turn oven to about 500 and let it cook for about 5-8 mins, watching it so it doesn't burn. When done, you should have crispy sweet chili chicken.

## **Smothered Chicken**

2 pounds of boneless skinless chicken breast (I usually use those bagged frozen ones, and use enough to fill the pan)  
1/3 C sour cream  
1/3 C Mayo  
1/2 packet of dry hidden valley dip mix (not dressing mix - it's funky) (I'm going to try this next time with the Uncle Dan's)  
1-2 T heavy cream (optional)  
3-4 cans of sliced mushrooms, or fresh  
1/4 C (or more) grated parmesan cheese (I actually use the parm/romano blend - but you want grated, not shredded)

Place thawed (a little frozen yet still works) chicken breasts in a single layer baking dish. Spread mushrooms over the chicken, trying to keep them on the chicken. Mix together sour cream, mayo, HV mix, and cream until blended. Place large dollops of the mixture on each breast, then spread it out so that it covers all meat and mushrooms. Sprinkle grated cheese on top until covered (the more cheese, the more "crusty" it gets). Bake at 375 until top is starting to get orange-brown and crusty - about 45-60 minutes.

Using a metal spatula, serve onto a plate, trying to keep the yummy stuff on top of each breast intact. The chicken will be very juicy and the stuff on top is very yummy, hence our name for it!

Things not to do:

I once tried to make this into a casserole by dicing up the chicken first. I ended up with

tough little pieces of chicken that were not very juicy. The shredded (fancy) parmesan cheese, instead of the grated, turns to little hard shards when browned that stab you as you try to eat it, or if not as browned, are still too "crunchy".

## **Southern Smoked Chicken**

I just had this at a dinner party yesterday and it was to die for!

8 lg. Chicken breasts  
8 slices bacon  
1/2 pkg Carl Buddings Chipped Beef  
1 cup sour cream  
1 can cream of mushroom soup (make your own legal or omit and add more sour cream)

Bone and skin the chicken breasts. Lay each breast on top of a bacon slice, and roll so that each is wrapped with bacon. Arrange a single layer of chipped beef on the bottom of a 9" square baking dish. Place rolled chicken breasts on top. Blend sour cream with the soup and pour over the meat. Cover, and refrigerate overnight, at least. Bake uncovered for 3 hours at 275 degrees.

Serves 8.

## **Another Smothered Chicken**

We have a great Applebees down the street from us and here is a great recipe for a different Smothered Chicken!

I use 2 boneless skinless chicken breasts, then you cook them any way you wish. While they are cooking you can slice your red and green peppers and red onion. After your chicken is done, layer the peppers and onions on top and then you can layer some mozzarella cheese and maybe some cheddar cheese on top. Make sure they are thin layers. Put them in the micro for about 20-25 seconds and voila!! Smothered Chicken!! I had that tonight with steamed asparagus and basil & garlic butter!! Mmmmm!! It was the bomb!!! It is so hard to believe I am going to lose weight eating food this good!!!

Or...

We used to have a small restaurant around here that made 'smothered chicken' similar to this - only the chicken breasts were smothered with sautéed mushrooms and onions and had a slice of melted provolone cheese on top. Delicious! I make this often.

## **Smothered and Covered Chicken Breasts**

Preheat oven to 350. Take @ 6 breasts and place in a sprayed (Pam or whatever) baking pan (I would suggest like a 9x13 cake pan. In a bowl mix 2 heaping spoonfuls (large eating spoon) of Real mayo, 2 heaping spoonfuls (large eating spoon) of Real sour cream, about 1/4 tbls of mustard (I used deli style) and a couple dashes of Worcestershire sauce and lemon or lime if you like as well. Stir and spoon over breasts evenly. Cover with SHREDDED parmesan cheese (I love parmesan cheese so I use about 4 ounces). Bake for about 1 hour until your meat thermo says it's dead (don't want any cooties). I had to drain the excess water (from the chicken breasts I'm sure) from the pan, but the chicken is so tasty and moist you can cut it with a fork. YUM YUM YUM. This works well with cod too, but decrease baking time to 30 minutes. Voila.

## Chinese Chicken in Lettuce Leaves

This recipe is yummy! The filling goes into a **\*\*crisp\*\*** lettuce leaf, is rolled up, and is eaten with your hands, like a sandwich. It is a great party dish\*\*\*\*

3 Tablespoons peanut oil  
1 1/3 cups skinned, boneless, finely chopped chicken breast meat(raw)  
1 cup finely chopped green or red pepper  
1/2 Tablespoon Somersweet or Splenda  
2 1/2 Tablespoon minced fresh(or jarred) ginger  
1 1/2 Tablespoon soy sauce  
3 Tablespoon water  
1 Tablespoon fresh lemon juice  
1 large scallion, \*sliced\*  
1/2 Tablespoon Salt  
Freshly ground Pepper to taste

### SAUCE:

1/2 cup rice vinegar(legal-info found in Eat, Cheat page #99)  
1 1/2 Tablespoon soy sauce  
1 teaspoon sesame oil(legal oil-info in Fast and Easy page #168.)  
Dash hot sauce or chili oil

8-12 iceberg lettuce leaves, washed, dried, and chilled

Heat the oil in a skillet over medium-high heat. Add the chicken, chopped pepper, somersweet, salt, and pepper and cook stirring constantly until the peppers turn a deep color and the chicken is cooked through, about 3-5 minutes.

Add the ginger, soy sauce, water, and lemon juice to the chicken mixture, stirring well and cook for 1 minute more. Remove from heat. Sprinkle with the scallions.

For the sauce: mix the vinegar, soy sauce, sesame oil, and hot sauce in a small bowl with a whisk until blended.

### To Serve:

Place 2-3 TBLS of the chicken mixture on a lettuce leaf, roll up, and place on a serving dish. Dip and ENJOY!!!!

TIP: You can also have as a side DebB's yummy Faux Fried Rice!!

## Soy Chicken

4 chicken breasts, skinned & boned  
1 cup sour cream  
1/4 cup soy sauce  
1/4 tsp black pepper (optional)

Place chicken in greased casserole dish. Mix sour cream, soy sauce, pepper together. Spread over chicken. Bake (covered) 350F one hour.

Or....

Another fast version of soy chicken - we eat this at least 1-2 times per week when we're really pushed for time!

4 chicken breasts, boneless, skinless  
1/2 c. soy sauce  
1 c. water  
cayenne pepper  
black pepper  
garlic salt

Place chicken breasts in frying pan. Add soy and water; sprinkle each breast with cayenne, black pepper, and garlic salt. Put lid on and cook on medium to medium-high heat until chicken is done through. (Will probably have to add more water.)

This is an excellent recipe especially when paired with garlic snap peas and faux mashed 'taters!

### **Really EASY Chile Chicken**

I just made up an EASY, tasty recipe.

3 boneless chicken breasts  
1/2 small can chopped chiles  
garlic powder  
salt  
pepper  
paprika  
shredded cheddar cheese

Preheat oven to 375.

Place chicken in pan and sprinkle on chiles and spices. Cook for 25 minutes and remove from oven. Top with shredded cheese and cook an additional 15 minutes. Yum!

Beverly -

### **Artichoke Chicken Bake**

I found this recipe in the Quick Cooking magazine I subscribed to before I started Somersizing. Most of the recipes aren't for Somersizing, but I found this one and tried it today for lunch. It was very easy and very tasty, two of my favorite things :-)

1 can (14 oz) water packed artichoke hearts, well drained and chopped  
3/4 cup grated parmesan cheese  
3/4 cup mayonnaise  
dash of garlic powder  
4 boneless skinless chicken breast halves

Spray an 11 x 7 inch baking dish with Pam. Salt and pepper the chicken breast halves and place in baking dish. In a bowl, combine the artichokes, parmesan cheese and garlic powder, mix well. Spread artichoke mixture over chicken breasts. Bake uncovered, at 375 for 30-35 minutes or until chicken juices run clear.

## **Fabulous! Crispy Garlic Chicken**

Oh, this is sooo good and so easy! Moist and wonderfully flavorful with a crispy coating.

8 chicken pieces of your choice (I use Thighs as I find the breasts seem too dry)

1/3 Cup Butter

Salt to taste

Pepper to taste

1/3 cup dried Garlic Flakes (you may use fresh chopped garlic as well approximately 3-4 Tbsp)

Heat butter in large non stick skillet, add chicken pieces and season with salt and pepper.

Cook chicken till golden brown, add garlic and cook until the chicken and the garlic are a deep dark brown making sure to keep turning the chicken over frequently so it does not burn. That is all there is to it!

Enjoy!

You can find the Garlic Flakes in the ethnic section of most supermarkets or you can get the prechopped garlic in glass jars in the produce section.

LisaB

## **Chicken, Peppers, Onions & Mushrooms**

This is very tasty.

Chicken, thin sliced

salt, pepper, oregano, basil, garlic powder, paprika and essence of emeril or something like it (last item optional)

Peppers, sliced thin

Onions, Sliced thin

Mushrooms, sliced

Garlic, minced

Heat olive oil in a skillet.

Place out cutlets and sprinkle both sides with the spices listed. Cook in oil until no pink remains. Remove to dish and set aside.

In same pan, add the onions, garlic and peppers. Sauté until tender. Add the mushrooms.

While veggies are cooking, slice the cutlets on an angle about 1/4 - 1/4 inch thick. Add then and any juice to the veggies. Mix well and heat through then serve.

## **Chicken with Peppers and Onions**

The great thing about this recipe is you do not have to stay in the kitchen while it cooks. 1 pound chicken thighs w/skin on, 1 pound chicken legs w/skin on, olive oil, paprika, salt & pepper, garlic powder, parsley, white cooking wine, one red pepper, 1/2 sweet onion

I used a lasagna size Pyrex dish, drizzle enough olive oil to cover the bottom of dish, add your chicken and pepper slices and onion slices. Season to your desire with the above seasonings. Place in a preheated 375 oven. Cook for 1/2 hour and drizzle with white cooking wine. Cook for another 1/2 hour and turn chicken, cook another 1/2 hour and dish should be done.

my family loved it!!! hope you enjoy as much as we did.

## **Chicken Italiano**

by AngelPie

8 Boneless Chicken Thighs  
2 Cans Tomato Sauce  
3 cups of sliced squash  
3 cups of sliced zucchini  
Garlic Powder  
1 minced garlic clove  
1/2 cup minced onion or onion powder  
Salt and Pepper

Season the chicken with onion powder, Garlic powder, salt and pepper. Place in the pan. Combine tomato sauce with garlic and onion and pour over chicken. Arrange the veg. slices on top and bake covered until chicken is cooked through on 375. About 45 mins. Uncover and cook 10 more mins or until done. Add fresh grated parmesan cheese and enjoy! Serve with spinach sautéed in garlic and olive oil!

I made this using boneless chicken breasts and instead of using tomato sauce, I used Classico pasta sauce. I topped it off with mozzarella cheese and it was really great! Thanks for posting chicken italiano!! Beverly -

## **Artichoke Chicken**

Bone-in skinless chicken breasts (would work with any pieces)  
1 can artichoke hearts packed in water  
about 1 cup mayo  
about 2tbsp sour cream  
fresh mushrooms  
shredded parmesan cheese  
spices (garlic & pepper)

Chop artichokes & mushrooms, add mayo, sour cream & parmesan cheese (used about 3/4 cup+). Mix together and add spices. Put chicken breasts in casserole. Cover in artichoke mix. Bake about 1 hour or until done.

I used 4 large breast and they were really covered with the mix - next time I'm going to try it with a whole cut up chicken. I served this with spaghetti squash and sweetie's creamed spinach.

## **Chicken, Mushroom and Cheese Bake**

By Pat Polito

8 boneless, skinless breasts  
1/2 cup sliced mushrooms  
1 medium onion, sliced  
2 Tbsp. butter

1/4 cup olive oil  
2 cloves garlic, pressed  
1/4 cup red wine  
mozzarella cheese, sliced

In large frying pan add olive oil & 2 Tbsp. butter. Cook chicken slices in oil & butter till golden brown on both sides. When done place in a baking dish & set aside. Add red wine, onions, garlic & mushrooms to the frying pan. Stirring occasionally, cook tender. Spread the onion, mushroom wine mixture over the chicken in roasting pan. Place slices of mozzarella over top. Place in 350 degree oven & bake till cheese is melted! Enjoy!!!

## **Pepper Jack Cheese Chicken**

By MoJones

I made this up the other night and my husband loved it. I don't have an exact recipe, but you can't really mess this one up.

Chicken Breasts- split (good with pork also)  
pepper jack cheese  
green chili  
ground cumin  
salt and pepper  
sour cream  
1 can chopped tomatoes and green chilies

Pour half of can in bottom of pan, pound out chicken, season with cumin, s and p and whatever else. Then add a dollop of sour cream and cheese. Roll up and secure with toothpick. Place chicken in pan pour remaining green chilies and tomatoes over it. Top with plenty of grated cheese. Simple yet so good. Just cook 350 for about 45 minutes or until juices run clear. Serve with lettuce, salsa and sour cream.

## **Chicken in Foil**

One skinless chicken breast  
Left over "green goddess" salad dressing  
sliced red bell pepper  
hot cayenne pepper, garlic powder, salt to taste

Heat oven to 450. Place chicken breast on lower half of a piece of heavy duty foil sprinkle salt, pepper, garlic powder on chicken. Then spread on "green goddess" salad dressing - arrange slices of bell pepper on top.

Enclose chicken in foil packet by folding over all sides. Place in oven for 20-25 minutes. Serve with broccoli, or veggie of choice. So yummy! P.S. the hotter the cayenne pepper the better!!

## **Teriyaki Chicken**

by CP

Roll chicken tenders in parmesan cheese and fry in olive oil. In sauce pan, heat 1 cup soy sauce with an equal amount of sweetener (I used 3 tbs of ss as it use to call for 1 cup of sugar). Add dash of ginger and garlic powder. Bring to boil over medium heat. Add fried chicken and let cook for a few minutes until chicken soaks up some of the sauce. Enjoy!

I wonder what would happen if you marinated the chicken in the teriyaki mix before you dipped it in Parmesan and fried it? Was thinking it would leave the flavor but still be nice and crispy. Sounds good

## **One Pan Chicken in Alfredo Sauce**

4 boneless skinless chicken breasts (or 6 thighs, whatever part you prefer)  
2 tbl olive oil  
1 tbl butter  
2 cloves crushed garlic  
salt & pepper to taste  
1 to 2 cups of chopped broccoli, slightly steamed or blanched  
1 1/4 c. cream  
1/2 c. parmesan cheese  
1/4 c. Asia go cheese (or just use more parm cheese)  
1/2 tsp. ground nutmeg

1. Cut up chicken into small cubes
2. Heat oil, butter and garlic in large sauté pan over medium high heat.
3. Add chicken to hot oil mixture, season w/ salt and pepper.
4. When chicken is cooked, remove from pan, let the juices that were created reduce a little.
5. Add cream bring it to a slight boil and simmer for about 2 minutes to thicken and slightly reduce. Stir a few times to make sure it's mixed w/ the pan drippings and to prevent scorching.
6. Add cheeses and mix and continue to simmer, stirring constantly. If you feel like the sauce is reducing more than you'd like, add more cream and add more cheese. (It's just a matter of preference for how cheesy/saucy you want it)
7. Season w/ nutmeg, salt and pepper.
8. Add the broccoli, mix it together and let that cook for about 2 minutes. Then add chicken and incorporate it all together.
9. Simmer for just a few minutes more. Serve over sautéed zucchini noodles or just eat it out of a bowl. Be sure to sprinkle more cheese on top!! Enjoy! By Erika9473

## **Cajun Chicken, Sausage, And Veggies**

6 chicken thighs (about 2 lbs.), skin removed  
1 lb. lean smoked sausage, cut in 1-inch pieces, 2 green bell peppers, coarsely chopped  
2 medium yellow onions, coarsely chopped  
1 cup sliced celery  
1 (14 1/2-oz.) can diced tomatoes, undrained  
2 tsps. chicken-flavored bouillon granules  
4 bay leaves  
1 tsp. thyme leaves  
1 tsp. garlic powder  
1/2 tsp. ground black pepper  
Broccoli/Cauliflower( or your choice of veggies )  
Rinse chicken and pat dry. In a 3 1/2- or 4-quart slow cooker, place sausage, peppers, onions, celery, tomatoes, bouillon, bay leaves, thyme and garlic powder. Stir to blend well. Top with chicken and sprinkle with black pepper. Cover and cook on Low for 8 hours or until chicken is done and vegetables are tender.

## Indian Butter Chicken

1 onion (1/2 lb), peeled & chopped  
2 TBSP minced fresh ginger  
1 fresh jalapeno (approx 1 oz), rinsed, stemmed, seeded, and chopped  
1 TBSP olive oil  
2 tsp garam masala (or ground cumin, paprika, ground cinnamon, cayenne, and ground cloves)\*\*\*  
1 can (6oz) tomato paste  
2 cups chicken broth  
1/2 cup whipping cream  
1.5 lbs boned, skinned chicken breasts, rinsed and cut into 3/4 inch chunks  
1/2 tsp black pepper  
salt (to taste)  
1/4 cup (1/8 lb) butter  
6 cups faux-rice (riced cauliflower)

\*\*\* If you can't find garam masala use

1/2 tsp ground cumin  
1/2 tsp paprika  
1/4 tsp ground cinnamon  
1/4 tsp cayenne  
1/8 tsp ground cloves

1. In a 5 to 6-quart pan, combine onion, ginger, chili, and oil. Stir often over high heat until onion is lightly browned, 3 to 5 minutes. Stir in garam masala (or spices). Scrape mixture into a blender; add tomato paste and chicken broth. Whirl until very smooth. Pour mixture back into pan, add cream, and bring to a gentle boil over high heat (mixture might splatter). Lower heat and simmer, stirring often, until reduced to 3 cups, about 5 minutes. Pour sauce into a bowl. Rinse and dry pan.

2. In a medium bowl, mix chicken with pepper and sprinkle lightly with salt to taste. Set pan over high heat; add 1 TBSP butter and the chicken. Stir until chicken is no longer pink on the surface, 2 to 3 minutes. Add the sauce and simmer over medium heat, stirring often, until chicken is no longer pink in center (cut to test), 3 to 4 minutes. Cut remaining 3 TBSP butter into chunks and stir into sauce until melted.

3. Spoon chicken and sauce onto faux-rice.

Enjoy this melt-in-your mouth chicken.

## Viktoria's Chicken Tikka Masala

Marinade:

3/4 c cream  
1/4 c water  
2 Tbsp lemon juice  
2 tsp cumin  
2 tsp red pepper  
2 tsp black pepper  
1 tsp cinnamon  
1 tsp salt  
1/2" piece of ginger, grated  
1 1/2 lb chunks chicken (white, dark, both)

Sauce:

1 Tbsp butter

2 cloves garlic, minced  
1 chili, minced  
2 tsp ground coriander\*  
1 tsp cumin  
1 tsp paprika  
1 tsp garam masala\*  
1 (8 oz) can tomato sauce  
1 c cream  
1/4 c or more fresh cilantro

Combine ingred for marinade in bowl or bag and smooch chicken around in it. Refrigerate at least an hour. Skewer the chicken and broil or grill, turning often, about 8-10 min. Letting some bits get charred is a good thing! [personally, I just put the chicken in a fry pan with a little of the marinade and cook it] You can use a skillet for this or a Foreman grill. While chicken cooks, or ahead, while chicken marinates, make the sauce: melt butter and sauté garlic and chili for 1 min. Stir in spices, then tomato sauce. Simmer for 15 min. Add cream, simmer until it thickens, about another 5 min. Stir in half the cilantro [I just dump it all in]. Remove chicken from skewers and stir into the sauce. Sprinkle with remaining cilantro and serve.

I posted a really good recipe for Indian "rice" on the sides thread. It's great with this dish poured over it. By Carma

### **Creamy Curry Chicken Wings**

Here is a recipe I came up with....I made it and absolutely fell in love! I thought that serving these as a an appetizer would be good...but I like them and the main course with a kale salad. You could also use regular cut up chicken. By Sharon

2 lbs. Chicken wingettes or drummettes, washed and dried  
1 c. heavy whipping cream  
1 tblsp. curry powder (can use more if you like a little more spice)  
1 teaspn garlic powder  
1 teaspn onion powder  
1 packet of Ranch DIP mix (dressing mix is bad stuff)

After washing and drying chicken, place in plastic bag. Add cream and seal bag. Place in fridge for 4-6 hours turning occasionally to coat all sides of chicken. Remove from fridge. In another bag mix dry ingredients.

Place chicken from "wet" bag to "dry" bag. Shake to coat. Place chicken in backing pan that has been sprayed with cooking spray and cook on 350F for 1 hour turning once to golden skin on both sides. Then broil for 2 mins on each side. Serve hot.

I also grilled these out and they were great!

Let me know if you have any questions or if I have missed something.

### **Lightly Spiced Indian Chicken**

4 boneless, skinless chicken breasts\*  
1 tsp cumin seeds, coarsely ground\*\*  
1 tsp coriander seeds, coarsely ground\*\*  
1 tsp salt  
3-4 cloves garlic, minced  
1"piece of ginger, finely chopped  
2 small Serrano peppers, finely chopped

1 can tomato sauce  
4 Tbsp sour cream  
2 Tbsp oil

Cut chicken in pieces. Heat oil and sauté cumin and coriander. After 1 min, add ginger, garlic, and pepper. After 1 more min, add tomato sauce and heat through. Then add sour cream. Whisk to incorporate, then add chicken. Simmer until chicken is done. May bake for 1 hr at 350°F if you want-sometimes, the sauce is thicker: when you add chicken, simmer until it loses fleshy color (about 10-15 min), then put in oven. Pour over the Indian "Rice" that I posted on the "Side by Side" thread.

\* I use Foster Farms chicken tenders that I buy from Costco.

\*\* I just give it a few turns in my coffee grinder or I put it between 2 sheets of wax paper and crush slightly with rolling pin-you don't want a powder.

## **Curried Chicken Casserole**

By Luvtocook

2 cups cooked chicken, cubed  
8 oz shredded cheddar cheese  
2 cups frozen chopped broccoli, defrosted and drained  
3 egg yolks  
1 cup cream  
1/2 tsp curry powder  
S & P to taste

Combine eggs, cream and seasoning. Whisk until smooth. Add broccoli, chicken and 4 oz cheese and mix well. Pour into greased casserole dish. Top with remaining cheese. Bake at 350 degrees for 1 hour.

This was very tasty and the yolks thicken the cream as it cooks, but was not as creamy as I had hoped for. Next time will reduce my egg yolks to 1 and use 1/4 c mayo, 1/4 c sour cream, and 1/2 c cream. If anyone tries the amended version, let me know how you liked it.  
Susan

## **Curried Chicken With Eggplant and Tomato**

This recipe was passed on to me after a friend served at a luncheon. I thought it was too good to keep for myself! Hope you enjoy it also. by livi

1 1/2 Tab. Curry Powder  
1 1/2 tea. Salt  
1 1/2 tea. Paprika  
8 Skinless, Boneless Chicken breast halves  
4 Tab. Olive Oil, divided  
5 Cups coarsely chopped eggplant  
(about 1 pound)  
1 2/3 Cups thinly sliced Onion  
1 1/2 Cups sliced red pepper (1/4 -inch slice)  
1 Cup S/F Tomato Juice

1 Tomato (skinned) coarsely chopped  
1 tea. Crushed Red Pepper  
1 Garlic Clove, minced.

1. Combine curry powder, salt, and paprika in a shallow dish. Dredge chicken breast in the curry mixture.
2. Heat 2 teaspoons oil in a large non-stick skillet over medium heat. Add half of the chicken, cook 5 minutes on each side or until browned. Remove chicken from pan. Repeat procedure with remaining 2 teaspoons oil and remaining chicken.
3. Add eggplant, onion and red pepper slices to pan, cook 4 minutes or until vegetables are crisp-tender, stirring frequently. Return chicken to pan. Add tomato juice, garlic, chopped tomatoes, and crushed red pepper and cook for additional 8 minutes.

For ssers', this can be served over hot mock rice.

### **Chicken Broccoli Curry**

6 C. Steamed Broccoli (bite sized pieces)  
4 Lg. Boneless skinless chicken breasts  
2 Tbl. Butter  
2 C. Mushrooms chopped  
1 C. Onions chopped  
1 Tbl. Garlic  
2 C. Heavy Cream  
1/2 C. Fresh grated parmesan cheese  
1 C. Mayo  
1 Tbl. Curry powder  
4 C. Shredded Cheddar

Cook chicken (microwave, bake, etc.) and cut into bite sized pieces. Spread evenly into the bottom of a 9 X 12 casserole dish. Spread steamed broccoli over chicken.

#### THE SAUCE

Sautee onions, mushrooms, and garlic until tender. Add heavy cream and reduce until thick. Stir in parmesan until it dissolves. Stir in mayo and curry powder.

Pour sauce over broccoli & chicken. Top with shredded cheddar. Cover and bake 30 minutes at 350 or until cheese is melted.

Let cool five minutes before serving. This is an incredible dish, and freezes very well.

### **Chicken Wings**

by erika9473

#### **Method #1- Spicy**

2 lbs wings/drummetes  
2 tlbs (or more!) Emeril's Essence or your favorite Cajun seasoning mix.

If you use a mix that is salt free, be sure to season with salt if you want some saltiness. Wash and pat dry the wings. Liberally coat them with the seasoning. Place in crock pot and cook for about 5 hours on low. Do not add any liquid. They will be perfectly roasted- meat

still on the bone, but very tender.

Alternative: Bake in the oven at 300 degrees for 30 minutes, in a covered dish, turning them over once during cooking. Then uncover and broil until crispy.

### **Method #2- Asian style**

2 lbs wings/drumettes  
ground pepper, garlic powder to taste  
1/4 c. low sodium soy sauce  
2 tsp. sesame oil  
1 tsp pepper  
2 cloves crushed garlic

Place wings in a mixing bowl, season with pepper and garlic powder. In a separate bowl mix together soy sauce, oil and garlic. Pour sauce over wings and let sit for 15-20 minutes or overnight.

Place (marinade and all) in baking dish and cover w/ foil. Bake in oven for 20 minutes at 350 degrees turning wings once during cooking. Uncover and broil for about 5-10 minutes until crispy, then turn them over and broil the other side.

One more... slightly different **Asian style**.

Marinade:

1/2 cup soy sauce  
1/4 cup olive oil (or peanut oil)  
3 tbl sesame oil (or more if you want it stronger)  
3 cloves crushed garlic  
1 tsp ground ginger  
fresh ground pepper (I usually do a couple of generous twists of my grinder)

Additional variations:

The juice of a lemon added in  
or...  
A few teaspoons of sweetener

Mix the marinade and cover 1-2 lbs of wings. I really feel like you don't have to measure anything, I provided measurements as a guide, but generally just do it by feel. Marinate the chicken for several hours or over night. Once, I made this at the spur of the moment and just marinated it for about 20 minutes.

Place on your hot grill and immediately pour off the marinade into a sauce pan and bring to a boil. Let it boil for several minutes. Then use that to baste the wings several times during cooking. Just keep an eye out to not let it get burnt, but as the chicken cooks it should make a nice sticky coating.

### **Lemon Chicken Wings**

This is a quick and easy recipe. I have served this dish at parties during the holidays with fresh lemon slices for decoration and I always have comments on how good the flavor is.

Coat thawed or fresh chicken wings in olive oil and lemon juice (either fresh squeezed or from a bottle) and allow to marinate for at least 30 mins, if you would like to get the full

flavor, and bake until done and the wings are nicely browned. When done, put out of the oven and drizzle with a bit more olive oil and lemon.

## **ssweet's Sweet & Spicy Buffalo Wings**

I made this for dinner the other night - one of our favorites for good old-fashioned messy, finger-licking chicken. They're both recipes I "borrowed" from a low-carb cookbook (hope this is legal) but thought I'd pass them on to anyone who is interested:

### **Sweet & Spicy Buffalo Wings**

Marinate 3 lbs chicken wings in 1 tsp salt, 1 tsp garlic powder, 1 tsp onion powder, 1 tsp black pepper and 1 tsp cayenne powder for at least 30 minutes.

The recipe calls for the wings to be deep-fried but we prefer to grill them - not so messy and not so much fat. Make sauce: 1/4 cup butter melted in a small saucepan over low heat. To the butter add 1/2 garlic powder and 1/2 tsp onion powder. In another saucepan, mix 1/4 cup tomato sauce, 1/4 tsp salt, 1 tbs hot pepper sauce, 2 tsps somersweet (I changed from their sweetener to somersweet) and 1/8 cup vinegar. Simmer the above for about 5 minutes and then add the melted butter, garlic powder, and onion powder mixture. Put cooked chicken in a large bowl or pan and pour sauce over chicken wings. Toss wings until well coated. This is also a great sauce for grilled spareribs (which we're having tonight!)

### **Creamy Coleslaw**

In a large bowl add 1 cup mayonnaise, 3 tsps cider vinegar, 1 tsp somersweet (I changed from their sweetener to somersweet), 1/4 tsp celery seeds, 1/4 tsp salt, 1/8 tsp black pepper and 1 tsp minced onions. Set aside. In a separate bowl, mix together 3 cups shredded green cabbage, 2 cups shredded red cabbage and 1/2 minced green pepper. Combine cabbage mixture and mayonnaise mixture until well blended. We think this is the best tasting coleslaw we've had, somersized or not!

### **Tomato, Spinach Chicken Wings**

I made this last night it was excellent. I used wings, but you could use whatever you have...10 chicken wings, onions and green pepper, red wine, 1/2 med. size can tomatoes, 1/2 box of chopped spinach...In olive oil I combined chicken, onion, peppers and spices, brown the chicken, add spinach and tomatoes around it, add red wine....Simmer 10 minutes...Uncover and sprinkle parmesan cheese over top...Cook in 350 oven for 45 minutes until tops of chicken are browned...It was excellent....For spices I used salt, pepper, garlic, and red pepper flakes...I hope you enjoy this...I loved it!!!! Suzie

### **The Best BBQ Chicken Wings**

I just made chicken wings for dinner tonight and boy were they good. Thought I would post it so if anyone else loves them as much as we do they can enjoy it. I used the BBQ sauce from the new book. I took my wings and browned them in olive oil on both sides. I then put them on a cookie sheet and smothered them in sauce. Cook them in a preheated 300 degree oven for about an hour. They were just the perfect texture, a little crispy but not too much. Needless to say they were gone in a matter of minutes. By Sweetthing

### **Starlite's "Honey" Mustard Chicken Wings**

2-3 lbs of chicken wings

1/2C Starlite's sweet mustard\*

1/4C mayonnaise

1 tbs of crushed garlic  
1 tsp of onion powder  
1 tsp dried crushed parsley  
1/2 tsp ground sage  
1/2 tsp dried crushed thyme  
1/2 tsp dried crushed rosemary  
seasoned salt (be sure it has no sugar)  
ground pepper

Rinse chicken wings in cold water. Pat dry. Mix sweet mustard, mayonnaise, crushed garlic, onion powder, parsley, sage, thyme, rosemary. Rub all over the wings. Place wings in baking dish. Top wings with remaining sauce. Salt and pepper to taste. Bake at 325 until golden brown about 45 minutes. Baste often.

I posted this recipe for the mustard under miscellaneous but here it is again in case you missed it.

\*Starlite's sweet and spicy German style mustard. Pro/fat level 1 because of the egg.

2 oz box of Coleman's dry mustard  
1C white vinegar  
3 large eggs  
2 tbs of somersweet (2/3C of sugar)

Combine dry mustard powder and vinegar with wire whisk in sauce pan. Let stand overnight. The next morning whisk in 3 eggs until well beaten. Cook on top of stove over low heat until thick hot and bubbly. Remove from heat and whisk in sweetener. More sweetener may be added if you like it very sweet. Place in clean glass jar(s), seal, and refrigerate.

## **Creamy Mushroom Chicken**

I don't have amounts exactly but this is pretty foolproof.

Chicken breasts  
seasoning salt (I used Montreal Chicken Seasoning)  
Button Mushrooms  
Butter  
Cream

Sautee the chicken & mushrooms in butter until the chicken is done, remove chicken. Add cream to the mushrooms in the pan & let simmer for a few minutes, add parmesan cheese & let reduce a little more. Add the chicken & simmer for a few minutes more. Serve.

This was really rich & delish. I also varied the recipe & used broccoli instead of mushrooms. Spinach would be good too.

## **Easy Chicken Tortilla Minus the Wrap**

This is delicious and very simple. I made these tonight and they were delicious!!! I love hot things, something like this used to give me heartburn not any more!!

2 large boneless chicken breast  
1 red pepper  
1 green pepper

1 onion  
1 clove garlic(chopped fine)  
8 oz. cherry tomatoes  
1 tsp. red pepper flakes  
8 oz. Grated pepper Jack Cheese  
Sour Cream

Cut up breasts in chunks and cook thoroughly in olive oil move to the side of pan. Sauté garlic add onion, red and green pepper, red pepper flakes (I crush them in my hand first to release oil). After cooking about 10 minutes add tomatoes cook additional 5 min. Put on your plate top with pepper jack cheese and sour cream.

### **Mexican Style Chicken Kiev**

Ok...here is a fabulous recipe I got out of "Taste of Home" several years ago, and modified slightly to make it "legal".

4 boneless skinless chicken breasts  
4 green chilies peeled and seeded or chopped green chili  
4 chunks of cheddar or jack cheese

FOR BREADING

egg  
parmesan cheese (powder kind)  
red pepper flakes  
garlic  
pepper  
salt

Ok~~ pound out the chicken breasts flat, put green chili and cheddar cheese in center, and roll, so its closed kinda like cordon bleu, hold closed with toothpicks if you need.

Dip in egg, then roll in coating mixture, place in pan with some butter underneath and a little on top, bake at 325 for about 35-45 minutes ~~~~ DELICIOUS!

### **Greek Lemon Chicken**

Ease of Cooking: Medium Difficulty

Serving Size: 6

3 Tbsp. olive oil  
6 skinless, boneless chicken breasts  
3 Tbsp. butter  
1/2 tsp. salt  
2 tsp. prepared mustard (the kind you would put on a sandwich)  
2 C cream/called for milk  
2 egg yolks  
1 Tbsp. grated lemon peel  
1 tsp. lemon juice  
1/2 C. minced fresh parsley  
1 C. sour cream  
1 Tbsp. vegetable oil  
1/2 C. crumbled feta cheese

1 tsp. dried dill

Called for 1 lb of pasta, sub squash of your choice. I used spaghetti squash.

Heat oil in a large skillet over medium-high heat; add chicken and cover. Cook until chicken is browned turning once, about 15 minutes. Remove chicken, slice, and set aside. Heat butter in a medium saucepan over medium-low heat, salt, and mustard. Add cream. Mix yolks, lemon peel and juice in a bowl. Stir one third of egg mixture into saucepan. Gradually stir remaining egg mixture into saucepan. Bring to a gentle boil, stirring continually. Remove pan from heat. Stir in parsley and sour cream. Cook spaghetti squash; toss with oil. Stir 3/4 cup of sauce and feta into "noodles". Top with sliced chicken remaining sauce. Sprinkle with dill.

### **Chicken with Lemon-Rosemary Salt**

I made this yesterday, and thought I'd post it for all of you to try if you like. It is a favorite at our house! The lemon-rosemary salt is also good on fish or pork chops. By Cindi

1 chicken (3 1/2 - 4 pounds)

Lemon-Rosemary Salt (recipe below)

1/2 of a fresh lemon

2 T. olive oil

Remove giblets from the chicken.

Rinse chicken in cold water and pat dry with paper towels. Season cavity with lemon-rosemary salt. Squeeze the juice from the 1/2 lemon inside the chicken cavity, and place the squeezed lemon rind inside the cavity. Rub the chicken all over with the olive oil. Place in roasting pan and roast at 450 degrees until the chicken is golden and the juices run clear from the thigh joint (about one hour).

After cooking, sprinkle more lemon-rosemary salt over breast and turn the chicken over on its breast, and let it sit for 20 minutes before carving.

Before serving, heat the pan juices, scraping any browned bits from the bottom of the pan. If there aren't enough juices, add 1/2 cup water. Pour the juices over the chicken if desired.

\*\*\*\*\*

LEMON-ROSEMARY SALT (makes enough to have for several chickens)

3 cloves garlic, cut in half \*(optional—I have left this out before and it was still delicious!)

1 cup coarse salt (I use Morton Kosher salt. It comes in a box, and is found by the regular salt in the spice aisle).

Zest of 2 lemons, minced

1 T. fresh rosemary, minced

1/2 tsp. freshly ground black pepper (I've also used white pepper)

Mix all ingredients together.

Store in a covered container in the refrigerator.

### **Bacon Wrapped Chicken**

By oneontheway

My husband (who is not somersizing) loves this recipe and asks for it frequently. Its very easy to make and tastes incredible. Remember, you can eat this and lose weight!!

1 pound bacon  
4 boneless, skinless chicken breasts  
seasonings (I use Mrs.Dash)

Cut chicken in half lengthwise to make 8 slim breasts. Pound to make thin. Set aside  
Fry bacon on skillet until cooked but not crispy. Let bacon cool to the touch, just enough so you don't burn your fingers.

Take bacon and wrap around chicken overlapping to hold bacon in place. I usually use two to three pieces of bacon per chicken breast. Bake in oven at 400 until cooked through turning chicken over once during cooking to brown both sides. My oven cooks fast so cooking times will vary for you. Whenever I make this we top it with cheese sauce:

1 stick butter  
4 cups shredded cheddar cheese (white or yellow)  
cream

Over low heat melt butter. Once butter is melted add in cheese stirring until melted. The butter and cheese will not be smooth at this time so don't worry if it looks funny. Add cream using a whisk to incorporate. The amount of cream you add is up to you depending on whether you want a thicker or thinner sauce. Turn off burner and pour over chicken  
This is sooooo good. When I make this I also steam some broccoli and we just pour the cheese all over everything for a yummy, cheesy meal. Let me know if you like it!!

Can I suggest a different cheese sauce? I make my cheese sauce slightly different.  
Heat cream and butter (like 2tbl butter) together until hot, whisk in small chunks of cream cheese (probably 3tbl total) and whisk until melted. Then add shredded cheese, salt and pepper.

Cheese already contains a lot of oil which often separates out during melting, so if you combine that with a lot of butter, you will get a lot of oil separation. The cream and cream cheese provide the thickening you need and then you don't need as much shredded cheese, so you have less oil. erika9473

## **Great chicken casserole**

I created a SS version of a traditional chicken casserole w/out the creamed soup. Delicious!

16 oz cream cheese  
1 c sour cream  
1/2 c mayo  
1/2 cream  
1 tsp salt  
fresh ground pepper  
1 garlic clove (minced)

Mix above ingredients in food processor. Two 10 oz packages of frozen or fresh broccoli cooked.

2 whole chickens- pressure cooked and deboned

Shredded cheese (Mexican mix is great)  
1/2 large sweet onion sliced thin.

Grease large baking pan with butter. Layer broccoli first. Pour half of cream mixture over broccoli. Layer chicken. Cover with remaining cream. Cover with shredded cheese. Layer with onions. Bake at 350 degrees for 40 min.

## **Chicken Breasts in Vinegar-Cream Sauce**

I made these tonight, & thought they were good. Served them with Celery Root Puree (finally found celery root!)

2 pounds boneless, skinless chicken breasts  
Salt & pepper  
3 tablespoons olive oil  
4 cloves garlic, minced  
1 1/2 tablespoons dried thyme  
1 1/2 tablespoons dried marjoram  
1/2 teaspoon dried basil  
2/3 cup wine vinegar (I used a mixture of red wine vinegar & tarragon vinegar)  
1/2 cup vegetable stock or water  
3 tablespoons minced sun-dried tomatoes  
1/3 cup sour cream

Sprinkle chicken breasts with salt & pepper. Heat the oil over medium heat in a large, heavy skillet. Add the chicken & cook on both sides until golden. Add the garlic, being careful not to let it burn. Sprinkle in the thyme, marjoram, & basil.

Cover the pan, reduce heat to low, & cook for 15 minutes, or until the chicken is cooked through. Remove the chicken to a serving platter & keep warm. Increase the heat to medium & pour in the vinegar, scraping the bottom of the pan to loosen any bits. Add the stock or water & the sun-dried tomato. Stirring constantly, cook the sauce until reduced by half.

Remove from heat & stir in the sour cream. Pour the sauce over the chicken & serve.  
4 servings. By Gail

## **Mexican Chicken**

by goingforit

This is a variation of a Pillsbury recipe (now somersized) that my family enjoys:

2 Boneless Chicken Breasts (pound to one-quarter inch)  
1/8 tsp Chili Powder  
1/8 tsp Garlic Powder  
1/8 tsp Paprika  
Olive Oil  
Salsa  
Monterey Jack Cheese (shredded)

In plastic bag, combine garlic, paprika and chili powders and coat the chicken. Heat oil in skillet over medium-high heat. Cook chicken in oil 3 to 4 minutes on each side or until lightly browned and no longer pink. Reduce heat; spoon salsa onto each chicken breasts half. Sprinkle with cheese. Cover and cook until cheese melts.

Note: The original recipe calls for 1/3 cup of flour with the spices to dust the chicken; however I eliminated it and it tastes just fine! I've even dusted the chicken with Parmesan cheese mixed with the spices for a variation. I hope you enjoy this as much as my family!

## **Greek Lemon Chicken**

by inreno

Serving Size: 6

3 Tbsp. olive oil  
6 skinless, boneless chicken breasts  
3 Tbsp. butter  
1/2 tsp. salt  
2 tsp. prepared mustard (the kind you would put on a sandwich)  
2 C cream/called for milk  
2 egg yolks  
1 Tbsp. grated lemon peel  
1 tsp. lemon juice  
1/2 C. minced fresh parsley  
1 C. sour cream  
1 Tbsp. vegetable oil  
1/2 C. crumbled feta cheese  
1 tsp. dried dill

Called for 1 lb of pasta, sub squash of your choice. I used spaghetti squash.

Heat oil in a large skillet over medium-high heat; add chicken and cover. Cook until chicken is browned turning once, about 15 minutes. Remove chicken, slice, and set aside. Heat butter in a medium saucepan over medium-low heat, salt, and mustard. Add cream. Mix yolks, lemon peel and juice in a bowl. Stir one third of egg mixture into saucepan. Gradually stir remaining egg mixture into saucepan. Bring to a gentle boil, stirring continually. Remove pan from heat. Stir in parsley and sour cream. Cook spaghetti squash; toss with oil. Stir 3/4 cup of sauce and feta into "noodles". Top with sliced chicken remaining sauce. Sprinkle with dill.

## **Baked Chicken Poupon**

Hi! Made this for dinner last night, it was a nice change. Mary

4 tablespoons Grey Poupon Dijon Mustard  
2 tablespoons vegetable oil or olive oil  
1 teaspoon garlic powder  
1/2 teaspoon Italian seasoning  
4 boneless/skinless chicken breasts

Mix mustard, oil, seasonings in a large bowl or plastic bag. Add chicken, mixing to coat. Refrigerate until ready to use. Bake in a 375\* preheated oven for 20 minutes or until done. Also good grilled.

## **Zucchini Chicken Bake**

I threw this together one night and my husband just loved it. I got the idea from a lasagna recipe made with a delicious meat sauce and eggplant off of one of the postings. Here it is:

2 boneless skinless chk. breasts  
1 tablespoon olive oil  
seasonings of your choice  
1 can diced tomatoes, Italian style  
1 small can tomato paste  
2-3 small sliced zucchini  
shredded mozzarella cheese, parmesan cheese

Heat oven to 375 deg. In a 9" pie plate, place the chicken breasts (can be frozen or thawed) along with the olive oil and seasonings of your choice. Bake for 35-40 minutes, until thoroughly cooked. In the meantime, combine the chopped tomatoes and paste in a bowl, set aside. In a frying pan or grill, cook the zucchini until tender, set aside. Shred as much cheese, set aside. When chk. is done, cut the chk. breast into small bite size pieces, set aside. Place one layer of zucchini on bottom of pie plate, then sauce, then cheese. Repeat layers. Top with parmesan cheese if desired. Place back into 375 deg. oven and heat through until warm, about 20 minutes, enjoy! By luvs2eat

## **Chicken Florentine**

This was done on a local TV show. Looked legal to me!! by ImageMD

6 boneless chicken breasts (pound with meat mallet between layers or Saran Wrap to approx. 1/4 thickness}  
1/4 c butter  
6 green onions chopped  
1 10 oz. frozen chopped spinach drained  
1 4.5 oz. can white crabmeat drained  
1 8 oz. pkg softened cream cheese  
1/3 c champagne (or sub whatever)  
1/2 c parm cheese

Melt butter in skillet, add green onions and sauté. Remove from heat and add next 5 ingredients and mix thoroughly. Spoon about 2 TB of mixture onto chicken breast and roll up breast jelly roll style. Place on greased baking sheet. 350 for 30 minutes.  
It called for a mushroom sauce made with mushroom soup and 1/2 & 1/2 and wine. You could make something up that is legal.

## **Chicken Jamie**

This is a Somersized version of a Jamie Oliver recipe that he called "Chicken in Milk", which is MUCH better than that title would indicate (and this uses cream, of course). It makes a creamy sauce ideal for napping spinach or celery root puree (I cook the spinach right in the sauce, for just a couple of minutes, after the chicken is done and removed to a platter). Lemony, rich, with sage and a hint of cinnamon. by Viktoria

1 3-lb chicken, cut up (or assorted, skin-on, chicken parts)  
salt and pepper  
½ stick butter  
½ cinnamon stick  
1 handful fresh sage leaves  
zest of two large lemons (save the lemons themselves in a bag in the fridge for another use)  
6 garlic cloves, chopped  
2 c cream

Preheat the oven to 375F. In a pan just large enough to hold the chicken in one layer (preferably NOT non-stick), melt the butter over medium heat, and brown the chicken pieces, seasoned well with salt and pepper, on all sides. Remove the chicken to a plate, stir in the remaining ingredients (scraping up the fond), return the chicken to the pan and turn it to coat with the cream. Bake for 70 minutes, basting now and then if you remember

## Chicken Adobo

Adobo is probably one of the most well known Filipino dishes. It is basically a stew, but the word adobo refers to the style of cooking, not necessarily the ingredients, because the possibilities are endless. This recipe uses chicken, but beef or pork can easily be substituted. I grew up eating this dish, my grandmother's is my favorite. I am like her, don't measure just throw things in by feel. So I decided to look up a recipe and I've made comments on my preferences.

3 lb chicken cut into pieces (I actually just use whatever chicken I have on hand, boneless pieces, wings, drumsticks, etc.)  
1/2 c. soy sauce (I use low sodium)  
3/4 c. white vinegar  
1 or 2 head of crushed garlic (not cloves, but entire heads, I've actually made it with less and it's just fine.)  
2 bay leaves (I use about 1 tsp. crushed bay leaves)  
1/2 tbl whole peppercorns  
Additional salt and pepper to taste (I'd say easy on the salt since you have soy sauce)

1. Combine all the ingredients in a pot and bring to a boil. Continue to simmer for 30 minutes.
2. Remove the chicken pieces (should be beginning to fall apart) and place in pan to either broil in the oven or fry on the stovetop for about 10 minutes.
3. Continue to cook the sauce until reduced by half.
4. Cover the chicken w/ the reduced sauce and serve. Notes: One thing I do different is just put the chicken and most of the sauce into the fry pan and cook all together to reduce the sauce, it becomes thicker and sticky. I just add more sauce from the pot as the sauce in the fry pan disappears (as it thickens it sticks to the chicken pieces). My grandmother has told me that some people just serve it more like a stew w/ the "wet" sauce, so you eliminate the final steps. Just simmer the chicken a little longer than 30 minutes just so the chicken is tender and falling apart. Cooking all day in a crock pot is also a good method. Traditionally it's served over rice (oh well!) but you can just eat larger servings and serve w/ sauteed veggies. Adobo is basically anything that is cooked with the soy sauce and vinegar method. This method comes in handy because it preserves the food, so in the tropical islands of the Philippines where not everyone has refrigeration, this dish technically

doesn't need it since it's preserved.  
ENJOY!! Edited by - erika9473

## **Chicken Tequila Fettuccine**

by inreno

Calls for pasta, I use zucchini noodles

1/2 C. chopped fresh cilantro (2 tablespoons reserved for garnish/finish)

2 Tbsp. minced fresh garlic

2 Tbsp. minced jalapeno pepper (seeds and veins may be eliminated if milder flavor is desired)

3 Tbsp. unsalted butter (reserve tablespoon per sauté)

1/2 C. chicken stock

2 Tbsp. gold tequila

2 Tbsp. freshly squeezed lime juice

3 Tbsp. soy sauce

1 1/4 pounds chicken breast, diced 3/4 inch

1/4 medium red onion, thinly sliced

1/2 medium red bell pepper, thinly sliced

1/2 medium yellow bell pepper, thinly sliced

1/2 medium green bell pepper, thinly sliced

1 1/2 cups heavy cream

1. Cook 1/3 cup cilantro, garlic and jalapeno in 2 tablespoons butter over medium heat for 4 to 5 minutes. Add stock, tequila and lime juice. Bring the mixture to a boil and cook until reduced to a paste like consistency; set aside.

2. Pour soy sauce over diced chicken; set aside for 5 minutes. Meanwhile cook onion and peppers, stirring occasionally, with remaining butter over medium heat. When the vegetables have wilted (become limp), add chicken and soy sauce; toss and add reserved tequila/lime paste and cream.

3. Bring the sauce to a boil; boil gently until chicken is cooked through and sauce is thick (about 3 minutes).

When sauce is done, toss with zucchini noodles and reserved cilantro.

4. Serve family style or transfer to serving dishes, evenly distributing chicken and vegetables.

## **Buffalo Chicken Rolls**

by kgsheehy

4 skinless, boneless chicken breast halves - pounded to 1/4 inch thickness

4 tablespoons butter, melted

1/2 cup hot sauce

1/2 cup shredded Provolone cheese

1. In a small bowl, stir together the melted butter and hot sauce. Place chicken breasts in a glass bowl, and pour the sauce over. Turn to coat, cover and refrigerate for 15 to 20 minutes.

2. Preheat the oven to 400 degrees F (200 degrees C). Remove chicken breasts from the hot sauce, and place 1 tablespoon of cheese in the center of each one. Roll up, and secure with a toothpick. Repeat with remaining breasts, and place them seam side down in a glass-baking dish.

3. Cover the dish, and bake for 30 minutes, or until chicken is fork tender. Increase the temperature of the oven to 450 degrees, and place the chicken 8 inches from the heat. Uncover, and bake for 5 minutes, until browned. Garnish with remaining shredded cheese, remove toothpicks, and serve with blue cheese dressing.

It was very good, but not as awesome as I was expecting. I made it just as the recipe said and it was just a bit overcooked. Here's my suggestions for changes -

1. Add more provolone cheese than called for (I would use a cup vs a 1/2 cup.)
2. Cook at either a lower heat (maybe 350) for 30 minutes or if you stick with 400, only for 25 minutes.
3. The recipe calls to turn the heat up to 450 to brown the chicken. Instead, I would suggest just topping it with the extra cheese at that point and just broiling it for a minute or two instead to melt the cheese and brown the cheese a bit.

Hopefully that will keep it from being overcooked! All that being said, it was very good. It would have been great if it wasn't just a bit overcooked. I'll definitely make it again. I served it with a salad and celery sticks & blue cheese dressing. It was a nice change for me, as I like the taste of Buffalo wings but not the mess and bones!

## **Lime Chicken**

By sxyfatchick

I sautéed an onion, 1T garlic, 2 small cans of mushrooms in a skillet. Then added 4 skinless boneless chicken breasts. To the chicken I added thyme, pepper, cumin, garlic powder and Lime juice(1/2 of the lime) save the other 1/2 for serving. Cooked about 20 min on med till chicken was cooked through. its fantastic..everyone I've given it to loves it.

After the 20 min...add zucchini and yellow squash....and added paprika at the last min to the squash. Use the last 1/2 of the lime just before plating. Great...all cooked in one pan.... Less dishes

## **Stuffed Bacon Wrapped Chicken**

This dish is what keeps me going and it is almost unimaginable that we can have it. Try it! It is great!

Chicken Breast pounded  
cream cheese  
chopped green onions  
butter  
bacon  
Lawrys seasoning salt

Pound out your chicken breast, spread with a thick layer of cream cheese and add a little slab of butter, a few chopped green onions or a lot depending how you like it, and sprinkle with salt and pepper. Roll up the chicken and wrap with 2 slices of bacon for each breast. Sprinkle with seasoning salt and bake for 35-40 minutes or until the juices are running clear.

You will not be disappointed with this recipe!

## **Pollo Avellino**

Serves: 4

From Food Network Recipes

Again, I couldn't help but tweak this recipe -- as usual. But the general ingredients and preparation are from the above site. By mystified

6 tablespoons olive oil  
4 chicken breasts, bone-in, with skin  
1 medium sweet onion, diced  
1 red bell pepper, diced (or any color)  
1 pound fresh mushrooms, sliced  
3/4-1 cup dry white wine (or chicken broth)  
salt & pepper, to taste  
1 teaspoon Emeril's Essence  
6-8 turnips, peeled and chunked  
1-2 tablespoons cream  
1 tablespoon butter  
salt & pepper, to taste

1. In a large, heavy-bottomed skillet, heat the oil until smoking. Add the chicken and brown, working in batches if necessary to avoid over-crowding. Remove the chicken and set aside.
2. Add onion, bell pepper and mushrooms; sauté for 10 minutes or until all are golden brown.
3. Add wine to pan with onion mixture and allow wine to boil. Return chicken to pan and reduce heat to simmer. Stir in seasonings. Cook chicken for 45 minutes, adding more wine if necessary to keep meat moist.
4. With about 15 minutes left of cooking the chicken, steam the turnips until tender, about 10 minutes. Dump into a mixing bowl or your food processor and mash the turnips, adding enough cream and butter to give desired consistency.
5. Place one chicken piece and a serving of mashed turnips on each plate. Spoon the sauce over top.

AUTHOR'S NOTE: This would be a great meal to serve guests ... little preparation work and little fussing ... and yummy!

## Coq au Herbs de Provence

The number of chicken breasts you use depends on the number of people you will be serving; hence the different amounts of other ingredients. The more chicken, the more other stuff! By MyStified

2-4 chicken breasts, skinless & boneless  
1-2 teaspoons Herbs de Provence \*\*  
4-6 tablespoons butter  
salt and freshly ground pepper, to taste 1 teaspoon garlic powder  
8-12 ounces fresh mushrooms, sliced  
1 tablespoon olive oil  
1 tablespoon Balsamic vinegar  
3/4 cup heavy cream

1. Preheat oven to 375°F.
2. Wash and pat dry chicken breasts. Place chicken into an oven-proof dish or skillet. Sprinkle breasts with Herbs de Provence, garlic powder, salt and pepper. Slice butter into pieces and randomly lay atop chicken. Cover with foil and place in hot oven.
3. Bake for 30 minutes.
4. While chicken is baking, heat olive oil in large skillet. Add sliced mushrooms and sauté until mushrooms release their juices, about 10 minutes. Drain the mushroom juice into

small saucepan. Season with salt and pepper then set aside.

5. Remove chicken from oven and using a turkey baster, remove as much of the drippings from pan as possible and put drippings into that small saucepan with the mushroom drippings.

6. Spoon mushrooms over chicken and return pan to the oven, leaving off foil. Bake for an additional 10 minutes.

7. Meanwhile, bring drippings to a boil then add Balsamic vinegar; boil for 1 minute. Turn heat to medium and whisk in a little cream. Continue adding cream and whisking to mix thoroughly. Heat to a simmer (small bubbles appear) and reduce to about 2/3 cup.

8. When chicken is done, place one chicken breast and some mushrooms onto each serving plate. Ladle sauce over top.

AUTHOR'S NOTE: I steamed broccoli and when I was ready to serve, I placed chicken and broccoli on individual plates and served sauce over all. Incredible! DH loved it ... and he won't eat broccoli without Cheez Whiz®! LOL :-)

## **Cracked Mustard Seed Chicken**

by SJK

¼ cup whole grain mustard  
1 cup Dijon mustard  
2-1/2 cups heavy whipping cream  
2 tsp. fresh squeezed lemon juice  
¼ tsp. white pepper  
¼ tsp. salt  
2 tsp. peeled & chopped fresh garlic  
6 large boneless, skinless chicken breasts

Stir everything but the chicken together in large saucepan & place over med-low heat. When mixture begins to boil, reduce heat to low and, stirring often, cook for 30 min's. Sauce will reduce by about 1/3. Can be made ahead & stored in fridge.

Rinse chicken breasts well & drain on paper towel. Place chicken in shallow baking pan & pour 1 cup of mustard sauce over chicken. Turn to coat well. Save remaining sauce for basting & serving. Grill chicken once, turning once. Discard sauce in basting pan. Use reserve sauce for basting both sides & serving.

Of course, you can also bake the chicken, it just doesn't have quite as good a flavor.

## **Balsamic Chicken Breasts**

4 boneless chicken breasts, split  
Salt and freshly ground pepper  
2 tablespoons olive oil, or 1 tablespoon olive oil and 1 tablespoon unsalted butter  
3 cloves garlic, minced  
8 ounces fresh porcini mushrooms, sliced  
1/4 cup balsamic vinegar  
3/4 cup chicken broth  
3 tablespoons white wine

Rinse the chicken and pat dry. Sprinkle with salt and pepper. Cook the fillets in the olive oil in a sauté pan over medium-high heat for 3 minutes on 1 side or until brown. Add the

garlic. Turn the chicken over; sprinkle with the mushrooms. Cook for 3 minutes, shaking the sauté pan to redistribute the mushrooms so they will cook evenly. Stir in the balsamic vinegar, chicken broth, and wine. Cook covered, over medium-low heat for 10 minutes, turning the chicken occasionally.

## **Cheesy Chili Chicken**

I just made up an EASY, tasty recipe.

3 boneless chicken breasts  
1/2 small can chopped chiles  
garlic powder  
salt  
pepper  
paprika  
shredded cheddar cheese

Preheat oven to 375.

Place chicken in pan and sprinkle on chiles and spices. Cook for 25 minutes and remove from oven. Top with shredded cheese and cook an additional 15 minutes. Yum!

## **Velvet Chicken**

2 chicken breasts  
1 cup mushrooms, sliced in half  
1/2 cup butter  
2 Tablespoons garlic powder

Preheat oven to 350.

When oven is preheated, bake chicken breasts for 25 minutes. While baking, combine mushrooms and butter in a bowl and microwave until butter is well melted. Add garlic powder and stir. After the chicken has cooked for 25 minutes, open oven and pour mushroom, butter and garlic mixture over chicken. Cook chicken for an additional 5 minutes. Serve with fresh steamed vegetables. by Velvet Mushroom

## **Simple Lemon Chicken**

2 to 3 lbs chicken pieces  
1/2 cup butter, melted  
2 lemons  
1/2 tsp garlic salt

Rub chicken with 1 lemon. Mix butter, juice of 1 lemon, garlic salt. Pour over chicken and bake. Baste occasionally. Bake 350F for 1.5 hours  
Serves 4 to 6 BY Twiggy88

## **Stuffed Chicken with Lemon Sauce**

by misslula

Chicken  
4 chicken breasts, split for stuffing

4 slices prosciutto ham  
1/2 C. fontina cheese(prov or swiss)  
Lemon Butter  
1/2 C. butter  
3 cloves garlic, minced  
1/2 small yellow onion, diced  
1/3 C. white wine  
4T unsalted butter  
1/2 tsp. white pepper  
1/2 tsp. salt  
Topping  
8 oz. sliced mushrooms  
1/2 C. fresh sweet basil, chopped fine  
Lemon Butter Recipe (listed above)  
1 lemon, juiced

Chicken: Butterfly (open) chicken breasts and place butterfly-style on grill. Grill 3-5 minutes per side or until cooked through. Remove from grill. When chicken is cool enough to handle, hold breast halves together and stuff each breast with one slice of prosciutto and 1/8 cup fontina cheese. Secure with toothpicks. Set aside in a warm place.

Lemon Butter and Topping: In a large sauté pan over medium heat, combine butter, garlic, and onion and sauté until tender. Deglaze pan with white wine. Add unsalted butter, salt, and pepper. Add mushrooms to lemon butter and sauté 1-2 minutes or until cooked. Add basil and lemon juice and stir to combine. Place chicken on a serving platter and top with mushrooms in lemon-basil butter and serve. Yields 4 servings.

### **Excellent Fried Chicken**

This chicken was so good and I wanted to share it with all of you....It tasted just like my Georgia Mother-in-law's super chicken...I took two eggs, 1/4 cup parmesan cheese, 1/4 cup of crushed pork rinds, and 1 heaping Tablespoon of protein powder...Salt and pepper...Mix all ingredients together and put into a Ziploc bag....I put in my chicken breasts, 2 large, and let them sit in the mixture all day...I did turn the bag a few times...Take out and deep fry...It's excellent...I really think you'll enjoy this if you like fried chicken...Suzie I also cooked in oven uncovered for 15 minutes at 350-I had huge breasts with the bone in....

by - suzieq012

### **Southern Fried Chicken**

This tastes even better Somersized than when I used to make it with flour!

4 fryer chickens  
3-4 cups pork rind flour mixed with parm. cheese  
1 tbsp paprika  
1 tbsp garlic powder or garlic salt (your preference, I find the pork rind flour provides plenty of salt)

Blend well in baggy.

Wash chicken (don't dry), put in baggy (gal size) and shake until well coated. Cook in peanut oil (enough to cover 1/2 of chicken pieces in pan) on medium heat, turning to evenly brown. Cover and cook 1/2 hour. Put in roaster with lid and cook in oven at 325 degrees for one hour. Please make sure your oil is HOT (!!!) before putting the chicken in the pan

otherwise the coating will stick to the bottom of the pan! Also, I use a cast iron frying pan to make this. If you have one, use it.

## **Old Fashioned Crispy Chicken**

I got this off the boards and I finally tried this and it was EXCELLENT!!!

1 1/2 cup finely crushed pork rinds  
1/2 cup parmesan cheese  
1 tsp basil  
1 tsp oregano  
1/2 tsp cayenne pepper  
1/4 tsp salt  
1/4 tsp pepper  
1/2 tsp poultry seasoning  
cream or eggs  
10 chicken legs or chicken pieces of your choice.

Preheat oven to 350. Mix all ingredients in a bag except chicken. Dredge chicken in egg or cream (I use cream), and then a few pieces at a time place chicken in bag with mix and shake. Place on a greased baking pan and repeat with all chicken pieces. Pour any remaining coating over chicken if necessary. Cook for approx 45 minutes or until chicken reaches temp of 180 degrees...this is better than shake and bake!

Twinkle's way of preparation: I used 4 boneless, skinless chicken breasts. Follow the directions for the recipe and when finished, take chicken out of oven. If desired, placed some sliced mushrooms on top of each breast. Then some of your favorite L1 marinara sauce, add some thin slices of mozzarella cheese on top. I just slice pieces off a block of cheese. WOW! Delish!

## **Chicken Cacciatore**

2 lbs chicken thighs (or preferred chicken pieces)  
2 medium onions, quartered  
8 cloves garlic, peeled  
1 tsp Italian seasoning  
1/2 tsp celery seed  
2 bay leaves  
salt & pepper to taste  
3 cans of stewed tomatoes  
1 8 oz can tomato sauce  
2 TBSP splenda  
Olive oil

Remove skin from chicken. Brown in olive oil on both sides of meat. Place in stock pot and add ingredients. It's helpful to mix the spices in with the tomato sauce for even distribution. Simmer 1 hour. Serve with zucchini noodles.

Also works very well in crock pot. Cook on low for 8-10 hours.

## **Chicken Cacciatore SS Style**

This was posted by earthmother on the old boards and it is SO good. I made it again last night for a house full of company, mashed potatoes for non-SSers and pureed celery root for us SSers. Mmmm! I think you will really like this. It made a thick sauce when it was funky, and, though the sauce is thinner it is still very good. My notes will be at the end with my 'tweaks' for our taste. \*Ü\*

2 young chickens, quartered, or a 4 pound chicken, cut in pieces.  
Sprinkle the chicken with salt and pepper and rub with finely grated parmesan cheese.  
Brown lightly in 1/4 cup olive oil

Take the chicken out of the pan. To the juices in the pan add:

1 large onion, chopped fine  
1 stalk celery, chopped fine  
1 clove garlic

Stir and cook until the onion has turned yellow. Add the chicken and:

sugar substitute to equal 1/4 teaspoon  
pinch of allspice or cinnamon  
1/2 cup red wine, or, 1/4 cup sherry

Cook and stir 5 minutes, Remove the garlic. Add to the pan:

3 tomatoes, cut in pieces

Cover and cook slowly until the chicken is tender about 40 to 60 minutes. If necessary, add more liquid from time to time, using Chicken broth, tomato juice, red wine, or water.

Season with salt and pepper to taste.

Should make at least six servings. earthmother @ SS site

DebB's notes: I always make this with about 10 chicken thighs (skin removed, because we prefer the skin off). I use a sweet onion, Grey Poupon, cooking sherry and 1 (14oz) plain peeled, diced tomatoes instead of the fresh tomatoes.

### **Theo's Chicken Cacciatore**

5 lb. chicken (either roaster cut up or just use boneless skinless breast)

4 T. olive oil

1 cup chopped onions

1 cup fresh sliced mushrooms

2 - large green peppers julienned

1 - bulb garlic (minced)

2 - 28 oz. can of whole tomatoes

1 small can of tomato paste

1 tsp. oregano

1 tsp. basil

1 1/2 tsp. kosher salt

1 tsp. black pepper

1 cup red wine (I use Louis Jadot)

Parmesan to taste

Heat oven to 350°. Wash and drain your chicken pieces. Heat oil in a large, deep skillet and brown each piece until it turns golden on both sides. Put browned chicken in a roaster pan.

Sauté the garlic, green peppers, mushroom, and onion in the same pan that chicken was browned in for 10 min. Stir in the tomatoes (breaking by hand), tomato paste, wine, oregano and basil, salt and pepper. Cook for 10 min. and then add to the chicken in your roasting pan. Cover. Cook for 1 hour. When done, sprinkle with parmesan and serve. Enjoy.

## **Camembert Chicken**

I Somersized this recipe from one I found at AllRecipes.com. It is very (using DebB's \*new\* word) ... yum-ilicious! It goes well with steamed fresh green beans mixed with caramelized onions. BY MStified

3 skinless boneless chicken breast halves  
2 tablespoons butter  
4 green onions, chopped  
3/4 cup heavy cream  
1 tablespoon coarse grain prepared mustard  
3 ounces Camembert cheese, cubed

Place large skillet over medium heat. Add 1 tablespoon butter and sauté chicken breasts until cooked through, about 6 minutes per side. Remove chicken from skillet and keep warm.

Add remaining butter to skillet to melt. Add green onions and cook, stirring constantly and scraping up bits from bottom of skillet. Cook until onions just start to brown. Gradually stir in cream and continue cooking and stirring until sauce is thickened.

Turn heat down and add mustard and Camembert; stir until cheese is melted and smooth. Place chicken breasts on individual serving plates and top with sauce. And if you made those green beans, pour a little sauce over them, too.

## **Sour Cream Chicken**

I put a small amount of olive oil in deep pan and brown the chicken breast. Then add a sliced up onion. Brown well and then add container of sour cream and garlic salt and turn down the heat. Cook until done. This is very good over spaghetti squash or green beans..ENJOY!!!!

## **Reuben Chicken**

OK, here's a weird one. As a matter of fact, I remembered it from one of those TV cooking shows a while back (Natalie Dupres, I think), and she called it Weird Chicken.

1 package split chicken breasts (I always skin mine so the flavor gets in the meat)  
1 container sauerkraut (she used a bag, I use a can)  
sliced swiss cheese  
one recipe Somersize Secret Sauce (the stuff that tastes like 1000 Island)

Layer all this in a casserole in the order given. (I'm not sure whether the cheese and sauce should be switched or not. I made it last night this way and it seemed fine). Cover tightly with aluminum foil and bake on 375 until done (depends on thickness of chicken).

It does not taste like sauerkraut too much, just sweet and very tender. (you know, I didn't check to make sure this brand of sauerkraut had no sugar, but I have used brands in the past that did not).

## **Cajun Pasta**

12 Zucchini made into noodles with a potato peeler or knife (for level 1)  
2 Tbsp Olive oil

Sauté the zucchini noodles for a few minutes in the olive oil. Or for level 2, use 1 lb whole wheat pasta.

6 oz boneless, skinless chicken breast, cut into bite-sized pieces  
2 1/2 tsp Essence (see recipe below)  
2 tsp Olive Oil  
3 oz chopped chorizo, andouille or other smoked spicy sausage  
3/4 lb medium shrimp, cleaned  
2 1/2 tsp minced garlic  
1/4 cup chopped scallions  
1 1/2 cups heavy cream  
2/3 cup grated parmesan cheese  
1/4 tsp each Worcestershire sauce and hot red pepper sauce (like Tabasco)

In a medium bowl, toss chicken strips with 1 tsp Essence. In large nonstick skillet, heat oil over high heat. Add chicken; sauté, shaking pan occasionally for one minute or until browned.

Add chorizo; cook, shaking skillet and stirring for one minute. Add shrimp, garlic and remaining Essence. Sauté for one minute. Stir in scallions and heavy cream; reduce heat and simmer for 2 minutes.

Stir in 1/3 cup parmesan cheese and the remaining ingredients. Simmer 2 minutes. Add zucchini noodles to skillet; gently toss with sauce to coat. If using pasta, serve over the pasta. Serve with remaining parmesan cheese.

### **Essence**

5 Tbsp sweet paprika  
1/4 cup each salt and garlic powder  
2 Tbsp each freshly ground black pepper, onion powder, cayenne pepper, dried oregano and dried thyme

In a small bowl, mix together all ingredients until well blended. Store in airtight container in spice cabinet for up to 3 months.

My DH prefers the chicken and sausage to the shrimp, so I've been using 3 chicken breasts, cup up (adjust the 1 1/2 tsp of Essence up to around 2 1/2 tsp – enough to coat the chicken), plus 2 sausage links and 1/2 lb shrimp. The sauce is also fantastic, so I increased the amount of heavy cream to around 2-2 1/2 cups.

Don't be intimidated. This recipe is actually very easy and takes about 20 minutes to get on the table. Stefanie

### **Sloppy José Sandwich Filling**

Serves: 4

This is so good you may never eat regular ol' Sloppy Joe's again!

2 boneless, skinless chicken breasts  
2 dried ancho chilies, stemmed  
2 tablespoons beef broth or chicken broth  
1 celery stalk, chopped  
1/2 yellow onion, chopped  
1 clove garlic, minced  
1 teaspoon chili powder  
1 16-ounce can diced tomatoes, undrained  
1/4 cup beef broth or chicken broth  
1 4-ounce can diced green chilies  
1 tablespoon sugar-free maple syrup  
2 teaspoons paprika  
1 tablespoon cumin  
1/2 teaspoon salt

Deb's Pro-Fat Buns made with Parmesan cheese and spices.

1. Remove seeds and membranes from dried chilies. Cover chilies with hot water and soak until softened, about 30 minutes.
2. Poach chicken breasts in boiling, salted water for about 15-20 minutes. Remove from poaching liquid and let cool. Then shred and set aside.
3. Meanwhile, heat 2 tablespoons beef or chicken broth in heavy skillet over medium-low heat. Add celery, onion and garlic. Cover and cook until tender, about 5 minutes. Reduce heat to low. Mix in chili powder, cover and cook 10 minutes, stirring occasionally.
4. Drain ancho chilies, reserving soaking liquid.
5. In a blender or food processor, puree chilies, 3 tablespoons soaking liquid and tomatoes with some of their liquid.
6. Stir into celery mixture. Add 1/4 cup beef or chicken broth, diced green chilies, maple syrup, paprika, cumin and salt. Stir to blend. Add chicken and simmer until sauce thickens, stirring occasionally. Thin with additional chili-soaking liquid, if necessary.
7. Spoon onto Deb's Pro-Fat Parmesan Buns.  
I toast mine first to get them warm.

NOTE: I like to add a slice of Smoked Gouda cheese and a lettuce leaf.

## **Taco Chicken Rolls**

1 cup finely crushed pork rinds  
1 envelope taco seasoning  
6 boneless skinless chicken breast halves (about 2 pounds)  
2 ounces Monterey Jack cheese, cut into six 2-inch x 1/2-inch sticks  
1 can (4 ounces) chopped green chilies

In a shallow dish, combine the crushed pork rinds and taco seasoning; set aside. Flatten chicken between two sheets of waxed paper to 1/4-in. thickness. Place a cheese stick and about 1 tablespoon of chilies on each piece of chicken. Tuck ends of chicken in and roll up; secure with a toothpick.

Coat chicken with crumb mixture. Place in a greased 13-in x 9-in baking dish. Bake, uncovered, at 350 degrees for 35-40 minutes or until chicken juices run clear. Remove toothpicks.

## **Chicken and Broccoli**

Take a 13x9 pan...place in it cooked skinless boneless chicken breasts (6-8) or chicken chunks if u need to make it go further. Then add steamed broccoli. In a separate bowl take 8 oz of daisy sour cream, 2 large spoons of Hellmann's mayo with a teaspoon of powdered

mustard and one of curry. Use this to cover chicken and broccoli Top with 2 -3 cups of cheddar cheese. Bake for 45 min to an hr on 350.  
This can easily be adapted for more or less people.

## **Easy and Delicious Chicken**

Here's an easy and delicious recipe for boneless/skinless breast.

1 1/4 lbs boneless skinless breast sliced thin or pounded thin  
Hellmann's mayo(enough to generously coat chicken)  
parmesan cheese  
parsley  
oregano  
salt/pepper

Place chicken on baking sheet. Coat chicken breast generously with mayonnaise. Sprinkle a generous amount of parmesan cheese on top. Add the other spices to top of chicken. Oven set at 400 degrees, bake for 25 minutes or until chicken is really browned on top. Trust me it is delicious@!!

Or...

Here's what I do that is similar:

Preheat oven to 350. Take @ 6 breasts and place in a sprayed (Pam or whatever) baking pan (I would suggest like a 9x13 cake pan. In a bowl mix 2 heaping spoonfuls (large eating spoon) of Real mayo, 2 heaping spoonfuls (large eating spoon) of Real sour cream, about 1/4 tbs of mustard (I used deli style) and a couple dashes of Worcestershire sauce and lemon or lime if you like as well. Stir and spoon over breasts evenly. Cover with SHREDDED parmesan cheese (I love parmesan cheese so I use about 4 ounces). Bake for about 1 hour until your meat thermo says it's dead (don't want any cooties). I had to drain the excess water (from the chicken breasts I'm sure) from the pan, but the chicken is so tasty and moist you can cut it with a fork. YUM YUM YUM. This works well with cod too, but decrease baking time to 30 minutes. Voila.

Valerie R. Altig

## **Creolized Stuffed Chicken Breasts**

I found this recipe and tried it. I think you will really enjoy this. We can never have enough ways to prepare chicken.

1/2 pound smoked sausage, sliced thinly  
1/2 pound fresh button mushrooms  
3 tablespoons chopped green onion  
1 teaspoon minced garlic  
4 tablespoons blue cheese salad dressing, divided  
3 skinless, boneless chicken breasts  
1 tablespoon Cajun-style seasoning

To Make Stuffing:

Brown sausage in a large skillet over medium high heat; once sausage starts to brown, add mushrooms and sauté for 5 minutes, then add green onion and garlic and sauté for another 2 minutes. Remove stuffing mixture from heat, put in a food processor and add 1 tablespoon salad dressing. Process slowly in processor, roughly chopping.

Preheat oven to 375 degrees F. Cut 2 inch slits in sides of chicken breasts and stuff with as much stuffing as breast will hold. Season both sides of breasts liberally with Cajun-style seasoning and sear in a hot skillet for 1 to 2 minutes per side, then place in a lightly greased 9x13 inch baking dish. Top with leftover stuffing and remaining 3 tablespoons salad dressing. Bake at 375 degrees F for 30 minutes or until chicken is cooked through and juices run clear.

### **Chicken Breast stuffed with Feta and Spinach**

I had this at a restaurant a little while ago, and I LOVED it, so I tried making it at home. I don't really know the amounts I used, so just do this to your own liking!

Chicken breasts

Feta

Frozen Spinach (I cut a block of it off, and let it thaw just a little bit)

Tomato sauce

cream

garlic salt

Take the chicken breasts, and put a slit in them, so that you can open them like a book. Next, take your spinach, and stuff it inside the chicken, then generously sprinkle the feta inside the chicken as well. (Optional, you can add a little bit of butter, as it may dry out a little during cooking) Close the chicken (optional, you can sprinkle with garlic salt and pepper before baking) and bake it for 45 minutes to an hour, or until fully cooked at 350 degrees Celsius. When the chicken is almost done cooking, empty half the can of tomato sauce into a saucepan. (Assuming it's about a 14.5 ounce can) then add about 1/3 a cup of cream. Add different spices to taste, I just used garlic salt and I liked it fine that way. Let simmer while the chicken finishes cooking. Put the chicken on a plate, and cover in the sauce. Sprinkle more feta on top of the chicken; serve with some veggies, and VOILA!!

This dish tasted awesome!! And was super easy to make. I hope you all enjoy it! Works best with a fresh chicken breast, as opposed to a thawed chicken breast.

### **Romantic Chicken with Artichokes and Mushrooms**

4 boneless, skinless chicken breast halves

Salt and pepper to taste

1 tablespoon olive oil

1 tablespoon butter

14 ounce can marinated quartered artichoke hearts, drained, liquid reserved

1 cup sliced fresh mushrooms

1 cup chicken stock

1 tablespoon capers

Season the chicken with salt and pepper.

Heat oil and butter in a large skillet over medium heat.

Brown chicken in oil, about 5-7 minutes per side.

Remove from skillet and set aside.

Place artichoke hearts and mushrooms in the skillet, and sauté until mushrooms are brown and tender.

Return the chicken to the skillet.

Pour in the reserved artichoke liquid and the chicken stock.

Bring to a boil, reduce heat to low, and simmer, covered, for about 10-15 minutes, or until chicken is no longer pink and juices run clear.

Stir in capers and simmer for another 5 minutes.

Remove from heat and serve.

4 servings. ByGail

## **Outback's Alice Springs Chicken**

Marinade ingredients

1/2 cup Grey Poupon Dijon mustard or mustard of your choice

1/2 cup splenda

1 1/2 tsp vegetable oil

1/2 tsp lemon juice

(Can add drops of LorAnn "honey" oil for added flavor if desired)

Dish ingredients

4 skinless, boneless chicken breasts

1 tbsp oil

2 cups sliced mushrooms

2 tbsp butter

S&P

8 sliced bacon, cooked

1 cup shredded Monterey Jack cheese

1 cup shredded Cheddar cheese

chopped parsley to garnish

In food processor, blender or mixer, combine all marinade ingredients. Whip for 30 seconds. Pour 2/3 of mixture over chicken breasts. Marinade in covered dish for at least 2 hours. Chill remaining marinade for later.

Preheat oven to 375. Heat empty baking dish in hot oven. Add chicken plus 1 tbsp oil to hot dish and sear in pan for 3-4 minutes per side.

On stovetop, sauté mushrooms in butter. On seared chicken, brush bit of marinade (not reserved portion--don't contaminate that with raw chicken). Season each side of breast with salt and pepper and dash of paprika as desired. Stack 2 pieces of cooked bacon on each breast and top with sautéed mushroom. Layer Monterey jack and cheddar cheese on each breast.

Place in 375 oven and bake 7-10 minutes. Sprinkle with parsley. Use remaining marinade as dipping sauce when served. By Sooz

## **Chicken Parmagiana**

Make up a batch of oven baked parmesan chicken (heaps of recipes on boards).

While cooking in oven make my chicken tomato sauce (the rest of my family eat this on top of spaghetti with fresh grated parmesan cheese). I spoon it over my oven baked parmesan chicken pieces and serve with stir-fried veggies (step 3 below).

Ingredients for sauce:

olive oil  
medium onion  
3 cloves of garlic  
2 skinless chicken breasts  
4 tbs tomato paste  
Large tin of Italian diced tomatoes approx 800g (28oz)  
1 tbs Hungarian paprika  
1.5 tbs salt  
1 tsp ground coarse black pepper  
600ml water (21 oz)

Cover bottom of large fry pan with olive oil (be generous).

Add finely chopped onion and garlic. Fry till lightly gold.

Add bite size chicken pieces. Fry till no longer pink.

Add tomato paste, stir through and let mix with oil - simmer a minute or two and it will look red and saucy when mixed with oil.

Add diced tomatoes, stir through.

Add water, paprika, salt and pepper.

That's it. Stir everything through and leave on simmer with lid off for around 40 mins...till saucy texture...you should see reddish oil around edges. Try a piece of the chicken to see if tender enough.

Have this sauce on its own with veggies or as I do, just spoon the sauce (without chicken pieces) over baked parmesan chicken for a wonderful chicken parmigiana.

I serve mine with stir fried veggies - step 3 below. Very yummy and satisfying and works for me as I find the parmesan chicken a bit strong on its own, but done this way is more of an authentic Italian meal. Hope you enjoy.

3. Serve with stir-fried veggies. I use 1 large zucchini (courgette), 3 large mushrooms, 1 medium red bell pepper. I cut these into chunks. Heat around 2 tbs olive oil in wok or fry pan and add veggies. Toss through. Add good sprinkle of coarse ground black pepper, good sprinkle of salt and good shake of sweet hungarian paprika. Add just a dash (about 1 tsp) of Soy. Stir fry till veggies are just tender (about 8-10 mins).

Hope you find this recipe tasty and enjoyable. ozgal

## **Awesome Chicken Parmesan!**

My picky hubby says these are the best he's ever had!!! It won't taste like you're losing weight. These will be a staple on my table--maybe yours too!

Start with boneless, skinless breasts.

Coat with beaten egg.

Roll breasts in mixture of finely ground pork rinds, garlic powder, and parsley.

Cook in a generous amt. of olive oil (adds flavor) over med/med. hi heat 'til cooked thru.

Place in baking dish sprayed with Pam. Pour marinara over top (I use Colavita for no added sugars.) Top with a heaping mound of shredded Italian cheese blend, or mozzarella. Bake in oven 'til sauce is bubbly and cheese is completely melted. MMMmmmmmm...Serve with nice garden salad and zucchini ribbons. AWESOME!!! By time2try

## **Easy Chicken Parmesan**

Ok, this is sooo easy for someone that is busy. I don't measure just use what I have. and what I want to make for then or to have in the future.

chicken breasts

can of hunts diced tomatoes (this doesn't have sugar, size jar depends on how much chicken I use)

mozzarella cheese

parmesan cheese

salt, pepper, garlic salt

butter

I heat butter in a frying pan at med high heat. (In my opinion butter works better than olive oil when I want to crisp things). Put chicken breasts in. I cook each side till they are crisp. Put garlic salt on whichever side is facing up. After the chicken has browned on both sides, open the can of tomatoes and pour it all around the chicken. I don't really like it on top of the chicken but there will be a little...then pour the cheese over top of the chicken. I don't put it over just the tom. Because it can leak down and burn...if you leave it on the chicken area it will stay on top and melt. Then just let it simmer/boil (I don't reduce the heat at all but you could if you're concerned about burning) until most of the juice is gone from the tomatoes. They will crisp up on the bottom and be sooo delicious. Then just scoop out what you want.

I've done this with both breasts and cut breasts. Either way is fine just be sure if its smaller pieces to not dry them out by cooking too much. Any excess you can put in the fridge and reheat in the microwave or a small pan if you need, add more cheese. Enjoy!

## **Chicken Pepper Parmesan**

Chicken Tenderloins (1 pkg)

1/2 Red Bell Pepper, diced

1/2 Yellow Bell Pepper, diced

1 Reg. Size Onion, diced

4 oz Fresh Mushrooms, sliced

2 Cloves Garlic, chopped or minced

2 Tbs. Olive Oil

2 Tbs. Butter

1/4 Cup Tomato Paste

1/4 Cup Water

1/4 Tsp. Salt  
1/4 Tsp. Pepper  
Fresh Grated Parmesan Cheese\*

Cook Chicken in Olive Oil. Mean while sauté the Peppers, Onion, Mushrooms & 1 of the Garlic Cloves in the Butter. Whisk together the Tomato Paste, Water, 1 Garlic Clove, Salt & Pepper. Add the veggies to the cooked chicken and then pour the Tomato Paste Mixture on. Stir it all together well. Sprinkle Parmesan Cheese over the whole thing and let it simmer for about 10 minutes. ~Heather L.

### **Slightly different method for Chicken Parmesan**

I decided to try a different way of fixing chicken Parmesan and I was pleased with the results. For me, I didn't like how all the chicken juices "watered" the marinara sauce down. Maybe for some people they don't mind it, it is natural juices so it's not a bad flavor. I just wanted mine to look different. So by cooking the chicken almost completely in a fry pan seemed to create less juices as they evaporated and caramelized the pan and the pieces of chicken. I liked how that added flavor to the chicken. By Erika9473

What I did was first pan fry the chicken in an ovenproof sauté pan. I have a nice 12-inch stainless steel pan. Heat the pan w/ olive oil; season the chicken then place in the hot pan. Cook until almost done, and then pour your marinara sauce over it. I used my own homemade that had large chunks of ground beef and spicy sausage. Cover w/ cheese and then put into the oven and broil for about 10 minutes or until the cheese is melted and slightly brown.

While broiling, I sauté zucchini noodles. When it's done, just turn the oven off and keep it in there for a few minutes to just make sure it cooks a little more and gets the marinara sauce heated through.

Then serve over the zucchini noodles.

### **Parmesan Pesto Crusted Chicken**

I experimented with this the other day and it was sooo delicious and quick and easy!

2 Chicken cutlets

About 1/2 c grated parm cheese

about 1 1/2 tsp Knorr Pesto Sauce Mix  
Cream

I mixed the cheese and the pesto mix together then dipped the chicken in the cream and them into the cheese mixture, both sides. I then baked the chicken in the oven for 15 minutes and it came out great, but I think next time I will pan fry them. They were so good that I wanted more than just the two!!! I'm such a little piggy!! By Kim

### **Pesto Chicken**

4 pieces boneless, skinless chicken breast halves

1/2 cup pesto

2 plum tomatoes, sliced

3 ounces shredded mozzarella cheese

Preheat oven to 400. Line baking sheet with foil.

Place chicken and pesto in bowl, toss to coat. Place chicken on baking sheet. Bake 20-25 minutes or until chicken is no longer pink in middle. Remove from oven, top with tomatoes and cheese. Bake an additional 3-5 minutes or until cheese is melted.

My Notes – keep the drippings, they are GREAT! Add additional tomatoes and cheese, YUM!  
By - Piaffe

## **Sweet and Sour Japanese Chicken**

6 pieces of chicken  
(wings would be great too, use enough wings to fill the bottom of a medium skillet)  
2 Tbsp Butter  
Salt (to taste)  
Garlic powder (optional)

1/2 cup vinegar  
3 Tbsp soy sauce  
6 packets of splenda

Season the chicken with salt and garlic powder to taste. Melt butter in a medium non stick skillet, add chicken pieces and cook until they are a deep golden brown. In a measuring cup mix vinegar, soy sauce and splenda. Pour the sauce over the chicken (turning the chicken frequently) and let the sauce reduce and thicken until it coats the chicken with a gooey sweet and sour sauce. Voila!!!

I hope you enjoy this recipe! I tried adding a tablespoon of Tabasco sauce to this recipe last night, gave it a nice kick! Yum! LisaB

## **My favorite chicken recipe**

I have made this chicken for many years and it is still my favorite:

Chicken (I use breasts or thighs)  
Salt and pepper  
Butter  
Minced garlic  
Rosemary  
Lemon  
Sliced mushrooms  
Sour cream

Put chicken in a Pyrex dish. Salt and pepper, put a pat of butter, some minced garlic and Rosemary on each piece. Top with sliced lemon on each piece. Bake at 350-360 until almost done. Then take out of oven, add sliced mushrooms and sour cream and mix them with the juice from the chicken. Put back in oven and bake until mushrooms are done, probably another 15 minutes or so. This dish is very easy to make and tastes absolutely delicious.

## **Chicken Livi**

In Pyrex dish (9x13) add:  
2 jars of marinated artichoke hearts with marinade. On top of artichoke hearts lay boneless, skinless chicken breasts. Top chicken breasts with bacon slices, tomato slices. Bake 350 F. for 20 minutes. Last 10 min. add shredded cheddar cheese and continue baking until cheese is melted. This is really delicious.

## **Chicken and Eggplant Parmesan**

Found this on cooking.com and it sounded good.

1 small eggplant (about 1 pound), cut into 1/4-inch rounds  
4 tablespoons olive oil  
1 teaspoon salt  
Fresh-ground black pepper  
1 pound boneless, skinless chicken breasts (about 3)  
2 cups canned crushed tomatoes in thick puree  
1/2 pound fresh mozzarella cheese, cut into thin slices  
1/3 cup grated Parmesan cheese  
1/4 cup lightly packed basil leaves

Heat the broiler. Arrange the eggplant in a single layer on a large baking sheet. Coat both sides of the eggplant with 2 1/2 tablespoons of the oil and sprinkle with 1/2 teaspoon of the salt and 1/4 teaspoon pepper. Broil, turning once, until browned, about 5 minutes per side. Turn off the broiler and heat the oven to 425 degrees F.

In a large nonstick frying pan, heat 1 tablespoon of the oil over moderately high heat. Season the chicken with 1/4 teaspoon of the salt and 1/8 teaspoon pepper and add to the pan. Partially cook the chicken for 2 minutes per side and remove from the pan. When cool enough to handle, cut the chicken crosswise into 1/4-inch slices.

Oil an 8-inch square baking dish. Put one third of the eggplant in a single layer in the dish. Top with half of the chicken, half of the tomatoes, half of the mozzarella, one third of the Parmesan, half of the basil, and the remaining 1/4 teaspoon of salt. Repeat with another third of the eggplant, the remaining chicken, tomatoes, and mozzarella, another third of the Parmesan, and the remaining basil. Top with the remaining eggplant and sprinkle with the remaining cheese. Drizzle with the remaining 1/2 tablespoon oil. Bake for 20 minutes and let sit for 5 minutes before cutting.

## **Sesame\* Chicken**

Tonight I used 1.25 lbs. of boneless chicken thighs, but any kind of chicken will do. I've made this using whole chicken pieces with skin and bone, boneless breasts, etc.

Mix in small bowl or large measuring cup:

- equal parts oil (olive oil, corn oil, whatever you have) and soy sauce, about 1/4 to 1/2 cup, depending on amount of chicken
- minced (or powdered) ginger, garlic and onion (fresh or from the spice rack)
- pepper
- sprinkle of chili powder
- one packet splenda (used brown sugar pre-SS)
- a splash of vinegar (instead of white wine)
- a couple of spoonfuls of sesame seeds\*

\*I know sesame seeds are funky, BUT they are incredibly healthy, and there aren't very many on each piece of chicken and they look and taste so good!

Mix everything up and pour over chicken in baking dish. Marinate if you have time, but not necessary. Bake at 425 for 30-50 minutes, uncovered, depending on type/amount of chicken. Baste it a couple of times while it's cooking. It will turn a lovely color. And if you're cooking the chicken with the skin still on, the skin will be deliciously crunchy.

The 425 cook temperature is what I use for chicken with skin and bone. For boneless, 350 is probably fine.

The ingredients are so delicious that they seem to work in just about any proportions. You can't mess this one up, believe me! I served this with fresh steamed green beans and made white rice for my DH and DS. The extra sauce from the chicken is great over rice, but I just poured some on my green beans and was just as happy as the rice-eaters.

I use a similar marinade on shrimp: equal parts soy sauce, sesame oil, and rice (or red wine) vinegar, just enough to cover the shrimp (about 1T. each for 1.25 lb. of shrimp). Plus fresh ginger, garlic, a little cayenne pepper and sweetener. (No sesame seeds.) Marinate peeled shrimp. Toss into skillet and sauté at high heat. Take out shrimp, add a little more oil, sauté green beans and/or other veggies. Throw shrimp back in and mix together. Yum!  
By skie

## **Chicken in a Package**

by McQueeney

This was one of my favorite recipes before I started SS. I SS'ed it by deleting the potatoes and carrots; but it remains as delicious as ever. Warms over well too.

1 Chicken Breast  
½ onion thickly diced  
½ Bell Pepper, sliced  
3 Stalks of Celery sliced  
½ Jalapeno Pepper (optional if you like it hot)  
¼ cup Worcestershire sauce  
1 Tbs Butter

Place a large doubled square of aluminum foil on the counter. Place the chicken breast, onion, pepper and celery on the foil. Fold up edges to contain the liquids. Sprinkle with paprika, salt and pepper. Pour the Worcestershire sauce over the chicken and vegetables. Cut up and place butter spots over the chicken and vegetables. Close the foil package. Place the package on a cookie tin and bake at 400 degrees for 1 hour and 15 minutes. Empty package and sauce into a large serving bowl. Serves one. You can adjust the quantities for larger meals.

Hi All! Well McQueeney, your dinner sounded so good I just had to try it. I omitted the celery and jalapeno in the recipe, but I did use a red onion, red bell pepper and a pack of whole mushrooms. I did not have a bone-in chicken breast (I could have sworn I saw a pack in my freezer!) so I used partially thawed (mostly frozen) boneless, skinless chicken breasts (two of them). I sprinkled the chicken with a little salt and pepper and lots of garlic powder, chopped the veggies into one-inch pieces and put everything in a large foil bag. Add 1/4 Cup Worcestershire sauce and let bake on a gas grill at med-high for about 40 minutes. I walked outside halfway through the cooking process and the whole neighborhood smelled like my dinner (delicious, I might add.)

## **Yummy Chicken Florentine**

by Mrs Bomblatt

New to SSing, but I just adapted one of my family's favorite recipes using SS principles and it came out GREAT! You may want to give it a try...

1 pkg frozen chopped spinach  
1 smallish head cauliflower  
4 tablespoons butter  
1/4 cup finely chopped onion  
about 3 cups fresh grated parmesan cheese  
4-6 chicken breasts or comparable volume of chicken tenders (I use the flash-frozen kind)

Steam the cauliflower until very soft. Puree in blender with 4 Tblsp butter until very creamy. Set aside. Microwave frozen spinach on high 4 minutes until completely thawed but not cooked. Squeeze all the liquid that you can out of the spinach. Set aside.

Chop up all the Parmesan so it's no longer long strands. Roll each piece of chicken in the Parmesan until well coated. Place chicken in single layer in a 9x12 glass-baking dish.

Sauté onion in a tiny bit of butter or olive oil until translucent. Remove from heat and stir in spinach and pureed cauliflower. Fold until well blended.

Spoon the spinach/cauliflower mixture over the chicken and spread it all the way out to the edges, covering all exposed areas. Sprinkle any remaining Parmesan cheese over the top. Bake at 375 for about 1 hour or until surface is lightly brown and bubbly. Remove from oven and let sit 5 minutes before serving.

This recipe originally called for a basic white sauce to be mixed with the spinach and onion. Using the cauliflower mash makes this SS'd. Not patting myself on the back, just sharing a yummy recipe and letting others know that if they use their creativity and follow the basic rules, you can still make some of your favorite foods.

### **Swiss Bacon Chicken**

This is a recipe that I somersized that I ate at a restaurant, its really good.

4 chicken breasts  
6 slices of bacon  
1 pound of mushrooms  
1 medium chopped onion  
2 table spoons butter  
4 slices swiss cheese  
1 can chicken broth

Preheat oven to 350.

Boil the chicken in the chicken broth and 2 cups water until tender.

Cook the bacon until crispy.

Slice then sauté the mushrooms in the butter with the onions.

Put the chicken in a casserole dish and evenly top with mushrooms then bacon.

Put a slice of swiss cheese on each chicken.

Bake in the oven for 10 minutes or until cheese is melted. By SKF

### **Garlic Mushroom Chicken**

Maybe someone has already posted this or already makes this, I don't know, but I'm hooked on this and it's about the only thing that keeps me from cheating!

Chicken Thighs/Breasts- I almost always use frozen

1/2 stick of butter in slices

2 - 8oz. cans sliced mushrooms

Garlic Powder  
S&P

In a Non-Stick pan, lay chicken thighs in the bottom. Sprinkle generously with garlic powder, S&P, randomly place butter slices in the pan, cover with foil, and bake on 375 until cooked through and browned (Usually about 30 mins, turning once). Uncover, add 2 cans sliced mushrooms on top and cook an additional 4-8 mins. These will be very tender, and crispy on the outside, and the mushrooms are great with it.

Like I said, too simple to make, but it's a favorite of mine and keeps me from cheating with ketchup - because I don't need ketchup with this dish!

Tip: I tried this today using chicken breasts that were still mostly frozen. Also on top of using the garlic powder, I used garlic flakes, too. I covered it with the foil and baked it at 350 for maybe an hour. Turned up the heat to the 375 and cooked it maybe another 20 minutes. Then added the mushrooms and had the foil off. Turned out really good. Something else good was the vinegar from my salad ran onto the meat. I think that adding lemon juice somewhere in the baking process might be wonderful. Thanks for a simple and delicious recipe.

Tip: Another thing for Chicken Breasts - for level one - sauté lemon slices in olive oil, then use that oil to pan fry your chicken breasts. Top the chicken with the slices of lemon and serve on a bed of spinach with fresh lemon squeezed over it :) That's my all time favorite dish.

For level two - dip the chicken in egg, coat in WW flour and do the same thing. It's a good dish called Chicken Scaloppini.

## **Sweet-n-Spicy Orange Chicken Breasts**

PammyJo

3 chicken boneless, skinless chicken breasts, pounded to uniform thickness, about 1/4 thick.  
1/4 cup SF orange Davinci Syrup  
1 teaspoon Hot Sesame Oil  
1 teaspoon Low Sodium Soy Sauce  
1 teaspoon Dried Red Pepper Flakes  
1 teaspoon dried minced garlic  
1 Tablespoon toasted sesame seeds (funky for level 1)  
1/4 cup of chopped green onions  
4 Tablespoons butter  
Salt and Pepper to taste  
Season breasts with salt and pepper.

In small bowl mix, SF orange Davinci syrup, minced garlic, sesame oil, soy sauce, red pepper flakes. In Large non-stick skillet, melt 4 tablespoons of butter over medium high heat. Add breasts to the skillet and cook 1-minute on each side. Add sauce mixture to the skillet and cook chicken over med-high heat, making sure to coat with the sauce, about 4 minutes per side.

Transfer chicken and any sauce dripping to serving platter and garnish with toasted sesame seeds and chopped green onions. PammyJo @ Atkins site

## **Pan Roasted Chicken and Vegetables**

(original recipe from Chef Paul Prudhomme)

2 pounds turnips, about 8 medium sized (can use celery root)  
1 medium zucchini  
1 large red bell pepper  
1 medium red onion  
3 tablespoons olive oil, divided  
garlic powder to taste  
1 teaspoon dried ground rosemary, divided  
salt and pepper to taste  
1/2 cup grated Parmesan cheese (the kind in a shaker)  
1 egg

Slightly beaten 4 boneless, skinless chicken breast halves.  
Preheat oven to 425. Peel and cut turnips in half. Soak in a bowl with 1/2 cup of cream with sweetener to equal 1 teaspoon of sugar. Add water to bowl to cover turnips. Soak for at least 15 minutes. Drain and rinse slightly before using. Cut zucchini in half lengthwise. Cut zucchini into 1" pieces. Cut bell pepper into 1" pieces and onion into wedges. Place vegetables in a large shallow pan and toss with 2 tbsp olive oil. Sprinkle with 1/2 tsp of rosemary, garlic powder, salt and pepper; toss to mix well. Spread veggies around sides of pan, leaving center open. Combine cheese and remaining rosemary in shallow bowl or plate. In a separate bowl, combine 1 egg with remaining tablespoon of olive oil. Dip chicken in egg mixture and coat lightly with cheese mixture. Place chicken in center of pan. Bake 22-25 min. or until chicken is no longer pink in center. Original recipe used 2 large potatoes instead of turnips.

## **Chinese Chicken in a Lettuce Wrap**

Twinkle Posted - 22 July 2003 10:45

This recipe is yummy! The filling goes into a **\*\*crisp\*\*** lettuce leaf, is rolled up, and is eaten with your hands, like a sandwich. It is a great party dish\*\*\*\*

3 Tablespoons peanut oil  
1 1/3 cups skinned, boneless, finely chopped chicken breast meat(raw)  
1 cup finely chopped green or red pepper  
1/2 Tablespoon Somersweet or Splenda  
2 1/2 Tablespoon minced fresh(or jarred) ginger  
1 1/2 Tablespoon soy sauce  
3 Tablespoon water  
1 Tablespoon fresh lemon juice  
1 large scallion, \*sliced\*  
1/2 Tablespoon Salt  
Freshly ground Pepper to taste

### **SAUCE:**

1/2 cup rice vinegar (legal-info found in Eat, Cheat page #99)  
1 1/2 Tablespoon soy sauce  
1 teaspoon sesame oil(legal oil-info in Fast and Easy page #168.)  
Dash hot sauce or chili oil  
8-12 iceberg lettuce leaves, washed, dried, and chilled

Heat the oil in a skillet over medium-high heat. Add the chicken, chopped pepper, somersweet, salt, and pepper and cook stirring constantly until the peppers turn a deep color and the chicken is cooked through, about 3-5 minutes.

Add the ginger, soy sauce, water, and lemon juice to the chicken mixture, stirring well and cook for 1 minute more. Remove from heat. Sprinkle with the scallions.

For the sauce: mix the vinegar, soy sauce, sesame oil, and hot sauce in a small bowl with a whisk until blended.

To Serve:

Place 2-3 TBLS of the chicken mixture on a lettuce leaf, roll up, and place on a serving dish. Dip and ENJOY!!!!

TIP: You can also have as a side DebB's yummy Faux Fried Rice!!

## **Lettuce Wraps**

This is a FAST & EASY meal taken from PF CHANGS (RESTAURANT) the amounts depend on you I made a lot and froze some for another time making it really FAST & EASY...

Ground turkey or chicken (I used turkey)

brown in Large Wok or skillet, season with Salt, Pepper, Tonys

DRAIN ~ Brown a little more add some Soy Sauce to taste and more seasonings You want it to have a little kick. I used some red pepper flakes and white pepper.

Remove and keep warm

DICE UP ~ Green onions (both parts), 1/2 yellow onion, celery & water chestnuts add this to some HOT seasoned (garlic) olive oil and stir fry till veggies are tender then add Soy sauce (if you DONT have light soy sauce I add a little water to mine to cut the sodium down) NOW add in the meat, Stir fry till HOT.. Season to your taste...

I scooped this into Iceberg Lettuce leaves and rolled up to eat..

## **Elegant Chicken Divine**

by molliegirl

Butter two 8" x 10" casserole dishes. (I use an oven proof pottery one that goes from the oven to its rattan "sleeve" right to the table.)

Preheat oven to 325F. Microwave 4 boneless chicken breasts, covered, in a little broth for 8 minutes per pound or use cooked leftover chicken.

Place 2 or 3 small packages frozen broccoli flowerets (or green beans or asparagus tips) in bottom of casserole dish. Shred or cut the cooked chicken into bite sized pieces.

Sauté 1 1/2 cups sliced mushrooms and 1 onion in butter.

Mix 2 cups mayonnaise

2 cups sour cream

3/4 cup chicken broth

1/4 cup white wine (optional)

1/2 cup Parmesan cheese

1/2 to 1 tsp. curry powder (to taste)

Add mushrooms and onions to mixture and pour over chicken. Sprinkle with a little more Parmesan cheese and paprika.

Bake for 30-40 minutes. Serves 12. Can easily be reduced in size for smaller families. This makes a delicious meal for guests and family alike

## **Chicken (or Turkey) Divan by Bfoster**

Pre-steam and drain some broccoli -- fresh or frozen. Place the broccoli in the bottom of your casserole dish -- cover the bottom well.

Next, use leftover turkey or chicken, and layer it on top of the broccoli. You can chop it in bite sized pieces, or leave in elegant slices for company, whatever you have, whatever you prefer.

If you're using fresh chicken (like chicken strips), sauté with a little chopped onion in half olive oil, half butter until almost done, then layer on top of the broccoli.

Optional: scatter some water chestnuts or celery on top for crunch, or mushrooms if you like them. Chopped roasted red peppers are good, too.

The sauce. Here in our old incarnations we would have dumped on the condensed cream of celery soup. Not now!! Now, you use cream. Adjust amount to the size of your dish. For a family sized casserole, you'll probably use this: beat two eggs together, beat in 1-1/2 cups of cream and 1/2 cup water, mix well. Season with salt and pepper or seasoned salt, and a 1/4 teap. of nutmeg (try it). The eggs will also thicken your sauce. Pour sauce over the broccoli chicken mixture. The mixture should be almost covered.

Now, take cream cheese and pinch off pieces and poke them under the surface of the casserole. For a family sized casserole I'd start with 4 oz. (1/2 package). Then add 4 oz. of your favorite cheese -- American, parmesan, Italian blend. If you want it very mild (more like a white sauce than a cheese sauce) add the other half of the cream cheese and omit other cheeses.

Bake at 350F preheated oven, about 30 min. for the proverbial family sized casserole until hot and bubbly and golden on the top. (Since the broccoli and chicken have been cooked, you're just heating and melding flavors -- your broccoli will be nice and tender.)

## **Chicken Divan**

by sista

I don't know if this is the recipe that you are talking about but I just made this up last night and it was great. Just like real chicken divan without the breadcrumbs on the top.

1 tbsp. butter  
3-4 chicken breast  
1 pkg. cream cheese  
2 c. mayo  
1 stalk celery  
1/4 c. chopped onion

1 clove minced garlic  
lg. bunch of broccoli  
16. oz shredded cheddar

Instead of using the canned cream of chicken soup that I used to use in this recipe I start by sautéing the garlic, onion, and celery in the butter. When they are nice and soft I reduce the heat and add a pkg. of cream cheese and stir until mixed. Then, ( I think this part could be optional) I take my hand blender and blend it all until the consistency of cream of chicken soup.

Then I add this mixture to the 2 c. mayo. Set aside then brown chicken breast. Steam broccoli. Layer chicken in bottom of dish, then the broccoli, then the mixture and then top with cheese. Bake at 350 for about 25 min. or until bubbly and the cheese is melted.

### **Chicken Divan Casserole**

This is a favorite in my house:

16 oz fresh broccoli florets  
The meat from 4 cooked chicken breasts, cubed or shredded, or picked apart.  
3 C mayonnaise  
2 T curry powder  
Juice from 2 lemons  
1 Cup grated Parmesan cheese  
1/4 Cup of butter, melted

Preheat oven to 350.

Place broccoli florets in bottom of casserole pan. Cover broccoli with chicken. Mix together mayonnaise, curry powder, and lemon juice. Spread mayonnaise mixture over chicken. Sprinkle Parmesan evenly over mayonnaise. Pour melted butter over Parmesan. Bake casserole for 45 minutes.

### **Chicken Divan with Curry**

by gruntle

1 can chicken (10 oz)  
1/2 cup sour cream  
1/2 cup cream, or more to thin  
1 cup mayo  
1 tablespoon curry powder  
1/2 tsp garlic powder  
1 cup cheddar cheese  
1 bag frozen broccoli

\*mix all ingredients except broccoli

\*place broccoli in long glass dish, cover with chicken mixture

\*bake in a 350 degree oven until all is bubbly. Enjoy!

### **Chicken Chop Suey**

(mjlibbey)

3 tablespoons peanut oil  
2 slices gingerroot, cut into 1x1/8" pieces  
1 cup chopped onion  
2 cups chopped celery  
dash pepper  
1 to 2 tablespoons water chestnut flour(optional)\*  
1 can (14 ounce) chicken broth  
3 cans La Choy Fancy Vegetables, drained  
2 cups precooked chicken, cut into bite size pieces  
2 teaspoons soy sauce  
sweetener to equal 2 teaspoons of sugar

Over med-hi heat in fry pan, heat oil and slices of gingerroot. When oil is hot enough the root will sizzle. Let it sizzle for 15 seconds, then add onions, celery and pepper. Sauté for 10 minutes or until tender. Stir in water chestnut flour, if using. When combined, add in broth, vegetables and chicken. Heat to boiling. Add soy sauce and sweetener. Mix well to combine and dissolve sweetener.

\*This ingredient has been declared not legal by Suzanne's site. It's up to you, if you want to use it or not. It's made from dehydrated water chestnuts and then ground into a flour.

Hope you enjoy this dish. Mary

### **Creamy Chicken & Mushroom Spaghetti Squash**

I stumbled upon this last night while experimenting in my kitchen. I thought it was quite yummy and wanted to share. I sautéed onions, mushrooms, and chicken (cut into cubes) in olive oil until chicken was thoroughly cooked. I then added cooked spaghetti squash, tossed it, and added 1 package of Boursin cheese(stir in until melted through). That is it. It is quite easy to make and very good. Hope you enjoy. By Robin

### **Spaghetti Squash w/ Mozzarella and Chicken**

So many of our recipes use spaghetti squash as a substitute for other ingredients. Not this one! It was originally created this way. by Sooz123

1 large spaghetti squash, cooked  
1 tbsp. olive oil  
1 large onion, thinly sliced  
2 medium tomatoes  
6 oz smoked mozzarella cheese or Gouda cheese, cubed or shredded  
12 oz chicken, cut into chunks for stir fry  
1/2 tsp salt  
1/4 tsp pepper  
1/4 cup basil leaves

Cook spaghetti squash in microwave. Remove seeds and use fork to remove squash. Place in bowl. Heat olive oil in skillet. Cook onion until tender. Add chicken and season w/ salt and pepper to your liking. Cook 8 minute or more or until juices run clear.

In separate bowl, mix tomatoes, cheese and salt and pepper.

On serving dish, make layer of spaghetti squash and top with chicken. Spoon tomato and cheese mix over top. Sprinkle with basil and serve

## **Chicken Mexican Casserole**

by atcchick

I tried something a little different with the recipe for hamburger Mexican casserole. I thought it turned out pretty good, so I thought I would post it:

Preheat oven to 375 degrees

2 cups Mexican cheese blend

4 oz cream cheese

3 eggs

1/3 cup heavy cream

1/4 cup parmesan cheese

1 can Rotel Original diced tomatoes & green chilies drained

1 1/4 lb. chicken breast cut into small pieces (I used tenders to get a head start on the chopping)

Brown the chicken in olive oil with 2 tsp of taco seasoning (I used a recipe I found on this site). Beat together cream cheese and eggs till smooth. Stir in cream, parmesan cheese, and Rotel. Spray 9 x 13 pan with Pam. Sprinkle pan with Mexican cheese. Spread chicken over cheese, then pour egg mixture over it. Bake for 25-30 minutes. Let stand for 5 minutes.

## **Littlejewels Julie's Crustless Chicken and Broccoli**

by stilljoyful

1 boneless chicken breast, cubed

about 1 cup of broccoli, chopped

1/2 of a beefsteak tomato, chopped and seeded

1/2 chopped onion

5 eggs

1/2 cup heavy/whipping cream

1 package or 2 cups of shredded cheese

(cheddar, American & jack mix)\*\*

salt & pepper to taste

\*\*Other recipe calls for Mozzarella, cheddar & jack cheese

Preheat oven to 350 degrees.

Brown or sauté chicken in olive oil. I like to season the chicken with a little all purpose seasoning salt and lemon pepper (both of these seasoning have a little sugar in the ingredients). When chicken is browned, add the broccoli. Mix in a little butter. Cover and let broccoli slightly cook for about 3-5 minutes, stirring frequently. When finished, set aside. In a large bowl, mix egg, add cream, salt & pepper. Mix in chicken, broccoli, tomatoes, onion and cheese. Pour mixture into a greased pie pan. Bake for 30-45 minutes until desired firmness. Makes about 4 healthy servings. It's even better the next day for lunch!

## **My Mom's Italian Chicken**

8 Pieces Chicken - Use your favorite cuts...i.e. legs, thighs, breasts, in any combination.

2 tbl. spoons olive oil

1 lg can stewed tomatoes

2 cloves garlic (minced)

1 sm onion (chopped)

1 bell pepper (chopped)

sliced mushrooms to taste  
1 tbl. spoon Italian seasoning  
1/2 tsp. salt or to taste  
pinch pepper or to taste

Brown chicken pieces in olive oil with onions & garlic. Add remaining ingredients except mushrooms, bring to a boil & simmer for approx. 1 hour or until chicken is tender. Add mushrooms last 5 mins of cooking time.

Serve with your favorite veggies & a salad. Enjoy!

## **Chicken a la Franze**

Serving size: 3-4

2 Tbsp olive oil  
4 thawed chicken breasts

Lemon Cream Sauce Ingredients:

3 Tbsp lemon juice  
2 tsp lemon extract  
1 1/2 tsp lemon zest (optional)  
3 Tbsp + 1 tsp sugar equivalent  
1/4 cup water  
1 8 oz pkg cream cheese, softened  
1 tsp dried dill weed  
1/4 tsp dried mint  
1/4 tsp tarragon  
1/4 tsp parsley  
1/2 tsp basil  
1/2 tsp oregano  
1/4 tsp salt  
1/4 tsp pepper  
1/4 tsp caraway seed  
1/4 cup finely chopped sun-dried tomatoes  
2 pinches cinnamon

In a large frying pan over medium heat, heat olive oil for one minute. Add chicken breasts, cover, and brown on both sides until cooked through. Remove from heat and allow to cool. Preheat oven to 300 degrees. In a medium pot, add next five ingredients. Place cream cheese in a medium bowl and whip with electric mixer until light and fluffy, about one or two mins. Add cream cheese to saucepan and stir until thoroughly mixed. Once cream cheese is melted, add remaining ingredients, and cook until mixture is bubbling. Place chicken in a casserole dish and pour cream cheese over top. Bake for 15 mins for thinner sauce, or 30 mins for thicker sauce.

## **Turkey Divan**

by NHRuby

Cook 2 bags of frozen broccoli or use fresh broccoli - enough to cover a nice size backing dish. Place cooked broccoli in bottom of backing dish and dice up chunks of turkey and place

over the broccoli.

In separate pan heat the following on low:

1.5 cups mayo  
1.5 cups shredded cheddar cheese  
add cream to smooth  
1 TBL curry powder (add more to your personal taste)

Pour over turkey and broccoli and bake at 325 for 45 minutes or until cheese topping is bubbly---enjoy!

## **Chard and Turkey Gratin**

Makes 4 servings

(From "Parisian Home Cooking" by Michael Roberts. Published by William Morrow & Co. \*not a Somersizing cookbook, but it has a lot of recipes that work)

1 bunch green Swiss chard  
1/2 cup heavy cream  
2 Tbsp unsalted butter  
4 thick-cut or 8 thin-cut turkey cutlets(1-1/2 to 1-3/4 lbs.)  
1 tsp minced garlic  
1 Tbsp minced shallots  
Freshly ground black pepper  
1 tsp salt  
1/2 cup grated Gruyere cheese (but parmesan will suffice)

1-Wash the chard and pat dry. Remove the center ribs from the chard leaves and set aside. Roughly chop the leaves into two or three pieces each and set aside. Trim and discard the bottom of each rib as well as the narrow top. Slice the ribs cross-wise into ¼-inch strips and set aside.

2-preheat the oven to 375 degrees

3-Melt 1 Tbsp of the butter in a large skillet over medium heat. Cook the chard ribs, covered, until soft, about 5 minutes. Remove and set aside. Melt the remaining 1 Tbsp butter, add the garlic and shallots, and cook for 1 minute, stirring. Add the chard leaves and ½ tsp of the salt and cook until the leaves are wilted, about 2 minutes. Add the cream and cook until the cream boils down and thickens, another 3-5 minutes. Remove from heat and set aside.

4-If using thick cutlets, halve each horizontally to make two flat pieces. Lay the cutlets on a work surface and season lightly with the remaining ½ tsp salt and pepper. Place a dollop of creamed chard in the center of each cutlet and roll up. Arrange the turkey cutlets, standing on end, in a broiler-proof baking dish. Sprinkle with the cheese and place in the oven for 20 to 25 minutes.

5- Preheat the broiler. Place the gratin under the broiler until golden, about 2 minutes. Serve immediately.

## **Cheesy Turkey Meatloaf**

I made this "on the fly" for dinner tonight and it was a big hit. Since I need to write it down for my own re-use anyway, I thought I'd share it.

1 package ground turkey (generally 1 1/4 to 1 1/2 lbs.)  
1 egg  
1/2 cup smashed pork rinds  
1/4 cup parmesan (the powdery kind)  
1 tbl oregano  
1/2 to 1 tsp salt (to taste)  
1 tbl dried onion flakes  
Provolone cheese

Mix all ingredients except provolone together in a bowl. Lay a sheet of plastic wrap on the counter. Spread the meatloaf out on the plastic, approx. 1/2 inch thick. Lay 3-4 slices of provolone on the meat, overlapping as desired (more cheese is better). Using the plastic wrap to hold it together, roll it all up jelly roll style. Seal the ends together. Place in a loaf pan seam side down. Cut a slice of provolone into fourths and lay on the top. Bake at 350 for an hour. Slice and serve.

This fed my small family of three with just a small end leftover. Even my 13 year old son loved it. Enjoy!

## **Italian Turkey Sausage - Great!!**

Here is a great recipe and very easy to make - enjoy on your pro/fat meal times.

Eggplant  
Red Peppers  
Sweet Onions (my preference)  
Diced Tomatoes  
Hot or Sweet Turkey Sausage  
Shredded Parmesan Cheese  
Italian Seasoning

Preheat oven to 375 degrees. Spray baking dish with Pam.  
Peel the Eggplant and dice into 1" squares. Lay the eggplant at the bottom of the baking dish. Slice open the turkey sausage lengthwise and lay them on top of the eggplant. Add sliced peppers, onions, and diced tomatoes. (I like tomatoes so I add 2 cans with the juice, can also use stewed tomatoes as well.) Sprinkle Italian Seasoning and fresh shredded Parmesan Cheese and drizzle with Olive Oil. Bake for about 1 hour.

I prefer to cover mine for the first 45 minutes, and then take the cover off for the final browning. It is excellent, and freezes very well.

## **Moist Thanksgiving Turkey**

Posted by Starlite

I did not invent this recipe. It's an old basic that if you cook a lot you have heard many times. But for those who haven't here is my somersized version. It's my favorite turkey preparation. It's easy, cheap, quick, and delicious. It has all that I am looking for in a recipe. LOL. Hope you like it.

1 large thawed turkey  
Hellmann's Mayonnaise

garlic powder  
onion powder  
rubbed sage  
sugar free seasoned salt or sea salt  
ground pepper

Thoroughly wash the turkey inside and out. Remove the giblets and neck. Pat the bird dry with paper towels. Rub the cavity with mayo sprinkle with all seasonings. Treat the outside of the bird the same. Roast at 325 with frequent basting till done. It should be a deep golden brown. I use a meat thermometer to be sure its cooked completely.

Variations in spices may be done, as you desire. Some alternatives I like are:  
Fresh rosemary, fresh garlic, fresh thyme, fresh parsley all chopped and mixed with the mayo, salt, pepper  
Cajun spices, cayenne pepper, salt, pepper  
Liquid hickory smoke, fresh sage chopped, minced green onion, salt, pepper

## **Stuffing**

~ BFoster

Here's my "stuffing" recipe. I usually make a turkey breast, and I roast the turkey breast on top of the stuffing -- it is fabulous and you'll think you've died and gone to heaven while it is cooking. I start out just like I do with my regular bread stuffing. A stick of butter, several stalks of celery, chopped, a large onion, chopped -- sauté until clear. (Add mushrooms if you like them. You could add oysters, if you do oyster stuffing. This "recipe" is more for technique than ingredients!!)

Next, I take ground white turkey meat (about a pound) and brown it with the onion/celery mixture. Break into small pieces with your spoon. Remove from heat, and mix in a beaten egg -- you may want to wait a few minutes so the egg doesn't scramble. Then I season the mixture just as I would my bread stuffing -- poultry seasoning, generally, since I put salt and pepper and garlic powder in the cavity and that is generally salty enough for the dressing too. (So, add your seasonings here!)

Next, I add one head of cauliflower, chopped into bean-sized pieces. Toss well to combine. Place in oven safe baking dish, and pour about a half cup of water in the bottom. If you're baking without the bird, I think I'd do 350F for 20 min covered, then 10 min uncovered. With the turkey breast at 20 min/lb. it will roast about an hour and 45 min., so I cover the exposed stuffing with buttered parchment paper so it doesn't burn.

It doesn't hold together like bread stuffing, but wow, does it taste like it! You all enjoy!!

## Seafood Entrees

### Crab Cakes

1 lb Maryland crabmeat  
1 cup Italian seasoned breadcrumbs (protein powder or DebB buns ??)  
1 large egg (or 2 small)  
1/4 cup mayonnaise  
1 tsp Worcestershire sauce  
1 tsp dry mustard  
1/2 tsp salt  
1/4 tsp pepper  
butter or oil for frying

Remove all cartilage from crabmeat. In a bowl, mix breadcrumbs (?), egg, mayonnaise and seasonings. Add crabmeat and mix gently but thoroughly. If mixture is too dry, add a little more mayonnaise. Shape into 6 cakes. Cook cakes in fry pan, in just enough fat to prevent sticking, until browned; about 5 minutes on each side. May also be deep fried at 350 2 to 3 minutes or until browned.

Vicky

### Crab Imperial

1 lb Maryland crabmeat (preferably backfin)  
1 tbsp butter  
1 tbsp flour (protein powder or DebB buns?)  
1/2 cup milk (water?)  
1 tsp instant minced onion  
1-1/2 tsps Worcestershire sauce  
2 slices white bread cubed (crusts removed) - (buns again?)  
1/2 cup mayonnaise  
1 tbsp lemon juice (1/2 lemon)  
1/2 tsp salt  
few dashes pepper  
2 tbsps butter  
paprika, for sprinkling

Remove all cartilage from crabmeat. In medium-size pan, melt butter, mix in flour (?). Slowly add milk (?), stirring constantly, to keep mixture smooth and free from lumps. Cook, stirring, over medium heat until mixture comes to a boil and thickens. Mix in onion, Worcestershire sauce and bread cubes. Cool.

Fold in mayonnaise, lemon juice, salt and pepper. In another pan, heat butter until lightly browned. Add crabmeat and toss lightly. Combine with sauce mixture. Put mixture into individual shells or ramekins (or greased 1-quart casserole). Sprinkle paprika over top. Bake at 450 until hot and bubbly and lightly browned on top, 10 to 15 minutes.

Vicky

### Crab Gumbo

1 lb Maryland crabmeat  
1 medium onion, chopped  
1 large stalk celery, chopped  
1 glove garlic, finely chopped  
1/4 cup (1/2 stick) butter  
6 cups canned whole tomatoes (3 1-lb cans or equivalent)  
1 10-oz pkg frozen okra (I think this is funky and you could leave out or sub another veggie)  
1 bay leaf  
2 tsps salt  
1 tsp sugar (substitute)  
1/2 tsp whole thyme  
1/4 tsp chili powder  
1/4 tsp pepper  
3 cups hot cooked rice (leave out or substitute - maybe serve over zucchini noodles?)

Remove all cartilage from crabmeat. In 4 to 5 quart pot, cook onion, celery and garlic in butter until tender. Add tomatoes, okra (leave out or substitute another veggie) and seasonings. Cover and simmer 1 hour. Add crabmeat and heat through.

Serve over rice (substitute)

Makes 6 servings

Vicky

## **Crab & Spinach Quiche**

MsTified217@hotmail.com

Makes 1 9-inch pie

I altered a couple of recipes and came up with this. Ummmm!

3 tablespoons butter  
3 tablespoons chopped green onion  
3 tablespoons chopped bell pepper, whatever color you want to use  
1 bunch fresh spinach, cleaned  
1 cup fresh (or frozen) crabmeat, drained, cleaned and flaked  
salt and pepper, to taste  
1/8 teaspoon nutmeg  
2 tablespoons Marsala or white wine  
4 eggs, beaten  
1 cup heavy cream  
1/2 cup shredded Swiss cheese  
3 tablespoons shredded Parmesan cheese

1. Preheat oven to 375 degrees F.
2. Place spinach in saucepan with just a sprinkle of water. Cook just until spinach just starts to wilt. Drain well, pat dry and chop. Set aside.
3. Heat butter in large skillet. Sauté onion and bell pepper until soft. Stir in crabmeat, spinach and seasonings. Add wine and cook for 1 minute. Remove from heat and allow to cool.
3. In a large bowl, beat eggs until light. Whisk in cream, then stir in crab mixture and Swiss cheese.
4. Pour into 9-inch pie dish and sprinkle with Parmesan.
5. Bake for 25 to 35 minutes or until puffed and golden brown.

Note: If you don't like spinach, you can leave it out. I've also added fresh, wild mushrooms sautéed in a bit of butter to this. Oh my!

## Maryland Crabcake Dip

by winter-3

1 lb lump crabmeat  
1 8oz pk cream cheese softened  
3 tbs mayo  
1 tsp old bay seasoning(more to your liking)  
Shredded sharp cheese ½-c more or less

Blend cream cheese, mayo, and old bay seasoning, add crabmeat carefully as not to break up. Place in buttered casserole and sprinkle top with shredded sharp cheese. Sprinkle more old bay on top and bake 30 minutes at 350 oven or until hot and bubbly. We normally dip saltine crackers but would have to substitute with something else now. any suggestions? Perhaps cheese cracker or just veggies, or I bet a jicama chip would work great with the crab so it wouldn't overcome the crab taste.

## Crab Cakes

These are the best **crabcakes** I ever tasted!! YUM!

1/2 tsp. minced garlic  
2 Tbls. onion minced  
1 Tbls. celery - diced  
3 1/2 Tbls. mayonnaise  
1 egg  
1/8 tsp. salt  
1/8 tsp. black pepper  
1 tsp. Dijon Mustard  
1 tsp. Old Bay Seasoning  
1/4 cup crushed pork rinds  
1 lb. lump crab meat or 3- 6 oz. cans of lump crab meat. (\*Do not substitute imitation crab as it contains carbs\*)  
2 Tbls. olive oil or peanut oil for sautéing

In a large bowl, combine all ingredients, except crab meat and pork rinds.

Using your hands, gently mix in the crab meat and then pork rinds.

Form crab mixture into equal sized balls, approx. 2" in diameter. Then gently flatten them.

You can also roll them in more crushed pork rinds or crushed cheese crackers if desired.

Form cakes about 1/2" thick and 3" round.

Refrigerate the crab cakes for at least an hour.

Heat oil over medium heat and place crab cakes in the pan. Brown on both sides, approx. 3-4 minutes on each side. Lower heat and simmer for an additional 5 minutes.

I have made wonderful cucumber, tomato, onion, and relishes to go with it along with some cream. I also add colorful peppers to the relish. These are delicious. And you CANNOT taste to pork rinds in this recipe. Believe me I don't like pork rinds at all and I love this recipe.

## Akarnoff's \*Crabcakes\*

These are the best crabcakes I ever tasted!! YUM! These are so delicious. They freeze nicely also.

1/2 tsp. minced garlic  
2 Tbls. onion minced

1 Tbls. celery - diced  
3 1/2 Tbls. mayonnaise  
1 egg  
1/8 tsp. salt  
1/8 tsp. black pepper  
1 tsp. Dijon Mustard  
1 tsp. Old Bay Seasoning  
1/4 cup crushed pork rinds  
1 lb. lump crab meat or 3- 6 oz. cans of lump crab meat. (\*Do not substitute imitation crab as it contains carbs\*)  
2 Tbls. olive oil or peanut oil for sautéing

In a large bowl, combine all ingredients, except crab meat and pork rinds. Using your hands, gently mix in the crab meat and then pork rinds. Form crab mixture into equal sized balls, approx. 2" in diameter. Then gently flatten them. You can also roll them in more crushed pork rinds or crushed cheese crackers if desired. Form cakes about 1/2" thick and 3" round. Refrigerate the crab cakes for at least an hour. Heat oil over medium heat and place crab cakes in the pan. Brown on both sides, approx. 3-4 minutes on each side. Lower heat and simmer for an additional 5 minutes.

I have made wonderful cucumber, tomato, onion, relishes to go with it along with some cream. I also add colorful peppers to the relish. These are delicious. And you CANNOT taste to pork rinds in this recipe. Believe me I don't like pork rinds at all and I love this recipe.

## **Crab Cakes**

winter-3

I am honored. Mine is a simple recipe, but here in Maryland it is the basic one. Does not contain celery, peppers or anything else but pure crabmeat and dressing to hold together. Here it is, I am not a measurer but will try best as I can. This is the somersize version I made tonight without any filler to hold together which were usually breadcrumbs.

1 lb. crabmeat  
Mayo  
French mustard yellow style  
1 egg  
chopped parsley  
old bay seasoning

Take about (guessing here) can't harm if not exact..3 heaping tablespoons Mayo, squirt of mustard (sorry but never measure, eyeball it) about tablespoon. Mix and add egg Mix again, add parsley and old bay (about tablespoon). Now add the crabmeat and gently fold it in as not to break up lumps. Form into patty and brown in veg oil. I know it sounds so simple but is the best recipe. Somewhere I posted a hot crab dip version I think in the seaworthy thread..

## **Crab Quiche**

By erika9473

2 eggs, beaten  
1/2 cup cream  
1 tsp garlic powder  
1 tsp onion powder  
salt and pepper to taste  
3 cups shredded cheese (I use a combo of jack and cheddar)  
3 tbl grated parmesan cheese  
1 can crab meat

Oil or butter a 9 inch pie pan.

In a medium sized bowl, mix the eggs and cream, add the seasoning and mix well. Add the shredded cheese and crab and mix well. Spread into prepared pan and sprinkle parmesan cheese on top. Bake at 350 degrees for about 30 minutes or until golden on top or around edges. This is obviously a flexible recipe with so many variations!

Here's a couple others I love:

Spinach (fresh), artichoke hearts and feta cheese  
Sausage or bacon w/ broccoli

Note: Some people tell me they add another egg, I sometimes do too because I am usually making it in a deep dish pan and want to make a larger amount. It's so simple to just add more egg, more cheese, whatever you want.

## **Garlic Butter Sautéed Crab and Shrimp**

3 whole, cooked crabs- cracked (but not peeled) and cleaned (some stores will do this for you)

1 doz (or more if you want!) uncooked, shrimp (peeled or unpeeled your choice)

1/2 cup of butter

2 tbl olive oil

1 whole head of garlic, chopped

1/2 cup chopped fresh parsley

salt and pepper to taste

Old Bay Seasoning or Cajun seasoning (optional, a nice variation if you like spice)

1. If your crab is still whole, whack it w/ a rolling pin a few times, break off the legs and then remove the outer shell from the body. Pull off the "lungs" and clean out the yellow fat. I find running the faucet high, sort of pressure washes it all out.

Break the bodies in half.

2. In a large pot, melt the butter with the olive oil and add the minced garlic over medium high heat. When the butter is melted and garlic beginning to cook, add the parsley, mix well.

3. Add all the crab and the shrimp. Mix it around to coat. If you feel your heat is too high and the garlic is burning, turn it down.

4. Cover and let cook for about 10-15 minutes or until the shrimp are cooked. You probably want to stir it a few times, but also give it some time to let steam get created to heat up the crab and cook the shrimp.

5. When everything is hot and sufficiently coated, pour it all into a large serving bowl or platter, set it on the middle of the table and dig in! You can also serve w/ lemon wedges and additional melted butter for dipping.

A few words about this... this is so good! The way to eat them, is to lick the yummy garlic butter off the outside, then crack and eat the crab meat inside. Unless you are lucky enough to get fresh, uncooked crab you are probably getting crab that is already pink/red in color and cooked. So, the thing is the longer you cook it, the tougher the meat is. That's why I suggest only about 10-15 minutes cooking time in the garlic butter. Use the uncooked shrimp as the guideline, when they're done, the whole this is done. It's not really enough time to get the meat infused w/ the flavors, but it heats it up, gets it all coated on the outside and since it's broken up in pieces, some of it can kind of get on the insides. So just keep in mind that you don't want to cook it too long, I bet you could go as long as 20-25 minutes, but you have to just experiment and see.  
ENJOY!!

## Grilling Salmon Suggestions

- ❖ I use Suzanne's, teriyaki marinade and I've also used the lemon pepper marinade on salmon with very good results. I only marinate it for about 30 to 40 minutes and it's great! Tonight, I used the Tuscan rub on some orange roughy and it was just to die for!! Suzanne was not kidding when she said the marinades and salt rubs take all the guess work out, its like really healthy fast food! It takes no time at all and it's so delicious! Good Luck!
- ❖ Oh, I also just bake my salmon with some dill on it and then top it with sour cream mixed with a little horseradish, it's also very good! erika9473
- ❖ I always like to have olive oil, lemon juice, and dill. I use a dill spice mix that has onion in it and then I also add my own salt and pepper.  
But Suzanne also has a recipe for grilled salmon in Get Skinny that looks delish, Crispy Mesquite Salmon. Raemay
- ❖ I love Salmon my favorite fish I usually broil it with no additives if you broil salmon you can get it mouth watering tender I usually add soy sauce & ginger powder really good as a marinade before broiling salmon. kak
- ❖ I just had some yummy salmon fillets tonight. I drizzled them with some light olive oil and sprinkled them with sea salt, black pepper, dill weed and chives. Then I put them under the broiler. I served them with some of Suzanne's tartar sauce from F&E and had grilled asparagus and cauliflower and a nice spinach salad. I was very satisfied!! erica56  
Posted
- ❖ I made the best salmon tonight and was going to post anyway, and then I saw this perfect topic already on the list! I marinated my salmon filet for an hour in:  
Soy sauce (not drowning the fish - just put it "face-down" about 1/8" in bottom of bowl)  
1 clove Garlic, minced  
Powdered ginger (maybe 1-2 tsp.)  
Make a foil bag big enough to hold the fish, put the salmon in and pour the extra marinade in with it, and seal it up (folding all the edges of foil so steam is contained.) Bake for 20 mins. at 350 degrees. The best part about this recipe is that the only cleanup is tossing the foil! verygrateful
- ❖ I sampled this in Publix and it was great.  
Just cover salmon with mayo and a can of Rotelli tomatoes and green chili. Bake at 350 until done. Enjoy ginger7
- ❖ I just finished my lunch - salmon salad with leftovers from last night. Mix the salmon with capers, red onion and mayo. I had it with roasted asparagus. Yum! jules426
- ❖ Try mixing soy sauce with some somersweet and 2 cloves of garlic crushed or minced and either broil or grill. It's delicious. Another tip, add the same marinade to asparagus and sauté in sesame oil. You'll love it!! jules426

- ❖ Just a suggestion, but fresh gingerroot can be found at most grocery stores & is so much better than ground ginger, in my opinion, it's really worth getting. If you haven't used it, I've found it easiest to store in the freezer & then grate whenever ready to use. fomba
- ❖ I took 1 pcs salmon cut each horizontally and put aside. In a bowl combine 3 oz mayo, 3 oz crab, 3oz brie, 3oz bay shrimp (small) and salt & pepper. bake 350 for 15 - 20 min. This is for 1 salmon so I just added for each one. fomba
- ❖ I'm sorry stuff the crab/mayo/cheese/shrimp mix inside filet and bake Logical1
- ❖ My favorite salmon is very simple. Rub with olive oil, then season with sea salt, white pepper and garlic. I then place it on the Foreman grill or in a non-stick skillet. Cook for 5 minutes on each side or to your taste for level of doneness. It's best to leave a little pink inside.

While fish is cooking, I place about a 1/2 cup of heavy cream, season to taste with salt, white pepper, garlic and dill in a saucepan. Reduce the cream to make a great sauce to pour over the fish. Broccoli makes a great side.

This of course is about one serving for the sauce. Just increase the amount of cream for more servings. GrammaZ

- ❖ The best way to grill salmon is on a cedar board. Once you have you may never go back to the stove or oven. You take a cedar board (sometimes you can get them at the grocery store in the fish dept or as we do buy cedar fence boards and cut them in three. Make sure they fit in your barbecue). You soak the board in a green garbage bag covering the board in water or wine for a couple of hours. Heat your barbecue to high and let warm up. Place the board on the grill and let heat up for a couple of minutes. Then place your salmon that you have seasoned or as we do with my marinade (recipe follows) on the board. Close the lid of your barbecue and turn down the heat to medium. Don't go far because you may get flare-ups, which you just squirt with water. You are basically cedar smoking the fish. The large salmon fillet you get from Costco takes about 17 minutes or so. Don't overcook it. You don't have to turn it. It is to die for. Here is my marinade:

1/2 cup melted butter

2 tsp. lemon juice

2 tsp seasoning salt (could use a little less)

1/2 tsp. marjoram

4 tsp. garlic powder ( I use fresh)

1/2 tsp. lemon zest

Dash of cayenne pepper.

Mix together and brush over salmon often while cooking. (I usually put it on about an hour before I want to grill the fish and let it marinate rather than brush it on while grilling).

Enjoy. PennyO

Here's a different type salmon recipe:

Marinate salmon filet in 1/4 cup rice vinegar, 1/4 cup sugar free maple syrup and 1/4 cup minced ginger (I use the kind in a jar) for 20 minutes. Remove fish from marinade and pat dry.

Put fish on baking sheet, skin side down, and brush with 1-tablespoon sugar free maple syrup. Bake at 350 degrees for 10 minutes. Brush with another 1-tablespoon sugar free maple syrup and bake for 7 more minutes.

## **Rosemary Roasted Salmon**

By skie

Preheat oven to 500. Sprinkle rosemary on baking sheet or pan. Arrange sliced red onion on top of the rosemary. Put salmon, skin side down, on top of the onion. Sprinkle with s&p. Sprinkle more rosemary over the salmon. Arrange lemon slices over rosemary. Drizzle with olive oil. Sprinkle lemon slices with salt. Roast salmon till cooked through, about 20 minutes. (Serve with the onions and lemon slices.) Enjoy!

## **Grilled Salmon**

by kilseathome

Sauce:

3/4 c sour cream

1/4 c mayo

2T horseradish

2T chopped fresh basil

1T fresh lemon juice,

1t soy sauce.

Salmon:

veggie spray for grill

3T veg oil

1T horseradish

1T soy sauce

1 sm garlic clove-minced

1/4 t salt+pepper,

6 1" thick salmon steaks(6oz each).

Mix all sauce ingredients together in small bowl. Can be done 1 day ahead. Refrigerate covered. Spray grill with vegetable spray GENEROUSLY. Prepare grill to med-high heat. Whisk salmon ingredients together and brush over both sides of salmon. Grill till opaque in center of fillets (about 4 min).

## **Salmon Croquettes**

7 oz can salmon,

1 small egg,

1/2 cup raw cauliflower, grinded

1 small onion, grated

1 tsp baking powder

black pepper

oil for frying

Drain salmon, remove skin and bones. Whisk one egg, add other ingredients and blend well. Form croquette in a measuring tablespoon. Gently place in hot oil. Fry until brown.

Garnish with dill and serve with lemon slice. Makes 12 croquettes. These are very light and crispy. (I deep fried in 2" of oil). Mixture will look like it might fall apart but it does stick together if oil is hot.

## **Salmon Cakes**

I really got the hankering for salmon cakes, but got frustrated, because it usually lists bread crumbs as an ingredient. I did have to use egg whites, but I figured it might not affect me as much. Here's the recipe.

3 small cans of boneless, skinless salmon

2 egg whites

1 scallion, thinly sliced and chopped

1 celery rib, chopped finely  
1 Tablespoon fresh cilantro, finely chopped  
dried herbs per taste: sea salt, fresh ground black pepper, garlic powder, salt-free lemon pepper

Mix all of this up in a bowl, and then heat several Tablespoons of Extra-Virgin Olive Oil in a frying pan on med-high heat. Once the oil is hot enough, form patties and place gently in the oil. Brown on each side and serve! This was a big hit with my whole family!! Hope you enjoy it too!:-)

## **Zesty Dilly Salmon**

by gridmama

1 salmon filet, cut in half, skin on  
1/2 cup sour cream  
2 bell peppers, (red and green) cut in wedges  
1 lemon, cut into rounds  
dill weed to taste  
salt and pepper to taste  
garlic powder  
1 18x24 pieces aluminum foil

Place the filets skin side down in the center of the foil, one piece for each filet. Lightly cover filets with sour cream. Add spices to taste.

Place peppers on the foil (at the sides). Place 2 or 3 lemon rounds on the each filet, based on the size of the filet,

Double fold foil to form a large pocket, leaving room for heat circulation. Place each packet on a medium hot grill, cook for 25 minutes, or until the fish is fork tender. Skin should peel away and stick to foil.

## **PT's 3-minute Lemon-Parmesan Salmon**

NOTE: My little Save-a-Lot grocery store sometimes has neat 1-pound bags of flash-frozen salmon filets, 4-to-a-package, with each piece individually vacuum-sealed...not a \*bone\* in sight(!!!), and only \$2.99 for the whole package...a \*great\* deal, especially if you're often cooking-for-one (or one girl & one little cat!), 'cause it's just 75 cents per portion, and you can always have a freshly-made single serving with less than 5 minutes between "I'm-  
\*hungry\*" and "I'm \*eating\*"!

\*\*\*\*\*

Now-- for ZeeRecipe

For a really fast, incredibly delicious salmon \*indulgence\*, I place 1 unwrapped frozen salmon filet (about 4 oz) in a microwaveable dish, sprinkle with lots of lemon pepper, put on a coupla pats of butter, and cover with grated Parmesan cheese...3 minutes later, my fab-meal is ready!

Oh! In case there was a misunderstanding--you \*do\* have to have the microwave running on high for those 3 minutes!!!

## **Salmon with Onions & Capers**

by Sooz123

2 tsp olive oil  
4 pieces salmon steak  
1/4 tsp salt  
1/8 tsp ground pepper  
1 medium onion, sliced  
1/4 cup capers, drained  
2 tbsp balsamic vinegar  
1 tsp splenda

Preheat oven to 350. In nonstick skillet, heat 1 tsp olive oil until hot. Add salmon and cook lightly, about 2 minutes. Transfer to baking dish and sprinkle with salt and pepper.

In same skillet, add remaining oil. Heat oil and add onions. Cook onions over medium heat for 5 minutes, stirring often. (Can cook to caramelized if you prefer). Top salmon steaks with onions.

Mix capers with splenda and balsamic vinegar and spoon over onions and salmon. Bake 12-15 minutes or until salmon flakes easily

## **Newbie's Salmon Casserole**

This casserole reminds me of the ones my mother used to make when I was little:

1 pound salmon, well drained (I used a 14.75 oz can I found in my grocery store)  
1 egg, lightly beaten  
1/3 cup mayonnaise  
1 teaspoon prepared mustard  
1 teaspoon Old Bay Seasoning or similar seafood seasoning (I bought this seasoning online from [www.marylanddelivered.com](http://www.marylanddelivered.com)) - there are also do-it-yourself recipes out there, some of which I think I found here!  
1 teaspoon capers, optional  
1 1/2 cup chopped green pepper  
1/2 cup chopped onion  
1 1/2 cup shredded cheddar

Drain salmon well. In bowl, combine salmon with egg, mayonnaise, mustard, seasoning, and capers. Place in a buttered casserole, and bake in a 350° oven for 30 minutes.

Remove pan from oven and spread shredded cheese on top. Bake another 5-10 minutes, until cheese is melted.

Let cool before serving. Serves 4.

For me, this is truly a "Fast and Easy" dish to make! Next, I want to make it with tuna, and/or crab, maybe try it with turkey . . .

## **Salmon & Shrimp**

by cj&dave

3 T. butter  
2 c. heavy cream  
1 1/2 c. shredded cheddar cheese  
1 t. salt  
1/2 t. ground mustard  
1/4 t. dill weed  
dash cayenne pepper  
1/2 # uncooked medium shrimp, peeled and deveined (you can use more if you like)  
2 # salmon filets

In a large saucepan, melt the butter. Add the cream, bring to a boil and reduce until it becomes somewhat thickened. Add 1 c. of the cheese, salt, mustard, dill and cayenne pepper. Stir until cheese is melted. Remove from heat and stir in shrimp.

Pat salmon dry and place in a greased 13 x 9" baking dish. Pour the shrimp and sauce over the top. Bake uncovered at 400 for 25 - 30 min., until fish flakes and shrimp are pink. Serve with sauce.

## **Greek Shrimp**

by jillybean

2 lbs. raw shrimp, peeled and cleaned  
6 large tomatoes, peeled and diced  
1 clove garlic, mashed  
1/2 lb. feta cheese, crumbled  
1 large onion, diced  
1/2 cup olive oil  
1/2 cup chopped parsley  
1/3 cup dry white wine  
dash of salt  
juice of 1 lemon

Sauté onion in 1/4 cup oil until soft, but not brown. Add 4 tomatoes, parsley, garlic, salt and wine. Cook until thick. Cook shrimp in 1/4 cup oil until pink. Squeeze lemon on shrimp and let sit. Put onion/tomato mixture in bottom of 8x8 Pyrex dish. Layer shrimp on sauce, add remaining tomatoes on top of shrimp. Top with crumbled feta. Bake 10 minutes at 450 degrees.

## **Quick and Easy Shrimp Scampi**

I did this last night and it was great! Better than I expected and so fast.

1lb frozen shrimp, cooked, deveined, and out of the shell.  
1 stick butter  
1 tsp chopped garlic  
1 tbs parsley flakes (or fresh if you have it)  
lemon juice

Thaw shrimp in colander under running water. Remove all shell.  
Put butter, parsley and garlic in sauté pan over medium heat. Sauté until butter is clear.  
Toss shrimp in sauce and heat until warm. Add lemon juice to taste.

I served this over spaghetti squash that I had left over and it was yummy! Took about 10 minutes to do. My Fiance (who is not SSing) had it over brown rice, so this is a great family dish.

### **Shrimp Scampi**

1/4 cup onions, finely chopped  
4 minced garlic  
parsley  
1/2 cup butter  
1/4 cup extra virgin olive oil  
2 lbs. shrimp, peeled and deveined  
1/4 cup white wine  
salt and pepper

Melt butter and oil. Sauté onion and garlic and parsley. Reduce to low heat. Add shrimp. Cook, stirring 5 minutes. Remove with slotted spoon. Keep warm. Add rest to pan and simmer 2 minutes. Pour over shrimp.

### **Spicy Grilled Shrimp**

I got this recipe in a KitchenAid flyer. It's very good!

1 large clove garlic  
1 tbs coarse salt  
1/2 tsp cayenne  
1 tsp paprika  
2 tbs olive oil  
2 tsp freshly squeezed lemon juice  
1 1/2 to 2 pounds (app 20-30 shrimp) peeled, rinsed and drained  
\*\* I added some melted butter to the mix

Preheat grill or broiler (I used my Foreman Grill). Make sure fire is as hot as it will get and adjust the rack so it is as close to the heat source as possible. Mince Garlic w/ the salt, mix in the cayenne and paprika; make a paste with the olive oil and lemon juice. Smear it on the shrimp. Grill or broil the shrimp about 2-3 min. per side turning once. Eat as is or serve over greens at room temp.

### **Fire Cracker Shrimp**

1 lb. Med. or Large Fresh Shrimp (peeled, deveined, and butterfly, leave tail attached)  
Jalapeno Peppers (stemmed, seeded, and sliced length ways to taste)  
12 oz. Bacon (cut in half)  
Creole Seasoning

Place slice of jalapeno pepper inside of shrimp and wrap with bacon. Shrimp may be held secure with toothpick or place several on skewer. Sprinkle with Creole seasoning to taste. Place on grill or baking sheet at 375 degrees until bacon is lightly crisp. Remove shrimp and place on serving dish. Pick your own dipping sauce.

### **Yummy for Shrimp Lovers**

I bought some cooked and peeled shrimp (I bought the ones without the tails although it really doesn't matter) and I got the medium sized. I sautéed them in olive oil with lemon pepper, rosemary, and crushed red peppers and real garlic (you'll notice that I love that

combo of spices). When they were about warmed and browned to my liking, I added strips of red peppers and a can of artichoke hearts. Yummy.

### **Shrimp with Parmesan Vegetable Sauce**

Dice 3 tomatoes, 1 large zucchini, 1 large onion and 1 whole garlic clove. Heat about 1 cup olive oil in skillet. Add veggies and cook until the veggies are soft keep cooking mashing the veggies until they make a chunky sauce. Add about half a cup parmesan cheese. Salt and pepper cook for a few minutes more then add 1 pound shrimp. We used to eat this over pasta but it is delicious even without. Enjoy!

### **Easy Shrimp Dish**

This isn't so much of a real recipe as an idea I had and it turned out GREAT! First make the zucchini noodles, I think the recipe is in ECMTFA Then make Suzanne's Pesto. What you do is sauté some shrimp in garlic and butter and olive oil. Let some sun dried tomatoes soak in water and chop them and add them to the shrimp. Add a dash of lemon juice and a little of the water from the tomatoes to deglaze the pan. Add red pepper to taste. (Flakes or cayenne would work). Toss the zucchini noodles with Suzanne's pesto and then add a little pesto to the shrimp. Pour the hot shrimp over the zucchini noodles to serve. It was so delicious. Next time I may add artichokes :)

### **Baked Eggplant and Shrimp**

Serves 4

Pro/Fat Level One

1/4 cup oil  
1 medium eggplant peeled and cut into 1" cubes  
1 1/2 teaspoon salt  
1/2 teaspoon cayenne  
1/4 teaspoon freshly ground black pepper  
1 whole chopped onion  
1 whole chopped bell pepper  
4 or 5 chopped stalks of celery  
1 pound medium shrimp, peeled, deveined  
1/2 teaspoon dried thyme  
1/2 teaspoon oregano  
3 tablespoons minced garlic  
2 cups water  
2 tablespoons chopped parsley  
1 cup grated parmesan cheese

Preheat the oven to 375 degrees. Heat oil in a large skillet over medium high heat

Add the eggplant, salt, cayenne, and black pepper. Sauté for 2 - 3 minutes. Add onion, bell peppers, and celery and sauté for 2 - 3 minutes more. Add the shrimp, thyme, oregano and garlic. Stir and cook for about 1 minute, or until shrimp turn coral in color. Add the water and parsley and cook for about 3 minutes, stirring. Remove from heat and add cheese; mix well. Pour Into Casserole Sprayed with Pam.

Bake for 45 minutes uncovered. Serve Hot.

## **Shrimp Sauce**

1 pint mayonnaise  
3/4 cup water  
1 tables. sugar (can use Splenda for that).  
1/4 teas. salt  
1/4 teas. garlic juice  
1 teas. ketchup (can use homemade for this)  
1/4 teas. tobacco  
1 teas. dry mustard powder  
1/4 teas. black pepper  
1/4 teas. white pepper  
1 teas. paprika

They said mix everything together and store in the refrigerator. I thought I would make this and try it, if this is to dip shrimp in. Is it?????  
From the March issue of Good Housekeeping

## **Aunt Vonnie's Eggplant Bake**

Here is a yummy eggplant recipe. I don't measure stuff so I am ball parking

2 eggplant  
3 garlic cloves  
1 t salt  
1/2 c water  
1 pound shrimp  
4 T parmesan cheese  
1 T Italian Seasoning  
1 T butter  
2 celery stalks chopped  
1/2 cup onion chopped  
1/2 cup bell pepper chopped  
1/2 cup mushrooms chopped into fourths (optional)

Peel coarsely chop and soak eggplant in salt water for 15 minutes. Parboil or steam until tender. Sauté veggies in a pan with 1 T butter. Add spices and salt. Add water and peeled deveined shrimp and cook until shrimp are light pink. Add eggplant centers and thoroughly mix. Cook for 2 minutes on low simmer. Carefully drain excess water. Place in a lightly oiled oven proof dish. Sprinkle with cheese and additional Italian seasoning if desired. Cook in a 375 degree oven until cheese is brown and bubbly.

I did use more then 4 T cheese. I put a couple tablespoons into the casserole as well as on top for extra flavor. Also, I cut the shrimp into smaller pieces rather then leaving them whole.

## **Seared Scallops with Bacon**

This recipe is from Martha Stewart Living Sept 2000 issue.

6 slices bacon, cut into 1/4 in pieces  
1 lb large sea scallops (about 16) sliced in half crosswise to form 2 rounds

salt and fresh ground pepper  
2 T minced shallots (about 2)  
1 cup white wine ( I just used water)  
2T unsalted butter

1. Heat a large sauté pan over medium low heat, add bacon. Cook slowly, stirring often, until brown and crisp, about 8 min. Remove bacon with slotted spoon, and transfer to a paper towel lined plate.
2. Drain excess fat, leaving a thin coat on bottom of pan. Increase heat to medium, add scallop to pan, and sprinkle with salt and pepper to taste. Cook until golden brown and opaque, about 2 min per side.
3. Transfer scallops to serving dish, and add shallots to pan. When shallots are translucent, add wine or water: scrape browned bits from bottom of pan with wooden spoon. Cook until liquid is reduced by 1/2, 3-4 minutes. Stir in butter, and pour over scallops, top with reserved bacon. Serve over ribbon zucchini. I served it on the side.

## **Baked Scallops with Sautéed Red Cabbage**

MsTifeid

1/2 cup powdered Parmesan cheese (Kraft in can)  
1/2 teaspoon black pepper  
1 teaspoon garlic powder  
1 pound sea scallops, rinsed, drained and cut in half to make 2 round scallops, if they are huge  
1/2 cup butter, melted  
1/4 cup Marsala or dry white wine or chicken broth  
1/2 lemon, juiced  
1 tablespoons olive oil  
1 tablespoon butter  
1 small red cabbage, cut into long strips  
1 clove garlic, minced  
1-2 tablespoons balsamic vinegar

1. Preheat oven to 350F.
2. Lightly grease an 8x8-inch baking dish.
3. Combine Parmesan cheese, pepper and garlic powder in a Ziploc® bag. Add the scallops and shake bag to coat. Place them into the greased baking dish.
4. In a separate bowl, mix together melted butter, wine (or chicken broth) and lemon juice. Drizzle about ½ of this mixture over the scallops.
5. Bake in preheated oven until scallops are lightly browned, about 15 minutes.
6. In the meantime, in a large skillet, melt the butter with the olive oil. Throw in the garlic and cabbage and sauté' for about 8 minutes. Add balsamic vinegar and remaining wine sauce to the cabbage and heat through.
7. Serve immediately with scallops.

## **Creamy Cajun Scallops**

1 lb of bay scallops. (Trader Joes is my favorite brand)  
Chopped leeks (like one stalk)  
Large Garlic clove (put through a press)  
A splash of cooking sherry

Cajun seasoning to taste (I use Cajun from Hell, very hot & spicy)  
a bit of salt  
1/4 stick of butter or a bit more  
1/4 cup of heavy cream

Sauté leeks in butter for about 3 to 4 mins, add garlic and thawed scallops and the Cajun seasoning, fry (med high heat) until the scallops are done, add a splash of sherry then the heavy cream. Simmer (medium high) until the mixture is thick and creamy.

Dina43 @ Atkins Site

## **Creamy Seafood & Sauce**

I made this tonight by converting a low fat recipe. I used egg yolks instead of cornstarch to thicken the sauce. I didn't have any scallops so I used canned crab instead. Serve it over zucchini noodles, tastes great.

1 Tablespoon olive oil  
1/2 cup finely chopped onions  
5 cloves garlic, minced  
3 Tablespoons dry white wine  
1 cup cream  
1/2 teaspoon ground coriander  
3 egg yolks  
8 ounces large shrimp, peeled and deveined  
8 ounces bay scallops  
3 Tablespoons snipped fresh parsley  
1/2 teaspoon salt  
1/8 teaspoon ground black pepper

Add oil to a no-stick skillet and heat over medium-high heat. Add the onions and garlic. Cook and stir about 5 minutes or until the onions are golden brown.

Stir the wine and cream into the onion mixture.

Bring the mixture to a simmer over medium heat, stirring constantly. reduce the heat. Stir in the coriander and cook for 1 minute. Gently beat the egg yolks and add to the mixture.

Then add the shrimp and scallops. Return to a simmer. Simmer, uncovered, for 3 to 5 minutes or until the shrimp turn pink and the scallops are opaque.

Stir in the parsley, salt and pepper. Serve over Zucchini noodles.

Makes 4 servings.

## **Seafood Paprika**

- easy and elegant -

3 Tbsp butter  
1 lb scallops  
1 cup whipping cream  
1/4 cup sherry (a little imbalance)  
1 Tbsp. paprika (or to taste)  
bunch scallions, trimmed and cut in 1" julienne

Heat butter in heavy skillet over high heat. When melted, add scallops and sauté' until just opaque (about 5 minutes for large sized). Add sherry, allow alcohol to burn off. Add cream and paprika, reducing heat to low, allowing the sauce to thicken. Add scallions to pan, and

allow to heat through. Serve immediately. Serves 2 - 4 persons.

This is fabulous with asparagus, zucchini noodles, or over a bed of spinach as a main dish or starter course for a really special and elegant meal. You also may substitute prawns (jumbo shrimp) for some or all of the scallops, if you prefer.

beanie @ ss site

## **Warm Scallop & Bacon Salad**

by DebB

8 Fresh Scallops  
3 Tbsp Olive oil  
1/2 Lb. Bacon sliced  
Mixed greens of choice  
Dressing:  
6 Tbsp Olive Oil  
2 Tbsp Wine Vinegar  
2 cloves finely chopped Garlic  
1 tsp Dijon mustard  
2 Tbsp heavy cream  
Salt & Pepper to taste

#1 To make dressing, beat together the oil, vinegar, garlic, mustard and seasoning in a small saucepan, until thickened. Heat gently and keep warm.

#2 Cut the scallops in half horizontally. Lightly score each scallop disk in a lattice pattern with a sharp knife.

#3 Heat the oil in a skillet. Add the bacon and fry over a high heat until brown and crisp. Add the scallops and stir fry for 2-3 min until just opaque. (DO NOT OVERCOOK)

#4 Arrange the salad leaves on individual serving plates. Top with the bacon and scallop mixture. Beat the cream into the warm dressing, pour over the salad and serve immediately. Garnish with parsley.

Sorry, didn't catch who posted this. I've been making it lately and was going to comment on it, but I can't find it anywhere.

## **Tuna Patties**

About a year ago I found dejemom's recipe for tuna patties on the iVillage Somersizing board. I prepared it tonight (adding the ingredients indicated by \*'s). It turned out great!

Mix: 1 beaten egg; 1 6 oz. can of tuna, drained; 3 T. dried minced onions; 1/4 c. mayo; 1/2 c. grated cheddar or parmesan cheese; \*dash of Italian seasoning; \*dash of cayenne pepper.

Drop by spoonfuls on hot buttered skillet and fry until golden brown on each side (takes just a few minutes).

\*Serve topped with dollop of sour cream.

## **Dali's Tuna Salad**

Spread tuna salad and add a slice of cucumber, julliened scallions or whatever tickles your fancy - then roll 'er up and enjoy! I love to add a few (ok a lot) of Tabasco to the tuna. (This

idea also works well w/cooked chicken slices or slices of fried egg). Nori (seaweed) wraps - the large squares used for wrapping sushi! Sooo tasty and good for you too.

Canned tuna (I use Albacore)  
olive oil  
lemon juice  
chopped red onion  
Hungarian Sweet paprika  
Cayenne pepper

All ingredients to taste. I picked this up when I lived in Italy and have never used mayo in it again! Enjoy! Daly

## **Tuna Pate**

by VW

1 - 8 oz pkg cream cheese - softened  
2 T Sugar Free Ketchup or Chili Sauce  
2 T. Chopped parsley  
1 T. instant Onion  
1/2 t. Hot Sauce (or to taste)  
2 cans Tuna

Mix well and serve in celery sticks or with other raw vegetables

## **Tuna Noodle Casserole**

Egg crepes (6 eggs)  
2 cans tuna drained  
1 stalk celery diced  
1 small onion diced  
1 1/2 cups sour cream  
1/2 cup heavy cream  
1 sm. jar (3 oz) mushrooms sliced  
salt and pepper to taste  
1 cup shredded parmesan cheese  
paprika (optional)

Preheat oven to 350.

Prepare egg crepes, stack and cut into strips 1/2 inch wide and 1 inch long. Set aside.

Stir together in a big bowl all other ingredients except cheese and paprika. Gently stir in egg crepe noodles.

Pour into ungreased 2 qt casserole dish. Sprinkle Parmesan cheese on top. Bake 35 minutes. Remove from oven and top with sprinkle of paprika if desired. Let stand at least 5 minutes before serving.

## **Tuna Casserole**

2 cups cooked cauliflower (about rice size)  
In a pot, heat  
1 cup cream of mushroom soup ( there is a recipe on the boards for this so it is legal )  
1 cup cheddar cheese

1-2 tbsp mayo  
1-2 tsp lemon juice  
Heat until mixed and bubbly.  
Add one can tuna, mix well.

Pour half cauliflower in casserole dish, add half of the tuna mix. pour rest of both cauliflower and tuna mix and stir well (easier to mix that way). Then sprinkle more cheddar cheese on top. Bake in oven at 275 degrees for about 15 mins.

I (waybackfan) skip the lemon juice and use a little bit less soup. I use the cream of anything recipe and make it with mushrooms (and celery if I have it). It's delicious! I was coming here to add that this is also really good with chopped cabbage instead of cauliflower. Don't cook it first just add it in the pan and stir together before you bake! I sprinkle pepper, cayenne, parsley and chives on top before baking. Then, I serve this with pickles on the side. Yummy! Thanks to the chef!

### **Quick Tuna Curry**

1/3 c chopped onion  
1/4 c chopped green onion  
1 clove garlic, minced  
2 Tbsp butter  
1 c sour cream  
1 tsp curry powder  
S&P to taste  
6 1/2-7 oz can tuna, drained and broken into bite-sized pieces

Cook onions, pepper, and garlic in butter until tender, but not brown. Stir in sour cream, curry, and S&P. Add tuna; heat slowly, stirring often, until just hot. Don't boil. Serve over Indian "rice"-I posted on the sides thread.

### **Easy Halibut**

2 lbs. Halibut, cut into pieces  
1 c. chicken broth  
2 Tbls. chopped parsley  
1 tsp. tarragon  
1 c. grated cheddar cheese  
1 egg white, beaten until foamy

Preheat oven to 400. Place halibut pieces into oven safe baking dish and pour chicken broth over top. Sprinkle with seasonings and bake for 10 minutes. Drain excess liquid. Preheat broiler. In a bowl, fold cheese into beaten egg white and spread over halibut. Broil until golden.

### **Easy Fish Delight**

by twiggy88

4 fish fillets  
1/4 cup soy sauce  
1/4 cup lemon juice  
1/2 tsp ginger

Place fillets in greased casserole dish. Mix soy sauce and lemon juice with ginger. Pour over fish. Bake 350F for 20 min. Then place under broiler for 10 min.  
Serves 2 to 4.

## **Easy Fish**

Take a few tablespoons of mayo, add a tablespoon of parm cheese, a teaspoon of lemon juice, and your favorite spice (dill or oregano or fajita spice or whatever you're in the mood for) and a little season salt. Mix to blend. Spread on top of the fish fillets to cover well (this seals the moisture in) and bake at 350F for about 20 min depending on how thick your fillets are. Enjoy!

## **Easy Delicious Fish**

By Jennysue2

My in-laws were here this weekend and my father-in-law taught me how to make easy, fabulous fish. Before SS I hardly ever ate fish but I was desperate for variety! We used flounder but he often does this on salmon, cod, just about any fish. Here's his technique: Soak desired amount of fish in about 1/2 inch lemon juice in a 9x13 pan. Soaking about 10-15 minutes takes away the "fishy" flavor. Leave the juice in the pan and coat the fish with a layer of legal Dijon mustard. Then bake till done (we did 30 minutes for about 2 pounds of flounder).

I was surprised at how good this was! I have smeared mayo on top of filets and then sprinkled different herbs on top of that and broiled until it starts to brown a little. I like dill and cracked pepper and lemon. Suzy Jane from Texas

## **Best Fish ever and so easy**

I make this almost every week and it is so easy. Unfortunately I don't have the measurements of the ingredients. Enjoy it is great.

pkg frozen cod fish  
line the bottom of the pan with fish

In a separate bowl mix 1 cup sour cream, add chives, 1 cup mozzarella cheese shredded, 1/4 cup parmesan. Spread on the fish. Bake in the oven at 350 for approx. 1/2 hour. One way to tell if it is done is if the top is looking brown.

## **Quick Parmesan Dijon-Mayo Baked Fish**

This recipe was featured on Smart Solutions today and looked yummy. I'm going to give this one a try.

Preheat oven or toaster oven to 375 F.

Mix 1/2 cup mayo, 1 TBSP Dijon mustard and 2-4 TBSP. grated parmesan cheese.  
Spoon liberally over white fish fillet of choice. bake uncovered for 15 minutes. The topping looked puffy & moist. Option: add dill or other herbs for add'l flavor.

## **Cajun Pan Fried Fish**

For a quick and easy meal this is a winner! Use your favorite fish. I use flounder, grouper, whiting, etc.

Coat your fish filets with Cajun seasoning. Melt butter to cover bottom of pan to keep from sticking and place fish in pan. Cook about 4 minutes and turn. Cook until done. Depending on size of fish, it should take about 5 to 6 minutes to cook if the fish is not frozen.

I serve this with a big salad with "honey mustard" dressing. I also, dip my fish in the dressing instead of tartar or cocktail sauce.

Honey mustard dressing:

Equal parts mayo, Dijon mustard and some Splenda to your desired sweetness. Add a little Splenda or your favorite sweetener a little at a time till you get the sweetness you desire. Mix well and chill for about 10 minutes. Yummy!

## **Braised Cod with Tomatoes**

From Martha Stewart Living mag April 1999

This is yummy!!!! The cayenne adds a little kick too:)

4 seven-oz cod steaks, skin and bones removed  
1 tsp. dried oregano leaves  
salt and fresh ground pepper  
1/8-tsp. cayenne... (Can use more if you like:)  
4 ripe plum tomatoes, cut into 1/2 in slices  
1 1/2 tsp. olive oil  
1/2 tsp. minced garlic  
flat leaf parsley for garnish

1. Sprinkle both sides of cod with oregano. Salt, pepper, and cayenne. Sprinkle the tomato slices with salt and pepper.
2. Heat olive oil in a large sauté pan over high heat. When hot, add cod and tomato slices. Cook until cod is golden brown on bottom, about 4 1/2-min. Using spatula turn cod and tomato slices. Add 1-cup water and the garlic: bring liquid to a simmer.
3. Simmer until cod feels firm when you press it with your finger and it starts to flake, about 4 min. Divide cod, tomatoes, and broth among 4 soup plates. Garnish with parsley and serve!

Served with Italian green beans! YUM YUM YUMMY!!!!

## **Yummy for Cod Lovers**

Cod filet purchased at seafood department of Wal\*Mart. Mixed about 2 tablespoons of real mayo with two tablespoons of real sour cream. Added about 1/4 teaspoon of Worcestershire Sauce, some lemon juice and about 1/4 teaspoon of deli style mustard. I seasoned my filet with my preference of seasonings and then covered the filet with the mayo/sour cream mixture. I then topped it off with real shredded parmesan cheese and baked, uncovered, for about 40 minutes. I think the oven was at 350. I served this with some steamed broccoli, very small whole tomatoes (smaller than cherry) and red onion. After the veggies were steamed, I put them in a casserole dish, topped them with some of that yummy shredded parmesan cheese, and put in the oven until the cheese was melted.

## Grilled Snapper with Mango

Level Two

I LOVE mango so will be trying this Fri. night. 6T olive oil, 5T chop fresh cilantro, 3T fresh lime juice, 1 1/2 t grated lime peel, 4 6oz snapper fillets, 1 large mango (peel + cut into wedges) 3/4 t cumin seeds. Heat grill to med. Whisk oil, cilantro, lime juice and peel in small bowl. Season with s/p. Brush sides of fish and mango with oil mix. Season with s/p and cumin seeds. Grill till opaque and mango soft (6 min). Present on bed of lettuce leaves, the fish + mango on top. Sprinkle with leftover oil mix and 1T of fresh cilantro.

## Baked Red Snapper

serves 4 \*\*This sauce is good for any fish fillets.

- (1) 6 T butter
- (2) 2 C. celery, chopped
- (3) 1/2 C. onion, chopped
- (4) 1/4 C. bell pepper, chopped
- (5) 3 C. canned diced tomatoes with juice
- (6) 1 T Worcestershire sauce (optional as it has slight amt sugar/try soy \* sauce as a sub)
- (7) 1 T. legal ketchup ( check your SS recipe file)
- (8) 1 tsp. chili powder
- (9) 1/2 lemon finely sliced
- (10) 1 Bay leaf
- (11) 1 garlic clove, minced
- (12) 1 tsp salt
- (13) 1/4 tsp. cayenne pepper
- (14) 3 lb Red Snapper ...head removed or fillets )

Melt (1),(2),(3),(4)...simmer 15 min in saucepan.  
Add remaining ingredients (5) - (13)

Season (14) w/ salt & Pepper. Bake in an oil-sprayed oblong pan w/ sauce poured around fish.

Bake @ 325 degrees for 45 minutes ( Baste often with sauce).

## Baked Orange Roughy

- 1 pound orange roughy fillets
- 1/4 cup lemon juice
- 1/2 tsp tarragon leaves
- 2 tsp dried mustard

Place fillets in large casserole. Squeeze lemon juice over fillets. Sprinkle dried mustard and tarragon leaves over fish. Bake at 400F for 25 min.

## Pan Fried Orange Roughy

Here is a recipe that I use about once a week. My husband loves fish and this is probably his favorite way that I prepare it. By the way...this is soooo easy! I buy the frozen orange roughy fillets at Wal-Mart.

Let the fillets thaw, of course, before preparing.

Preheat skillet on med-high. Add a couple tablespoons of olive oil and a tablespoon or two of butter. Season the fillets with salt, pepper, Emeril's seasoning, and parsley. Really, you can use just about any seasoning you like. I've used all different kinds depending on what kind of mood I'm in and what I have on hand. Once the oil/butter mixture is hot, but not smoking, add the fillets. Fry for about 3-5 minutes on each side-until fish is flaky. Delicious! I don't care for fish that much, but I, too, like this recipe.

## **Haddock in Cream Sauce**

underhiswing

2 lbs. haddock fillets  
1 Tablespoon green pepper, minced  
2 Tablespoons lemon juice  
1 cup cream  
1 teaspoon prepared mustard  
1/2 teaspoon Worcestershire sauce  
1/2 cup celery, chopped  
3 small onions, sliced  
parsley and paprika

Preheat oven to 400 degrees. Spray large baking dish with vegetable cooking spray, place fish fillets and set aside. In large bowl, mix green peppers, lemon juice, cream, mustard, Worcestershire sauce, and celery. Pour over fish and top sauce with sliced onions. Bake for 30 minutes or until fish flakes easily. Garnish with parsley and paprika. Makes 6 servings.

## **Creole Style Flounder**

1 lg green pepper, sliced into thin strips  
1 1/2 c sliced green onions, including tops  
2 Tbsp butter  
1 (14.5-16 oz) can chopped tomatoes  
1 (8 oz) can tomato sauce  
S&P to taste  
1/2 tsp ground thyme  
1 bay leaf  
1 1/2 lb flounder or other white fish  
1 tsp salt  
1/4 tsp pepper

Cook green peppers and onions in butter until tender, but not brown. Stir in tomatoes, tomato sauce, S&P, thyme, and bay leaf. Simmer gently for 15 min. Remove bay leaf and arrange fish in lightly greased shallow baking dish. Season with S&P to taste. Spoon sauce over fillets and bake at 375°F for 15 min until fish flakes easily with a fork.

## **Cod and Tilapia Filets with Portabella**

2 Filets of Cod and 4 filets of Tilapia, brown gently in olive oil. Salt and pepper to taste. Add a little bit of real heavy whipping cream and cover. In a second sauce pan, put 2 teaspoons of butter, add portabella mushrooms ( I added 2 big ones) and some leftover white button mushrooms). Salt and pepper to taste. Cover -let simmer for about 5 minutes. Back to the fish, add some fresh squeezed lemon, put on simmer again. After 5 min, add mushrooms to

fish and grate fresh Swiss cheese over the mixture. Cover - so the Swiss cheese can melt. Took about 15 minutes to make, my kids eat everything. Served with baby green salad with homemade balsamic/olive oil vinaigrette. Drink: Ice tea with mint. Hope you enjoy. By Marie

## Ways to Make Tilapia

We enjoy tilapia all the time. I buy the filets, marinate in Paul Newman's Olive Oil & Vinegar dressing and add lots of fresh lemon juice. Then we barbeque them. I have also used Suzanne's rubs on them as well. They are our favorite and also low in mercury according to the latest news report I heard.

\*\*\*\*\*

Here is Red Lobsters Roasted Tilapia in a Bag, as their chef has posted on the web:

- 8 sheets parchment paper
- 4 servings veggie mix (recipe below)
- 12 lemon wheels
- 4 thyme sprigs - 3"-5" each
- 1 t Chef Paul Prudhommes Blackened Redfish Magic
- 4 (5 to 7 oz) pieces skinless Tilapia

Brush Tilapia with melted butter & season with kosher salt. Sprinkle with Magic spice.

Brush 1 side parchment paper with butter.

Assemble as follows:

Place 1/4 Veggie Mix in Center of parchment paper - then 1 Tilapia Fillet - then 3 lemon wheels - top with sprig of thyme.

Top with 2nd sheet of parchment, then crimp the 2 sheets together like piecrust.

Repeat.

Place all 4 pkg's on cookie sheet. Cook 12-15 minute @ 450.

Veggie Mix:

- 1 medium red onion cut into 1/2 slices
- 1 med red pepper cut in strips
- 2 celery stalks cut in 1/2" pieces
- 8 oz carrot slims
- 2 baking potato's cut in 1/2, then 16th - OMIT for SS
- 2 T McCormicks Its a Dilly spice
- 2 t kosher salt
- 1 t black pepper
- 2 T fresh thyme - chopped
- 1 t Chef Paul Prudhommes Veggie Magic

Mix Together

Decided to try this Sunday Night, omitted the carrots & potato's to SS the recipe, and added turnips. This was definitely HOT, I think the carrots & potato's "sop up" some of the hot spices in the original. Great, if you're cravin cajun.

\*\*\*\*\*

I dip the tilapia filets beaten egg, then coat in parmesan cheese and some old bay seasoning mixed, and pan fry in butter - delicious!

\*\*\*\*\*

I pan fried the Tilapia in butter and put pesto sauce and some parm cheese over it. Then I let it heat until the cheese was melted. It was so good even the kids, who don't care for fish, said they'd eat it again.

\*\*\*\*\*

I have made the gingered soy sauce from F&E and marinated the tilapia in it, and then grilled it. It is SO good!!

\*\*\*\*\*

I marinate mine in a little olive oil, lemon juice, garlic and bay leaf. Cook on the grill for a few minutes per side, and serve with fresh chopped tomatoes, green onions, garlic, cilantro, and touch of kosher salt, and sometimes a touch of somersweet.

## **Tartar Sauce - wonderful and easy**

1 cup Mayo  
1/4 tsp Tabasco (I use a little more )  
1 tsp. Vinegar (I use lemon juice instead)  
1 TLB. (generous) minced onion  
1 TLB. chopped parsley (I use dried if I don't have fresh)  
2 TLB. chopped dill pickles  
1 TLB. chopped green olives (generous) could omit for level 1 (I use pimento stuffed)

Stir Tabasco and vinegar into mayo, add remaining ingredients - Mix well - Yields about 1 1/3 cups.

Or...

Mix mayonnaise and dill pickle relish to your taste.

## **Sour Cream Fish Topping**

Hi, this recipe for sour cream dill sauce was on Food TV the other day and I put it on Salmon for dinner, well it was soooo yummy and zesty I had the leftover salmon for breakfast! I'm also going to use it on whitefish too! It's a keeper!

1 pint sour cream  
2 bunches fresh dill, chopped  
juice of 2 lemons  
1 shallot diced  
3 T horseradish (make sure it sugar free)  
pinch of red pepper flakes  
Mix all ingredients and then add salt and pepper to taste!~ (It's even better if you make it a couple hours ahead of time)

## **Pork and Lamb Entrees**

### **Pork Chops with Blue Cheese Gravy**

by Barb H

I haven't tried this yet, but thought I would share it with you all. Trying it this weekend, going to have it with spaghetti squash.

2 Tablespoons Butter  
4 Thick cut Pork chops  
1/2 teaspoon fresh ground pepper or to taste  
1/2 garlic powder or to taste  
1 cup whipping cream  
2 ounces Blue cream cheese crumbled

Melt butter in a large skillet over medium heat. Season pork chops with the pepper and garlic powder. Fry pork chops in butter until no longer pink and the juices run clear, about 20-25 minutes. Turn occasionally to brown evenly.

Remove pork chops to a plate and keep warm. Stir the whipping cream into the skillet loosening and bits of meat stuck to the bottom of pan. Stir in blue cheese, cook and stir constantly until sauce thickens, about 5 minutes. Pour over pork chops.  
Can be served with sautéed mushrooms.

### **Easy Pork Chops in Cream Sauce**

I was experimenting one night and I seasoned and browned some Pork chops in a skillet with a bit of olive oil. Once both sides were browned I poured in some cream and turned it to a low-med heat for about 20 minutes. I just stirred and turned them a couple of times and when they were done I poured the sauce over mashed cauliflower. Oh my goodness!! It was so tasty and the sauce/gravy was amazing. The best part was how easy it all was.

Tip: I've also done this but first I sauté some mushrooms and onion in butter and then when the chops are done I remove them from the pan, return the mushroom mixture to the pan and add some cream - it is just awesome

### **Pan-fried Pork Chops**

You know how Suzanne says she deglazes the pan with wines (I think) after she fries and takes the meat out. Well I've made pork chops like this for years, you might have heard of making them this way.

I buy pork chops about 1/2" thick put about 5 to a big skillet and put water up over them, and put a lid on them (leave lid cracked a little for the steam to leave) cook on about med. or just a bit more and cook them till they boil down. Check them with a fork to see if they are tender and if their not add a little more water and let them cook for a little while longer and let it boil down and if their tender and they should be, add a little lard in the skillet and fry them until their brown and turn them and brown the other side. Then their done, put them in a dish and put your grease in the dish to, over top of your meat, (deglaze) put your skillet back to the stove, add about 1 cup of water and 1 cup of brewed decaf coffee in the skillet and take your spatula and go back and forth until you get everything loose from the bottom and then pour it over your grease and meat in your dish. That's all.....Yum.

and you've got brown gravy!!!!

By starting pork chops off in water till their tender and done makes them moist and not tough as shoe leather like just frying them in just the grease. (and done inside!)

Don't forget to salt and pepper them!

GARNET2002

### **Easy Pan Pork Chops**

Place a couple tablespoons of olive oil in a pan. Add a clove or two of garlic, minced. Now add your 1 inch thick pork chops and brown on both sides. I cover the pan to help heat the chops all the way through. Add white wine and remove lid. Once the wine evaporates...Remove the chops and put in tin foil to keep warm. Add 1/4 cup heavy whipping cream and mix in with the pan drippings. Season with salt and pepper. Pour mixture over pork chops.

### **Fried Porkchops**

This is so basically simple I almost hate to post it, but this is one of my favorite ways to cook porkchops. Buy the chops that are thin to medium thickness (not the real thick ones for this recipe) Heat up a heavy skillet and put about two or three T. olive oil in it. When hot put the chops in. (wash, dry, season lightly with salt and pepper) Cook over med-low heat for at least 30 min. on each side, uncovered. The trick is to cook the chops a longer time on lower heat. They will be so crisp and tasty you'll love them.

### **Oven Fried Pork Chops**

by Squeek

Hope you enjoy this recipe. This is a really fast and easy way to make crispy pork chops!

1 lg. bag of pork rinds ground fine  
2 lg. eggs  
8 pork chops

Seasoning of your choice. I use parsley, garlic powder, pepper, salt, a little Emerils essence. Grind your pork rinds and add your seasoning. Dip your pork chops in the egg and cover with the pork rinds. Place on a non-stick cookie sheet and place in a 350-degree oven for about 30-40 min. When they are about half way cooked turn and brown the other side. The longer you cook them the crisper you can make them.

### **Hot or Sweet Pork Chops**

I have been making this before SS and it just so happens it was always legal.

4 pork chops  
Hot or sweet cherry peppers  
3 cloves of garlic  
vegetable oil

Sauté garlic in the oil and then add the pork chops. Brown the pork chops until almost done Cut up the peppers and add them with the juice from the cherry peppers (the juice is in the jar). Cover and simmer. Add some more juice just before its done. If you choose the hot peppers be prepared because it is hot but that's the way I like it.

I serve this with mock mashed potatoes and drizzle the juice all over the potatoes - It really is good!

## **Best chops you can make!**

Coat chops (bone-in or boneless) in beaten egg. In a gal. baggie, place finely ground pork rinds with 1 LARGE packet OR 2 small packets of Hidden Valley Ranch DIP mix (not dressing mix- -it's funky). Place egg coated chops in bag and shake one at the time to evenly coat with crumb mixture. Cook chops in skillet with generous amt. of oil to 'fry' 'til brown on med./med. hi heat. These are so full of flavor...you better make extras, 'cuz you'll want more! :) Michelle

## **Pork Chops and Onions**

by cindyvi

These are delicious pork chops. Very simple, and quick to make. Everyone I've ever served them to has loved these! Hope you enjoy them too.

Sprinkle chops with garlic powder on both sides, and then soy sauce (I use tamari/no wheat). Lavishly cover with soy sauce and kinda rub this into the chops. Brown on both sides with a little oil in fry pan, then cover chops with thin sliced onions - I use about 1 med onion per chop, they cook down to wonderfulness. Again, sprinkle onions with garlic and splash with more soy sauce. Cover and cook on 1 side 3-4 minutes over med heat then move onions aside and flip chops recover and cook another few minutes until done. I never even add salt or pepper, just as described here.

## **Sauerkraut Chops**

If you like pork chops, I made this last night for dinner. There's only me and my 6 year old boy so I only made 2 chops, but it would work great for however many. I seasoned the chops, mine with rosemary, crushed red peppers and lemon pepper, and my son's with just pepper. I lightly browned the chops in a little extra virgin olive oil. Preheat your oven to 350. After the chops were lightly browned I put them in a casserole dish and poured a 14 ounce can of sauerkraut over them. I also poured a little Paul Newman's Oil and Vinegar salad dressing over them for a little liquid because there wasn't any with the kraut. Put a lid on the dish and plopped it in the oven for about 1 hour and then took the lid off for about 15 minutes. OH MY GOSH. THEY WERE SO MOIST AND DELICIOUS. Yum. Valerie R. Altig

## **Mustard Crusted pork chops**

Serves 4

My 7 year old son LOVED these pork chops. By Tina M

1 1/4 tsp. kosher salt

1 1/2 tsp. whole mustard seeds

4 - 5 oz. center-cut pork-loin chops

1/4 cup whole grain Dijon mustard

1 1/2 tsp. SomerSweet (or other sweetener equivalent to 2 Tbsp. sugar)

1 small fennel bulb, cored and thinly sliced.

1. Heat a large nonstick skillet over medium-high heat. Sprinkle chops with 1 tsp. salt and press mustard seeds into both sides of each one; place chops in skillet and cook until well-browned but still slightly pink on the inside, turning once, 4 minutes each side.

2. Meanwhile, stir together mustard, SomerSweet, and remaining salt in a large bowl.

Remove 2 Tbsp. of the mixture and set aside.

3. Add fennel to bowl and toss to coat with mustard mixture. Divide fennel mixture and chops among 4 plates; drizzle each chop with the mustard mixture that was set aside.

## **Pork Chop and Cauliflower Casserole**

2 heads cauliflower  
1/2 stick butter  
4 stalks celery  
soy sauce to taste (optional)  
1 large onion  
1/4 lb Velveeta cheese, grated (optional)  
8 thin pork chops

Wash and slice cauliflower. Chop celery and onion. Cook with cauliflower until tender. Cut pork chops into bite-size pieces. Brown in butter, cooking slowly until done. Add pork to vegetables and simmer for about 20 minutes. Sprinkle cheese or soy sauce over top and enjoy.

Makes 8 servings

## **Pork Chops with mushroom cream and onion sauce**

3 Tbs. olive oil  
4-6 pork chops  
1 sm. can mushrooms]  
1 med. onion...sliced thin  
1 & 1/2 cup chicken stock  
1 cup heavy cream  
1 tsp. rosemary  
1/2 tsp. pot herbs  
1/8 tsp. red pepper ( cayenne )  
1 Tbs. corn starch  
salt & pepper to taste

Salt & pepper chops. Brown in oil approx. 6 min. per side. Remove from pan and set aside. Add mushrooms and onions to pan and brown. Add chicken stock and cream to mushrooms & onions along with spices. Stir and return chops to pan and salt & pepper to taste. Cover and simmer for 15 min. Mix corn starch with water and thicken sauce a little, making it almost level one.... enjoy by leemax

## **Chili Pepper Pork Chops**

6 pork chops  
6 lemon slices, cut thin  
2 Tbsp brown sugar substitute  
1/3 c water  
2/3 c chili pepper sauce

Brown chops in skillet and drain off fat. Place slices of lemon on each chop. Combine preceding ingredients and pour over chops. Cover and bake for 30 min at 350°F.

## **Barbecued Pulled Pork w/ Surprise Sauce**

by Sooz123

First make a rub of the following:

- 1/4 cup kosher salt
- 1/4 cup black pepper
- 1/4 cup chili powder
- 1 T dried oregano
- 1 T dried thyme
- 1 t cayenne

Mix dry ingredients together and rub on 8 lb pork shoulder (or butt). Massage into meat. Cook slowly in roaster 4 1/2 hrs at 275 or until meat temperature reaches 160.

Sauce:

Reduce a two liter bottle of diet root beer (I used 6 bottles of diet IBC root beer) over medium heat in large sauce pan. (Takes 1-2 hrs).

Add to reduced root beer:

- 1 1/2 cups apple cider vinegar
- 1/2 cup sugar free catsup
- 1/4 cup yellow mustard
- 2 T lemon juice
- 1 T Worcestershire sauce
- 1 T Tabasco
- 1 t kosher salt
- 1 t black pepper

Simmer together for 20 minutes. Finish by adding 2 T unsalted butter for extra body and flavor. Chop or pull (in the Southern style) pork. Toss the warm pork with sauce, as warm foods tend to absorb flavors more easily.

## **Old Fashion Pork BBQ**

by imbuggin

If you like Southern style BBQ then you will love this vinegar based recipe for BBQ.

Cook in a crock pot a 3-5lb roast(I use a Boston butt roast)usually takes 5-6 hours in crock, then shred it. In a separate pot mix together the following ingredients then add it to the shredded meat and simmer for however long you like (just to get the flavors to set good.) \*

I usually double the following sauce recipe.

- 1/8 c vinegar
- 1/2 tsp chili powder
- 1/4 tsp Tabasco (I omit this one)
- 1 tsp black pepper
- 1/4 tsp onion salt
- 1/2 tbs sugar- (I use somersweet or splenda)
- 1 tsp salt (I also omit this. I think enough salt with the onion salt)
- 1/2 tsp ground red pepper
- 1/4 tsp Worcestershire (I omit this too)
- 1/2 tsp prepared mustard

1/4 tsp garlic powder  
1/2 c catsup (I use Hunts tomato sauce)  
1 c broth

And there you have it. Its great served with good OLE fashion coleslaw!!  
Hope you enjoy it!!

### **BBQ Spareribs**

This is so good I make it all the time.

3 to 4 lbs Pork or Beef Ribs  
3 tbsp butter 2 stalks celery  
1 1/2 tsp somersweet 1/2 onion  
1/2 cup water 1/2 tsp Worcestershire sauce  
1 tsp garlic salt 1 tbsp vinegar  
1 1/2 cups legal ketchup 1 tsp dry mustard  
1 tsp pepper

Boil ribs for 20 minutes. Drain. Sauté onions and celery in butter, add remaining ingredients. Simmer 15 minutes. Put Ribs in an oblong pan (13x9), pour sauce over them. Bake at 350\* uncovered for 30 to 45 minutes. These are sooo good.

### **Sauerkraut with Ribs**

1 qt. sauerkraut  
1/2 tsp celery seeds  
1 medium onion diced  
1 rack of ribs cut into individual ribs OR country style ribs

In a five qt Dutch oven par boil ribs in water with S&P and garlic powder for about 30 minutes. Remove from water. Dump water out after reserving 1/2 cup of the broth, and rinse pan. Place about 1/2 of the kraut, seeds, and onion into pan. Add broth. Place ribs on top of this then add remaining kraut, seeds and onion. Bring to a boil then reduce heat to a simmer and cook for one hour. By Susan

### **Shredded Pork Tenderloin with Lime Sauce**

PaulaJ31

1 1/4 pounds pork tenderloin -- cut into thin strips  
1 tablespoon olive oil  
1 1/2 cups chopped onions  
4 bacon slices -- chopped  
1 tablespoon chopped seeded jalapeno chili  
1/2 cup dry white wine  
1 cup chicken stock  
or  
1 cup canned low-salt chicken broth  
3/4 cup whipping cream  
1/4 cup fresh lime juice  
2 large tomatoes -- seeded, diced  
1 cup chopped green onions

Sprinkle pork with salt and pepper: Heat oil in large nonstick skillet over high heat. Add pork and sauté until almost cooked through, about 1 minute. Transfer to plate. Add 1 1/2

cups onions, bacon and jalapeno to same skillet and sauté until onions are tender, about 5 minutes. Add wine; cook 1 minute. Add stock and cream and simmer until mixture is reduced to 1 cup, about 17 minutes.

Return pork to skillet. Stir in lime juice. Add tomatoes and Sauté until pork is cooked through, about 1 minute longer: Transfer to serving dish. Sprinkle chopped green onions over and serve. Here is another recipe I make using pork medallions. It calls for capers (don't know if they are funky or not, I omit them).

## **Pork Tenderloin with Onion/Mustard Crust**

by KimJ

2lb pork loin;  
3 Tbsp mustard;  
2 Tbsp soy sauce;  
1 large garlic clove, minced;  
1/2 onion, chopped fine;  
1 Tbsp olive oil

Preheat oven to 350 F. Place pork on rack in shallow pan. Combine remaining ingredients and spread over roast. Roast uncovered for 1hr45mins. (Make extra coating for larger roast. May need to cook longer) -Kim

## **Caramelized Pork & Onions**

Very easy recipe

Thin slice boneless pork tenderloins  
paprika  
splenda  
onions  
peppers (optional)

Spray a skillet with Pam (or any non-stick spray)and heat.

Sprinkle a good amount of paprika on the cutlets being sure to cover them entirely on both sides. Place in pan and cook on both sides until no pink remains. Take out and set aside.

Spray a bit more Pam in the pan. Place the Sliced onions and peppers in the skillet and mix until coated. Then add 1 tsp of splenda (maybe more if you'd like) and mix well. Cook until tender.

While veggies are cooking, take the pork and slice it into thin strips then add to the onions and stir. Heat through and then serve.

## **Spinach Stuffed Pork Tenderloin**

by Shel4749

This is an all time favorite in our house, a little time consuming but well worth the wait!

1 pork tenderloin (1 1/2 lbs.)  
1/2 t. celery salt, divided  
1/2 t. garlic powder, divided

1/2 t. pepper, divided  
4 slices Provolone Cheese  
2 cups fresh spinach, washed and dried  
2 thin slices deli ham

Cut a lengthwise slit down the center of the tenderloin to within 1/2 inch of bottom. Open tenderloin so it lies flat; cover with plastic wrap. Flatten to 1/2-inch thickness. Remove plastic wrap; sprinkle pork with 1/4-t. celery salt, garlic powder and pepper. Layer with the cheese, spinach and ham. Press down gently.

Roll up jellyroll style, starting with a long side. Tie the tenderloin at 1-2 inch intervals with kitchen string. Sprinkle with remaining celery salt, garlic powder and pepper. Place on a rack in a shallow baking pan.

Bake uncovered at 425F for 25-30 minutes or until meat thermometer reads 160. Transfer to a serving platter, let stand for 10 minutes before slicing.

Shel - I had a single tenderloin I had thawed yesterday, and tried this using just the one. I sautéed portabella mushrooms in olive oil, lemon pepper, tarragon & balsamic vinegar, which I added to the herbed goat cheese I had spread on the tenderloin. Tied it with cooking string, poured some olive oil & balsamic on top, sprinkled with lemon pepper, tarragon & parsley.

I wound up putting it on the grill for about 20 minutes on each side, the way I usually do pork tenderloin. It was delicious and I'm looking forward to tonight's leftovers! By 2 be thin

## **Caramelized Pork & Onions**

by ShawnS

Very easy recipe

Thin slice boneless pork tenderloins  
paprika  
splenda  
onions  
peppers (optional)

Spray a skillet with Pam (or any non-stick spray) and heat.

Sprinkle a good amount of paprika on the cutlets being sure to cover them entirely on both sides. Place in pan and cook on both sides until no pink remains. Take out and set aside.

Spray a bit more Pam in the pan. Place the Sliced onions and peppers in the skillet and mix until coated. Then add 1 tsp of splenda (maybe more if you'd like) and mix well. Cook until tender.

While veggies are cooking, take the pork and slice it into thin strips then add to the onions and stir. Heat through and then serve.

## **Herb Pork Roast**

by Jolly Giant

¼ tsp. ground Thyme  
¼ tsp. ground Oregano

4-5 whole Cloves  
1 tsp. Salt  
¼ tsp. Garlic salt  
¼ tsp. Pepper  
3 # Pork loin roast

Mix thyme and oregano. Use tip of knife and make slits in roast. Push a little of the 2 herbs in these slits, and push the cloves in. Sprinkle rest of seasonings over top. Roast in a shallow pan, uncovered in a 325-degree oven. Use 40 min. per pound or to 185 degrees on thermometer. Take out cloves and slice to serve.

When I first started making this thyme and oregano were the powdery kind and I loved it-- now they are the dried leaf kind and that doesn't seem to be flavorful enough. So if you have the leaf kind, try doubling the amount called for.

## **Enchiladas**

by sugarbabe

1 "Pancake" recipe, omitting the sweetener and vanilla, to use as "tortillas".  
1&1/2lbs ground pork  
3 cloves garlic, minced  
3 tsp. chili powder  
3 tbl. cider vinegar  
1 tablespoon oil  
3 tablespoons chopped onion  
1 8-ounce can tomato sauce  
1 cup water  
1/2 teaspoon cumin  
1 teaspoon chili powder  
6 drops Tabasco sauce, or to taste  
1 teaspoon salt, or to taste  
1&1/2 cups shredded Cheddar cheese

Prepare "tortillas" and set aside.

In a bowl combine pork, garlic, 2 teaspoons chili powder, and vinegar.

Heat oil in skillet, and sauté onion over medium heat for 3 or 4 minutes until soft.

Add pork mixture to onion, and brown. Cook thoroughly. Pour off all fat. Set aside.

Sauce:

In saucepan combine tomato sauce, water, cumin, chili powder, Tabasco sauce, and salt. Simmer for 1/2 hour.

Pour 1/2 cup of the sauce into a 13X9-inch baking pan.. Fill "tortillas" with 2 tablespoons pork and 1 tablespoon cheese. Fold over and place seam side down in baking pan. Repeat till all ingredients are used up. Pour remaining sauce over all. Bake for 15 minutes. Cover with remaining cheese. Bake for 15 minutes more or until cheese is hot and bubbly

## **Sausage Balls**

1 lb. sausage meat - not formed sausages (any kind)  
2 cups Bisquick (pork rind flour or protein powder)

1 cup shredded cheddar cheese  
seasoning (optional)

Combine all ingredients until mixed very well. Shape into balls about 1/2 inch to 1 inch in diameter. Cover a cookie sheet in foil. Place sausage balls on cookie sheet. Bake at 350 degrees until brown.

## **Zucchini-Sausage Casserole**

by cathyroo

2 pounds of zucchini  
1/2 pound pork sausage (breakfast style)  
1/4 cup chopped onions  
1/2 cup grated Parmesan  
1/2 cup shredded cheddar  
2 eggs, beaten  
1 tsp. salt  
1/4 teaspoon thyme

Preheat oven to 350. Wash zucchini, trim ends and tip. Slice into thick slices. Boil in salted water 7-10 minutes. Drain. Chop coarsely.

Cook sausage and onions in skillet until lightly browned. Drain. Combine sausage mixture, zucchini, eggs, cheese, salt and thyme. Pour into 9x13 casserole and bake 30 to 40 minutes. During last 15 minutes of baking time, you could top with more shredded cheese. It's really outstanding. Hope you like it.

## **Italian Sausage Casserole**

This was originally Septembers recipe from the old site. I altered it to suit me! Hope you like it.

5 Italian Sausages (about 1 lb)  
1 Large onion, chopped  
2 Cloves garlic, chopped  
1 eggplant, chopped  
5 small zucchini sliced  
8 oz Mushrooms sliced  
1 tsp. Italian Seasoning  
Salt & Pepper to taste  
16 oz. can Stewed Tomatoes  
1 cup Cheddar Cheese  
1 cup Monterey Jack (I used Muenster)  
1 cup Mozzarella

Sauté onion and garlic till translucent. Cook and crumble sausage. Add the remaining vegetables and sauté for a few minutes. Add tomatoes and heat. Pour mixture into a large casserole dish (13 x 9) Cover with cheeses. Bake for 45 minutes at 350 degrees.

## **Sausage Casserole Supreme**

Here is an easy one dish meal that my family has enjoyed for years. It's totally legal level one. It's great for dinner, lunch or even breakfast! I use the Gwaltney Hot N'Spicy brand of sausage, but, any of your favorite brand would do fine.

- 1 Eggplant, cubed
- 1 onion, chopped
- 6 bell peppers, chopped
- 6 cloves fresh garlic, chopped
- 6 tomatoes, chopped or sliced
- 1-2 lb. sausage, chopped
- 2 tsp. sea salt
- 1 tsp. pepper

Arrange the above ingredients in a 13x9x2 inch baking dish. Cover with foil and place in preheated 350 degree oven; bake 1 hour. YUMMMY!!

## **Easy Stuffed Cabbage**

- 1 small or 1/2 large head cabbage
- 2/3 lbs pork sausage (approx.)
- 1/3 lbs hamburger (approx.)
- 1 med onion (chop most but slice some to put on top)
- 1 t each salt & pepper
- add paprika & ital seasoning (optional) to taste.
- 3-6 strips cooked bacon (wrap in paper towels, cook in microwave on high 1 min per slice - or fry)
- 2-3 T sour kraut
- 1-2 reg size cans peeled tomatoes (or stewed tomatoes)

Directions: Slightly boil cabbage. Preheat oven to 350 degrees

Mix meats, spices, and chopped onion. Slightly cook meat mixture & drain off some grease. Lay out cabbage leaves in lasagna-type dish and spoon in undercooked meat mixture & wrap (can be secured w/ toothpicks). Top with tomatoes, kraut, cut up bacon slices and sliced onions & additional spices if desired. Cook 1 hour.

Alterations & Short cuts: You don't have to pre-cook meat mixture if you want to just cook extra 30 min. or so in oven. I just like to so I can drain off some grease. Also good with all pork or all beef. Also you can layer like a lasagna if you don't want to wrap cabbage. Hope you like.

## **Faith's Sausage Quiche**

- 1 lb. sausage, cooked and drained
- onion, chopped
- 1 zucchini, sliced into rounds
- 1-2 cups shredded cheddar cheese
- 4 eggs, beaten
- 1/2 tsp rubbed sage
- salt and pepper

Place zucchini rounds into 9 inch pie plate (sprayed with Pam). Sprinkle the onions and cooked sausage over. Add as much cheese as you like to cover this. To the beaten eggs, add salt, pepper and sage. Pour this over the cheese. Bake at 350F for 30-40 minutes, until cheese is bubbly and browned

### **Faith's Spinach Casserole**

1 lb ground sausage (OR beef OR turkey) cooked and drained  
8 oz tomato sauce  
1 package frozen spinach, thawed and drained  
1 cup ricotta cheese  
2 eggs beaten  
4 tbsp parmesan cheese  
1 cup mozzarella cheese

Mix meat and sauce together. In separate bowl, mix together spinach, eggs, ricotta and Parmesan cheese. In a 8x8 dish, spread spinach mixture in bottom. Place meat mix on top, then sprinkle with mozzarella. Bake 350 degrees for 40 minutes.

### **Sweet Italian Sausage Casserole**

I tried this once, and the family liked it. It was printed in the Sunday Parade Magazine sometime in September.

2 tbs. butter  
2 tbs. olive oil  
8 ozs. sweet Italian sausage, casings removed  
1 cup diced (1/2 inch) eggplant  
1 cup diced (1/2 inch) zucchini  
1 cup diced (1/2 inch) red or green bell pepper  
1/4 chopped onion  
2 cloves garlic, minced  
1 can (28oz.) Italian plum tomatoes, drained and chopped  
2 tbs parsley  
2 tbs basil leaves  
Cayenne or black pepper to taste  
2 oz., grated mozzarella cheese

1. Melt the butter with the oil in a nonstick pan over medium-low heat. Add the sausage meat and cook for 10 minutes, breaking up the meat with a spoon. Remove to a bowl with a slotted spoon; reserve.
2. To the same pot, add the eggplant, zucchini, bell pepper, onion and garlic. Stirring occasionally, cook, until softened about 10 to 15 minutes. Stir in the reserved sausage, the tomatoes, parsley, basil and cayenne. Reduce the heat and simmer for 15 minutes.
3. Spoon the mixture into an 8X9 inch, oven to table baking dish to fit and sprinkle with the mozzarella cheese. Bake in a 350 preheated oven until the cheese melts, about 15 to 20 minutes.

Serves 4.

## **Pork Medallions**

by wannbe

Any type pork sausage (I used Farmer, by Pioneer), cut into 1/2 inch 'coins).

Olive oil

Seasonings (I used oregano and garlic)

Tomato sauce, any type

Parmesan Cheese, grated.

1. Fry the sausage in the olive oil in a cast iron skillet, sprinkled with generous seasonings, until done and starting to get brown.
2. Smother the sausage with the tomato sauce, sprinkle generously with Parmesan, and place in a oven, set either to broil or 350 degrees. Bake until Parmesan begins to melt.
3. Remove from oven, serve with large leafy salad, enjoy!

## **Pork Medallions Dijon**

by PaulaJ31

Ingredients: 1 package pork tenderloins (approx. 2 lbs.) - cut into 1/2" thick rounds 2 Tbs butter or olive oil 1/4 cup sliced shallots 4 Tbs heavy cream 1/3 cup chicken broth 3 Tbs capers, drained 2 Tbs coarse grained Dijon mustard Using a meat mallet or rolling pin, flatten pork rounds slightly to scant 1/2" thickness. Sprinkle w/salt & pepper. Sauté in butter or olive oil until brown and cooked through, about 2 minutes per side. Transfer pork to a plate. Add shallots to skillet and stir 1 minute. Add chicken broth and cream. Boil until sauce is thick enough to coat a spoon, stirring up browned bits, about 3-5 minutes. Mix in capers and mustard. Return pork to sauce. Simmer to heat through. Makes 4 servings - 4 carbs per serving.

## **Sweet Sauces for Pork or Chicken**

Sauté Pork tenderloin or chicken in pan with 1-2 Tbl butter and olive oil (equal parts of each). Remove from pan. Add 1/2 cup of dry white wine or chicken broth. Over med-high heat. Stir until reduced to about half. Add two splashes of balsamic vinegar, stir 2-3 minutes. Remove from heat add 2 tbl of butter with whisk one at a time. The balsamic vinegar turns sweet when cooked. You can also cook 1 cup of balsamic vinegar on stove. Let it boil med heat until it is reduced to a syrup. Add 3 tbl of butter, one at a time. It is dark but so sweet you won't believe it. Pour it over your grilled chicken or pork. You can also add onions or mushrooms to the sauté pan but remove them before adding the liquid because the mushrooms will get limp. I have a million sauce ideas. Pam Anderson's (not the one that was married to Tommy Lee) book, "How to Cook without a Book" has a million ideas for sauces, without flour. Kath

## **Italian Spaghetti Squash Pie**

by cuznvin

Hope you enjoy this:

- 1 cooked spaghetti squash
- 1 cup whole milk ricotta
- 3 eggs
- 3/4 cup grated Romano cheese
- 1/8 lb deli sliced

Genoa salami(cut into pieces)  
15-20 pre-sliced pieces of pepperoni  
8 oz whole milk mozzarella(cut into small pieces)  
1 tbs garlic powder  
black pepper to taste

I cook my spaghetti squash in the microwave. I cut in half, scoop out the seeds and strings and place upside down on a microwaveable plate. I usually cook it for 45 mins on high. Scoop out the squash and let cool. Add remaining ingredients and mix well. Pour into greased pie plate and bake at 350 until nice and brown on the top; about 30 -40 mins. i like eating this hot or cold !!  
I'll bet you can cook this mixture in mini-muffin pans and serve as an appetizer.....

## **Italian Food Craving**

by menomama

I made this with what I had on hand and I've been eating it for two days:  
Preheat oven to 350

1 jar Suzanne's marinara sauce  
1 can hearts of palm, drained  
1 small jar marinated artichoke hearts, drained  
1 small can of sliced mushrooms, drained  
1 pound of mozzarella cheese  
A few pieces of salami, cut up if larger pieces

Slice and dice the hearts of palm and artichoke hearts. Slice the mozzarella into 1/2 inch thick slabs. Put 1/3 of sauce in bottom of baking pan. Put on a layer of the cheese/artichoke hearts/mushrooms/hearts of palm. Put another layer of sauce on and keep on building, ending with sauce...it's ok if some of the cheese is popping through it will bubble up nicely Place salami on top...it will crisp up.

Bake 1 hour. Let "rest" for a few minutes. Dig in!

Nice w/tossed green salad. I'm going to make it more like lasagna next time w/some full fat ricotta. Will also pan fry some onions, and green peppers, maybe fresh tomatoes to add to the "layering". The possibilities are endless and I'm so happy to have her marinara sauce! No more longing for pizzas and starch laded lasagna!

## **Ham and Fontina Frittata**

by robinm105

Recipe courtesy Rachael Ray (Food Network)

1 pound ham steak, from packaged meats case of market  
1 tablespoon (1 turn around the pan) olive oil  
2 tablespoons butter  
12 extra large eggs  
1/2 cup milk or half-and-half  
Salt and pepper  
2 cups (8 to 10 ounces) Danish Fontina, shredded  
Preheat oven to 400 degrees F.

Trim any connective tissue and all fat off ham steak. Mince the meat into very small bits and set aside.

Heat a 12-inch nonstick skillet with oven safe handle over moderate heat. Add oil and 1 tablespoon butter to the skillet and coat sides and bottom of pan evenly with melted butter and oil mixture. Add ham bits to the pan and sauté 3 minutes to brown them a bit and render some of the moisture in the meat.

Whisk together eggs and milk or half-and-half. Break off tiny pieces of remaining 1 tablespoon butter and drop them into beaten eggs. Season eggs with a little salt and pepper and whisk again to combine. Pour eggs into skillet over ham. Stir eggs gently to evenly distribute bits of ham throughout the eggs.

As eggs set, lift up bottom skin that has formed and allow uncooked eggs to settle. Keep doing this as eggs brown until the eggs begin to set. Transfer the pan to the oven, and allow the frittata to cook 10 minutes, or until golden on top. Add a generous layer of shredded fontina to the frittata and leave in oven another 3 to 5 minutes, or until cheese is melted and begins to bubble and brown. Serve frittata wedges directly from the skillet with a pie server.

Yield: 6 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

## **Creamy Ham Casserole**

by iwillrejoice

2 pound head of cauliflower

2 cups cubed, cooked ham

3 ounce can mushrooms, drained

2/3 cup heavy cream

8 ounces (2 cups) shredded extra sharp white Vermont Cheddar, divided

1/2 cup dairy sour cream

Microwave cauliflower, loosely covered, with a tablespoon or 2 of water, for 8-12 minutes, or until soft. Drain, & slice florets from stem. Combine with ham & mushrooms in large bowl.

In small saucepan, boil cream a few minutes, to reduce & thicken. Add half the shredded cheese; stir until smooth. Add the sour cream. Add the sauce to the cauliflower mixture. Turn into a greased 2 quart casserole. Top with remaining shredded Cheddar. Bake, uncovered, at 350F for 20 minutes, or until hot.

6 servings

## **Cheesy Ham Casserole**

by Jeenie

Need a tasty way to use left over ham, sausage, etc? I threw this together for lunch at the office today and it was a big hit. No one even knew it was food they could eat and still lose weight.

2 cups chopped left over ham, or cooked sausage, etc.  
1 head of cauliflower cut into flowerets  
1 cup or more shredded cheese of your choice (I use Colby jack cheese)  
1/2 cup shredded pepper jack cheese  
1/2 cup cream  
1 medium onion chopped and sautéed in butter  
1 Teaspoon minced garlic (I use the jarred kind)  
Pepper and garlic powder to taste. No need to add salt as the ham and the cheese makes it salty enough.

Take a 9x9 baking pan and spray with Pam.  
Clean cauliflower and cut into flowerets and boil for 2 to 3 minutes. Take off heat and drain. Sauté onion and garlic with butter until soft. Put the cauliflower, ham, onion, pepper, garlic powder and cheeses in pan and mix well with cream. Top the casserole with additional cheese.

Bake in 350-degree oven until bubbly and cheese brown on top. (I cheat sometimes and turn on broiler after baking to brown evenly) Serve with a salad and enjoy!  
The cauliflower tastes a little like potato. Very tasty dish! You can also add broccoli to this dish for more color and texture!

## **Ham Quiche**

3 eggs  
1/2 cup melted butter  
1/2 cup Bisquick (use pork rind flour or protein powder)  
1 1/2 cup milk (use cream)  
1 cup shredded cheese (Jack or Swiss)  
1/2 cup chopped ham

Mix all ingredients except cheese and ham in blender. Pour into a 9-inch pie plate. Put ham and cheese on top and push down into the mix. Bake at 350 degrees until done. Allow to set for 10 minutes before serving.

## **Crustless Broccoli, Bacon and Cheese Pie**

1/2 pound bacon  
1/2 red onion -- sliced  
6 eggs  
20 ounces frozen broccoli -- chopped, thawed, and drained well  
3/4 cup heavy cream  
1/2 pound gruyere cheese --grated  
1/2 teaspoon salt  
1/4 teaspoon cayenne pepper  
Parsley sprig -- optional

Preheat oven to 350 f. Butter a 10" quiche dish or pie plate (6 cup) or 9" deep dish pie plate, in large skillet cook bacon until crisp. Remove and place on plate lined with paper towel; coarsely chop. Drain all but 1 Tblsp. drippings from pan. Heat over medium heat. Cook onion until tender, 8-10 min. In large bowl combine eggs, cream, broccoli, cheese, salt, cayenne pepper, bacon and onion. Add mixture to prepared pan. Bake until knife

inserted in center comes out clean, shielding with aluminum foil, if necessary, about 1 hour, 15 minutes. Let cool 5 minutes before cutting. Garnish with parsley sprig, if desired.

## **Lemon-Rosemary Lamb Chops**

5 packages of 3 pre-cut lamb rib chops that are almost 1/2" thick. (More or less packages according to how many you are feeding or how many leftovers you desire)

Or substitute pork chops

16 oz Sour Cream

Zest of one whole lemon (fresh is fantastic)

Fresh Rosemary (4 to 6 stalks, stripping the leaves off)

1/4 C Olive Oil

Juice of one lemon

Mix this really, really well.

Coat the chops really well in the mixture and drop it in a Ziploc bag. Once all are coated and in the bag, pour the leftover marinade in on top of them. Seal and marinate for 24 hours to 48 hours.

Heat up the George Foreman grill. Once hot cook the chops 4 to 6 at a time depending upon the size of your grill for 8 minutes without lifting the lid. Check the first batch for doneness. On my grill the 8 minutes gave me a nice medium. Depending on your tastes cook longer or shorter.

This recipe was so easy. I threw together a cucumber/onion vinegar salad, green beans in the crock pot -- YUM!!

## **Italian-style Lamb and Pepper Ragout**

I first tried this recipe several years back and loved it! I made it a couple nights ago for dinner and have been thoroughly enjoying it for my lunches. By Jojac59

1/2 cup & 2 tblsp. olive oil

4 garlic cloves, minced

4 bay leaves

1 1/2# lean lamb, coarsely chopped

1/2 cup dry white wine

2 (28oz)cans peeled Italian tomatoes, broken up or tomato puree (will make a thicker sauce)

2 green bell peppers, cut into thin strips

2 red bell peppers, cut into thin strips

Salt & freshly ground black pepper

grated Pecorino Romano cheese

In a Dutch oven combine the oil, garlic, & bay leaves over moderate heat. Add the lamb and cook, stirring until browned. Add the wine and cook until it evaporates. Add the tomatoes, peppers, and salt and pepper to taste. Reduce heat to low and simmer for 45 min. to an hour. Discard bay leaves. Serve over cooked spaghetti squash (well drained)Grate Romano cheese over each serving. Enjoy!!!

## Moussaka

1 TBSP olive oil  
1 large onion, chopped  
4 cloves garlic minced  
1 3/4 lb. ground lamb  
1 can (15 oz) crushed tomatoes  
1 1/2 tsp. dried oregano  
1 tsp. ground allspice  
1 tsp. salt  
1/2 tsp. ground black pepper  
2 eggplants peeled and sliced lengthwise into slabs 1/4" thick  
3 large eggs, room temp  
1 c cream, room temp  
1/2 c crumbled feta cheese  
1/3 c grated parmesan cheese  
1/8 tsp. ground nutmeg

Heat oil in a large skillet over medium heat. Add the onion and cook, stirring occasionally, until softened and lightly browned. Stir in the garlic and lamb and increase heat to medium high - Cook, stirring to crumble meat just till no longer pink (7 mins). Drain the excess fat and stir in tomatoes, oregano, allspice, 1/2 tsp. salt, 1/4 tsp. pepper. Reduce heat to low, partially cover and cook until very thick (30 mins).

Meanwhile, preheat broiler. Place eggplant on a large baking sheet and coat both sides with cooking spray (you will need to work in batches). Sprinkle with remaining 1/2 tsp. salt and 1/8 tsp. pepper. Broil 5" from the heat till just beginning to brown ( 2 to 3 mins ea. side). In a bowl, lightly beat the eggs & cream. Stir in the feta, Parmesan, nutmeg and remaining 1/8 tsp. pepper.

Reduce the oven temp to 350. Arrange a layer of eggplant in a shallow 2 1/2 qt baking dish. Top with a layer of the meat mixture. Add another layer of eggplant, another layer of meat mixture and top with another layer of eggplant. Poke several holes through the layers with a fork. Pour the cream mixture evenly over the top. Bake until the egg is set & lightly browned, 35 mins. Let stand 15 - 20 mins before cutting and serving (serves 8)  
This is worth the work!!!!

## Marinade for Pork

This works well with pork roasts or with chops. It's great for grilling.

2 tbl. Olive oil  
1/4 cup cider vinegar  
2 or 3 cloves crushed garlic  
3 tbl Dijon mustard  
1 scoop (1/4 tsp.) Somersweet (add more to your taste for a honey mustard kind of flavor)  
salt, pepper.

Mix all of this together- if you have a large roast, you might require more- just increase vinegar, oil and mustard until you think you have enough to coat the roast well. Cover your chops or roast with the marinade and let it sit for 2 hours or overnight.

Grill or broil your chops or grill your roast using indirect heat. If you want to baste the

meat, make up a fresh batch to baste while cooking since you shouldn't baste it with the marinade that is full of raw pork bacteria. Enjoy by erika9473

### **Here's another one with a little oriental flavor to it**

2 Tbls. butter

1 Tbls. lemon juice

2 cloves of garlic (minced)

2 Tbls. Splenda

2 tsps. Soy sauce

1/2 tsps. Pepper

Melt butter with other ingredients till well mixed. Also great on chicken wings and grilled salmon...Enjoy Georgiagirl

### **BBQ Sweet Sauce**

by lorriebelle

Sauté until onion is translucent:

1/2 stick butter

1 onion

Add: 1 20oz. Bottle ketchup (sugar free) I use Estee

1 tbs. Mustard

1 tbs. Vinegar

3 tbs. Somersweet or 1 cup splenda (It is also good with brown sugar sweetnlow) You may use less sugar!

1 tsp. salt

1 tsp. pepper

Cook for 20 minutes

Good on chicken, ribs, and tenderloin!!

### **Sweet Sauces for Pork or Chicken**

Sauté Pork tenderloin or chicken in pan with 1-2 Tbl butter and olive oil (equal parts of each) Remove from pan. Add 1/2 cup of dry white wine or chicken broth. Over med-high heat. Stir until reduced to about half. Add two splashes of balsamic vinegar, stir 2-3 minutes. Remove from heat add 2 tbl of butter with whisk one at a time. The balsamic vinegar turns sweet when cooked. You can also cook 1 cup of balsamic vinegar on stove. Let it boil med heat until it is reduced to a syrup. Add 3 tbl of butter, one at a time. It is dark but so sweet you won't believe it. Pour it over your grilled chicken or pork. You can also add onions or mushrooms to the sauté pan but remove them before adding the liquid because the mushrooms will get limp. I have a million sauce ideas. Pam Anderson's(not the one that was married to Tommy Lee) book, "How to Cook without a Book" has a million ideas for sauces, without flour. Kath

## Vegetarian Entrees

### Veggie Tacos

I have these at least once a week. They're great.

2 whole wheat fat-free tortillas  
3 tablespoons fat-free sour cream or yogurt cheese  
1/2 cup black beans (from a can) or fat free refried beans  
1/4 cup fat-free cheddar cheese  
3 tablespoons chopped red onion  
spicy sprouts  
jalapenos to taste

Put beans into a medium saucepan to heat. Place one tortilla over the pan opening. The moisture and the heat from the beans softens the tortillas nicely. Have other ingredients ready for assembly. Remove tortilla from pan and spread with 1/2 the sour cream (or yogurt cheese), then put in beans. Place other tortilla over pan while finishing assembly of first taco. Put remaining ingredients on taco in order (so cheese will melt as much as possible). Repeat with second tortilla. Wrap and enjoy. Yum Yum.

### Refried Beans

Refried beans aren't fried two times, but rather "fried well." By Waybackfan

Collect: cooked beans, a heavy pan, ff sour cream, a potato masher or a fork, salt and pepper OR PUREE.

Heat up your heavy pan (cast iron works wonderfully for this) then add enough ff sour cream to lightly cover the bottom. Add a couple of big spoonfuls of beans to the pan. Mash with your masher or fork, and add salt and pepper to taste. When the beans are creamy and hot, either push them to the side of the pan or put them in a bowl (depends on how large your pan is.) Cook all the beans in this manner.

Serve with salsa. Top with lettuce, tomatoes, FF cheese, FF sour cream, or fresh jalapenos.

### Magnificent Bean Supper

Carbo – Level 1

1 19-oz. can mixed beans (garbanzo, navy, pinto, kidney, etc.)  
1 14-oz. can SF tomato sauce  
1 medium onion, finely minced  
1 tsp. salt  
¼ tsp. pepper  
¾ C mushrooms, chopped  
1 tsp. dried basil  
½ tsp. dried oregano  
½ tsp. onion powder  
½ tsp. garlic powder  
Whole Wheat Bread

Combine all ingredients except bread and place in a small casserole. Bake @ 400°F for 45 minutes or until beans are bubbly and somewhat crusty on top. Remove and spread on WW toast. Makes about 2 cups.

## Crepes for Manicotti

by curious

12 eggs  
1/4 - 1/2 tsp. Onion powder  
1/4 - 1/2 tsp. Garlic powder  
1 tsp. Oregano  
1 cup pork rind flour  
1/4 - 1/2 cup heavy cream

Mix ingredients together and stir until smooth. Drop by spoonfuls or 1/4 - 1/2 cup of mixture onto a hot, lightly greased nonstick 6-inch pan. Crepes should form and become dry almost instantly as you swirl the pan and its contents. Turn crepe over to cook other side quickly. Remove cooked crepe to a plate and just stack them up. Make all of the batter.

## Eggplant Pie

This recipe was recently published in the Sunday paper and sounded delicious! I haven't tried it yet, but based on the list of ingredients -- what's not to like?!

Yield: 5-6 servings

Olive oil spray  
1 cup grated Asiago or Romano cheese,  
1 cup mozzarella cheese  
1 large firm eggplant, ends trimmed, cut into 1/2-inch round slices  
1 tsp. coarse salt  
Freshly ground pepper  
1 Tbsp. olive oil  
1-2 cups diced onions  
2 tsp. minced garlic  
1/8 tsp. crushed red pepper  
1/2 cup marinara sauce  
1-1/4 cups whole milk ricotta cheese  
1 large egg yolk  
2 Tbsp. julienned fresh basil leaves

1. Heat oven to 375 degrees. Lightly spray 9-inch pie pan with non-stick vegetable spray. Sprinkle 1/3 cup Asiago or Romano cheese over the bottom and sides of plate to form light crust. Set aside.
2. Sprinkle 1 tsp. coarse salt over eggplant slices; let sit about 30 minutes. Rinse slices with cold water; blot dry with paper towels.
3. Arrange eggplant in single layer on baking sheet sprayed with non-stick vegetable spray. Spray tops with oil. Season with salt and pepper. Broil about 8 inches from heat source until browned, about 4 minutes; turn and brown other side, about 2 minutes. Let cool. Overlap slices in prepared pie plate, extending up sides up plate.
4. Heat oil in medium skillet over medium-high heat. Add onions, garlic, and crushed red pepper. Cook, until softened, about 7 minutes. Stir in marinara sauce; cook 1 more minute. Adjust seasoning to taste.
5. Combine ricotta cheese, egg yolk, 1 Tbsp. basil, and 1/3 cup Asiago or Romano cheese in small bowl. Adjust seasoning to taste. Spread ricotta mixture over eggplant slices. Spread onion mixture over cheese. Sprinkle mozzarella cheese over onions, then remaining Asiago or Romano cheese. Can be prepared ahead and refrigerated overnight, covered with foil.

6. Bake, uncovered, until lightly browned and bubbling, about 25-30 minutes. Let rest 10 minutes before serving. Can be baked ahead, cooled, refrigerated and reheated, covered in 350-degree oven for 30-40 minutes.
7. To serve, scatter remaining 1 Tbsp. basil over top.

## **Eggplant Pasta**

Recipe courtesy Alton Brown

2 medium-large eggplants  
Kosher salt, for purging  
4 tablespoons olive oil  
1 teaspoon garlic, minced  
1/2 teaspoon chili flakes  
4 small tomatoes, seeded and chopped  
1/2 cup cream  
4 tablespoons basil chiffonade  
1/4 cup freshly grated Parmesan  
Freshly ground pepper

Peel each eggplant leaving 1-inch of skin at the top and bottom unpeeled. Slice the eggplant thinly lengthwise, about 1/4-inch thick. Evenly coat each slice with the salt and purge on a sheet pan fitted with a rack for 30 minutes. Rinse with cold water and roll in paper towels to dry. Slice the pieces into thin strips to resemble pasta.

In a large sauté pan heat the oil. Add the garlic and chili flakes and toast. Add the eggplant "pasta" and toss to coat. Add the tomatoes and cook for 3 minutes. Add the cream and increase heat to thicken sauce. Finally add the basil and Parmesan and toss to combine. Season with pepper, no salt needed as the eggplant will have residual salt from the purge. Serve immediately.

Yield: 4 servings

## **Roasted Eggplant Rolls**

2 Tbsp. Olive oil  
1 eggplant (1.5 lb.) peeled and sliced lengthwise 1/4" thick  
1/2 c. chopped onion  
1 can (16 oz.) diced tomatoes  
1 c. full-fat ricotta cheese  
1 c. coarsely chopped spinach  
1/4 c. reduced fat mozzarella  
1 TBSP. dried basil  
1 Tbsp. dried oregano  
1 tsp. garlic powder  
1 c. tomato sauce

1. Preheat oven to 350 F. Brush 1 tbsp. of the oil on the sliced eggplant and roast it until tender - about 15 minutes.
2. Sauté the onion in the remaining 1 tbsp. of oil until tender, about 3 to 4 minutes. Add the tomatoes (with juice) and simmer for 15 min.
3. In a separate bowl, mix the ricotta, spinach, mozzarella, basil, oregano and garlic. Add salt & pepper to taste.
4. Lightly coat a baking dish with cooking spray. Spoon the cheese mixture on each slice of the eggplant and roll up like a jelly roll. Place the eggplant in the dish. Continue until all the eggplant is used.

5. Top with the tomato sauce and bake for 30 minutes. (the picture also shows a little cheese on top)

## **Egg Foo Yum**

by Dallas

Something for those of us who love an oriental flavor.

I include an exact description and exact amounts although you can be really free and easy if you choose.

1 1/2 cup fresh mung sprouts  
1/3 cup chopped white onion (1/4"pieces)( or green onions)  
1 heaped tablespoon finely minced cilantro  
1/8 teaspoon cayenne pepper  
1/4 tsp sea salt  
3 Beaten Eggs

Have 12" ( or whatever) skillet hot with peanut oil ( about 2" in pan)You can use any legal oil but peanut oil adds to the flavor.

Add the seasonings to the eggs, then the onion and stir in the bean sprouts. Drop by cup or ladle to form "cakes" into the hot oil . ( I got three turnable cakes out of the mix ) Fry the first side until completely brown and the edges of the cakes are crisp. Then turn and fry the other side just as brown. I use a medium high heat but that will have to be your choice.

When done , drain briefly before transferring to your serving platter.

Drizzle very lightly with lite Soy. Hope you enjoy , I love them !

PS: Like a pizza you can add anything, shrimp, slivers of left over meat, green peppers , hot peppers, etc. I served the Egg Foo Yum with a side of slivered water chestnuts and snow pea pods sautéed briefly also in peanut oil.

Good luck ! enjoy ! Carole

## **Veggie Combo Casserole**

I'm a casserole-type person; I love to combine food. Recently I made a great concoction that I would like to share.

Here's what I did: I cooked a large package of frozen, chopped spinach - 8 minutes in my microwave. I softened an 8 ounce package of cream cheese. (To do this, I set my microwave power level to '2' and placed the cream cheese in a bowl and set the timer to 4 minutes.) After draining the spinach and using a paper towel to press out excess water, I added the spinach and a third of a Vidalia onion chopped very fine to the softened cheese and mixed well. I added several dashes of Worcester sauce to the mix. The results were delicious, in my opinion. Of course, I seasoned to taste with salt and pepper, and I added several pinches of ground hot pepper (cayenne would work fine) as an option.

Give this a try and see if you do not agree it is a very pleasant way to enjoy a Level 1 pro/fat veggie combo. And, should you improve on my recipe, please comment.

## **Broccoli Casserole**

10 ounces frozen broccoli--cooked  
1 cup mayonnaise  
1 can cream of mushroom soup -- or cream of chicken  
2 egg  
1 1/2 cups shredded cheddar cheese  
mushrooms or bacon (optional)

How to Prepare: Preheat oven to 350 and grease 9x9 glass dish. Beat eggs, soup, mayo and shredded cheddar in bowl until well mixed. Add cooked broccoli (and mushrooms & bacon if you desire). Pour mixture into glass dish and bake about 45 minutes or until top is browned.

## **Broccoli Casserole**

I just made the yummiest dish and I have to share.

Large bag of frozen broccoli  
2 Tbsp. butter  
8 Oz fresh mushrooms  
1 medium onion, chopped  
3/4 cup mayonnaise  
1 egg, beaten  
1 cup heavy cream  
1/2-1 cup shredded cheddar  
1 cup shredded swiss or (any kind you have on hand)

Cook broccoli as package directs for 5 minutes, drain and put in casserole dish. Cook mushrooms and onion in butter. Add cream and cook a bit to reduce. Add to broccoli in casserole. Mix egg and mayo and add to rest of dish. Stir in 1/2-1 cup shredded cheddar cheese. Top with Swiss cheese and Bake @ 350 degrees for 45 minutes. by Suzze

## **The Yummiest Squash Casserole**

5-6 summer squash  
1 med onion, chopped  
1 8 oz block cream cheese  
2 c shredded cheddar  
2 eggs  
2 T butter  
Salt and pepper to taste

Boil together sliced squash, onion, butter and salt and pepper until soft. Drain well, mashing out the water. Puree' the squash mixture. Mix in cream cheese, cheese, eggs. Season w/salt and pepper. Pour into buttered casserole and bake @ 375 degrees for 30 mins or until puffy and bubbly. by Sandy001

## **Spinach Frittata**

I found this recipe in a magazine and really enjoyed it. Thought I'd share:

2 spring onions or 1 large sweet onion  
2 tsp olive oil

1 bag (5-6 oz) baby spinach  
8 large eggs  
1/4 c. grated Pecorino Romano Cheese (I used grated parmesan)

Preheat oven to 425. Trim tough green leaves from top of spring onions. Cut stems crosswise into 1/4" thick slices. Cut each onion bulb in half and thinly slice. (WHAT the heck is a spring onion? I used a Mayan sweet onion, chopped it up, and it was really good.)

In a non-stick 12" skillet with oven-safe handle, heat oil over med. heat until hot. Add sliced onions and stems and cook 10 minutes or until soft and golden brown, stirring occasionally. Stir in spinach and cook 1 min until just wilted, stirring constantly. (I used frozen baby spinach, well drained, worked fine.) Spread this mixture evenly in skillet, remove skillet from heat.

In medium bowl whisk eggs, Romano, 1/4 cup water, 1/2 tsp. salt, 1/4 tsp pepper until blended.

Carefully pour the egg mixture into skillet over onion/spinach mixture; do not stir. Return to medium-high heat and cook 2-3 min. or until egg mixture begins to set around the edge.

Place skillet in oven. Bake 8 to 10 min. or until frittata is set. Slide out of skillet onto cutting board. Cut into wedges to serve.

This was even better reheated the next day. Enjoy!

## **Wild Mushroom and Goat Cheese Quiche**

by Jerseymama

If you like mushrooms and goat cheese this dish is for you. I created it today. Very decadent and would be good for company.

1/2 cup chopped onions  
2-3 Tbsp butter  
2 garlic cloves, minced  
10 oz assorted mushrooms  
3 eggs  
1 1/4 cup shredded Gruyere cheese  
6 oz. goat cheese  
1/2 heavy cream  
1/4 cup water  
3 tbsp. fresh minced thyme  
pinch nutmeg  
1/2 tsp salt  
1/4 tsp pepper

Preheat oven to 325 degrees. Melt butter in a large skillet, and sauté onions for 1-2 minutes. Add garlic and sauté for 30 seconds. Add mushroom and sauté for 5 minutes. Remove mushrooms from stove and set aside to cool down a bit.

Lightly beat eggs and add cream, water, 2 tbsp. thyme, nutmeg, salt and pepper. Add mushroom mixture and blend well. Add 1 cup of Gruyere cheese and all the goat cheese. Mix well. Pour in a greased 9 inch pie plate. Top with remaining Gruyere cheese and remaining tbsp of thyme. (use a couple of sprigs if you want to garnish) Bake for 35-40 minutes. Should be a nice deep golden brown. Hope you enjoy it!

## **Somersized Macaroni and Cheese**

2 Be Thin

1/4 to 1/2 Cup Heavy Cream  
2 to 3 Cups Cooked Spaghetti Squash  
1/4 Cup Grated Parmesan (powdery kind)  
1 1/2 Cups Grated Sharp Cheddar Cheese  
2 Tbsps Butter  
Salt  
White Pepper  
Dry Mustard  
Cayenne Pepper  
Paprika

Heat heavy cream, butter and parmesan on low heat, stirring as it thickens. Season with salt, white pepper, dry mustard, and cayenne pepper. Add a handful of grated sharp cheddar cheese, stirring til it melts. Toss thickened sauce with squash and place in casserole. Depending on how much squash you have, you can do it in 1 or 2 layers. Top with grated cheddar cheese and sprinkle some parmesan on top. Sprinkle with some paprika.

I baked this for about 30 min at 350, but it didn't brown on top, so I turned the oven up to about 450 and watched it. Don't know how much longer I cooked it, but it really began to bubble and brown, and even though the edges got very brown, it was delicious and it had a nice crust on top.

## **BFoster's Spaghetti Squash "Mac and Cheese"**

Butter your dish, scoop the cooked (large) spaghetti squash into dish, toss with about 2 T. butter, pour seasoned cream and water over it (about 1 1/2 cup cream, 1/2 cup water, S&P, dash of nutmeg, mix well to combine). You want it covered, but not swimming. Then take 1/2 pkg (4 oz) cream cheese and pinch off pieces and poke them under the cream mixture. Do the same with 6 or 8 slices of American cheese (or your favorite). Bake 350F for 20 or 30 minutes, until hot and bubbly and golden on the top. Tastes like angelhair pasta mac and cheese!

## **Eggplant Rollentine**

2 eggplants, peeled, sliced lengthwise in thin, long slices  
salt  
olive oil

Filling

1 cup ricotta  
1 egg, beaten  
1 10 oz package frozen chopped spinach or broccoli, thawed and squeezed dry  
1/4 cup grated parm cheese  
1/2 t. garlic powder  
1/2 t. dried parsley

Sauce: 1 jar Classico Tomato and Basil  
Shredded mozzarella to own taste

#### PREPARE THE EGGPLANT

Preheat oven to 400 degrees

Salt eggplant slices and place in a colander to drain (about 20 minutes). Rinse thoroughly. Lightly oil cookie sheet with olive oil (or Reynolds wrap Release works great for this, I still brush the top of the eggplant with olive oil to keep it moist) Place eggplant slices on cookie sheet, brush with additional olive oil. Roast in oven about 15 minutes or until soft (don't burn them!)

Filling - Mix together filling ingredients. Place a tablespoon of filling on one end of an eggplant slice, roll up. Repeat for other slices.

In casserole, place small amount of Classico Tomato sauce to coat bottom. Place in your eggplant rolls and then lightly top with more sauce. Spread shredded mozzarella over the top.

Bake in 350 degree oven for 20-25 minutes. Serve with additional sauce on the side.

#### **Mozzarella Marina**

One of my family's favorite dishes is mozzarella marinara but I often find it difficult after work. It can be messy and takes time. I tried this the other night and it tasted wonderful even though it took 2 minutes to make.

Cut mozzarella into 1/4 inch slabs. Put a layer of parmesan cheese on a microwave proof plate. Place mozzarella over it and cover with more parmesan. Microwave for approximately 40 seconds until melty. The place Suzanne's marinara sauce or your own marinara over and more parmesan. Microwave for another 30 seconds or so.

You will have a melty, yummy mozzarella marinara. It won't be crispy like when you fry it, but there is no mess and it takes just minutes. And the taste is superb. By araknoff

#### **Yummy Lasagna for one!**

I just made this for lunch..and boy did it hit the spot! So simple too. I didn't really measure, so use your best judgement on the amounts. By rockstarkat

1 Zucchini, shredded into the Zucchini noodles  
1/4 cup Chopped Onion (I use frozen..much faster)  
1 egg  
3-5 tbsl Parmesan Cheese (powder kind)  
Spices (optional)

After shredding the noodles, squeeze all moisture you can out of them. Place in bowl and add the onion. Add the egg and cheese and mix with fork until all the same consistency. Heat a skillet with a bit of olive oil. Take a few spoonfuls of Zucchini mixture and put in oil, making a patty. Fry on medium heat until brown, flipping to do the other side. Remove patty and dry with paper towels. Repeat frying steps until mixture is gone (I got about 3 patties). These are good themselves..almost like a hash brown when dipped in ketchup!

For Lasagna:  
Mozzarella Cheese  
Marinara Sauce

Place a few pinches of cheese on a plate, setting one of the patties on top of it. Cover with sauce and a bit more cheese, add next layer. Repeat with 3rd layer and microwave 30 seconds to melt cheese. Delish!

## Vegetable Pizza

I made this the other night for a party and no one would believe that it had NO CARBS. These people have had my original veggie pizza made with crescent rolls and all thought it was delicious. So here goes my first recipe post

### VEGETABLE PIZZA

#### CRUST:

12 oz. cream cheese (softened)

4 eggs

1-1/4 tsp vanilla

2 scoops SomerSweet (or equivalent sweetener)

First combine cream cheese, vanilla and SomerSweet. Mix until very creamy. Add eggs and beat until mixed very well. Pour mixture into a 17x11 rectangle cookie sheet lined with parchment paper. Bake at 400 degrees 30-45 minutes. It should be golden brown completely on top when done. Set aside to cool completely.

#### TOPPING:

8 oz cream cheese (Softened)

1-1/2 TBS mayonnaise

1 clove garlic (finely minced)

1/2 package Hidden Valley Ranch Dip Mix

Salt and Pepper to taste.

assorted raw veggies chopped fine (Broccoli, cauliflower, green onions, peppers, whatever you like)

1/2 cup finely shredded cheddar cheese

Mix all ingredients except veggies and cheddar cheese. Layer this mixture over the cooled crust. Make sure to cover all the way to the edges. Top with veggies and cheese. This will taste like a crust with a dip and veggies on top. It really is very good.

\*\*You could omit the sweetener and add parm. cheese or garlic or whatever spices you might like I do hope you enjoy it!

## Zucchini Pizza Crust

It takes a bit longer than you would think in preparation for the crust but you could do that like in the morning if you didn't want a bunch to do before supper. I used a cook essentials cookie sheet instead of Jelly roll pan, didn't have one. I divided the mixture so it would be easier to turn. Let me tell you it is really good and filling. It looks like it wouldn't fill you up, it will.

4 cups finely shredded zucchini or yellow summer squash

3/4 cup all-purpose flour

3/4 cup grated Parmesan cheese  
1/2 cup shredded mozzarella cheese  
2 eggs, beaten  
1/2 teaspoon ground black pepper  
salt to taste

1. Preheat oven to 350 degrees F (175 degrees C).
2. Once zucchini or summer squash has been shredded (I recommend a food processor) lightly salt the squash and transfer it to a strainer. Let stand 15 to 30 minutes and press all remaining liquid out of squash.
3. In a medium-sized mixing bowl, combine squash, flour, Parmesan cheese, mozzarella cheese, eggs, pepper and salt. Mix well.
4. Spread the mixture into a greased and floured jelly roll pan. Bake for 25 minutes.
5. Remove the crust from the oven and change the oven's temperature to broil. Brush the top of the crust with oil, and then broil the crust for 3 to 5 minutes until the top is lightly browned.
6. Allow the crust to cool slightly and slide spatula underneath all edges and under the middle. Place a large baking sheet over the top of the crust and gently flip the crust over so that the bottom of the crust is now facing upwards. Because it can be difficult to flip the crust smoothly, it may be necessary to cut the crust in half to facilitate the flipping of the crust.
7. Brush the top of the crust with oil and broil for another 3 to 5 minutes until the top is browned. Cover with toppings as desired. I put sauce, pepperoni, mozzarella and would have put cheddar but tired. lol I put it back under broiler for maybe a minute to brown the cheese and get sauce heated up. Enjoy.

### **Tomato Pesto Pizza**

I tried this last night and it was so fantastic that I'm going to make it again tonight! It's very fresh and very summery (?) Let me know if you like it!

Pizza Quiche

8 oz. cream cheese  
4 eggs  
1/4 cup + 1/8 cup parmesan cheese  
1-2 tbs. Italian Seasoning  
1-1/2 cups shredded mozzarella  
4 tbs. whipping cream

Whisk cream cheese and eggs until smooth. Add cream, parmesan cheese, and oregano. Stir well. Add mozzarella. Spray a 9" x 12" pan (makes a thinner crust) with cooking spray. Pour egg mixture over cheese. Bake at 375 for 30 minutes.

Pesto:

1 cup fresh basil leaves  
1/2 cup Parmesan cheese  
1/4 - 1/2 cup olive oil  
lemon juice

Grind basil leaves in food processor. Add parmesan cheese and mix well. While running the processor, pour in enough oil to reach a smooth paste (as thick or thin as you want it.) Add a couple of splashes of lemon juice (keeps the pesto greener longer) and store in refrigerator appx. 1 week.

Pizza Prep: Allow crust to cool for about 5-10 minutes. Spread a thin layer of pesto over the crust. (If needed, can warm up the pesto slightly so that it spreads easier and doesn't ruin the top of your crust.) Cut fresh tomato slices (medium thickness) and arrange on crust. Sprinkle with additional mozzarella. Bake an additional 10 minutes on 375. Cut into slices and top each with a dollop of pesto.

\*Could also make this into a breakfast pizza with sausage or bacon (we added some bacon crumbles to the top.) Or add some mushrooms or pats of goat cheese. Or possibly a dessert pizza (change the spices and add cinnamon, vanilla, and sugar sub. I was wondering if you could cut them into slices after they cool and fry the slices, then sprinkle with sugar sub. and cinnamon - like french toast sticks.)

## Potpourri (Miscellaneous)

### Starlite's Sweet and Spicy German Style Mustard

My dear German Grandmother Selma gave me the nonsomersized version of this recipe when I was first married 25 years ago. It's sweet fresh hot and spicy flavor blows store bought mustards out of the water. It's really worth it! Thanks Granny! Level 1 pro/fat

2 oz box of Coleman's dry mustard  
1C white vinegar  
3 large eggs  
2 tbls of somersweet (2/3C of sugar)

Combine dry mustard powder and vinegar with wire whisk in sauce pan. Let stand overnight. The next morning whisk in 3 eggs until well beaten. Cook on top of stove over low heat until thick hot and bubbly. Remove from heat and whisk in sweetener. More sweetener may be added if you like it very sweet. Place in clean glass jar(s), seal, and refrigerate. Great on your favorite bratwurst or in mock potato salad. Gives an extra kick to deviled eggs and hamburgers. I hope you like this as much as I do.

### Starlite's Honey Mustard Dressing

1 coddled egg  
1/4C olive oil  
1/4C red wine vinegar  
1/2 tsp dried parsley  
1/2 tsp dried paprika  
2 tbls Starlite's "honey" mustard  
1/2 tsp sea salt  
1/2 tsp coarse ground black pepper

To coddle an egg, submerge it in a bowl of hot water for 15 minutes. Crack egg into food processor and add all other ingredients. Mix to blend.

### Creamy Mustard Sauce

By Angelpie

I've been using this recipe for a while now, so I thought I would share.

3/4 cup cream  
1 cup yellow mustard  
Dash of olive oil  
Dash of garlic powder  
Cinnamon to taste  
Splenda or other sweetener to taste

Whisk or blend together. I use this all the time over beef roasts or to top grilled chicken. Hope you like it as much as I do.

### Starlite's Ketchup

I entered 2 recipes that won a grand prize in the recipe contest of 2001. Only one was published in the book, citrus pie. The other recipe was my catsup recipe, which was listed

for a while in the winner's list. It was removed from the list as only one grand prize was awarded per person. Here is my almost prize winning ketchup recipe!

1/2C white vinegar  
3/4 tsp whole cloves  
3/4 inch stick cinnamon broken into pieces  
1/2 tsp whole celery seed  
1 tsp onion powder  
1-6oz can of tomato paste  
1C water  
2 tsp salt  
sweetener equal to 1/3C sugar

Combine vinegar, cloves, cinnamon, celery seed, and onion powder in covered pan and bring to boil. Remove from heat and allow to steep for 20 minutes or longer. Mix tomato paste and water in saucepan. Strain vinegar and discard spices. Add spiced vinegar and salt to tomato sauce in pan. Stirring often, simmer over low heat until desired consistency is achieved. I like it very thick! Add sweetener and stir. Refrigerate until used.

This has been in my family for many years. I think it's time to share with all of you.

### **Starlite's Secret Sauce**

Just mix equal parts of legal mayo, ketchup, mustard and a little dill pickle relish. I prefer to use my own sf ketchup and sweet German style mustard recipes! Yum. I hope you like this .

### **Starlite's BBQ sauce**

This recipe can be cooked in the oven or on the grill with meat or you can make the BBQ sauce up ahead of time and use as needed.

3-4 lbs of chicken, pork, or beef  
1 large onion thinly sliced  
4 cloves of garlic crushed  
1 tsp sea salt  
1/2 tsp crushed red pepper flakes  
1/2 tsp coarse ground black pepper  
1 tsp paprika  
1 tsp chili powder  
2 tbl Worcestershire sauce  
2 tbl vinegar  
1 tbl liquid smoke (I like hickory the best)  
3/4 C ketchup  
3/4 C water

Place meat in oven proof container. I use a covered roasting pan lined with aluminum foil for easy clean up. Spray foil with oil for easy meat removal. Combine other ingredients and pour over meat. Cover meat and bake at 325F for at least 1 1/2 hrs. Remove the tender meat to a platter and drain pan drippings into sauce pan. Return meat to roaster and continue cooking at 325F for 1/2 hr to brown the meat. Meanwhile boil the sauce until rich and thick on top of the stove. Stir frequently. Put the "falling off the bone" tender meat to your serving platter and pour the thick rich and spicy red BBQ sauce liberally over the top. Ketchup may be a sugar free store brand, Suzanne's (which is available on this web site), or make your own from the ketchup recipe I have also posted on another thread.

## **BBQ Sauce**

My sister is doing Atkins, and she made this great BBQ sauce...

3 cups sugar-free and caffeine-free rootbeer  
1 cup chili sauce

Mix together in saucepan over medium high heat, bring to a boil (be careful not to boil over), turn heat down and reduce liquid until thick as you like it...Easy and yummy, especially over pulled pork!

## **Homemade Arby's Sauce**

I use this for my BBQ sauce. It is easier to make than some other recipes I've found, but you can try it for yourself. I use it on hamburgers, chicken, faux fries, etc. I don't even use the plain ketchup anymore! Here it is in two ways: complete, and if you want to use your own SF ketchup for the recipe. Enjoy!

Arby's Sauce and Ketchup combined:

1/2 c white vinegar  
3/4 tsp whole cloves  
3/4" cinnamon stick broken into pieces  
1/2 tsp whole celery seed  
1-1/2 tsp onion powder  
1/2 tsp garlic powder  
1/2 tsp pepper  
2-1/2 tsp salt  
1 tsp Tabasco  
1-6 oz. can tomato paste  
1c+4 tsp water  
1/3c sugar equivalent (1T SS)

Combine vinegar through salt in covered pan and bring to boil. Remove from heat and allow to steep for 20 minutes or longer. Mix Tabasco, tomato paste and water in saucepan. Strain vinegar and discard spices. Add spiced vinegar and salt to tomato sauce in pan. Stirring often simmer over low heat until desired consistency is achieved. Add sweetener and stir. Refrigerate until used.

or

1c. SF legal ketchup  
4 teaspoons water  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon pepper  
1/2 teaspoon salt  
1 teaspoon Tabasco pepper sauce

Cook over medium heat, stirring constantly, until the sauce begins to boil, 5 to 10 minutes. Remove the sauce from the heat. Cover and allow to cool. Pour into a covered container for storage in your refrigerator. Keeps for a month or two.

Makes 1 cup. by - marie172

## **Sweet and Sour Sauce**

by inreno

1 cup white vinegar  
1/3 cup sugar(your sub)  
1 tablespoon ketchup(sugar free)  
1 tablespoon Worcestershire Sauce  
1/4 teaspoon salt  
1/4 teaspoon MSG (optional)

Combine the ingredients and bring to a boil, stirring. This will be thin as the recipes all call for cornstarch. However, the flavor will be great. Deb in Reno

## **Pesto Sauce**

Just made a great meal that I thought I should share. It was a grilled chicken pesto salad.

1 cup chopped basil  
1 clove garlic  
1/2 cup Parmesan cheese  
1/2 cup oil

In Blender put basil and garlic. Give it a good chop. Then add the Cheese. Pulse to combine. Add the oil (you can add as much as you need to make it a paste or a sauce). If not using it right then I would put it in the refrigerator.

Then I made a salad using the Pesto sauce as a dressing. I also put some crumbled Feta Cheese in the salad. This cured my Italian craving. Hope it helps ya'll.

Tip: Just a quick note about the pesto. My mom makes it all summer long and has found that if you add just a couple of splashes of lemon juice, it will keep the pesto fresher if you're not using it right away - it doesn't change the taste at all! Also, if you like pesto, but find that it is a little too strong, try making it with spinach leaves instead of basil. It's the same texture, but a milder taste! Make sure you use fresh, baby spinach leaves for the ultimate taste sensation!

## **Miracle Whip**

by DebB

1/2 cup mayo; 2pks splenda; 1T lemon juice;  
If you can let it sit, refrigerated, for 4+ hours first, it picks the flavors up better.

## **Homemade Mayonnaise**

1 egg  
1 tsp dry mustard  
1/2 tsp paprika  
3 TBSP lemon juice (or vinegar)  
1.5 cups salad oil

Blend first 4 ingredients. Then slowly add the oil until thick and smooth.

## **Cilantro Mayonnaise**

3/4 cup mayonnaise  
3/4 cup loosely packed cilantro leaves  
1 tablespoon fresh lime juice  
1 teaspoon light soy sauce  
1 small clove garlic

Place the mayonnaise, cilantro, lime juice, soy sauce, and garlic in a blender or food processor. Blend until smooth.

Yield 3/4 cup

## **Too Good to be True Marinade**

by Alys52

1 1/2 cups of canola oil  
1/2 cup vinegar (white or wine)  
1/2 cup soy sauce  
1/3 cup fresh lemon juice  
1/4 cup Worcestershire sauce  
1 Tbsp. mustard (dry or prepared)  
2 Tbsp. Parsley flakes (fresh or dried)  
2 Tbsp. coarse ground pepper (I sometimes use 1 tbsp of the pepper and 1 Tbsp of pepper garlic)

Stir all together with a whip, and put in any meat, (even lamb is very good), pork or poultry and even your vegetables for grilling. ITS AWESOME!

One very easy dish you can make with this is use a portable grill (like the George Forman one) and grill your London Broil for 15 mins after it has set in marinade over night. You can also marinade some cut up veggies in another dish and grill them as well to go along with it. Wow! So good and easy dish to make. Let me know how you like it!

I've been making this for about three months. No one has complained yet, so thought I would post it. Much easier to make than my cooked sauce. Mary

## **Lemon-Orange Citrus Marinade**

A unique, citrus blend of lemon and orange flavors, this tangy and sweet marinade will tenderize your favorite cuts of meat, injecting them with some of the best tastes of summer. I especially enjoy this with poultry and was surprised at how succulent, juicy, and delicious a sirloin steak turned out after I marinated and barbecued it. If you are looking for a quick idea to jazz up chicken, beef, and even pork, then why not be adventurous and give this a try. A simple recipe though this may be, this marinade will enhance many meats with a full bodied flavor all its own. The perfect idea for a summer barbecue. Marinate overnight or for 8 hours for fullest flavor.

Preparation Time: 2 minutes

Marinating Time: a minimum of 8 hours for full flavor or 2 days for a WOW! Experience

Serving Size: 1 cup

1/2 cup lemon juice  
1/2 cup water  
2 teaspoon lemon extract

4 teaspoons orange extract  
2/3- 1 cup equivalent of sugar substitute \*\*  
½ teaspoon grated lemon zest (optional) \*\*\*\*  
1 teaspoon pineapple extract (optional) \*\*\*\*

\*\* Add the smaller amount of sweetener if you prefer a less sweet flavor. I find this to be the case with red meats such as beef. For a sweeter flavor, such as for fish or poultry, try using the larger amount of sweetener, as the added sweetness goes well with white meats. Start with the smaller amount of sweetener, give it a try with your meats, and if you like it sweeter, then you will know for next time. \*\*

\*\*\*\* Though these ingredients are optional, the added flavor of the lemon zest especially enhances chicken, fish, beef, and poultry. If you do not want to add it or do not have any available, simply leave out. The pineapple extract is especially nice for poultry. However, if you cannot find pineapple extract or do not want this flavor, just do not add it. \*\*\*\*

Directions: Mix all ingredients. Store in an airtight container, will keep for several months. Marinate fish, poultry, pork, and beef in this marinade, covered in the refrigerator for 8 hours or overnight.

Serving Suggestion: For a truly WOW! Experience, marinate for 48 hours or 2 days. The tenderness and powerful flavor that your meats will take on will be incredible. Perfect if you are having a summer barbecue party and want to impress your guests.

Peter Neuman

## **My Secret Marinade**

I have the most awesome way to fix lamb and so easy! This is a special marinade that has been used in my family for many years. It is great on any kind of meat and even for grilling veggies! By Alys52

1 1/2 cups of canola oil  
1/2 cup vinegar (white or wine)  
1/2 cup soy sauce  
1/3 cup fresh lemon juice  
1/4 cup Worcestershire sauce  
1 Tbsp. mustard (dry or prepared)  
2 Tbsp. Parsley flakes  
2 Tbsp. coarse ground pepper (I sometimes use 1 tbsp. of the pepper and 1 Tbsp. of pepper garlic)

Stir all together with a whip and put in any meat, pork or poultry and even your vegetables for grilling. The longer you marinate it, the more tender and flavorful the meat will be. ITS AWESOME!

## **South American Marinating Sauce**

14 oz. soy sauce  
1 1/4 cup vinegar  
1/2 cup tomato puree or 1/4 cup tomato paste  
1 1/2 tsp. cayenne pepper

2 Tbsp. cumin  
2 Tbsp. garlic powder  
2 Tbsp. paprika  
1 tsp. oregano  
1/2 tsp. Somersweet

Combine ingredients in a blender and blend on high for 2 mins. Marinate steak, chicken, or any other meat. Sprinkle meats with cracked black pepper.

I love this for chicken so I posted it here, but it is also great on steak. I will try marinating shrimp tonight.

### **Cajun Chicken Marinade**

I've been making this recipe for years and finally got around to SSing it. The original had honey in it.

1/2 C Olive Oil  
2 T Cajun Seasoning (legal)  
2 T Lemon Juice  
2 T Parsley  
1 T Soy Sauce  
A pinch of Cayenne Pepper  
4 Chicken Breasts

Mix everything together and marinade for 2-3 hours or overnight.

Place chicken and marinade in oven proof dish and bake @ 450 for 20-30 minutes.

I use the marinade on my favorite legal "mashed potatoes".

I also recently grilled these and they were even better. Make an extra to put on a salad the next day.

This recipe originally was for shrimp, but as I don't care for hot shrimp I've always made it on chicken. I'm sure it would be good on pork, fish etc. Enjoy! Jen

### **Steak Sauce**

I just got this last week off an Atkin's site and haven't had a chance to try it yet. The girl that posted this has many recipes there and they always receive good reviews. I don't know how "A-1ish" it tastes, but thought I'd go ahead and post it: \*Ü\*

1/2 cup Worcestershire sauce  
2 tablespoon Soy Sauce  
1 tablespoon sesame oil  
2 tablespoons sugar free maple syrup/pancake syrup  
1/4 cup water  
1 teaspoon garlic powder  
1/2 teaspoon ground ginger  
1/2 teaspoon ground cumin  
1/4 teaspoon liquid smoke flavoring  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1 pinch cayenne pepper

2 packets sweetener\* Optional if the syrup isn't sweet enough  
2 tablespoons tomato paste  
Bring all ingredients except salt and tomato paste to a simmer and let simmer for 5 minutes. Whisk in tomato paste and let simmer to thicken (about 5 minutes). Taste and add salt as desired (or not).  
Let cool completely to room temperature and then refrigerate.  
Yield: "1 cup"  
Dottie @ LCF

## **Outback Steakhouse Tiger Dill Sauce**

by DebB

2/3 C. Sour Cream  
1/4 C. Mayonnaise  
3 tsp. Prepared Horseradish  
3/4 tsp. Sugar  
1/4 tsp Dill Weed

Blend all together and serve with any beef dish. This is better if let to set overnight.

## **Stefanie's Alfredo Sauce**

I will add this is delicious!!

I made this the other night. Put it on top of chicken, shrimp, veggies, whatever!!

8 oz cream cheese  
3/4 cup parmesan (I used Kraft)  
1/2 cup (1 stick) butter  
1/2 cup heavy cream  
pepper to taste

Throw it all in a saucepan on medium/low heat and stir till smooth and thoroughly combined..about 5 minutes.

We're talking awesome!! A zillion grams of fat and you can lose weight!!

**Tip:** I made this just last night but I combined it w/a hint from Suzanne's recipe. I put a little olive oil in the pan and sautéed 3 tsp minced garlic first, then added the rest. Yummy!

## **White Sauce**

(makes 1 cup)

2 tablespoons melted butter  
1 cup cream  
dash nutmeg or paprika  
1/2 teaspoon salt  
dash pepper

Heat over low heat. Add very slowly to melted butter, cream and seasonings, while whisking constantly; two or three egg yolks, beaten together with 2 or 3 tablespoons of cream (depends on the thickness desired). Cook over low heat until thickened. Do not allow to boil. Cool (will get thicker).

## **Whole Grain White Sauce Mix**

A carbo sauce to serve over whole wheat pasta.

- 1 cup any whole grain flour(I like spelt)
- 2 1/2 cups nonfat dry milk
- 1 tablespoon salt

Mix together and use as needed.

Thin Sauce: 3 tablespoons of mix, dash of black pepper and nutmeg, 1 cup skim milk or vegetable broth or a combo of each, (1/2 teaspoon to 1 tablespoon of butter, for level two)

Medium Sauce: Use 1/3 cup of mix, the rest is the same.

Thick Sauce: Use 2/3 cup of mix, the rest is the same.

In saucepan, combine dry ingredients. Stir in a small amount of skim milk/broth at a time, until all in combined. Heat over low heat until hot and thickened. Do not boil.

## **Lemon Dill**

I call this Lemon Dill and have used it on chicken and fish for many years. It is my family's favorite meal. By calmel

- 1/3 cup mayo
- 2 tablespoons lemon juice
- 3-4 tablespoons parmesan cheese
- 1/2 teaspoon garlic
- 2 teaspoons dill
- fresh ground pepper

You can adjust the ingredients to taste and these measurements are just a guessimate because I don't measure very much. Mix all ingredients together and baste meat. As meat cooks, turn over occasionally and baste. One good tip. My husband didn't want to baste one night so he just heaped everything on the chicken. It wasn't as good as it was if you just use a brush occasionally and baste.

## **One Hour Pizza Sauce**

- 1 28-ounce can crushed tomatoes
  - 3 ounces tomato paste
  - 4 tablespoons grated Romano cheese
  - 1 teaspoon oregano
  - 1 teaspoon basil
  - 1 tablespoon minced garlic
  - 1/4 teaspoon black pepper or to taste
  - sweetener to equal 2 teaspoons of sugar
- Whisk all ingredients together, let sit for one hour before using. Freeze's well.

## **Neuman's Mesquite BBQ Sauce**

- 1/2 cup plus 1 tablespoon finely minced onion (about 1/2 of a medium onion)
- 2 tablespoons butter
- 1 (680 mL or 22 ounce) can of sugar-free tomato sauce (I use Hunt's brand)
- 3/4 cup water

2 tablespoons plus 2 teaspoons Worcestershire sauce  
1 tablespoon liquid smoke \*\*  
1 ½ teaspoons dried, garlic powder  
2-4 tablespoons equivalent of sugar substitute \*\*\*  
1 tablespoon mustard  
5 tablespoons white vinegar  
½ teaspoon hot sauce  
1 pinch of allspice (or about 1/4 of a 1/4 teaspoon)  
1 tablespoon plus 2 teaspoons lemon juice  
2 pinches dried, ground cumin (or 1/8 teaspoon)  
½ teaspoon chili powder  
½ teaspoons onion powder  
1 tablespoon dried, mustard powder  
2 pinches of ginger (or 1/8 teaspoon)  
A few shakes of black pepper  
2 tablespoons balsamic vinegar  
1 1/4 teaspoons paprika  
1/4-1 teaspoon cayenne pepper \*\*\*\*  
1 tablespoon butter  
1/3 cup water

\*\* Liquid smoke can be found at most supermarkets in the condiment section by the ketchup or bbq sauces. \*\*

\*\*\* If you prefer a slightly sweeter BBQ sauce, use the larger amount of sweetener. If you like your BBQ sauce less sweet, use the lesser amount. \*\*\*

\*\*\*\* If you do not like a spicy BBQ sauce, use the lesser amount of cayenne pepper. If you like it a bit hotter, simply add more cayenne pepper. Either way, just keep tasting the BBQ sauce and add cayenne pepper until desired level of spice is reached. \*\*\*\*

Directions: In a small frying pan over medium heat, melt the butter. Add the onions and sauté until translucent (meaning they are almost see through), about 15-20 minutes. Remove from heat. Pour tomato sauce in a larger saucepan, add onions and all but the last 2 ingredients. Over medium heat, bring sauce to a boil, uncovered. Reduce heat to simmer and cook, uncovered, for 40 minutes, until thickened. Remove from heat, add butter and stir until melted.

Pour sauce into a blender or food processor. Puree until BBQ sauce is smooth throughout and no pieces of onion remain. Add last amount of water, and stir until well blended. Store in an airtight container in the refrigerator for several weeks and enjoy

## **Tangy BBQ Sauce**

1 stick of butter  
1/4 c. vinegar (apple cider)  
1 c. tomato sauce  
2 Tbsp. Worcestershire  
1/2 Tbsp. salt  
1 Tbsp. mustard  
2 tsp. lemon juice  
1 tsp. hickory liquid smoke  
1 packet equal ( I use Somersweet, equiv to 1 tsp. or to taste  
Melt butter, add vinegar and then other ingredients. Stir until well blended. Bring to boil, lower heat, and let simmer a few minutes or desired consistency.

## **Sweet BBQ Sauce**

Sauté until onion is translucent:

1/2 stick butter

1 onion

Add: 1 20oz. bottle ketchup (sugar free) I use Estee

1 tbs. mustard

1 tbs. vinegar

3 tbs. somersweet or 1 cup splenda (It is also good with brown sugar sweet low) You may use less sugar!

1 tsp. salt

1 tsp. pepper

Cook for 20 minutes

Good on chicken, ribs, and tenderloin!!

Loriebelle @ SS site

## **Chimichuri Sauce**

This is a delicious chimichuri sauce that's great for steaks (no more A-1) and eggs too!

1 jalapeno

1 clove garlic

2 T fresh cilantro

2 T fresh parsley

1 T oregano (dried)

1 t chili powder

1/4 c. olive oil

3 T lime juice (fresh or bottled)

1/2 t salt

Mix all in a blender or small food processor.

## **Planet Hollywood's Creole Mustard Sauce**

1 cup Mayonnaise

1/4 cup Creole-style mustard or Dijon mustard

1 tablespoon yellow mustard

1 tablespoon horseradish

1/2 teaspoon cider vinegar

dash Worcestershire sauce

1 teaspoon red wine vinegar

1 teaspoon water

1/2 teaspoon cayenne pepper

1/2 teaspoon salt

1 tablespoon green onions, sliced into pieces

1 tablespoon crushed garlic packed in oil

1 teaspoon finely chopped green pepper

1 teaspoon finely chopped celery

1 teaspoon finely chopped onion

Mix all ingredients together. Serve with chicken.

## **Jack's Pro/Fat Marinara Sauce**

I love to use this sauce with Chicken Parmesan. My whole family really enjoys it so I thought I would pass it along.

28 oz. can of crushed tomato  
1 1/2 tsp. garlic powder  
1/2 tsp. oregano  
1/2 tsp. onion powder  
3 Tbls extra virgin olive oil  
1/3 tsp. somersweet or splenda  
1/3 tsp. salt  
3-4 cloves of fresh garlic  
1/2 small sweet red pepper

Start by putting 2 of the 3 tablespoons of olive oil in a saucepan. Reserve the remaining 1 tablespoon for later. Crush your garlic and finely chop the red pepper and add it to the saucepan. Sauté slowly until soft. Once soft add the can of tomatoes, garlic and onion powder, oregano, sweetener, and salt. Let sauce simmer slowly about 10 minutes. Add your reserved tablespoon of olive oil 3 minutes before done and mix in. That's it, you're done.

I hope everyone enjoys this recipe as much as we do. I sauté chicken breasts in olive oil with salt, pepper and garlic. Once it's done I cover it with mozzarella cheese and put it under the broiler to melt then I top it with the marinara sauce. That with a big salad is a quick great meal.

Hope everyone enjoys!!

## **Flavored Vinegar**

by starlite

I got this idea from a box of Celestials Seasoning tea.

2 tea bags  
1/2C white vinegar

Steep teabags in white vinegar for 10 minutes. (I warmed the vinegar slightly in microwave first, although the recipe did not say to do this). Remove tea bags and squeeze for that last dash of flavor. Discard tea bag. That's it! I have made raspberry zinger vinegar, black cherry berry vinegar, cranberry apple vinegar, and country peach passion vinegar. Easy, cheap, tasty, and luxurious. All the things I like in a recipe!

Here is the recipe for raspberry zinger vinaigrette from the box.

1/2C raspberry zinger vinegar  
1 tsp balsamic vinegar  
sweetener equal to 1 tsp sugar  
3/4C olive oil

Combine all ingredients in jar, shake, and enjoy. This vinaigrette recipe would work with any flavor vinegar!

## **Citrus Vinaigrette**

2 tablespoons lime juice

1 teaspoon Dijon mustard  
1/4 teaspoon finely grated lime zest  
1/4 cup grape seed oil  
1/4 cup olive oil

Whisk constantly while adding oil to citrus juice and then add remaining ingredients while continuing to whisk. by almostskinny

## **Taco Bell RESTAURANT -STYLE Meat Seasoning**

1 pound lean ground beef  
1/4 cup all-purpose flour (can omit, or sub. whole wheat for Level 2)  
1 Tablespoon chili powder  
1/4-1/2 teaspoon salt (originally 1 tsp--quite salty!)  
1/2 teaspoon dried minced onion  
1/2 teaspoon paprika  
1/4 teaspoon onion powder  
dash garlic powder  
pinch of cocoa (this tip from a former Taco Bell employee!)  
1/2 cup water

1. In a medium bowl, combine the ground beef with the dry ingredients, using your hands to thoroughly mix throughout the ground beef.
2. Add the beef mixture to the 1/2 cup water in a skillet over medium heat. Mix well with a wooden spoon or spatula, and break up the meat as it cooks. Heat for 5 to 6 minutes, or until browned. The finished product should be very smooth, somewhat pasty, with no large chunks of beef remaining.

\*\*\*\*\*

Tudy-Note--This is \*so\* much like the take-out delights' meat filling--'Hope you enjoy!  
Tudy-NOTE: Another sharing of a SECRET RECIPE that's TOPs, if you know what I mean--  
and this one's total legal for SSing, w/o any modifications!  
Oooooooooohhhh! I \*love\* this sauce! It's what they use on the Baja Beef Chalupas--if I'm gonna cheat, that's my very favorite!

## **Taco Bell BAJA SAUCE Clone**

1/4 of a red bell pepper, seeded and coarsely chopped  
1 large jalapeno pepper, chopped in half  
2 tablespoons diced Spanish onion  
1 cup mayonnaise  
1 tablespoon vinegar  
1/4 teaspoon cracked black pepper  
dash garlic powder  
dash ground cumin

1. Using a food processor, puree peppers and onion.
  2. Mix 1 cup mayonnaise and 4 teaspoons of the vegetable puree in a medium bowl.
  3. Add remaining ingredients and mix well.
  4. Chill for several hours to let flavors develop.
- Makes 1 cup of TOTAL YUM.

Tudy-NOTES: This is a SECRET RECIPE that's TOPS for your MexiFood Treats! And it's FAR less expensive than purchasing the bottled brand in the grocery stores. The MILD version is my favorite, but if your taste buds crave the heat, I would imagine you could just step up the chili powder & cayenne pepper as much as you like!

## **Taco Bell MILD BORDER SAUCE Clone**

3 cups water  
2 teaspoons cornstarch (\*tiny\* amount of total recipe, but you may decide to omit--or, perhaps, sub. 1 & 1/2 tsp. plain gelatin)  
1 6-ounce can tomato paste  
3 tablespoons white distilled vinegar  
4 teaspoons chili powder  
2 teaspoons salt  
1 teaspoon cayenne pepper

1. Dissolve cornstarch in water in a medium saucepan.
2. Add remaining ingredients and stir well.
3. Bring mixture to a boil over medium heat, then reduce heat and simmer for 5 minutes.
4. Turn off heat and cover until cool.
5. Keep in a covered container in the refrigerator to store.

## **Mexican Blend Spices**

This is a recipe I use for Chicken Fajitas or tacos. It is a blend of spices, you measure it all out and put in a jar and shake it all up. Store in the refrigerator. They say spices keep fresher if stored in the refrigerator. (I don't know how true that is). I use 1 1/2 tables. to 4 chicken breasts. (4 pieces of chicken, about the size of your hand).

1 1/2 tables. Cumin  
1 tables. onion powder  
1 tables. garlic powder  
1/2 tables. ground ginger  
1/2 tables. paprika  
1/2 tables. oregano  
1/2 tables. dry mustard  
1/2 tables. cayenne pepper  
1/2 tables. parsley

Mix all together in a jar, shake up to mix them together and store.

## **Barbecue Rub**

This is a great rub on any meat that you want to have a barbecue flavor:

1 cup chili powder  
3 tablespoons paprika  
3 tablespoons finely chopped fresh thyme (or 1 teaspoon dried)  
2 tablespoons sea salt  
2 tablespoons garlic powder  
1 tablespoon freshly ground black pepper  
2 tablespoons ground cumin  
1 teaspoon cayenne pepper

Place all ingredients in a large bowl, whisk to combine. Store in an airtight container at room temperature. Makes 2 cups.

Edited by - Mary Lou T. on 6/2/2003 5:57:21 AM

I too would highly recommend the sea salt rubs. I have used them to make my cooking easier and quicker. They make things taste really good. A few of the things that I have used them on:

\* Cajun or Southwestern - rub on shrimp about 15 minutes before skewering and grilling. I have also rubbed these on flank steak with some good olive oil. Let the steak sit for 20 minutes or so and then grill.

\* Provançe and Tuscan - are great on chicken. I have rubbed on chicken breasts and let sit with some good olive oil and then sautéed in a pan.

Also I have used as a rub on a whole chicken with some good olive oil, let it sit for a couple of hours then roasted the chicken in the oven.

## **Barbecue Spicy Sweet Rub**

by dklutz

Sweetener equivalent to 2T brown sugar (I used Somersweet)

2T onion powder

2T garlic powder

2T dried thyme

2T dried oregano

1T mild paprika

1T hot paprika

1t cayenne

2t ground coriander

1t black pepper

1t white pepper

1T kosher salt

Rub on meat at least an hour before. If you plan on waiting over an hour to cook hold salt until just before cooking.

## **Herbs de Provence Spice Mix**

I wanted to learn about "herbs de Provence" and found a do-it-yourself-er. Then, on RecipeSource.com, I found some "RUB" combinations (specified for beef, but probably super for pork, seafood, & poultry as well) that I thought might be helpful for those of us who'd like to \*fill\* our kitchens with tantalizing fragrances without \*emptying\* our pocketbooks. Suzanne has emphasized what a huge difference SEA SALT makes, so you may want to make some adjustments, i.e., substitute sea salt for the salt listed, replace onion salt with a combination of onion powder & sea salt, etc. ALSO--check the lemon pepper and seasoning salt for prohibited ingredients (although they may be such a minimal presence that you won't object). And, once a mix has proven itself to you, I'd certainly make a large batch to have on hand--in this case, it takes no longer to make a \*lot\* than a \*little\*!

3 T. Dried marjoram

3 T. Dried thyme

3 T. Dried savory

1 tsp. Dried basil  
1 tsp. Dried rosemary  
1/2 tsp. Dried sage  
1/2 tsp. Fennel seeds  
\*\*\*AND\*\*\*  
1 T. Dried LAVENDAR

Combine all ingredients. Mix well and spoon in small jars. Makes 3/4 cup.  
Use to season chicken, vegetables or meat.

### **Orleans Pepper Rub**

1/2 teaspoon ground red pepper  
1/2 teaspoon ground white pepper  
1/4 teaspoon black pepper  
1/2 teaspoon onion powder  
1/4 teaspoon salt

### **Tex-Mex Rub**

1 teaspoon chili powder  
1/2 teaspoon cumin  
1/4 teaspoon onion salt  
1/4 teaspoon garlic salt  
1/8 teaspoon ground oregano

### **Herb Bouquet**

1/4 teaspoon ground black pepper  
1/2 teaspoon dry mustard  
1/2 teaspoon dried rosemary -- (crushed)  
3/4 teaspoon dried oregano  
3/4 teaspoon dried thyme

### **Lemon Kick**

1 teaspoon lemon pepper  
3/4 teaspoon seasoned salt  
1/4 teaspoon garlic powder

### **Cucina Italia**

3/4 teaspoon oregano  
3/4 teaspoon basil  
1/2 teaspoon garlic powder  
1/2 teaspoon salt

### **Tuscan Salt Rub**

For all rubs: Combine ingredients; sprinkle over steak or roast. Rub in lightly. Let sit an hour or until ready to cook.

Yields enough for 2 12-oz steaks. Double for a 3 pound roast.

(made with fresh herbs...you could have these rubs on hand in \*dried\* versions by doubling/tripling/whatever-ing the ingredients, drying, and storing)

- 1 garlic clove
- 1 tablespoon kosher salt
- 1 small bunch fresh sage (about 30 leaves)
- 2 sprigs fresh rosemary

On a cutting board, mince the garlic with the salt. Place the herbs in a mound and coarsely chop them. Add the garlic salt and chop them together to make a coarse rub. Use the salt right away, or let it dry, uncovered, in a bowl for a few days. The dried salt rub can be stored indefinitely in a clean dry jar.

OR:

- 3 cloves garlic, minced
- 2 teaspoons minced fresh rosemary
- 2 teaspoons minced fresh sage
- 1 teaspoon freshly cracked black pepper
- 2 teaspoons kosher salt

(same directions as above)

OR:

FRESH RUB ONLY (this version contains olive oil, and the rub is to be used when you're also cooking fresh cloves of garlic along with the meat--so the garlic content will be in the dish, just not in the rub itself):

- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh thyme
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

Combine and add:

- 1 tablespoon olive oil

### **Rub for Meats and Veggies**

This rub is from Rachel Ray on 30 minute meals show. It is very good on meats and veggies. It can also be put in a marinade for meats.

- 1/8 cup crushed Coriander
- 1/4 cup Paprika
- 1/4 cup Cumin
- 1/8 cup salt
- 1 Tbls Oregano
- 1 Tbls crushed Red Pepper

My family have gone goo goo over this rub. This is something that I had tried from the show on pork loin chops, chicken, ribs of any kind, potatoes (not now) and veggies. I cook on the grill a lot with meats and veggies so this rub is flavorful and goes throughout the item it's in or on.

For a marinade, for Pros/Fats, use olive oil and rub to your taste. Or use olive oil, any vinegar you like and just a touch for a salad dressing.

## **KFC Chicken Spices**

- 1 tablespoon rosemary
- 1 tablespoon oregano
- 1 tablespoon sage
- 1 teaspoon ginger
- 1 teaspoon marjoram
- 1 1/2 teaspoon thyme
- 3 tablespoons brown sugar (change)
- 3 tablespoons parsley
- 1 teaspoon pepper
- 1 tablespoon paprika
- 2 tablespoons garlic salt (or garlic powder)
- 2 tablespoons onion salt (or onion powder)
- 2 tablespoons chicken bouillon or 4 cubes mashed (these are slightly funky)

Mix in food processor or herb grinder. Use 1 oz. of mix to 1/2 cup parmesan cheese and 1/2 cup pork rind flour or all parmesan cheese. I used the garlic and onion powders instead of the salts because of the parmesan cheese. It's salty enough on it's own. Also included in the recipe was 1 package of tomato cup-a-soup. I don't think they make it any more. It's fine without it.

## **Sauce De La Chocolate**

Makes 1 cup

- 1 cup heavy cream
- 2-4 tsp whey powder (more will make sauce thicker)
- 5-8 tsps wondercocoa (depending on how chocolatey you want it)
- 1-1 3/4 cups sweetener (depending on your taste)
- 1/4 tsp cinnamon (optional)

Directions: In a small saucepan, over medium heat, add cream. Cover and heat until bubbles form around edges-10-15 mins. Add remaining ingredients, stir with a whisk until thoroughly mixed. Cover and cook 8 mins more, stirring once every minute or so, to prevent burning. Remove from heat, stir one final time and pour into serving container. Can be refrigerated. To serve warm, reheat in microwave for 15-30 seconds.

## **Stabilized Whipped Cream**

- 1 tablespoon cold water
- 1/2 teaspoon unflavored gelatin
- 1 cup cold heavy cream
- 2 teaspoons - 2 tablespoons Splenda (to taste - optional)
- 1/2 teaspoon vanilla (optional)

Pour water into a heatproof cup. Sprinkle with gelatin. Let the gelatin soften, without stirring, for 5 minutes. Place the cup in a pan of simmering water until the gelatin is melted & the liquid is clear. Let cool to room temperature.

In a chilled bowl with chilled beaters, beat heavy cream until thickened. If you wish, add sweetener & vanilla. Add the cooled (but not cold) gelatin mixture while you beat as the cream begins to thicken. Beat to the desired consistency. Stabilized whipped cream can be flavored, but do so as soon as possible - before the gelatin sets.

Makes about 2 cups Gelatin added to whipped cream gives it a firmer, mousselike texture & keeps it from weeping. It must still be stored in the refrigerator, but it will hold up longer on a buffet table. Hope this helps! Gail

## **Sweetened Condensed Milk**

2 1/2 cups heavy whipping cream  
6 egg yolks  
1 cup Splenda  
2 Tbsp DiabetiSweet (optional)

Whisk all ingredients (added in the order given) in a saucepan over low heat, stirring constantly until thickened. Cool completely, add to sealable non-metal container and refrigerate. Use within 7-10 days.

This mixture is useful in any recipe where you'd ordinarily use sweetened condensed milk (like Eagle Brand.) Using the Diabetisweet adds less than 1 carb per serving but aids in proper consistency, however, it will still be delicious without it. Depending on your plans to use it, adding a bit of vanilla after cooking can be a nice touch. by DebB  
Makes approx 1 1/2 pints. 40 carbs in entire recipe; 4 grams per 1/4 cup serving

## **Meringue Shell**

by carma

3 egg whites  
1 tsp vanilla  
1/4 tsp cream of tartar  
1 c sugar substitute  
dash salt

Combine eggs, vanilla, cream of tartar, and salt. Gradually, add sugar sub, beating til very stiff and glossy. Cut 9" round circle of parchment paper and place on baking sheet. Spread mixture onto the circle; shape into shell with back of a spoon, making bottom about 1/2" thick, sides 1 3/4" high. Bake at 275°F for 1 hr. Turn off heat and let dry in oven with door closed for at least 2 hrs. Fill with ice cream, puddings, custards, etc.

FOR INDIVIDUAL SHELLS: Place mixture in muffin crown tins, or, using a compass or glass jar, draw 3 1/2" circles on parchment paper; spread each with 1/3 cup of meringue. Using back of a spoon, shape into shells-form a hollow in each center. Bake at 275°F for 1 hr. For crisper meringues, turn off heat and let dry in closed oven for 1 hr.

Parchment paper is available at most stores and is in either the baking section or with foil and waxed paper section.

## **Non-Fat Yogurt**

- 1 quart non fat milk
- 1 cup powdered non fat milk
- 3 Tablespoons yogurt (store bought)

Heat milk to 185 degrees, (I use a candy thermometer) should be hot but not boiling.

Keep stirring so it does not scorch.

Remove from heat and stir in powdered milk.

When it cools to 100 degrees, add yogurt.

Preheat crock pot on low for 10-15 minutes.

Pour into glass jars, place lids on (size needs to fit into a crock pot.)

Turn off crock pot.

After 45 minutes to 1 hr. reheat crock pot on low for about 10 minutes, shut off.

Continue this process until yogurt is set. (Jiggle the crock pot a little to see if the yogurt is set.)

## **Homemade Vanilla Extract**

This is really good. May seem pricey at first but, will pay for itself over and over. The best part is it doesn't have any harmful chemicals in it.

one fifth of Vodka (any brand)

4-6 vanilla beans (depending on depth of flavor you want)

For quicker results, make a slit in the beans, lengthwise (but do not scrape the seeds out). Put them inside the Vodka bottle and put the lid back on. Keep it in the kitchen cupboard for at least 1 month before using. The longer it sits, the stronger the flavor. Once you have used a little, add more Vodka and you will have an endless supply of great, chemical free Vanilla. A NOTE: I just discovered, when I used this homemade vanilla, it made my homemade ice cream soft - just like soft serve and stayed that way in the freezer for about one week, until I finished it. YUM :) Enjoy - Teri T

## **Utterly FABULOUS Cranberry-Strawberry Jam**

\*\*\*Princess Tudy's Utterly FABULOUS Cranberry-Strawberry Jam\*\*\*

1. Throw 1/2 cup of water into a saucepan.
2. Sprinkle 1 packet of unflavored gelatin on the surface of the water (Sprinkle! Sprinkle!! I \*do\* believe in fairies!!!).
3. Let it sit still for 5 minutes for the gelatin to soften. During this time, fix yourself a wonderful snack of your choosing.
4. Put the saucepan on a functional stove burner. Turn on the burner to medium.
5. With your snack in one hand and a wooden spoon in the other, stir the gelatin mixture constantly until the gelatin is dissolved. The best results will occur if you use the spoon for this task, rather than your snack.
6. Throw a cup of cranberries (fresh or frozen) into the saucepan.

7. Throw in a cup of strawberries (fresh or frozen) on top of them.

7 & 1/2. You could throw raspberries instead, if they're handier for you, but then you'll have to change the recipe name!

8. Throw in a cup of Splenda (you could substitute 3 Tablespoons of SomerSweet, but I *\*never\** throw SomerSweet around!!!)(or you could try sweetener of your preference, equal to 1 cup sugar--I've not experimented with anything but Splenda & SomerSweet, and so cannot bear responsibility for any replacements in this extremely specific and exacting recipe!).

9. Throw in 2 Tablespoons of lime or lemon juice.

9 & 1/2. Throw in 2 teaspoons of orange zest, if you have any! Forget the orange zest if you don't have any--try some lemon zest, or simply get on with your life!!

10. Throw in 1 teaspoon of ground cinnamon.

11. (No more throwing--that's enough, now!) Stir all this together, continuing to cook until AllZeeBerries are SquooshySoft (highly technical term)--this'll take approximately 5-9 minutes (depending on the temperature of the berries when you began this game!), about the time required to savor every bite of any truly *\*worthy\** snack.

12. Turn off ZeeStoveBurner. Remove ZeeSaucepan from heat and allow mixture to cool for 1-2 hours.

13. Refrigerate your FantasticJam for 5-6 hours or overnight.

PS: (May 8) -- I'm thinking that *\*blueberries\** would be good to try with the cranberries, too...for that combination (or for ALL BLUEBERRIES), I'd probably add a bit of lemon extract...WOW! Can you imagine this in consort with some lemon curd, whipped cream, and my InfamousPOUNDless CAKE, Cindy's IncredibleVanillaCake, or DebB's AmazingBUNS????? Woo-Woo!!!!

## **Gravy**

By gridmama

Sauté mushrooms, and onions in olive oil, and a little butter, remove from pan.

Fry up some breakfast sausage, cut into small bite sized pieces. Then add 1 cup cream to pan (Per serving of sausage) allow to reduce for 5 minutes. Add in 3 slices of cheese, and return onions and mushrooms to the pan. Continue to reduce for another 5 minutes, stirring occasionally. waalaa, creamy gravy.

Do use medium heat as the cream can over boil easily. Enjoy.

## **Italian Butter**

by inreno

1/8 tsp. oregano

1/8 tsp. basil

1/8 tsp. rosemary

1/8 tsp. or a little less kosher salt (use according to your taste)

fresh ground pepper

dash of red pepper flakes

1 large clove of garlic (crushed)  
2 to 3 Tbsp extra virgin olive oil

Mix together your dry spices. Add crushed garlic to the dry spices. Place on small saucer. Pour olive oil over mixture. Serve atop your favorite steak

## **Pasta Sauce**

Hi! Here's a recipe I've used for years. You could add browned sausage for your dh. Hope you can use it. Mary (mjlibbey)

2 tablespoons olive oil(leave out if using with pasta)  
1/2 cup chopped onion  
1 clove garlic(crushed)  
2 cans (28oz.) crushed Italian tomatoes(I use Furmano's, tastes the best)  
1 can (6oz.) tomato paste  
2 teaspoons dried oregano  
1 teaspoon dried basil  
1 1/2 teaspoons salt(I use less)  
1/4 teaspoon pepper

Sauté onion and garlic in olive oil(or olive oil pam for pasta), about 5 minutes. Add tomatoes, paste, oregano, basil, salt and pepper. Simmer to blend flavors about 30 to 45 minutes, stirring occasionally.

\*NOTE: I usually leave out the olive oil, then it can be used either way. If not using oil, add a little water to sauté the onions and garlic. Freezes well.

## **REAL L'Italiano Pasta Sauce**

You don't have to spend a lot of money buying or time making a legal tasty pasta sauce! In fact, in Italy most sauces are started AFTER the pasta starts cooking!

I learned a lot about cooking living in Italy for 5 years where I spent a year working in a family restaurant.

Start with these and play with them - you can use so many different spices to suit your taste such as, Marjoram, Oregano, Basil, Fennel roasted garlic etc.! The trick is to keep the sauce simple and not load it up with too many spices.

Basic Red Sauce:

1 Can tomatoes (crushed, diced - depends on how chunky you like your sauce)  
Olive oil  
Garlic  
Fresh basil (or dried but use much less and add in the beginning)  
Salt to taste

In a fry pan on medium add about 2T olive oil , let get hot and add garlic. Toast until golden and add tomatoes. Let cook down about 5-7 minutes then add fresh basil and salt. If your tomatoes are bitter add a little bit of sugar substitute to the sauce.

To make a meat sauce just fry up the meat w/the garlic and continue the recipe. One thing I love to do is to use Roasted vegetables (either roasted under the broiler or on the grill), process and add to the sauce - mmm!

Oh, I forgot to mention, to make a creamier sauce, add a bit of butter and to make a 'Rosa', add a bit of heavy cream.

Ok, I know I'm going to get a comment about this, but done with the meat and oil obviously you wouldn't use it with pasta. Omit them and let the sauce cook down, and you have a really tasty sauce for WW pasta!

## **Basic Sauce - Authentic Italian**

I'm giving away the family recipe - my MIL would KILL me!

This is the authentic Italian tomato sauce that my husband's great-grandmother made - the only change is that the original recipe calls for sugar. And of course back then they used garden roma tomatoes that they had jarred themselves, I don't have a garden so I have to use canned. It's still good.

This was never a "written" recipe, so all amounts are sort of estimated. But it's a wonderful basic tomato sauce.

Sauce (or "Gravy" if you want to sound Italian)

2 cans Italian Peeled Tomatoes with Basil (brands like Cento, Rienzi, Tuttorosso, Progresso have this variety)

1 can tomato paste

1 T. Splenda (or other sugar sub)

2 t. salt

1 large or (2 small) clove garlic

1 medium onion, chopped fine

olive oil.

In large saucepan, sauté the garlic and onion in olive oil until onion is translucent. Do not burn.

In blender, quickly pulse tomatoes to make smooth. Blend more if you like really smooth sauce, less if you like chunks of tomato.

Add tomatoes to onions & garlic in saucepan and bring to a low boil. Add tomato paste, salt, and sugar. Lower heat to simmer, and simmer until it tastes yummy to you. I find that the longer you let it simmer, the better the taste. I usually simmer my sauce for about 3 hours.

No other herbs or seasonings are needed, really!

You can double, triple, quadruple this recipe if you have a large enough saucepot. The most I've done is 10 cans of tomatoes. Then freeze in smaller portions so you can have it when you want it without the simmer wait.

## **Pizza/Spaghetti Sauce**

1 29oz can of tomato puree

1 tblsp olive oil

1 tsp lemon juice

1 tsp salt

1 tsp oregano

1/2 tsp basil

1/2 tsp thyme

1/2 tsp garlic powder

1. Combine ingredients in a saucepan over medium heat. Bring to a boil.
2. Reduce heat and simmer until thicken. By JLL

### **Favorite Marinara Sauce**

Here is my favorite marinara sauce:

- 2- 28 cans of whole tomatoes( I use Red Pack or Hunts
- 1 15oz can tomato paste
- 2 packets sommersweet
- 1 tbs olive oil
- 1 tbs dried oregano
- 1 fresh basil leaf chopped
- 2 bay leaves
- 1 small onion chopped
- 2 cloves garlic chopped

Sauté onion and garlic in 1 tbs olive oil. Add canned tomatoes(I break them up first with fingers)and add tomato paste, herbs and somersweet, salt and pepper. Add enough water to just thin out and cook for one hour or until it cooks down and thickens.. This is very old recipe from Italian lady given to my mom years ago...it is wonderful. I also do mine if in a hurry in pressure cooker for 10 minutes then take lid off and cook down until thick. Enjoy

### **Creamy Fettuccine Sauce like Olive Garden**

This is a DREAMY sauce I used even before SSing. Instead of putting it over noodles, I put it over Chicken. by thepooh22. This recipe does not have to be exact, I don't even measure.

- 8 oz softened cream cheese
- 3/4 cup Parmesan cheese
- 1/2-3/4 C heavy cream
- 1/2 C butter
- Garlic to taste

That is it...just break the cream cheese up into pieces and heat over low-medium heat until creamy. It is delicious. If you want to reheat it, just add a little more cream. It comes out thick, but tasted awesome over chicken.

### **Quick Alfredo sauce**

In a small pot, simmer over low heat, stirring until thoroughly combined, about 5 minutes:

- 1/2 stick of butter
- 1/2 cup of cream
- 1/2 cup of finely grated parmesan (not fresh)
- garlic powder
- parsley
- hot pepper flake
- thyme
- basil
- salt & pepper

Sometimes I add a handful of bacon bits to the sauce. The sauce proportions are flexible so mix and match to your content. This recipe feeds 2-3 people.

I'll make the Alfredo sauce over and over again until the spaghetti is gone-- about 2-3 recipes worth.

It's fabulously tasty way to have "pasta". I've also made with meatball and meat sauce, but hubby prefers the Alfredo to the tomato sauce. by blueereef.

### **Creamed Broccoli "Pesto"**

1 bunch broccoli  
extra virgin olive oil  
freshly grated Parmesan and/or Romano cheese  
peeled garlic cloves  
fresh lemon juice  
salt and pepper

Cut the broccoli into florets and steam until tender but still bright green. I usually throw in several cloves of garlic to steam along with the broccoli. When it's done, drain well and place into bowl of food processor (this may take 2-3 batches, depending on the size of your machine). Leave the "air vent" open so the residual steam can escape. Add the remaining ingredients to taste. There are no set amounts of anything here. I prefer this a little chunky, but you can puree it into baby food consistency if you like. It's great either way. This mixture turns a creamy, pale green and is a pleasure to eat. It's wonderful topped with grilled salmon. by firesnake

### **Great Legal Guacamole**

I was in the mood for some guacamole and through together this recipe. I'm not sure of the exact measurements - I just mixed all together to taste. Feel free to experiment!

1 Bunch of Asparagus  
1 Tbsp. Lime Juice  
1/4 C salsa  
1 crushed garlic clove  
1/2 jalapeno chopped

Boil asparagus until soft (about 10 minutes). Place asparagus into food processor and process until smooth. Add remaining ingredients and puree until smooth.

### **Amy's Cilantro Cream Sauce**

I found this recipe on Allrecipes.com about a year ago, pre-SS, and it was an instant favorite. It also happens to be a perfectly legal pro/fat. It can become carb-friendly by substituting ff cream cheese and sour cream, but I've never tried it that way.

Makes 2 cups

1 (8 oz) package softened cream cheese  
1 Tbl. sour cream  
1 (7 oz) can tomatillo salsa (use less if you don't want it too hot)  
1 tsp. freshly ground black pepper  
1 tsp. celery salt (I used celery seed and added sea salt to taste)  
1/2 tsp. ground cumin  
2 tsp. garlic powder (I used 2 cloves of fresh garlic)  
1 bunch fresh cilantro (I used half of a large bunch and it was plenty)  
1 Tbl. fresh lime juice

Combine all ingredients in blender or food processor until smooth and creamy.

This is a fantastic dip for veggies, and is great on fish, chicken, salads and as a dip for turnip, jicama or celery root fries. I love spinach dip but get sooo tired of it. This is a nice change and is loaded with flavor.

Hope you enjoy it as much as I do.

### **Mustard Dill Dip for smoked salmon**

1/4 Cup canola oil  
1/4 cup yellow mustard  
Heaping tablespoon Dijon mustard  
5 packets Splenda or SS equiv.  
2 tsps white wine vinegar  
3 tablespoons (or to taste) of finely chopped fresh dill

Mix everything together but the dill, and then add that last. This was SO good and really compliments the salmon.

P.S. I'll bet you could blend this with sour cream or cream cheese!

### **Velvet Cheese Sauce**

We use this recipe a lot. Hope it will help. Mary

In a saucepan over low heat, combine:

1/2 cup or more American cheese, cut into small pieces (depends on how cheesy you like it)  
1/4 cup Hellmann's mayo

Heat and stir until cheese is melted. Blend in:

1/2 cup sour cream  
dash paprika  
Makes 1 cup.

### **Missmac's Pimento Cheese**

This is delicious with celery or veggie dippers, or pork skins:

grate about 2 cups of Colby-jack cheese  
1/2 cup Mayonnaise  
add one can of green chilies  
add one small jar pimentos  
add 2 T. Pace Picante Sauce (or homemade salsa)  
add 1 tsp. garlic salt  
add 1 small jalapeno chopped fine (optional)

Mix well and serve cold. This is soooo yummy!!

### **Missmac's Homemade Salsa**

This makes about a quart:

2 large tomatoes, chopped  
1/2 large onion chopped fine  
2 jalapenos (seeded) and chopped fine  
1 small can green chilies  
1/2 cup cilantro, leaves only, snipped fine  
2 T. finely minced garlic (pressed is better)  
1 tsp. lime or lemon  
1 T. vinegar  
1/4 cup dill pickle juice  
1 tsp. garlic salt

Mix all ingredients by hand and put in 2 pint jars. This will keep for quite a while in your refrigerator.

## **Sweet Pickles**

By dodie71291

Drain the juice out of a jar of dill pickles, sprinkle a little onion powder in on top of the pickles, and shake a little garlic powder on top and 1/2 t. of red pepper flakes. Pour splenda in the jar till full. Turn it upside down for 30 min. Add more splenda, shake and let sit for 30 min. longer. That's it. Easy, and very good.

## **Sweet Freezer Pickle**

12 med pickling cukes  
3 med onions - slice thin  
1 lg red pepper  
3 T salt - divided  
3/4 cup ss  
1 c white vinegar  
1 T celery seed

Combine cukes, onions (slice cukes thin first) peppers and 2 T salt , cover with crushed ice, mix well - fridge fir 8 hrs or overnight. In pan mix ss, vinegar, celery seed and rest of salt, boil and cook 1 min. Pour over rinsed cukes - pack in jars, plastic cont. or zip bags , cool and freeze- I have had these in the freezer up to 2 yrs. They still stay crispy and very fresh tasting- enjoy!!!!

princess tudy The original amount of sugar is 2 cups - but I have added more than usual amount of ss because it loses its sweetness when canned - I also have a bread & butter pickle recipe, salsa (these canned best) These pickles really do taste like fresh cukes every time you unthaw them and they stay really crispy - don't forget to use pickling cukes, scrub well - I usually soak overnight in cold water before beginning - the amount of sweetness would be up to you - they should sit in the fridge about 5 days till the flavor will be there - I always slice up the red peppers - but your ideas are good ones -lol- let me know if you have any trouble with them or want the other recipe

## **Slaw Dogs**

This is a recipe I am always asked to make for outdoor barbque parties. Everyone just loves it! I hope you like it too.

Thanks to ssweet for the Coleslaw recipe, to TinaS for the Coney sauce recipe and of course DebB for her wonderful \*buns\*.

Make the below recipes, then:

Take one of DebB's pro/fat buns,

Put on one legal hot dog. Top with the 'coney sauce' then top with 'coleslaw'. Or the other way around, how ever you prefer. This is so yummy, and messy just the way we like it. Don't forget ++lot's of napkins!!++

### Creamy Coleslaw

In a large bowl add 1 cup mayonnaise, 3 tsps cider vinegar, 1 tsp somersweet (I changed from their sweetener to somersweet), 1/4 tsp celery seeds, 1/4 tsp salt, 1/8 tsp black pepper and 1 tsp minced onions. Set aside. In a separate bowl, mix together 3 cups shredded green cabbage, 2 cups shredded red cabbage and 1/2 minced green pepper. Combine cabbage mixture and mayonnaise mixture until well blended. We think this is the best tasting coleslaw we've had, somersized or not!

### Coney Sauce

1lb LEAN ground beef  
1 Large green pepper-chopped  
1 Large onion-chopped  
4 tsp Chili Powder(can use 2 for milder sauce)  
2 tsp Cumin Powder  
2 tsp Oregano  
1/2 tsp crushed red peppers  
1/2 tsp salt  
1/4 tsp Black pepper  
2 15oz cans tomato sauce(or 1 29oz)  
3 packets of splenda(don't use granular!)-or sweetener equivalent to 6 teaspoons of sugar.

Brown ground beef, peppers, and onions together. Drain off excess fat. Add all other ingredients. Mix well and simmer for about 20 minutes.

Tip 1: Please be sure to use LEAN ground beef, otherwise you won't have much meat to thicken the sauce after it has been cooked.

Tip 2: This sauce really seems to taste even better the next day. The flavors can have a chance to meld together. So you can make both recipes the day before and not worry about it the day of the picnic.

Also, I make the Triple Layer Jello for dessert. So light and yummy!

### Deep Dish Pizza

I found this recipe on "rondaren"'s website of SS recipes. It was soooo good, I couldn't eat it fast enough! It's in her website under ThatHomeSite.Com Archive Recipes and October 2000 recipes. The name of the website is <http://www.geocities.com/gnrbernstein/somersize.html>. She has compiled everyone's recipes in an easy to read format. What a gal, huh? Thanks "rondaren"!

4-oz cream cheese  
3 eggs  
1/3 cup cream

1/4 cup grated parmesan cheese  
1/2 tsp. oregano  
1/4 tsp. garlic powder  
2 cups mixed Italian cheese  
1/2 cup low carb pizza sauce (I used my own homemade, sugar free, fat free pasta sauce)  
1 cup of mozzarella cheese  
pizza toppings of your choice:  
pepperoni  
ham  
onion  
green pepper  
mushrooms  
bacon  
browned sausage or seasoned ground beef, additional parmesan cheese for topping

Preheat oven to 375. Beat together cream cheese and eggs till smooth. Add cream, parm cheese, and spices and mix again. Spray oblong casserole dish with PAM. Sprinkle 2 cups Italian cheeses into dish and pour egg mixture over it. Bake at 375 for about 15 minutes. Let stand for 5 minutes. Spread on pizza sauce, sprinkle 1 cup of mozzarella cheese and pile with your favorite toppings. (I used browned hamburger, pepperoni, sliced mushrooms, green pepper and onions.) Then sprinkle with more parm cheese. Return to oven and bake till bubbly and browning. Allow to stand 10 minutes before cutting. I think this is as close to the real thing as you can get! Happy pizza!! Yeah!

### **Gruntle's Regular Pizza Crust**

Here is the original pizza crust that I posted that really does taste and feel more like a regular pizza crust. (Like a Boboli crust) KDC modified it for her focaccia and Mexican cornbread.

8 oz softened cream cheese  
4 eggs  
1 cup pork rind flour (1 3oz bag of pork rinds crushed into a flour-like substance)  
1/2 cup parmesan cheese  
1/2 cup whey protein powder  
1 tsp baking powder\*\*I changed this to 1 tsp because it rises the dough better\*\*\*  
2 cups Italian Cheeses (Sargento is what I use, this is found in the cold section of the grocery store with the other cheeses)  
Oregano, or Italian spices (I use them to taste)  
Garlic powder (I use this to taste also)

Directions (Follow as closely as possible)

PREHEAT oven to 425. MIX cream cheese and eggs, ONE EGG at a time, until the mixture is smooth and there are no lumps. (Scrape sides of bowl with a spatula so that all cheese is incorporated) Add baking powder and mix until well incorporated. Add pork rind flour, whey protein powder, seasonings and Parmesan cheese and mix well. Add Italian cheese and mix well. This is a very thick mixture.

Now I SPREAD this onto a pizza stone. I recommend this; however if you don't have one, use a greased pizza pan instead. This recipe makes one thicker crust or two thinner crusts.

BAKE the crust for 15 minutes and then BROIL it for 2 minutes. (approximate...use your best judgment...you don't want the crust to burn when you cook it again with the toppings) WATCH this carefully so it doesn't burn on top!

Remove the crust and let stand for 10 minutes then top with sugar free pizza sauce, toppings and cheese and BAKE for 10 minutes, and then BROIL for 2 minutes so that meats on the pizza cook up nice and brown. WATCH this carefully so that it doesn't burn!

Allow to stand 10 minutes before eating.

I think you will find that this is really close to the real thing. Also, it reheats really well and tastes great the next day!!

Note about pork rinds: Different brands taste differently...I have found there is a dramatic difference in the tastes and this can affect the recipes...shop around and find one you like (I like RB's)

Another Note: I make two pizza crusts with this one recipe and they are thin crusts...you can also make one thicker crust.

## **Shrimp Alfredo Pizza**

Make gruntle's regular pizza crust, cook for the first part, and then take out of oven and let rest while you cook the shrimp.

### **Shrimp Alfredo**

I sauted small shrimp in olive oil and minced garlic (about 3 -4 teaspoons minced garlic). Saute until liquid from shrimp boils down. Then I used Suzanne's alfredo recipe ingredients in the following way: Add cream and cook until it is thick (about 10 minutes or so). Add the rest of the ingredients and cook until very thick. I also added parsley at the end. (I think I used about 1 1/2 cups cream and 1 cup or so of parmesan cheese). I also added tiny broccoli florets to the sauce at the end, but you could omit this if you wanted.

Spread the thick mixture on the pizza crusts (I make two crusts from one recipe)and bake the pizzas until sauce is bubbly.

This is really delicious. But you REALLY need to make sure the shrimp mixture is THICK so it will stay on the pizza without running over the edges. If you are afraid of burning the alfredo just watch carefully and stir it often. I really didn't have a problem at all.

## **Portabello Pizza**

### **SIMPLE SAUCE:**

1 15oz can Tomato Paste  
1 large clove garlic crushed  
1 Tbls Basil  
Freshly ground Salt and Pepper to taste

Mix all ingredients in a small sauce pan and bring to a boil. Lower heat and simmer while preparing the "pizza"

## PIZZA:

4 Portobello mushrooms  
Olive oil  
Simple Sauce or other sugar free pizza sauce  
Pepperoni  
Grated Mozzarella cheese

Trim the stems off the mushrooms. Use a pastry brush to lightly coat the mushrooms with olive oil. I brush them inside and out. Place the mushrooms with the insides facing down onto a broiler pan. Broil 4-5 inches from heat for 5 minutes. Remove from broiler and carefully flip them over.

Spread sauce over the insides of the mushrooms. Don't be skimping. You want to fill them up. Return them to the broiler for another 5 minutes until the sauce begins to bubble.

Remove from broiler and cover with pepperoni. I like lots of pepperoni, so I add 2 layers. Return to broiler for another 5 minutes.

Remove from broiler and sprinkle with the grated cheese. Return to broiler just long enough for the cheese to melt and start to brown, approximately 1 or 2 minutes. Watch it carefully. You don't want the cheese to burn.

Let cool about 5 minutes, then slice and ENJOY!

## Protein Bread

3/4 C whey protein powder  
2 TBLS. powdered egg whites  
2 packets somersweet  
2 Teaspoons of baking powder  
Dash of salt  
5 TBLS heavy cream  
3 eggs - separated  
Dash of cream of tarter  
1/4 Cup of water  
1/4 Cup of oil

Spray 8" loaf pan with PAM. Beat egg whites with cream of tarter until stiff. Mix egg yolks, cream, water and oil together. Sift in dry ingredients. Mix well using mixer. Fold in whites carefully. Spoon into prepared pan and smooth. Bake for 25 minutes at 400 deg. or until bread begins to separate from edges and is golden brown.

Enjoy!

Londyn Gal

## Make your own ATKINS Bake Mix

1 cup soy flour  
2 cups soy protein isolate  
2 tablespoon baking soda  
1 teaspoon salt  
2 tablespoons Splenda

Sift together then store and use as you would Dr. A's. It's much cheaper and things come out about the same.

3 carbs per 1/2 cup serving  
some people subbed whey for soy if you wish

## **ATKINS Bread**

butter for greasing loaf pan  
1 cup Atkins bake mix  
2 large eggs  
1/2 cup heavy cream  
1/4 cup seltzer

Preheat the oven to 375. Generously butter a loaf pan, 8 1/2 by 4 1/2 by 2 1/2 inches. Beat together the bake mix, eggs, cream and seltzer in a large bowl with an electric mixer. Pour the batter into the prepared pan and bake for 25 minutes. Let cool for 5 minutes. Serve immediately or store, well wrapped, in the refrigerator for up to 5 days. I have not made this recipe, but a friend of mine has and she said that it was good.

## **Bagel Bread**

After several horrid attempts to make the recipes in the SS books (which came out way to wet and heavy for our taste) and being unable to find any 'legal' breads or bagels in Japan, I set about to find a recipe for bagels. I found a bread recipe online that is the consistency of bagels but that can be cooked in a loaf. It was very easy to SS it and it is so yummy I thought I would share. I use a bread maker and simply add ingredients as per the makers instructions and bake on Whole Wheat cycle.

This bread is to die for and is all I make now. It has a wonderful 'malty' flavor I think (especially if you make the non-SS version)..so yummy for sandwiches or to eat with FF cream cheese. Slice wafer thin and pop in the oven for some bagel chips to use with carb dips!

Makes 1 x 1.5lb loaf

1.5 tsp Active dry yeast  
1.5 tsp Gluten  
3 cups Whole wheat flour (I use a high gluten WW flour)  
2 tsp Salt  
2 1/4 tsp Somersweet (or Splenda equivalent)  
1 cup warm water\* (check SS books for actual F temp. I do it to 30C)

\*When it is on the first knead cycle, you will need to add between 1-3 tablespoons of water extra. The flour you use will determine how much extra you need, but you will definitely need at least one tblsp. Add it slowly so as not to put too much. By the end of the first knead cycle you should have a nice smooth ball of dough.

Note: to un-SS this recipe, add 3 tablespoons of honey instead of somersweet. The taste is not much different, perhaps a bit maltier (if that makes sense) but the color will be a richer brown. Enjoy! by - Tiger\_Tim

## **Starlite's Basic Bread Recipe**

legal level 1 carbo  
1 1/2 lb loaf

1 1/4C skim milk  
3C winter white whole wheat flour  
3 tbs vital wheat gluten  
1 1/2 tsp sea salt  
1 1/2 tsp somersweet (equals 2 tbs sugar)  
1/4C powdered fat free milk  
3 tps yeast

Warm milk to 110 degrees. Place milk in pan first. Place the rest of the ingredients in the pan. Select light crust and press start. Cool 1 hr before slicing. Be sure your yeast is fresh! If you do not bake regularly buy yeast in individual packets and check the outdates. Buy the one with the best outdate! Check the back of the store's shelf!

Tip: Feel free to add garlic, parsley, onion etc to this recipe. I have a few yeasts tips that might help. If you are already doing all of this sorry for being redundant but this might help others. You should use active dry yeast not rapid rise. I bake enough so that I buy a jar of yeast but if you bake only rarely with yeast buy the individual packets. Look for the out dates and buy the best one which is usually found on the back of the shelves. I prefer Red Star yeast if it's available. You may proof yeast ie tell if it's alive before you use it to be sure it's still good. Take 1 tbs of your flour in 3 tbs of the warm water (110 degrees) called for in your recipe, add yeast, and wait 10 minutes. If it does not bubble slightly the yeast is not usable and should be discarded. Store yeast in a cool dry area if its still vacuumed sealed and in the freezer if it's in an open jar. If yeast gets too hot it can die. I am wondering if some of Suzann's bread mixes were damaged in transit. Or if some people are not checking the temp on their warm water to be sure it's only 110 which is not very warm. I always check temps with a thermometer to make sure its just right. If you proof your yeast you will know if its still viable. Good luck and happy eating!

### **Easy Whole Wheat Bread (level one carb)**

Here is my bread recipe that I have been using a LONG time, and somersized when I started this WOE last year. If memory serves me correct, it isn't too different than the revised one, but I made mine first!

This is written for any bread machine, but if you double it and make it using the conventional method, you can eat a loaf, freeze one for later. I take the dough out of the machine, form it, and place in bread pan. Bake in oven for 30-40 minutes, or until done.

You may need to add more flour if dough seems to wet after it's been kneading for a while.

1c water  
1/4c nonfat yogurt  
1/4c nonfat milk powder  
1t salt  
3-1/2c whole wheat flour  
1T yeast

You may need to add more flour if dough seems too wet after it's been kneading for a while.

If you want rye bread, sub 1/2c rye flour for 1/2c ww flour.

I would assume you could add cinnamon to the ww bread recipe for cinnamon bread as well, but I haven't tried it yet.

## **Eggplant 'Bread'**

The way I made eggplant "bread" :

First, cut off the ends of the eggplant, then slice the eggplant into lengthwise slabs, about 3/8 of an inch thick. Keep the skin on, and do not sprinkle with salt.

Dip in egg wash (one or two large eggs beaten with a fork and mixed with 1 or 2 T. of water), then in shredded parmesan cheese. I just press it in on one side at first.

Heat a nonstick pan and heat oil to cover bottom, but not climb up the sides. Place the cheese-coated side down and add more shredded parmesan cheese to the top side of the eggplant slabs.

Sauté on medium heat until really golden brown. Nudge the eggplant to loosen it from the bottom first, and then turn over to cook the other side. I can only fit two slices at a time, because you don't want them to touch in the pan. When both sides are nicely browned, remove from the pan and blot on paper towels or brown paper bag, then move them to a rack to cool completely. This might help prevent soggy slabs. Now you are ready to make the sandwich of your dreams, finger-licking good!

## **Somersized Cheddar Bay Biscuits**

These somersized biscuits taste and look like the Cheddar Bay biscuits available at Red Lobster. Serve warm with fresh butter.

For best results, follow this recipe exactly.

8 oz cream cheese

4 large eggs

2 cup pork rind flour (make by crushing pork rinds into a fine flour)

1/2 cup grated parmesian cheese

1 tsp baking powder

1/2 cup Italian Cheese Mix shredded cheese (found in the refrigerator section with other shredded chesses)

1 cup shredded Sharp Cheddar cheese

1 tsp pepper or to taste

1 tsp garlic powder or to taste

1 tsp dried parsley

Preheat oven to 425. Bring cream cheese and eggs to room temperature. Mix cream cheese and eggs, one egg at a time, until smooth.

Add pork rind flour, baking powder, seasonings and chesses. Mix until blended. Mixture will be thick.

Mound mixture on a non-stick sheet pan that has been sprayed with butter-flavored Pam. The mounds should be about the size of a lemon.

Bake 12-15 minutes. Remove from oven and brush with melted butter.

## **Modified Cheddar Bay Biscuits**

8 oz cream cheese 4 eggs 1 cup pork rind flour 1/2 cup dehydrated onions mixed with 1/2 cup parm cheese (ground onions and parm to flour) 2 cups of marble jack or cheddar cheese 1 teas. dried cilantro 1 teas. baking powder Bring cream cheese and eggs to room temp and mix together one egg at a time. Mix all the other ingredients together till well blended. This mixture will still be wet but still bakes up nice. Form as big or as little as you

want your buns i made them hamburger size it made 6 large buns bake at 425 for 15 minutes enjoy

Tip: here is what i did to see if it would make them puff up more. I used 3 eggs and not 4 and after all the ingredients were mixed up I added 2 tbs of protein powder to them. I found that the smaller you make them and the more you mound them up the puffier they stay. I still made mine large enough for a burger except on i kept small and it did not flatten out at all. enjoy

## **Sommersized Mexican Corn Bread**

Perfect to serve warm with taco salad, chili or other soups. For best results, follow this recipe exactly.

8 oz cream cheese  
4 large eggs  
1 cup pork rind flour (make by crushing pork rinds into a fine flour)  
1/2 cup grated parmesan cheese  
1/2 tsp baking powder  
1 cup Sharp Cheddar Cheese shredded cheese  
1 tsp pepper or to taste  
2 tsp chili powder or to taste  
1 4 oz can of chopped green chilies

Preheat oven to 425. Bring cream cheese and eggs to room temperature. Mix cream cheese and eggs, one egg at a time, until smooth.

Add pork rind flour, baking powder, seasonings, chilies and cheeses.

Spread mixture on a 12" pizza pan that has been sprayed with Pam. You may also use a pizza stone. Bake for 20 minutes. Watch the last 5 minutes to make sure it does not burn. Serve warm. (This recipe freezes well.)

## **Deb's Egg Crepes**

6 eggs  
1/2 cup Cream (this is really 'to eye')  
Water (if cream is thick)  
Spices

Whisk these all together by hand, adding water if mixture looks thick - I like a thin batter. Add appropriate seasonings. For example, if using this for a Mexican dish, I add cumin and chili powder. (appropriate spices for an Italian dish, or a dessert crepe). Make crepes very thin. I can get 12 (8") crepes from this.

I bought the BEST crepe pan at Target for under \$10 - if you like crepes, I really recommend getting this pan. It's in a cardboard sleeve (a bit hard to recognize that it's a crepe pan). It's non-electric, and has sloped sides about 1" tall.

## **Classic French Crepes**

I wondered how it would work to substitute the whey protein powered for flour, so tried it and they were great!

For 7 Crepes:

1/2 C. Whey protein powder  
Dash of Salt  
2 eggs lightly beaten  
1/2 c. cream + 1/8 c. water  
1/2 t. orange flavor, or vanilla  
1 T. Butter, melted

Put the protein powder in a mixing bowl, and in center of it add the rest of the ingredients and whisk it all together.

Cook in crepe pan or non-stick pan. Roll the pan when putting in batter so it will spread out thinly. I used non-stick omelet pan. I tried butter in the pan for the 1st 2, but then used Pam spray and it worked the best.

Be sure to taste test your orange flavoring because some are so much stronger than others.

For 28 crepes:

2 c. Whey protein powder  
1/8 t. salt  
6 eggs, lightly beaten  
2 c. creme + 1/2 c. water  
2-3 t. orange flavor, or vanilla  
2 T. melted butter

Because of the cost of the Whey protein powder, I don't think I will be using this too often, but it is great to have a choice.

vw @ SS site

## La Crepes

Encased in an elegant beauty yet an undeniably down-to-earth goodness, fill and roll these crepes with a delicious and savory sauce, a fine blend of meats and herbs, make them sweet and full of dessert goodness with a simple drizzling of "Sauce De La Chocolate", or even enjoy with just a bit of melted butter. Easy to prepare and even easier to enjoy, however you decide to experience your crepes, what better way to expand one's cuisine culture and taste sensations? And just remember, the secret to keeping your crepes easily rollable without that frustrating cracking of breaking is to make them as thin as possible and not to cook them until they are dried out.

Serving Size: 6-7 8 inch crepes

Preparation Time: 5 minutes

Cooking Time: 9 minutes per crepe

1/2 cup heavy, whipping cream  
4 eggs  
3 tablespoons plus 1 teaspoon whey powder

\*\*\*\* Optional Dessert Ingredients \*\*\*\*

1 teaspoon vanilla, almond, or any flavored extract  
1/4 cup equivalent of sugar substitute

Oil or butter for cooking

\*\*\*\* Only add the last two ingredients if you are making dessert crepes. \*\*\*\*

\*\*\*\*\* It is important to cook these crepes in an 8 inch, non-stick frying pan. The reason being is that since these crepes are really quite thin and seem more delicate than regular crepes, they can tear very easily. \*\*\*\*

In a blender, food processor, or medium sized bowl, add the first three ingredients (and the optional dessert ingredients if you are making dessert crepes). Blend, or if using an electric mixer, beat on high speed, for 5 minutes. Place frying pan on the stovetop over LOW HEAT. DO NOT cook these at medium heat, for they will brown very, very deeply or even burn without properly cooking. Add 2 teaspoons of oil or butter to the frying pan, allow to heat up for one minute and then use a paper towel to spread fat evenly around frying pan surface and to absorb excess fat. This will ensure that the crepes are not greasy and that the frying pan is evenly seasoned with the right amount of fat to cook the crepes in. You will not need to add oil or butter to the frying pan after each crepe. The frying pan only needs a small amount of oil in it, as the fat from the cream will keep the crepes from sticking.

You may only need to season your frying pan with your greased paper towel after every few crepes by wiping it on the surface of the frying pan or you may find you do not need to season the frying pan after the first time.

To make a thin, rollable crepe, add 2 tablespoons plus 1 teaspoon (about a medium sized ladle full) of crepe batter to the frying pan. Cook for approximately 6-13 minutes on one side, then gently shake the frying pan and lightly use a spatula (pancake flipper) to loosen the crepe from the side of the pan. With great gentleness, flip the crepe. It may be difficult to get the spatula under the crepe, so be gentle and take your time. If after 6 minutes, the crepe is still not cooked enough to get the spatula under, let it cook a few minutes more, up until 13 minutes. Cooking times really will vary, so please watch the first few crepes until you get the cooking time just right. When flipping, do it quickly. It may take a few tries to get the method right, but once you do, the crepes will flip beautifully. At this point, the crepe may or not be slightly browned. If you like it browned, cook longer. Cook for only 1 minute once flipped and slide crepe into serving dish. Only cook for 1 minute on this side so the crepe does not dry out.

Keep crepes warm while cooking the next ones by stacking them in a casserole dish and placing in preheated oven at 200 Degrees Fahrenheit on top rack in oven.. To keep the crepes moist, place a separate dish of hot water on bottom rack in oven, directly beneath dish with crepes.

Fill crepes with your favorite sauce, meats, or whipped cream, then gently roll to make a beautiful cigar crepe. Serve and enjoy!

Peter Neuman

## Soups and Stews

### Quick Microwave Soups

Get yourself one of those nice Pyrex batter bowl mixing cups -- they're like 10 cups capacity, and have a loose top so you can steam veggies in broth like this --

Start with a can of chicken broth.

For "egg drop soup", heat the broth to boiling, remove from the microwave, and stir in a beaten egg -- drizzle it in, stirring the broth slowly with a spoon. Adjust seasonings -- add some soy sauce if you like.

For soothing chicken soup when you're sick, heat chicken broth with a drained can of green beans.

For chicken fajita soup, cut up about a cup of raw veggies like zucchini, a seeded tomato, a stick of celery. Pour the broth over veggies in the Pyrex bowl, cover and micro for about 6 min. so veggies are done. Stir in leftover rotisserie chicken from the deli, which you have shaken with legal fajita seasonings -- there is one posted today, but I think McCormick has a good spice blend (in a jar, not in an envelope) that is legal. You can also stir in your favorite salsa.

Start the same way with your favorite seasonal veggies -- yellow squash, zucchini, mushrooms, celery, green beans, anything -- steam with broth.

You can also do cream of broccoli (or any other veggie -- roasted red pepper? spinach and bacon? cauliflower which would taste like potato?). Steam your veggies first (with water) and drain -- if you're starting from frozen or raw, put your florets in the measuring cup with a few tablespoons of water, and micro until nice and tender -- you want to be able to break it apart with a fork -- this will take about 8 min. Then pour in your can of broth, and half a can of cream. Stir well, and heat until it starts to bubble, 2 to 3 minutes. Take out of the micro, and stir in cheese -- American, swiss, Colby, jack, whatever you like. Cream cheese will make it really creamy but not very cheesy. Half cream cheese and half American cheese will taste like Velveeta. Salt and pepper and enjoy.

You can use beef broth and onions to make French onion soup. Slice an onion (vidalias are wonderful here) and put them in the Pyrex bowl with about nice tablespoon of butter. Microwave about 1 min, stir well, microwave another min., stir -- until they're nice and soft. Cover bowl so you don't have a mess inside the microwave. Then stir in beef broth, and heat until it begins to bubble about 2-3 min. Do you know how to make the quick cheese crackers? Float some on top and enjoy.

Use the same method (onions, buttah, broth) and stir in deli roast beef pieces. Remove from micro and stir in sour cream for "stroganoff" soup.

Does that get you started?? Be brave, make up your own. Most canned soups are not legal, and this is really cheap and easy. by Bfoster

## Basic Soup

3 medium celery stalks, sliced  
3 large onions, chopped, or 3 medium leeks, each cut into 1-inch slices  
1 large garlic clove, minced  
1 can (28 oz.) tomatoes in juice  
1/2 medium cauliflower, cut into bite-size pieces  
12 ounces green beans, each cut into thirds  
3 medium zucchini (6 oz. each), cut into 1-inch slices  
2 packages (5 oz. each) baby spinach leaves  
1/2 cup chopped fresh parsley  
2 veggie bouillon cubes  
1 teaspoon salt  
1/2 tsp. each basil and oregano  
1/2 teaspoon freshly ground pepper  
1-2 cans pinto beans or white kidney beans, rinsed and drained

1. Coat 8-quart saucepot with nonstick cooking spray. Over medium-high heat, add celery, onions, and garlic. Cook, stirring occasionally, 5 minutes.

2. Stir in tomatoes with their liquid, breaking up tomatoes with side of spoon. Add cauliflower, remaining ingredients, and 12 cups water. Heat to boiling over high heat, stirring occasionally.

3. Reduce heat to low; cover and simmer, stirring occasionally, 15 minutes or until vegetables become tender. Add more salt and pepper if desired.

\*NOTE: To wash leeks, cut off roots and leaf ends. Discard any tough outer leaves. Cut each leek lengthwise in half, then crosswise into 1-inch slices. Place leeks in large bowl of cold water; with hands, swish leeks around to remove any sand. Transfer leeks to colander. Repeat process, changing water several times, until all sand is removed. Drain well.

## Bean Chili

Hi! I love this chili recipe. Hope you do too! Mary

1 medium onion, chopped (1/2 cup)  
1 clove garlic, crushed or minced  
1 can(15 oz.)tomato sauce  
1 can(6oz.)tomato paste  
1 can(28oz.)whole tomatoes or diced tomatoes  
1 can(15oz.)pinto beans, rinsed and drained\*\*  
1 can(15oz.)black beans, rinsed and drained\*\*  
1 tablespoon chili powder  
1 teaspoon cumin  
1/4 teaspoon cinnamon  
1/4 teaspoon pepper

Sweat onions and garlic in saucepan over medium heat. Stir in remaining ingredients. Heat to boiling, stirring frequently. Spoon into bowls.

\*\*Replace cans of beans with kidney beans. Can use any bean from the carb list.

## Thrifty Chili

Chili Spice Mix: 2.5 t. comino (otherwise known as cumin) 1 t. paprika 3.5 t. dried garlic .5 t. onion powder 1.5 t. salt 1 t. red pepper 15.5 t. chili pepper

Mix all together and store in a plastic bag. Add more red pepper for a spicier chili, halve the red pepper for a milder version.

Chili:

- 1 pot of cooked beans
- 1 recipe of chili spice mix
- 1 onion
- 1 can of tomato sauce

Collect: a pot, a pan, a large stirring spoon

Heat up your beans on the stove. Start chopping up your onion. Add the onions to the beans. Pour in the tomato sauce and stir in the chili spice mix. Simmer for at least 20 minutes. Ready to serve or for even better flavor, let it sit in the refrigerator overnight.

## **Lentil Soup**

This was something my grandmother used to make....I changed it some....I used one bag of lentils, one small onion, 2 stalks of celery, garlic, 1/4 cup of salsa and water....salt and pepper I cooked it about two hours...No meat or anything-it's not bad and makes a nice lunch...Sometimes I cook rice and serve it together....It was cold here today and I felt like soup....It turned out really good...Suzie

## **Spinach & Bean Soup**

- 1/2 C onion (chopped)
- 1 Can Cannelloni Beans
- 2 C. Fresh Spinach (chopped)
- 1 tsp. garlic powder
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. Italian seasoning
- 1 3/4 C Vegetable broth

Sauté onion in 1/4 C vegetable broth until tender about 10 minutes. Add broth, beans, spinach, salt, pepper, and Italian seasoning. Cover and simmer 15 minutes. by momtomgm

## **Bean Broth**

Collect: a large pot, your broth, cut up veggies, a grain (barley, etc.), any left over beans, a tomato product (sauce, ketchup, salsa, etc), salt and pepper. Pasta is also a nice addition. Heat up your broth, toss in the veggies, your grain, the beans, your tomato product, and season with salt and pepper. Cook for at least 20 minutes or until your grain is cooked

## **Dumplings for your soup**

I'm in Minnesota and it is still freezing up here, so today I made some soup....I cooked it all afternoon and it was so good...I put in my veggies and decided to try making some dumplings with egg, parmesan cheese and protein powder....salt and pepper...they weren't to bad-not exactly like dumplings made with flour-close enough...For every egg I put in about 3 shakes of cheese, salt, pepper and about 5 or 6 tablespoons of protein powder...I did have to finish mixing it with my hands...You want it to stick together...I really enjoyed it and I hope you do too...I just spooned in small amounts to my boiling broth...Thanks DebB for the idea...Suzie

## **Cream of Anything Soup**

1 stick butter  
1 onion sliced  
1 lb. chopped vegetable ( broccoli, asparagus, and mushroom are our favorites )  
1 small can chicken broth  
1c. heavy cream  
salt and white pepper

melt butter, sauté the onions and veggie until they sweat. Add the chicken broth and simmer 20 min. Puree with a stick blender or put in a food processor or blender to puree. Put back in pan, add cream, salt and white pepper to taste and heat through. Enjoy

My Notes:

----- I used just a little of each ingredient: I melt a tiny bit of butter in a pan, sauté mushroom pieces, beat a little of the cream a little and add that in, and then add a little broth and add it to my meat mixture, leaving enough soup to add on the top of the meatloaf, then add that in to my meatloaf. Hope this helps. Basically, I think I just make a thick mushroom pan gravy.

## **Roasted Vegetable Soup**

2 large zucchini cut into large chunks  
1 large whole head of garlic  
2 large yellow onions peeled and cut into large chunks  
2 large sweet peppers seeded and cut into chunks  
olive oil  
salt & pepper  
6 cups of chicken broth  
1/4c cream

Sprinkle veggies with pure olive oil and salt and pepper. Roast veggies at 350 for 45 min or until they are soft and starting to caramelize.

Remove whole garlic head to cool. When it is cool squeeze bulbs until the cloves pop out. Puree all veggies including the garlic until smooth in a food processor. Add veggies to chicken broth and simmer for 15 minutes. Add cream. Stir and serve. You may substitute any veggies as desired. Just be sure to roast them in olive oil to get that sweet flavor. by starlite

## **Gazpacho**

Always served well chilled, this summertime favorite has its origins in the Andalusian region of Spain.

Makes six 7-ounce servings

Preparation: 15-20 minutes (w/food processor), plus chilling time.

1 garlic clove, peeled  
1 medium jalapeno pepper, seeded, cut into 1-inch pieces  
1/3 cup fresh cilantro  
6 small scallions, trimmed, cut into 1-inch pieces  
1 small green bell pepper, cored, seeded, cut into 1-inch pieces  
3 medium tomatoes, cored, cut into 1-inch pieces

3 cups tomato juice  
1 medium cucumber, peeled, cut in half lengthwise, seeds removed  
3 tablespoons fresh lime juice  
1/2 teaspoon coarsely ground black pepper  
1/8 teaspoon salt  
Garnish with:  
6 teaspoons full fat sour cream (pro/fat)  
~or~  
6 teaspoons reduced fat sour cream (carbs)  
Fresh cilantro for garnish, if desired

Insert metal blade and process garlic and jalapeno until finely chopped, about 5 seconds. Scrape the work bowl. Add cilantro, scallions and green pepper; pulse to coarsely chop, about 10-12 times. Transfer to a large mixing bowl. Place tomatoes in work bowl and pulse to coarsely chop, about 8 times. Do not over process. Transfer to mixing bowl. Add tomato juice to tomato mixture and stir to combine. Insert the slicing disc. Place cucumber in feed tube vertically and slice. Add to mixing bowl. Add lime juice, pepper and salt to mixing bowl and stir to combine. Cover and chill before serving. Serve garnished with 1 teaspoon sour cream and a fresh cilantro sprig.

### **Lula's Gazpacho**

I shared this recipe over on the WA State thread and then thought others may enjoy it as the temperatures are getting warm in many cities! Enjoy! MissaLula

2 large tomatoes  
1 large hothouse cucumber seeded and quartered  
1 medium onion, peeled and quartered  
1/2 medium green pepper  
24 oz. tomato juice, chilled (if you plan to serve sooner)  
1/4 cup olive oil  
1/3 cup red wine vinegar  
1/4 tsp Tabasco (more if you like it spicy)  
1 1/2 tsp salt  
1/8 tsp coarsely ground pepper  
1/4 c chives chopped to garnish when serving

In a blender, combine tomatoes, cukes, onion and pepper. Grind coarsely -- do not puree. In a large bowl mix veggies with tomato juice, olive oil, Tabasco, S&P. Cover and refrigerate until well-chilled (about 2 hours). Sprinkle with chives before serving. (Serves 4 to 6 as main course and 6 to 8 as a side course)

Garnishes (I think this makes the soup actually):

1 cup tomato, chopped  
1 cup onion, chopped  
1 cup cucumber, chopped  
1 cup green pepper, chopped

Optional: for those who like a little spice: 1 medium serrano chile, seeded, and minced fine juice of one lime, fresh is wonderful but use what you have.

Mix well and put a heaping spoonful in the middle of each bowl's soup. Sometimes I'll put a spoonful of sour cream, spread it out a bit, then put the garnish on that -- it looks pretty when I do that.

I try to keep 24 oz of tomato juice in the fridge so that I can serve within an hour of making this. Also, I've been known to make it Friday or Saturday night for lunch the next day. If I'm serving this as a side dish, I like to do a side salad of spinach with hot bacon dressing (Or whatever you like ... I love the BLT flavors even though I'm not eating one!). I also serve celery stuffed with the cream cheese mixture like you'd use in a ham roll. (This is also good with just plain cream cheese, too, though.)

Surprisingly, this is a hit with my kids and their friends. Who knew eating veggies could be this fun?!

## **Green Minestrone**

Original Recipe: Rachael Ray (modified by Lula for SSing)

2 tablespoons extra-virgin olive oil, 2 turns of the pan  
4 slices pancetta or 1/4 pound thick cut prosciutto, chopped or 3 to 5 pieces of bacon chopped  
1 medium onion, chopped  
2 ribs celery, chopped  
2 to 3 large cloves garlic, crushed  
2 medium zucchini, diced  
1 bay leaf, fresh or dried  
1 Portobello mushroom cap, diced  
1 package of button mushrooms, halved  
Salt and freshly ground black pepper  
8 cups chicken broth or stock  
1/2 pound green beans, trimmed and cut into 1-inch pieces  
1/2 pound asparagus, trimmed and cut into 1-inch pieces  
1/2 pound sugar snap peas, trimmed and cut into halves  
10 ounces triple washed spinach, stems removed and coarsely chopped, or any other dark greens  
1/2 cup grated Parmigiano-Reggiano or Romano, plus extra to pass at the table  
12 to 16 leaves fresh basil, torn or shredded or 1/4 cup chopped parsley leaves

Heat a soup pot over medium high heat. Add oil and pancetta or prosciutto. Sauté 2 minutes and add onions, celery, garlic, zucchini and bay to the pot. Season vegetables with salt and pepper, to your taste. Sauté vegetables 5 minutes, stirring frequently. Add mushrooms and chicken broth to the pot. Cover soup and bring to a boil. Add green snap peas, asparagus and green beans to the soup and cook 8 minutes, or until green beans, sugar snap peas, and asparagus is just tender. Stir in spinach to wilt, 1 minute. Stir in grated cheese and ladle soup into bowls. Top soup with torn or shredded basil or chopped parsley.

## **Cauliflower Cheese Soup**

Kind of tastes like potato cheese soup! by Pennymail1

1 lg. head cauliflower  
1/2 onion

Cook the above in water almost covering and simmer till it's real soft. When it's soft, drain almost all the water, leaving about 1/4 c in there. Add:

1/4 c cream  
1.5 cups Monterey Jack cheese  
1 cup cheddar  
3 T cream cheese (approximately)  
3 T butter  
salt & pepper to taste.

Mash it down when you stir in the cheeses and etc. and it will look like soup. It was really good.

### **Cream of Cauliflower Soup**

1 (10 oz) pkg frozen cauliflower  
1/2 c water  
1/2 c cream  
1/2 c chicken broth  
2 Tbsp butter  
1/2 tsp salt  
dash white pepper

Cook veggies according to package directions. Puree veggies, cooking liquid, and remaining ingredients in blender or food processor. Reheat and serve. by carma

### **Cream of Cauliflower Soup**

1 cup chopped fresh cauliflower or 1(10oz.) package frozen  
2 tablespoons butter  
1/4 cup chopped onion  
2 small ribs celery with leaves, chopped  
1 can(13 3/4oz.) chicken broth  
1 cup cream  
1 tablespoon chopped fresh parsley(optional)  
salt and pepper to taste  
dash of nutmeg

Heat butter in heavy saucepan. Sauté' onions and celery until tender. Add broth and cauliflower, bring to a boil. Simmer until cauliflower is soft. Puree' in food processor or blender. Return to saucepan and add cream, heat gently. Add parsley, salt, pepper and nutmeg. Serves 4. by mjlibbey

### **Baked "Potato" Soup**

This is a great recipe for those cold winter days. (I like it anytime though)This is a flexible recipe due to the size of your cauliflower. When adding liquids you can make adjustments according to how thin or thick you like your soup. by Scrapbooker46

2 large heads of cauliflower  
1 stick of butter  
14 oz of chicken broth  
16- 24 oz of heavy cream  
2-3 stalks of celery chopped

1/4 - 1/2 cup of onion chopped

salt and pepper to taste

1 Tbsp of fresh or dried chives

toppings. Grated cheddar cheese, crumbled bacon pieces, chopped green onions, sour cream

Cut up cauliflower in to large pieces and steam. Puree 2/3 of cauliflower and 8 oz.-12 oz. of cream and butter in blender or food processor. I usually have to do two separate blendings to get it all done. The consistency will be like cream of wheat. Take the remaining cauliflower and chop up into bite size pieces. Place puree mixture, bite size cauliflower, chives, celery, onions and the remaining cream in to a large sauce pan or stock pot. Add remaining cream and chicken stock or broth to make the consistency you like. You can top with the suggested toppings or add your favorite. This freezes well!

## **Cabbage Soup**

There is a restaurant by my house that serves the best cabbage soup. After searching the net and tweaking the recipes I have come up with something almost exact! I hope you all like it as much as I do. by Tracey

1/2 a head of green cabbage, chopped

1 sweet onion chopped

3-4 stalks of celery

3/4 cup sugar free ketchup

1 11.5 oz. can of tomato juice

3 cups vegetable broth

1 14.5 oz. can of chicken broth

1 14.5 oz. can of diced tomatoes

2 4 oz. cans mushrooms

Add all ingredients in a LARGE stockpot. Add two (chicken broth) cans of water.

Bring to a boil for 30 mins. Lower heat and simmer 2 hours.

This doesn't need any seasoning, but salt, pepper and garlic powder perk it up quite nicely.

## **Celery Root Soup w/Ginger and Herbs**

This is from \*Hot Vegetables\* and is oh so very yummy! Makes 4 Servings

2 tablespoons unsalted butter

2 tablespoons finely minced ginger

2 small shallots, chopped

1 celery root, about 1-1/2 pounds (I used 2)

2-1/4 cups vegetable or chicken broth

1 cup heavy cream

1 teaspoon freshly grated nutmeg

1/2 teaspoon salt

1/8 teaspoon ground white pepper

1/4 cup cilantro sprigs or chives

1. In a bowl, combine butter, ginger and shallots.

2. Using a knife, trim off and discard all celery root skin. Cut celery root into 1/4-inch slices and then cut slices into slices again.

3. Place a 3-quart saucepan over medium heat. Add butter, ginger and shallots. When ginger sizzles but has not turned brown (about 3 minutes), add celery root slices and vegetable broth. Bring the broth to a low boil, cover saucepan and reduce heat so the liquid is at a very low boil. Cook the celery root slices until they become tender, about 5-7 minutes. Remove saucepan from heat.
4. When liquid has cooled to room temperature, puree it in an electric blender -- do not use a food processor. The liquid will be very thick. Pour it through a medium-meshed strainer, working the liquid through the strainer using the back of a spoon. Get out as much liquid as you can. Transfer the liquid back to the saucepan. Add cream, nutmeg, salt and pepper. Heat soup to a simmer and adjust the seasonings. If the soup is too thick, thin with a little vegetable broth.
5. At this point, you can refrigerate the soup, covered, until ready to use. 6. Chop the cilantro or chives. Bring the soup to a simmer. Taste and adjust the seasonings. Transfer soup to heated tureen or soup bowls, sprinkle with cilantro or chives and serve hot. MsTified

## **Cucumber and Yogurt Soup**

by Mirj

4 cups fat-free plain yogurt (use sour cream for pro/fat)  
3 cucumbers, peeled and finely chopped  
4 cloves garlic, peeled and crushed  
2-3 TBSP fresh dill, chopped  
1 TBSP mint leaves, chopped  
1/2 lemon, juice of  
salt

1. Mix all ingredients together.
2. If using thick yogurt, run it through a blender until the mixture is smooth.
3. Chill for several hours and serve.

## **Artichoke-Blue Cheese Bisque**

I made this last night, and it was so incredibly good, I wanted to share it with all of you.

1 T Butter  
1 Onion, chopped  
Juice of 2 lemons  
2 8 oz. packages frozen artichoke hearts  
3 C chicken broth  
1/4 t dried thyme  
1/4 C whipping cream  
2 ounces crumbled blue cheese  
Chopped fresh chives

Melt butter in a heavy, large saucepan over medium heat. Add onion and sauté until translucent - maybe 10 minutes. Add lemon juice and simmer until all liquid evaporates. Add artichokes, broth, and thyme. Simmer until artichoke hearts begin to fall apart - maybe 10 minutes. Remove from heat and cool slightly. Working in batches, puree soup in blender or processor until smooth. (All this can be done 1 day ahead if you want, just cover and refrigerate).

Then, pour soup into saucepan. Stir in cream and cheese. Simmer over medium until cheese melts and soup is smooth - stir constantly - about 2 minutes. Season to taste with salt and pepper. Ladle into bowls and sprinkle with chives. by arevert

## **Cream of Jalapeno Soup**

The first thing you need to know is that this soup is not hot. I wouldn't be able to eat it if it were. It is a soup I ate once at a little tea house in Texas and I somersized it a bit. It is really tasty. By Okie-dokie

2 cans chicken broth  
2 cups cream  
1 large turnip  
1 large onion  
1 large green pepper  
3 Jalapeno peppers, seeded  
4 T. butter  
2 T. bacon grease  
4 oz. cream cheese, softened  
2 egg yolks  
2 cups grated cheese (swiss and cheddar)Or  
any mix you prefer  
3 cups ham or chicken (optional)

Peel veggies and mince (I use a food processor) Stir fry in the butter and bacon grease. In the meantime heat up the broth and cream. Add the veggies and the peppers (dice very finely). Cover and simmer on low for about 30 minutes Add the meat and cream cheese and simmer another 20 minutes. DO NOT ADD SALT UNTIL YOU HAVE ADDED THE MEAT AND CHEESE, THEN TASTE. If salt is needed only add 1/4 tsp. at a time because the meat and cheese will be salty to a degree. Beat the egg yolks, add a little hot broth to the yolks and stir before adding to the soup pot. Cook about five minutes. Add the cheese and cook till melted. This is really tasty.

## **French Onion Soup**

I love French onion soup and found a way to still enjoy it while SSing. Hope you like it too.

4 cups thinly sliced onions  
1 garlic clove, minced  
1/4 cup butter  
6 cups water  
8 beef bouillon cubes  
1 teaspoon Worcestershire sauce  
Pork rinds  
6 slices Swiss cheese

In a large saucepan, cook onions and garlic in butter over medium-low heat for about 8 minutes or until tender and golden, stirring occasionally. Add water, bouillon and Worcestershire sauce; bring to a boil. Reduce heat; cover and simmer for 30 minutes. Ladle hot soup into 6 ovenproof bowls. Top each with 2 to 3 pork rinds. Cut each slice of cheese in half and place over the pork rinds. Broil until cheese is melted. Makes 6 servings. (I like a lot of cheese in my onion soup, so I double the cheese.) Jeennie

## French Onion Soup

I never thought about the pork rinds, sounds good, also here's my version of French onion soup, especially today since its raining by dmc

10 LG onions, 2-3 red and the rest yellow, sliced thin using a food processor  
4T butter  
4T olive oil  
12C good beef broth (I use kitchen Basics from trader joes)  
1-1/2 cups white wine  
salt  
2T cognac (you can omit)  
gruyere or provolone shredded  
Portobello or pork rinds

In 2 stainless steel pots melt 2T each butter and the 2T oil, divide the onions between the pots, when putting the onions in put a layer in and salt put a layer and salt, until the onions are used put on med/ high heat and cover, do not stir, you want the onions to sweat. After 15-20 mins take off cover and stir onions, cook for 45 mins until nicely brown, stirring when needed.

Transfer one pot to the other and cover with wine, reduce the wine, when reduced add broth and cook for about 30 mins, after you can add cognac if you like, ladle soup into bowls, top with mushroom caps or pork rinds add cheese and broil until bubbly.  
Yummmmmmy!!!!

## French Tomato Soup

I have finally found a favorite tomato soup. I hope everyone enjoys it. Mary

3 cans (14 oz. ea.) diced tomatoes  
1 onion, chopped  
1 clove garlic, chopped  
1 bay leaf  
several sprigs fresh thyme or 1/4 teaspoon dried  
1 tablespoon olive oil  
1/8 teaspoon somersweet (or 1/2 teaspoon sugar)  
pinch nutmeg  
pinch paprika

Combine all in saucepan and bring to a boil over medium heat. Reduce heat to low and simmer 40 minutes. Remove thyme sprigs and bay leaf. Puree in blender and return to saucepan. Reheat at a simmer.

Whisk together:

1 egg yolk  
2 tablespoons cream or creme fraiche

Right before serving add very slowly while whisking constantly. If it's added too quickly, you'll end up with scrambled eggs in the soup.

Salt and pepper to taste. Garnish with Parmesan cheese and basil.

## **Tomato Soup**

I didn't know this recipe was here tonight, and the cold and gray day had me craving tomato soup. Next time I'll do this recipe, above, but here's what I did tonight:

1 jar tomato-based pasta sauce (watch for sugar! Mine had none, and was garlic - basil flavor) by Viktoria

1 15 oz can diced tomatoes

2 stalks celery, diced

1 onion, diced

1 T butter

1 T olive oil

2 sprigs thyme, leaves only

salt, pepper

Sauté the onion and celery in the butter and oil over medium heat until the onion is soft (not brown). Add the remaining ingredients and simmer for 30 minutes. Use an immersion blender to get it nearly smooth, then stir in about 1-1/2 c cream. With grilled cheese sandwiches on pro/fat buns, this was a winner!

## **Aphrodisiac Tomato Soup**

If you like tomato soup, this is a good one!! This recipe is from the book, Intercourses, An Aphrodisiac Cookbook. By miss joans

1 small onion

2-3 cloves garlic, chopped

1 Tbsp. olive oil

1 lb. tomatoes (about 3 med.)chopped

1/2 c. tomato sauce

3/4 C. chicken broth

1/4 C. cream

2 Tbsp. chopped basil

2 Tbsp. grated parmesan cheese

salt and pepper to taste.

Sauté the onion and garlic in olive oil in skillet till tender. Add tomatoes, cook over med. heat for 10 min. Add the tomato sauce, broth, cream and half of the basil. Simmer for 30 min. Process in a blender until smooth. Return to pan to warm, add remaining basil, salt and pepper, and top with parmesan cheese.  
makes 2-3 servings.

## **Creamy Tomato Soup**

I was watching food network the other day and on "30 Minute Meals" they had a recipe for creamy tomato soup. I tried it and it is wonderful - tastes like Campbells. The only things that I changed was I added a sprinkle of Splenda and used only 1/2 the cream (I don't like a real creamy tomato soup). Enjoy - it really is good. by Pinkprincess

2 15 oz cans of chicken broth

1 28 oz can crushed tomatoes

1 cup heavy cream

Salt & Pepper

Combine broth and tomatoes in a large saucepan. When soup starts to bubble stir in cream. Add salt and pepper and simmer for 15 minutes. Using an immersion blender puree soup. Simmer for 5 minutes then serve hot.

### **Cream of Tomato Soup**

1 serving

8 oz can tomato sauce  
1/2 cup water  
1 tsp sugar substitute  
1/8-1/4 cup cream  
Mix, heat and serve. Circe

### **Tomato Soup**

2 cans (28 oz each) crushed tomatoes  
3/4 tsp. Somersweet  
1 tsp. Basil (I prefer tarragon)  
1/2 tsp. seasoned salt  
1 tap. pepper  
2 cups cream

In large pot combine all ingredients except cream, and bring to a boil over med-hi heat. Reduce heat to low a slowly stir in cream. Simmer 4-5 minutes until heated through, but do not let boil. by shs

### **Carma's Cream of Tomato Soup**

1 serving  
8 oz can tomato sauce  
1/2 cup water  
1 tsp sugar substitute (she uses 5-6 drops stevia, I omitted it completely)  
1/8-1/4 cup cream

Mix, heat and serve. ( I also added a pinch of celery seed, but it's not necessary)  
Carma, if you're still hanging around, Thanks so much for this one!!

### **Tomato Soup**

Its quick and soo easy!!!

1 26oz. can Hunts no sugar added spaghetti sauce  
1 14.5 can of hunts petite diced tomatoes (drained)  
Add 1 26oz. can of cream  
Add sweetener to taste.  
Just heat and serve. To die for..... by Heidi Nowe

### **Very Easy Old-Fashioned Tomato Soup**

28 oz. can crushed tomatoes (I also like diced tomatoes)  
16 oz. heavy cream

1/4 cup butter  
2 1/2 - 5 teaspoons somersweet OR 1/4 - 1/2 cup of splenda

Cook until hot then put in 1 teaspoon of soda. It will foam after the soda is added this will help get rid of some of the acid from the tomatoes. It is very good with cheese crackers. by lorriebelle

### **Cream of Tomato and Gorgonzola Soup**

This is so delectable that I wanted to share. I hope you enjoy it as much as I do. by circe

1/2 cup diced onion  
1/2 cup diced green bell pepper  
2 cloves garlic, peeled and minced  
2 tablespoons olive oil  
2 cups (16 ounces) canned ground tomatoes (do not drain)  
1 cup (8 ounces) low-sodium tomato juice  
4 ounces Gorgonzola cheese, crumbled  
4 ounces cream cheese  
1/2 cup heavy whipping cream  
1 teaspoon salt  
1 teaspoon sugar substitute (I used Splenda Granular)  
2 teaspoons dried basil  
1 teaspoon black pepper

Heat the oil in a saucepot. Add the onions, green bell pepper and garlic, and sauté over medium-high heat until the onions are translucent, 3 to 4 minutes. Reduce heat to medium and stir in the cream, Gorgonzola and cream cheese, breaking apart the cream cheese with a wooden spoon as you add it to the pot. Bring contents to a simmer.

Add the ground tomatoes with their juices, the tomato juice and the remaining ingredients. Bring to a simmer again, stirring constantly. Continue to simmer, stirring constantly, for about 10 minutes.

Makes 4 servings. I also garnish with more crumbled Gorgonzola cheese. Enjoy!  
Circe's notes: I chopped the onion very small and puréed the tomatoes for a smoother texture. I could not find "ground" tomatoes so used petite-cut diced tomatoes.

### **Tomato Basil Soup**

This is a hearty good tomato soup by nitro.

4 cups peeled & chopped tomatoes (fresh or canned)  
1/2 cup chopped onion  
1 tbsp butter  
2 tbsp dried basil leaves or fresh leaves  
1 cup chicken broth  
1 tsp (or more to taste) emeril's or other seasoning salt  
1 tsp salt  
a little fresh ground pepper  
1 cup heavy or whipping cream  
2 tbs butter

Shredded Mozzarella

Brown onion in butter. Add, and simmer tomatoes, stock and spices in sauce pan for 30 minutes. If you use canned tomatoes you may want to reduce the chicken stock if there is a lot of juice in the tomatoes. Puree the simmered mixture. I leave mine a little chunky. Add the cream and butter and reheat until hot on low. Serve with 1/4 cup shredded mozzarella placed on top of each bowl. Enjoy!

## El Cid Tomato Soup

1 medium diced red onion (can use Vidalia if you'd like some sweetness)  
3 cloves garlic (diced)  
1 tbsp. Ground black pepper  
2 tsp. chipotle pepper flakes (or 1 small pepper if whole)  
4 tbsp. Olive oil + 2 tbsp. olive oil  
2 tbsp. Butter  
1 tsp. paprika  
2 tsp. salt (or to suit your taste – I prefer salty foods)  
3 tsp. basil (dried)  
2 tsp. oregano (dried)  
2 tbsp. red bell pepper flakes (dried)  
5 tbsp. fresh flat leaf parsley  
1 large pimento (diced)  
1 28oz. can diced tomatoes  
1 pint grape tomatoes or 5-6 medium sized roma tomatoes  
2 c. strong chicken stock (homemade is preferable)  
sour cream  
parsley (garnish)

This goes fast if you have all of your ingredients pre-measured and chopped. The equivalent in fresh herbs does taste better, but in the winter when they're not as readily available, the dried variety works well. The chipotle pepper adds a smoky flavor. If you'd prefer less spice, don't omit the chipotle, but perhaps cut back on the black pepper. I didn't find it very spicy, however some of my guests did say it was a little warm. Of course, the sour cream will cut down on some of the spice too. If you would like it spicier, add a jalapeno or habanero pepper (removing rib and seeds/diced)

Preheat oven to 425 degrees. In a large stockpot, over a medium flame, sauté onion and garlic in butter and olive oil making sure not to burn the garlic (stir frequently). Add black pepper, salt, basil, oregano, chipotle pepper, bell pepper, and paprika. When onions become translucent, add 2 cups of strong chicken stock (if you only have boxed stock – I like Pacific brand – place 3 cups in a pot with any chicken bones or scraps that you have, adding black pepper and any celery or onion that you have left over in the fridge; let cook down to 2 cups). Add cans of diced tomatoes, whole chopped pimento and cover, letting simmer while grape/plum tomatoes are "roasting".

Cut grape/plum tomatoes in half, coating well with a sprinkling of salt, black pepper, and 2 tbsp. olive oil, and place in a pan or cookie sheet (cut side up). When oven reaches 425 degrees, place in oven at the center of the rack. Plum tomatoes will take longer than grape, but generally within about 30 to 45 minutes they will be ready. The outsides of the tomatoes will be a little caramelized. If you prefer to peel the skins off, do so at this time, being careful not to burn yourself, or you can leave whole. Add these (and all of the pan

scrapings/drippings) to the soup mixture and allow to simmer covered for approximately 30 minutes.

Remove from heat and run through a blender in batches until well pureed. If you'd like an even smoother soup, after pureeing it in the blender put it through a food mill. Garnish with a dollop of sour cream and a sprig of parsley. The cream and garnish makes for a pretty presentation. Crème fraîche can be used in lieu of sour cream.

Maggie

## **Cold Cucumber and Yogurt Soup**

by Mirj

4 cups fat-free plain yogurt  
3 cucumbers, peeled and finely chopped  
4 cloves garlic, peeled and crushed  
2-3 TBSP fresh dill, chopped  
1 TBSP mint leaves, chopped  
1/2 lemon, juice of  
salt

1. Mix all ingredients together.
2. If using thick yogurt, run it through a blender until the mixture is smooth.
3. Chill for several hours and serve.

## **Summer Squash Soup**

Serves 4

1 Tbsp. unsalted butter  
1 medium leek, white and pale green parts only, thinly sliced and thoroughly rinsed  
1 small clove of garlic, minced  
2 1/4 pounds yellow summer squash, trimmed and cut into half moons  
2 c. chicken broth  
2 c. loosely packed fresh basil leaves, plus more for garnish  
1/3 c. olive oil

1. Melt butter in a medium stockpot over medium-high heat. Add leek and half the garlic. Season well with salt and pepper; cook, stirring until soft and tender, 3 to 5 minutes.
  2. Add squash, and cook, stirring 3 to 5 minutes. Add chicken broth, and bring to a boil. Reduce heat to a simmer, and cook until tender, 15-20 minutes. Remove soup from heat and let cool slightly.
  3. Fill the bowl of a food processor with basil and remaining garlic. Drizzle olive oil through the feed tube; process until smooth. Season with salt and pepper. Transfer basil pistou (a French version of pesto) to a small bowl.
  4. Place slightly cooled soup in the cleaned bowl of the food processor and process until soup is pureed but still slightly chunky.
  5. Return soup to stockpot; cook to reduce liquid and thicken just slightly, about 5 minutes. Adjust seasoning with salt and pepper. Ladle into soup bowls. Place a dollop of basil pistou in each bowl and swirl with spoon to make a marbled effect. Garnish with fresh basil leaves.
- From Martha Stewart Living - September 1999

## **Yellow Squash Soup**

This is soooo incredible and freezes well despite the cream. Also Doubles well.

1/4 cup olive oil  
1 sweet onion, thinly sliced  
2 minced garlic cloves  
1/4 cup cornstarch (sub in a few squares of cream cheese)  
3 cups yellow squash,  
sliced 1/4 inch thick slices  
3 cups chicken stock  
3 cups whipping cream  
2 tsp. minced fresh basil  
2 tsp. minced fresh oregano  
Salt and ground pepper

Cook all but 1/3 of the squash. Puree along with Cream cheese substitute and some liquid. In the meantime, prepare stock with 4-5 cubes in 3 cups of water. Put last remaining sliced squash into stock after well heated. Add puree to stock, Stir cream, basil and oregano. Reduce heat and simmer 20 minutes. Season with salt and pepper.

## **Broccoli Soup**

I used 2 cans of broth, 4 tbs. butter, 1 cup sour cream and 1/2 cream, and broccoli and seasoned it up. It was great. Next time I'll try to puree it and make it like you did. Thanks for the recipe. by angelpie

## **Broccoli Cheese Soup**

I made this for dinner tonight and I enjoyed it very much. I had mine with extra sharp cheddar cheese on top. Hope you enjoy it! by jodimcm

3/4 cup chopped onion  
2 teaspoon mustard seed (I used >1)  
2 tablespoons unsalted butte  
3/4 pound broccoli, chopped coarse (about 3/12 cups)  
2 cups chicken broth  
1 cup of water  
1/4 cup sour cream (I used more)

In heavy saucepan cook the onion, the mustard seed, and salt and pepper to taste in the butter over moderate heat, stirring, until the onion is soft, add the broccoli, the broth, and the water, and simmer the mixture, covered, for 15 to 20 minutes or until the broccoli is very tender. In a blender puree the soup in batches until it is smooth, transferring it as it is pureed to another heavy saucepan. Whisk in salt and pepper to taste, heat the soup over moderately low heat, and whisk in the sour cream (do not let soup boil)

Makes about 4 cups, serving 2

## **Creamy Broccoli Cheese Soup**

1 medium onion, finely chopped  
3 tablespoons butter  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1/8 teaspoon garlic powder  
2 cups heavy cream  
1 can (14-1/2 oz) chicken broth  
3/4 cup celery, very finely chopped  
1-1/2 cup shredded cheddar cheese  
3/4 cup shredded mozzarella cheese  
1 10 oz package frozen broccoli, chopped  
6 slices bacon fried crisp and crumbled for topping.  
1/4 cup chopped green onion for topping  
Paprika for topping  
Extra shredded cheese for topping.

In a large saucepan, sauté onion in butter till tender. Combine with onion, garlic powder, salt, pepper. Gradually add heavy cream, cook and stir over medium heat until bubbly. Meanwhile, bring chicken broth to a boil in a small saucepan. Add finely chopped celery and chopped broccoli and cook until just tender. Add to cream mixture and stir until blended. Add cheeses. Cook and stir until melted. (Do not boil). Garnish with bacon bits, green onions, paprika and some extra shredded cheese. Enjoy! by Jeennie

## **La Madeleine Red Pepper Soup**

This called for 1/4 flour. I deleted it. You could add a little cheese to thicken. by inreno

1/4 C. Olive Oil  
1 Tbsp. Fennel Seed  
1 C. chopped Onion  
1/2 tsp. Thyme  
1/2 Bay Leaf  
1/2 tsp. minced Garlic  
1 Tbsp. Fresh Basil  
6 Red Bell Peppers - seeds and ribs removed  
2 Tbsp. minced jalapeno  
5 C. Chicken Stock  
2 tsp. Tomato Paste  
1/4 C. chopped fresh Tomato  
1 C. Heavy Cream  
Salt and Pepper to taste

In a heavy saucepan, heat olive oil over medium heat and add the onions, fennel seeds, thyme, bay leaf, garlic, basil, red pepper, and jalapeno pepper. Sauté the vegetables over low heat until wilted, about 10 to 15 minutes. Add the chicken stock, whisking until smooth, along with the tomato paste and fresh tomatoes. Cook the soup over medium heat, partially covered for about 45 minutes. Puree in a blender or food processor. Return puree to pan and add cream and simmer for about 10 minutes. Taste for seasoning, add salt and pepper to taste.

## Red Pepper Soup

Here's another red pepper soup, this one without cream that I made today. By Viktoria

4 red peppers, seeded and quartered  
2 large onions, quartered  
4 cloves garlic, halved  
2 large tomatoes, quartered  
2 T olive oil  
4 c chicken broth  
2 t oregano

In a pan large enough to hold them in a single layer, roast the veggies and garlic, tossed in the olive oil, at 450F for 45 minutes, stirring now and then. Pour the veggies and all but 1 c broth, with oregano, in a deep pot and simmer 20 minutes. Meanwhile, put the other c of broth in the pan you roasted the veggies in, and stir to deglaze; add that liquid and all the brown bits to the soup. After 20 min, puree or blend. Taste for salt and pepper. Add a dollop of sour cream to each bowl (I mixed the sour cream with some tomatillo salsa). Yum.

## Red Pepper Soup

Permission to copy granted by [www.peakmarket.com](http://www.peakmarket.com)

4 red peppers, seeded & chopped 4  
1 large onion, chopped 1  
5 ml olive oil 1 tsp  
1 garlic clove, crushed 1  
1 small red chili, sliced 1  
40 ml tomato pure 3 tbsp  
1 juice of lime 1  
769 ml chicken stock 3 1/4 cup  
- salt & pepper to taste -

Cook onion and peppers gently in oil in a saucepan covered with a tight fitting lid for about 5 minutes, shaking pan occasionally, until softened. Stir in garlic, add chili with tomato puree. Stir in half of stock; bring to a boil. Cover pan and simmer for 10 minutes.

Cool slightly; puree in food processor or blender. Return to pan; add remaining stock, lime juice and seasoning. Bring soup back to a boil; serve at once.

Serves 4 to 6

## Asparagus Soup

2 cans chicken broth  
1 bunch asparagus - tips removed and reserved, stems chopped  
1 onion, chopped  
2 T butter  
1 c cream  
1 c shredded cheese (I like gruyere, but any good melting cheese will work)

salt, pepper  
hot sauce (to taste)

Melt butter in a saucepan over medium heat. Sweat (do not brown) the onions in the butter, then the asparagus stems until softened. Add salt and pepper, then broth, and bring to a boil. Add cream, and simmer at medium heat about 10 minutes until the asparagus is quite soft and the broth is slightly thickened. (If desired, you can use an immersion blender and smooth the soup at this point). Add the asparagus tips and simmer 2 minutes, until they are bright green and slightly softened. Turn off heat and stir in cheese. Taste for seasoning, adding hot sauce as desired. Enjoy. by Viktoria

## **Jillybean's Eggplant Stew**

2 lbs. ground beef  
2 good-size eggplants, skinned, cubed into ½ inch pieces  
1-28oz. can whole peeled plum tomatoes, drained, cut up  
1-14oz can diced tomatoes, partially drained  
1 medium onion, chopped  
2 tsp. salt  
1 tsp. black pepper  
3 tsp. dried oregano  
4-1/2 tsp. cumin  
4-1/2 tsp. cinnamon  
2 tsp. onion salt  
Olive oil

In a very large skillet (14") or pan (5-qt. Dutch oven), heat a couple tablespoons of olive oil over medium heat and pre-cook eggplant. Eggplant is notorious for soaking up oil, so as the pan dries out, drizzle a little bit more oil on top of the eggplant and stir well. Once eggplant has cooked through, remove from pan and set aside. In same pan, add another couple of tablespoons of olive oil and add the onion, salt, and pepper. Cook on low heat until tender, 7-10 minutes. Add oregano, cumin, and cinnamon; cook 2 minutes more. Add ground beef and cook until it browns, about 5 minutes. Drain fat from pan. Add tomatoes and cooked eggplant; cook over medium heat, stirring often, until sauce starts to thicken, about 8 minutes. Taste and add onion salt as needed.

## **Quick & Fast Spinach, Bacon & Tomato Soup**

This is a quick and easy pro-fat soup. by samolly

3 slices of good bacon  
1 package of frozen spinach - defrosted  
1 can of chicken broth  
1 can of diced tomatoes  
1 clove of garlic  
1 tsp Italian Seasoning  
1/2 tsp pepper  
1/2 tsp salt  
1/2 tsp onion powder

Chop bacon into small pieces (I use a food processor) and brown in 2 quart saucepan. Meanwhile put tomatoes and garlic in food processor and pulse lightly so they are slightly

chunky but mostly liquid. If you do not have a food processor mince the garlic and mash diced tomatoes with potato masher. Add chicken broth and tomato garlic mixture to bacon in pot. Add the seasonings, then add the spinach. Bring to a boil, then lower heat and cook 2 minutes longer. Adjust seasoning to taste. Sara

## **Green Bean Soup**

I am a newbie here and thought I would share a recipe from my Grandmother-In-Law that just happens to be Somersized and a long-time favorite of her family. by mel

1 16 oz. pkg of frozen green beans  
2 cans chicken broth  
Approx. 4 pieces of bacon  
1 small onion  
Sour Cream  
Salt & pepper

Cook the green beans in the microwave. When cooked, put into a pot with the chicken broth and season. While that is cooking, sauté the bacon (cut into pieces) and onion in a frying pan. When the bacon and onion are done, add them to the now-hot green beans. I let that all cook together for about 1/2 hour. Then I put some of the hot broth in a small bowl and added sour cream in the bowl and whisked the mixture and then added it to the green beans and bacon. (I was told to mix it that way so the sour cream wouldn't curdle) I ended up doing this mixture several times to get it to the taste I wanted. I made this for the first time last night so my recipe may/can be tweaked as desired. I LOVE green beans and I enjoyed it as a soup !! Hope you like it...Megan

## **Bayou Tomato Bisque**

After reading all these amazing soup recipes I had to share my favorite too. My husband and I really loved the Tomato Bisque at Red Beans Bayou Grill so I decided to try it at home and this is my version.

Prep time: 15 minutes

Cook time: 50 minutes

1 stick unsalted butter  
3 strips bacon  
2 Spanish onion, chopped  
2 stalks celery, chopped  
4 cloves garlic, smashed  
¼ cup onion flour (dehydrated onion food processed to a powder)  
1 tablespoons parsley  
1 tablespoons thyme  
1 1/2 teaspoons cayenne pepper  
2 bay leaves  
5 cups chicken broth, homemade or 3-14oz cans  
1-28oz can whole, peeled tomatoes (with liquid), roughly chopped  
2-14oz cans hunt's tomato sauce (or paste for a thicker soup)  
2 cups heavy cream  
1 3/4 teaspoon kosher salt  
Freshly ground black pepper  
Hot Sauce to taste

Heat the bacon in a large soup pot over medium-high heat and cook until crisp. Remove pot from heat (to avoid burning bacon fat) and using a slotted spoon, transfer the bacon to a paper towel-lined plate, allow to cool, mince and return to pot. Lower the heat to medium, add one onion, celery, garlic and butter, and cook, stirring occasionally, until soft and fragrant, about 8 minutes.

In food processor pulse together dehydrated onions, parsley, thyme, cayenne and bay leaves till it becomes a fine powder. Stir in the onion flour mixture and cook, stirring, for 3 minutes. Pour in the broth and tomato sauce and bring to a boil while whisking constantly. Lower the heat and simmer for 30 minutes uncovered to thicken. Remove from the heat and allow to cool.

When the soup base is cool, working in batches, transfer the mixture to a blender and puree until smooth. Using a sieve over a large bowl, strain the tomato puree. (Keep the pulp- it's a great tomato pesto to dip cheese or sausages in!) Return the strained liquid to the pot and reheat over medium heat. Add the canned tomatoes and remaining onion and simmer till almost desired thickness.

Whisk the heavy cream and salt into the soup and season with pepper and hot sauce to taste. Divide among warm soup bowls and serve immediately. Garnish with one of the following: green onion, sour cream, grated cheddar, or buttered croutons.

### **Peter Neumann's Italian-Style Chili**

Here's a beanless chili recipe that was posted on this website before it got re-vamped. It's from Peter Neumann, and it's my favorite recipe since I started Somersizing. I haven't found one person yet that didn't love. It takes a while to measure out all the spices. I get several little Ziploc bags (like craft bags) and measure out the spices 6 or 7 times, filling a little bag each time. That way, the next time I want to make the chili, I don't have to measure, I just empty out one of the little bags. Enjoy!

- 2 lbs. ground beef
- 1/2 tsp. ground oregano
- 1/2 tsp. ground cumin [I omit]
- 1/2 tsp. ground ginger
- 1/2 tsp. ground coriander seed
- 1/4 tsp. garlic powder
- 1/2 tsp. ground thyme
- 1 TBS dried minced onion
- 1 TBS dried chives
- 1 1/2 tsp. chili powder
- 1/2 tsp. cayenne pepper
- 1 1/2 tsp. dried oregano leaves
- 1 TBS basil leaves
- 1 tsp. Tabasco sauce (omit if you like it less spicy)
- 1/2 tsp. white pepper (reduce to 1/4 tsp. if you like it less spicy)
- 1/2 tsp. salt
- 1 1/2 large tomatoes, cut into large cubes (I use 1 or 2 cans Hunts diced tomatoes)
- 1 large onion, finely chopped
- 5 celery stalks, chopped [I omit and substitute a 12-oz. pkg white mushrooms, sliced]
- 3 TBS olive oil
- dash of salt

5 cups tomato sauce (Hunts -- use 4 cups if not using the cheese, as the cheese thickens it)  
1 medium green pepper, chopped into small pieces  
1 cup of shredded mozzarella cheese  
1 cup shredded cheddar cheese

Directions: Cook beef in a large frying pan over medium heat until browned. Add all of the spices and mix well. Add the tomato, stir until combined and reduce heat to low. Keep on low heat while making the rest of the chili.

In a large stockpot over medium heat, add olive oil. Wait one minute for the oil to heat up, and add the onions and celery (or mushrooms). Add the dash of salt. Let cook 15 minutes, until onions and celery (or mushrooms) are weepy and the onions become slightly translucent. Stir every few minutes to ensure nothing burns onto the bottom of the pot. Add green pepper and cook an additional 5 minutes, making sure not to burn anything. Add the meat mixture to the stockpot and stir to combine. Stir in the tomato sauce and heat until almost boiling, about 5-7 minutes. Add the cheese (optional) and stir until cheese is melted and fully incorporated into the chili. Serve hot and, most importantly, enjoy! ---It seems like a lot of work to make this, but I promise you, it's worth making!!!

## **Chili Soup**

1 lb. Hamburger  
3 cans Tomato Sauce  
1/2 cup Water  
Chili Powder  
Onion Powder  
Garlic Power  
Minced Garlic (optional)  
Minced Onions (optional)  
12 packets of Splenda

Brown meat in a pot. Add minced onions and garlic and brown a few mins. (Skip this if you want to save time!) Add tomato sauce and water. Add chili, onion, and garlic powder until you reach desired taste. Combine well and add splenda. Mix and simmer about 20 mins, covered. Stirring every so often.

To make this thicker, only use two cans of tomato sauce. by bellina

## **Thick Hearty Chili**

I wanted some chili but knew the beans were a no no so this is what I came up with. by mrspile

In a 4 qt saucepan brown 2-lbs stew meat in 1 tbs of olive oil.(about 5 min). Add 1/2 cup hot water, bring to boil, cover, reduce heat to low,(has to continue low boil to make meat tender). Cook for about 45 min, stirring occasionally, until tender.

Add:

3- 14-1/2 oz cans of tomatoes, fine chopped.  
2 med zucchini quartered and sliced. Don't peel  
1/2 onion chopped  
2 Tbs chili powder 1 tsp paprika  
1/4 cup of taco seasoning 1 tsp cumin

1 Tbs crushed garlic  
Salt to taste

Cook on low, covered for about an hour.

You can add canned chilies or jalapenos or salsa. Spice it up or down. Be careful to look for sugar in those canned tomatoes. This is so thick and meaty. Enjoy. garnish with shredded cheddar cheese and sour cream

## **Delicious Chili**

1lb hamburger (browned)  
1 recipe chili mix (below)  
1 15oz. tomato sauce  
1 14.5oz can diced tomatoes

Mix all together & top with chopped onion, sour cream & cheddar cheese.

Chili mix.  
2Tbs.instant minced onion  
1 1/2tsp.chili powder  
1/8tsp.ground red pepper  
1/2tsp.instant minced garlic  
1/2tsp.Splenda or sprinkle of somersweet  
1/2tsp.ground cumin

Mix well & add to chili. Enjoy!

## **Chili**

Even good in the summer! And sooo easy!

1 large chopped onion  
salt to taste  
cayenne to taste  
2 lbs. ground beef  
1 TBS chili powder  
2 tsp. ground cumin  
crushed red pepper to taste  
2 tsp. dried oregano  
1 tsp. powdered garlic  
1 28oz. can crushed tomatoes  
1 small can tomato paste  
2 cups sugar free beef stock  
2 TBS natural flavored protein powder  
grated Monterey Jack Cheese  
Sour Cream  
Jalapenos if desired

In a large saucepan, brown the ground beef and onions. Drain. Season with salt and cayenne. Stir in the chili powder, cumin, crushed red pepper, garlic, and oregano. Simmer for a few minutes and add tomatoes, tomato paste, and beef stock. Bring the liquid to a boil

and reduce to a simmer again. Simmer for a few more minutes. Then sprinkle the protein powder directly in the pot and stir well. Simmer until it reaches your desired consistency. I like to make the "cheese crackers" that I read about in another thread. They are great to dip. Garnish with grated cheese, sour cream, and Jalapenos if desired.

If you have family members who are not SSing, you could add some drained and rinsed dark red kidney beans after you've served yourself! By 4real.

## **Chili**

Level One, Pro/Fats

This recipe was sent to me by Gridmama, and then I modified it a little, based on what I had on hand in my kitchen, and what I used to put in chili, before I started to Somersize. I hope you enjoy it! by Gridmama and September

1 medium onion, sliced  
3 cloves garlic, chopped  
1 green bell pepper  
1 red bell pepper (I used 2 reds, I didn't have a green)  
1 1/2 lb ground very lean ground beef  
1 28 oz. can of diced tomatoes (I used fire-roasted, you can also substitute 16 oz. of tomato sauce)  
1 small can diced green chiles  
3 T. chili powder  
1 t. ground cumin  
1/4 t. ground Cayenne  
salt & pepper

Saute the onion and garlic until it is very limp. Add the peppers to the pan and continue to sauté until everything is soft. Remove the onions and peppers from the pan. Brown the ground beef, seasoning it with salt and pepper, while you are cooking it. Drain off any fat from the meat.

In a large pot, combine onion, garlic, peppers, ground beef, tomatoes, chiles, and spices. (I did not add more salt and pepper, just what I cooked the meat in.). Cook for about 15 minutes, over low heat, or longer, for even more flavor.

This chili is SO good! It freezes fabulously, is awesome over hot dogs, and my husband, who is not somersizing, is constantly asking me to make more of it! I serve it with lots of freshly shredded cheese and legal sour cream to cool it off!

Note: Cheri (Flicheri) adds a bit of cinnamon and Somersweet to hers. 2 scoops of Somersweet, and 1/4 teaspoon of Cinnamon. I have been known to add 1 teaspoon of Wondercocoa as well. This would be a very slight imbalance, but chocolate is common in traditional Mexican cooking, and this adds a delicious depth to the recipe!

## **Some Real Good Chili**

1 tbs vegetable oil  
1 1/2 lbs. lean ground beef  
2 cups chopped onion  
1 tbs minced garlic  
2 tsp chili powder

2 tsp Baby Bam (see recipe below)  
1 tsp salt  
2 tsp ground cumin  
1/4 tsp black pepper  
3 tbl tomato paste  
1 tsp sugar (substitute)  
2 cups water  
1 15oz. can whole peeled tomatoes

Heat the oil in a large, heavy pot over medium-high heat. Add meat and stir to break up the pieces. Cook, stirring, until the meat is brown and cooked through, about 15 minutes. Add onion, garlic, chili powder, baby bam, salt, cumin and pepper, and cook, stirring, until soft, about 4 minutes. Put whole tomatoes in a bowl and squeeze with hands to break into pieces.

Add the squeezed tomatoes, tomato paste, sugar and water to pot. Stir well and bring to a boil. Lower heat to medium-low and simmer, uncovered, for 30 minutes, stirring occasionally to prevent sticking.

Baby Bam (makes 3/4 cup):

3 tbl paprika  
2 tbl salt  
2 tbl dried parsley  
2 tsp onion powder  
2 tsp garlic powder  
1 tsp dried oregano  
1 tsp dried basil  
1 tsp dried thyme  
1/2 tsp celery salt

place all ingredients in bowl. Stir well to combine.

## **Spicy Cheeseburger Soup**

Made this up last night. by inreno

1lb cooked hamburger  
2 small cans chicken broth  
1 can (10oz) Rotelle tomatoes with chilies  
1/4 cup cream (can sub in sour cream)  
5-10 slices of American cheese (your preference)  
Sprinkle of onion powder

Bring the hamburger, broth, tomatoes, and onion powder to a gentle boil. When heated, I used cold hamburger, add the cheese and melt. When melted, add the cream, stir and serve with a serving of sour cream and freshly ground pepper. This was good if I do say so myself. I ate this with "cheese crackers".

## **Italian Wedding Soup**

I posted this originally last winter. I have since made some changes so it is even better. Hope you enjoy! By zoomzoom

8 cups homemade chicken broth (sometimes I use the canned broth)  
3/4 pound ground beef  
3/4 pound ground pork

3 eggs, plus 5 eggs  
2 teaspoons dried basil  
1 teaspoon dried parsley  
1/2 cups grated Parmesan, plus 1 cup  
2 medium heads escarole, cleaned and chopped

In a separate pot over medium heat, bring the broth to a boil. In a separate large bowl, combine the ground beef, ground pork, 3 eggs, basil, parsley and 1/2 cup Parmesan. Mix well and form into bite-size balls. Drop the balls into the broth. Add escarole into broth. When meatballs rise to the top, they are cooked, about 6 to 7 minutes. When escarole is wilted it is done. In a separate bowl, combine the remaining 5 eggs with the remaining 1 cup of cheese. Pour this mixture into the soup, stirring continuously, until the egg is cooked.

For a quick version of this soup, I sauté onion and celery in a little olive oil. Add one package of sweet Italian turkey sausage with the casings removed. Cook sausage till brown. Add chicken stock and simmer 10 minutes. Add chopped escarole and a couple of shakes of nutmeg. Simmer until escarole is wilted. Serve in bowls topped with black pepper and shredded Parmesan cheese. It's quick, easy and yummy. Hope you like it! \*christea

## **Legal Beef Stew**

2 pounds beef stew meat  
2 onions  
2 cloves garlic  
2 cans string beans  
2 medium size zucchini  
2 cans crushed tomatoes  
1- 1/2 tbsp oregano  
same for basil  
salt and pepper to taste  
we bit of red pepper flakes

Prepare sauce first by frying the onions and garlic in olive oil. Add the salt and pepper and other seasonings. Then prepare the stew by browning meat in olive oil. Add the zucchini and green beans. Add sauce and simmer. If its too thick add a 1/4 cup of water.

## **Greek-Style Oven Stew**

Cinnamon and feta cheese create a different twist on an old favorite.  
Serves 4

1 pound Beef stew meat, cubed  
1 Tablespoon Olive oil  
2 cups Beef broth  
4 Tablespoons Tomato paste  
3/4 cup Pearl onions, peeled, whole  
2 Tablespoons Red wine vinegar  
1/4 teaspoon Cinnamon  
1 teaspoon Oregano  
1/4 teaspoon Cumin  
1 teaspoon Garlic, minced  
Salt and pepper to taste

2 ounces Feta, crumbled

Pre-heat the oven to 350. Add all ingredients (except the feta) to a large pot or casserole (that has a lid and can go into the oven). Cover and bake for 1 1/2 hours or until the beef is very tender). Place in bowls and garnish with the feta cheese. Serve immediately.

## **Italian Beef Stew**

Level 1 - Pro/Fats

1 lb sirloin [or beef round] cut into 1/2 inch slices, then 1 inch chunks  
1 large clove garlic, minced  
2 Tbsp. olive oil  
2 med onions cut into 1/4 inch slices  
2 med zucchini cut into 1/4 inch slices  
1 tsp dried basil  
1/8 tsp ground red pepper [or 1/4 tsp dried flakes]  
1 small can [14 1/2 oz?] whole tomatoes  
1 cup beef broth  
Parmesan or Romano cheese for garnish [opt]

Toss together beef pieces, garlic and 1 Tbsp. of the olive oil in a bowl and set aside. In Dutch oven, heat remaining olive oil and sauté onions for 2-3 minutes or until crisp tender. Add basil and red pepper and sauté for 1 min longer. Add zucchini, tomatoes [with liquid], and beef broth. Bring to boil and then reduce heat and simmer for 15 minutes. In another skillet, stir-fry beef for 2-3 minutes or until just browned. Remove beef with slotted spoon and add to tomato mixture. Simmer for a few more minutes, then ladle into bowls and garnish with grated cheese if desired. Serves 4

## **Beef and Mushroom Stew**

1 Lb. Stew Meat  
1/2 tsp. Salt  
1 tsp. Pepper  
1 tsp. Italian Seasoning  
2 Tbsp. Worcestershire Sauce  
1 Tbsp. Olive Oil  
1 C. Chopped Onion  
4 Garlic Cloves (minced)  
1 1/2 C Beef Broth  
2 C Mushrooms (quartered)  
1 C Cream

Season Stew meat with the salt, pepper, and garlic powder. Brown stew meat in olive oil. Add the onion and garlic. Cook 5 minutes. Add beef broth, Italian seasoning, and Worcestershire sauce. Bring to a boil. Cover and simmer 2 1/2 hrs. until beef is tender. Add mushrooms and cover and cook 10 minutes on medium heat. Add cream and cook until slightly thickened. Serve over pureed celery root.

## **All Day Stew**

This is perfect on those days when you need something really good, but don't have time to cook late in the day.

Prepare this dish early in the day, stick it in the oven (in a LARGE pot with lid) and cook it all day at 250. It won't burn, and you won't have to even look at it till you are ready to eat. I sometimes leave mine in ten hrs.

2 lb. lean stew meat  
1 lg. onion, chopped  
2 lg. garlic cloves, chopped  
1/2 head each: cauliflower, cabbage, broccoli  
coarsely chopped  
1 can tomato sauce  
two green peppers, chopped  
1 can tomatoes  
1 cup beef broth  
2-3 soup cans water  
1 1/2 tsp. salt  
1 T. soy sauce  
1 tsp. Smoke  
1 tsp. herbs de province (in spice section)  
1/4 tsp. basil

Wash meat, put all ingredients in the large pot, stick in oven on low rack and it will be ready for dinner. Quick, easy and fabulous. Enjoy

### **Chicken Cheese Soup**

For a quick meal, I occasionally buy one of the rotisserie chickens. My husband and I can't eat all of one, so this is what I do with the rest of the chicken. My husband loves this soup.

1-1/2 cups chicken from leftover rotisserie chicken, or a couple of cooked breasts that have been cut into small pieces.

1/2 cup onions  
1 can chicken broth  
1 small can green chilies  
2 teaspoons chili powder  
1 teaspoon ground cumin  
1/2 to 3/4 cup cream  
1 cup cheddar cheese

Add 2 tablespoons of olive oil in pan and sauté onions. Add the remaining ingredients except milk and cheddar cheese. Bring to a boil and let simmer for about 5 minutes. Add the cream, then the cheese. Let simmer until the cheese has melted. Enjoy! by rriggs

### **Dottie's Hot & Sour Soup**

1 can LaChoy fancy mixed Chinese vegetables -- drained  
1 can chicken broth  
1/2 cup water  
1 tablespoon Korean fish sauce  
1/2 teaspoon crushed red pepper  
2 tablespoons red wine vinegar  
1 packet splenda packets

1 tablespoon soy sauce

1/2 cup cooked chicken

Put everything but the vinegar in a saucepan and simmer for 5 minutes. Stir in vinegar and serve. Dottie @ LCF

## **Peruvian Chicken Soup**

1 (2 1/2-lb.) chicken quartered

2 potatoes, peeled and each cut into 6 pieces(sub cauliflower or turnips)

1 stalk celery

1 Tbsp. chopped garlic

1 Tbsp. salt

8 1/2 C. water

1/2 C. frozen green beans

1/2 bunch cilantro

Pepper

Lime juice, optional

Bring chicken, potato sub, celery, garlic, 1-teaspoon salt and 8 cups water to boil in large saucepan over high heat. Reduce heat to medium and simmer until chicken is tender, stirring occasionally, about 30 minutes. Add frozen green beans. Process cilantro and remaining 1/2 cup water in blender. Stir into soup mixture. Remove soup from heat. Remove chicken and celery stalk. When chicken is cool enough to handle, remove meat from bones. Discard skin, bones and celery stalk. Return chicken meat to soup. Bring soup to simmer over medium heat and cook 5 minutes. Add remaining 2 teaspoons salt and pepper to taste. Sprinkle with lime juice to taste just before serving if desired. Add a dollop of sour cream. 8 to 10 servings. by inreno

## **Creamy Chicken Corn Soup**

Ok, so this soup doesn't really have any corn in it, but it has the sweet flavor of fresh corn soup. I don't usually post recipes that require buying special ingredients, but I really enjoyed this soup, and I know a lot of other davinci syrup buyers also bought the buttered popcorn flavor. Hope you enjoy it. by sweetepie1118

1/2 pound bacon

1 1/2 cups chopped onion

1/2 cup finely chopped celery

4 cups chicken stock (please please please make your own..not the can stuff!)

2 cups cream

1/4 tsp pepper

2 cups cooked and shredded chicken

1/2 cup buttered popcorn flavor Davinci syrup

Chop the bacon and fry in a large pot until crispy. Remove the bacon with a slotted spoon and set aside. Add the onion and celery to the bacon drippings and sauté until they are soft and golden brown. Add the chicken stock and pepper. Once the broth is heated..Add the cream, buttered popcorn syrup, chicken, and the cooked bacon. Simmer for 30 minutes. Add additional salt if necessary.

## **Tex-Mex Soup**

I just love to have this Yummy, spicy, filling soup on cold fall and winter nights. It will really warm you up on the inside! by Tracey

2 cloves garlic, minced  
1 medium onion, chopped  
4 boneless skinless chicken breasts, cooked cut up into 1 inch pieces  
1 28 oz. can of crushed tomatoes (Mexican if you can find them)  
3 cups chicken stock  
1 4 oz. can green chilies, chopped  
1/2 cup salsa or taco sauce  
1 tsp. garlic powder  
1 tsp onion powder  
1 tsp. Mrs. Dash garlic and herb seasoning  
1 tsp. southwest seasoning  
1 Tbs. olive oil

Heat oil in a Dutch oven and cook onion and garlic until translucent. Add the rest of the ingredients and simmer 30 minutes. Serve with any salad.

Toppings:  
green onion  
cilantro  
cheddar cheese  
sour cream

## **Chicken "Tortilla" Soup**

Level 1 pro/fats by Gabby92

3-4 TBS tsp. oil  
1/2 cup chopped onion  
2-3 cloves garlic, minced finely  
4 cups chicken broth  
14 1/2 oz. can whole tomatoes, crushed  
1 cup cubed cooked chicken  
2 jalapeno peppers, seeded and diced finely  
1 tsp. ground cumin  
1 tsp. ground chili powder  
1/2 tsp. dried oregano, crumbled  
1/4 tsp. salt; if using many "tortillas"  
watch the added salt  
1/8 tsp. black pepper  
parmesan "tortilla" chips from Suzanne's book  
sour cream  
2 scallions, thinly sliced  
\*avocado, level 2

Heat stockpot over medium heat. When hot add oil. Sauté onion until translucent. Then add garlic and sauté an additional minute. Meanwhile, crush tomatoes and dice jalapenos. Add broth, tomatoes, chicken, jalapenos, cumin, chili powder, oregano, salt and black pepper to onion and garlic mixture. Bring to boil over medium-high heat. Reduce heat; simmer, covered, 20 to 25 minutes, stirring occasionally.

To serve, ladle soup into bowls. Add a "cloud" of sour cream, scallions and sprinkle a few "tortillas" on top of each bowl.

Makes 8 servings.

Crock-pot adaptable; put all ingredients in crock-pot- except sour cream, "tortillas", scallions and Level 2 avocado, if using. Set on low and simmer 8 to 10 hours. Freezes well. Can reheat in microwave.

## **Turkey Chili**

2 lbs of lean ground turkey  
3 small onions diced  
1 8oz can chopped green chilies  
2 28oz can of crushed tomatoes  
6 cloves of garlic - minced  
3 tsp of salt 5 tablespoons of chili powder  
2 tsp ground pepper  
1 tablespoon cayenne pepper  
4 Tablespoons olive oil

Place oil in a large deep frying pan. Brown onions and garlic in oil, stirring occasionally until browned. Set aside in a bowl.

Brown meat in frying pan breaking up into small bits. When ½ way browned, sprinkle ½ of the chili powder on the meat. Finish browning meat. Add onions, garlic and chilies. Then add the crushed tomatoes. Stir well.

Add salt, pepper, cayenne pepper and rest of chili powder. Simmer 40 minutes, stirring occasionally. by momoftwins

## **Zuppa Toscana**

Again Same sweet cute Waiter @ Olive Garden. I picked out all the potatoes and tried it here at home first and it was just fine.

1 1/2 cup Spicy Italian Sausage Links -- 12 Links  
3/4 cup Onions -- Diced  
5 Pieces Bacon  
1 1/4 Tsp Minced Garlic  
2 cup Kale Leaves -- Cut In Half, Then Sliced  
2 Tbsp Chicken Base (bouillon)  
1 Qt Water  
1/3 cup Heavy Whipping Cream

Preheat oven to 300 degrees. Place sausage links onto a sheet pan and bake for 25 minutes, or until done; cut into half lengthwise, then cut at an angle into 1/2 inch slices. Place onions and bacon in a large saucepan and cook over medium heat until onions are almost clear. Add garlic and cook an additional 1-minute. Add chicken base, sausage, kale and water, simmer 15. Add cream. Simmer 4 minutes and serve. by Rozwolf

## **Sausage Meatball Soup**

This is soup that I really like. by jean011

3 sausage patties, made into meatballs  
1 onion, chopped  
1 green pepper, chopped  
1 can chicken broth  
1 can water  
1 can diced tomatoes  
2 T salsa

Combine all ingredients in a soup pot and cook until meatballs and veggies are done. This is somewhat spicy soup that can vary with the type of sausage and salsa you choose. This contains Level One ingredients.

## **Italian Sausage Soup (stew)**

2 to 2-1/2 lbs Italian sausage (sweet and/or hot)  
1 (26 oz.) can Hunts Spaghetti Sauce (I used garlic & herb)  
16 oz. bag shredded Cabbage (I shredded a med. Head)  
1 lb. zucchini squash (quartered and cut in chunks) (next time I'll try subbing green beans)  
1 Knorr chicken bouillon cube  
1 TB Cumin (or to taste)  
1/2 cup Parmesan Cheese  
1 small sweet onion, diced (optional)  
1 (10 oz.) pkg. chopped frozen spinach  
1 Spaghetti Sauce Can of water  
2 cans Swanson's Chicken Broth

Brown sausage with onion. Add Spaghetti sauce, water, and bouillon. Stir. Add everything else except the zucchini. Add zucchini during last 5 min. Simmer for about 20 minutes or until cabbage is done the way you like it. Garnish with shredded cheddar or mozzarella and its ready to go!

Deb's note: I'm going to sub the zucchini with green beans because it gets mushy.  
Paris @ PP

## **Chili Verde**

Ok... here is the best and easiest Chile Verde you'll ever eat. And crock-pot easy too! ALSO, try "Trader Joes" Pico de Gallo salsa - it is AWESOME (not spicy, but good). (Taste of Home magazine) (Pro-Fat, Level 1) – somersized by lookinggood

4 T. cooking oil, divided  
4 lbs. boneless pork, cut into  $\frac{3}{4}$  inch cubes  
1 can (4 oz) green chilies  
 $\frac{1}{2}$  t. ground cumin  
 $\frac{1}{4}$  t. salt  
 $\frac{1}{4}$  t. pepper  
3 garlic cloves, minced  
 $\frac{1}{2}$  c. chopped fresh cilantro  
 $\frac{1}{2}$ -1 c. salsa  
10 oz. chicken broth

In a Dutch oven, heat 1-tablespoon oil over medium-high. Add 1 pound of pork; cook and stir until lightly browned. Remove and set aside. Repeat with remaining meat, adding more oil as needed. Return all of the meat to Dutch oven. Add chilies, cumin, salt, pepper, garlic, cilantro, salsa and chicken broth. Cover and simmer until pork is tender and chili reaches desired consistency, about 1-1/2 hours.

Note: I throw this all in the crock-pot – and cook on low for about 8 hours and don't bother cutting up the pork. Add about 1 Tbsp. vinegar, which helps tenderize meat.

## **Chili Verde**

I made this today and it was sooo excellent! By GG

1 1/2 lb pork roast  
1 16oz. jar La Victoria salsa Verde  
salt & pepper to taste  
1/4 cup water

Put the roast in the crock-pot, season with s&p. Add water and salsa Verde. Cook on low 8-10 hours. Serve in lettuce leaf with sour cream, Monterey jack cheese, and shredded lettuce. YUM! I love Mexican food and this was heavenly! Next time I may try it in an egg crepe, although it was very good in the lettuce leaf.

## **Chili Verde**

I found this recipe online and tried it once. It's very good & easy. by cheeser

1 onion, coarsely chopped  
1 green bell pepper, coarsely chopped  
4 garlic cloves, minced  
1 TB olive oil  
1-4 oz. can diced green chilies  
1 jalapeno, diced  
7 tomatillos, husked & roughly chopped  
2 lbs. lean pork, cubed (I used boneless pork chops that were on sale & cut them into cubes)  
2 tsp. oregano  
2 tsp. sage  
1 tsp. cumin  
1 tsp. red pepper flakes  
1/2 chicken broth (the original recipe called for beer, but since that's not legal, I used broth)

In a skillet, sauté the onion, bell pepper & garlic in the olive oil. Add mixture to crock-pot. To crock-pot, add jalapeno, diced chilies & tomatillos. In the same skillet, brown the pork & add to crock-pot. Combine all seasoning, then add to crock-pot. Cook on low for 8-10 hours.

## **Rueben Soup**

1 to 1-1/2 cup kraut  
2 tbs butter  
1 quart heavy cream

1 lb corned beef brisket, cooked and cubed  
1/2 cup thousand island dressing (recipe found on the SS boards)  
1 lb swiss cheese, shredded or cubed

I put kraut in soup pot with butter and cooked it until it was dry. I added some juice from the cooked brisket and reduced that also. Then I added the heavy cream and let that cook down until it was a nice consistency. Add the Thousand Island dressing, brisket and cheese. Cook on low for 30 minutes or more. I cooked for a couple hours but it was good when I tasted it after 30 minutes. I am not a caraway seed fan so I didn't add any and I think it would be better with the caraway seed added. I hope you like it. by toonagirl

## **Hot Ham & Swiss Soup**

(Almost Level one) by AmyLS

4-1/2 tsp butter or margarine  
4-1/2 tsp all purpose flour  
1 can (14 1/2 oz) reduced sodium chicken broth  
1 c. chopped broccoli  
2 TBSP chopped onion 1 c. cubed fully cooked ham  
1/2 c. whipping cream  
1/8 tsp dried thyme  
3/4 cup shredded Swiss cheese

In a saucepan, melt butter; whisk in flour until smooth. Gradually add broth. Bring to a boil; cook and stir 2 minutes or until thickened. Add the broccoli and onion; cook and stir until crisp-tender. Add the ham, cream and thyme; heat through. Stir in cheese until melted.

Hi! This recipe sounds really good! It's very close to Swiss broccoli soup I make. I usually use a few ounces of cream cheese for the flour, but it does make rich soup. Makes it level one though. The water chestnut flour would work well. It would cause a slight imbalance. Start with half the amount of flour. Dissolve it in a little cold broth. Add it to the soup with the rest of the broth. Just want you to know that water chestnut flour is not recommended for use with ssing. They said it was funky. Hope this will help and thank you for the soup recipe. I love soup! Mary

DebB, we made a double batch of soup. So we used 1 1/2 ounces cream cheese. Measured out 2 cups of broccoli from a small bag of frozen chopped broccoli and had some leftover. The remaining broccoli we pureed in the food processor and added it in. It would have been fine, but I added 2 teaspoons of water chestnut flour. It was really good! Wish I had some for tomorrow's lunch! Mary

## **Ham and Cauliflower Soup**

1/2 cup chopped onion  
1 cup chopped celery  
2 cups ham broth (broth from boiling ham bone)  
2 cups water  
2 cups canned tomatoes, chopped in can/jar

1 cup ham, chopped  
5 cups chopped cauliflower, bite size  
cream, sour cream (optional)

In a medium size pan, combine onion, celery, broth, water, tomatoes, and ham-cook for about 15 min. until veggies are tender. Add cauliflower and cook it until it is tender. Serve it as is or add a dollop of cream.

Note: I boiled the ham bone, the fat from the ham, in quite a bit of water and my broth was still very salty. If your ham isn't as bad, adjust your water and broth in the recipe to your taste. Add more cauliflower and ham if you like.

I froze the rest of the ham broth for future soups in 1 cup serving. by jolly giant

### **Pepperoni Pizza Soup**

I found this recipe in a low carb cookbook at the grocery store. It is great for that "pizza fix" and it tastes great! It is also a fast meal to prepare.

1 tbsp oil  
1/2 c chopped onion  
1 c sliced mushrooms  
1 c chopped green bell pepper  
1 can (15 oz) pizza sauce  
1 can (14 1/2 oz) chicken broth  
1 c water  
1 tsp dried oregano  
3 oz sliced pepperoni

Heat oil in large saucepan over medium heat. Add onion, mushrooms and bell pepper. Cook, stirring frequently until tender, about 7 minutes. Stir in pizza sauce, chicken broth, water, oregano and pepperoni. Bring to a boil. Lower heat: simmer 5 minutes. Ladle into soup bowls. Top with cheese before serving. Hope you enjoy it!! by wendy2113\_m

### **Greek Lamb, Vegetables and Feta Cheese**

I don't know who to credit--this came from a crock pot cooking list I belong to. I made this for dinner, and it's fab-u-lous! Since the green onions weren't listed in ingredients, I had to improvise. I chopped a yellow onion, and divided it between 2 packets. Also, because I was only making 2 servings, I only used 3 squash. I used a little more feta than called for, but it was not too much. I felt like a gourmet!

1 pound lean lamb cut into bite size pieces  
4 small yellow crookneck summer squash cut into 1/4 inch thick slices  
1 small red bell pepper, cut into 1 inch cubes  
2 ounces feta cheese diced  
1 teaspoon dried oregano leaves  
1/2 teaspoon garlic powder  
1 teaspoon salt optional  
1/4 teaspoon ground black pepper  
4 teaspoons fresh lemon juice  
1/4 cup water

4 lemon wedges

Cut 4 sheets of foil, about 18 x 11 inches each. Place the foil, shiny side down, on work surface. Spray an area about the size of a salad plate in center of each piece with nonstick olive oil spray. Top each foil piece with 1/4 of the lamb, then with 1/4 of the squash, then 1/4 of the green onions, bell pepper and feta cheese. Sprinkle each portion with 1/4 of the oregano leaves, garlic powder, salt and black pepper. Drizzle each with 1 teaspoon lemon juice. Bring short sides of foil together. Fold over twice. Fold sides up twice to seal. Place in a 4 quart slow cooker with folded side up. Pour water around packets. Cover and cook on low 6-7 hours or until lamb is tender. To serve, place each sealed packet on a dinner plate. Garnish each with a wedge of lemon. Makes 4 servings.

### **Crab Soup**

1 lb beef shin, bone-in  
3 quarts water  
1 large onion, chopped  
2 large stalks celery, chopped  
1 one lb can tomatoes  
1 tbsp salt  
1/4 tsp black pepper  
1/8 tsp cayenne pepper  
1 10 oz pkg frozen mixed vegetables (or choose your own)  
1 package fresh or frozen mixed soup vegetables (or choose your own)  
1 lb Maryland regular crabmeat  
1/2 lb (8 oz) Maryland claw crabmeat

Put first 8 ingredients in a large pan and simmer, covered, until meat is very tender, about 3 hours. Add rest of ingredients and simmer, covered, until vegetables are done. Makes about 5 quarts soup.

Vicky

### **Yummy Shrimp Soup**

20 or so peeled shrimp  
2 c. fresh sliced mushrooms  
1 tbsp. butter  
2 cloves garlic  
1/2 c. heavy cream  
Italian season - to your taste  
1\4 c. chicken broth  
parmesan- enough to thicken as you like

Heat butter in pan and sauté garlic and mushrooms until soft and garlic golden (not too done though) then add the shrimp and the Italian season and sauté until shrimp are cooked through. Maybe 4 min or so. Then add the chicken broth and the cream and heat until hot - do not boil. Last add enough Parmesan cheese until as thick as you like. This is wonderful!!! Can feed maybe 2 people but I eat it all myself! by Sista

### **Grid's New England Chowder**

1/2 lb bacon, cut into 1 inch pieces  
1 small onion, finely chopped  
2 medium turnips, peeled and diced to 1/2 inch  
2 cups bottled clam juice  
1 1/2 cup cream with 1/2 cup water added (volume 2 cups)  
2 lbs firm-fleshed seafood steaks,(cod, snapper or haddock,) cut into 2 inch chunks

In a large saucepan cook bacon until crisp. Drain bacon on paper towels, remove all but 2 tbs. of grease from the pan. Cook onions in the grease over medium heat for 3 minutes. Add turnips, clam juice and cream mixture. Raise heat to bring mixture to a rolling boil, then reduce heat to medium. Add fish, cook for 12 minutes or until fish is opaque and turnips are tender. Season with salt and pepper. Garnish with bacon, serves 4.

## **Seafood Chowder**

I know there are several different chowder recipes. I made this up the other day for seafood chowder. Erika9473

2 tbl. Olive oil  
6-7 strips of bacon, cut up into pieces  
3 ribs of celery, thinly sliced  
1/2 an onion (I used a sweet Maui onion) chopped  
2 c. water  
1 head of cauliflower, coarsely chopped  
2 cans clams - I had one can of whole and one can of chopped, plus the clam juice that comes with them.  
2 cups of seafood mix- prawns, scallops and calamri rings\*  
1 cup of scallops\*  
2 cups of cream  
salt and pepper to taste (I use kosher salt and fresh cracked pepper)  
1/2 tsp. of dried rosemary (I crush mine up)

In your stockpot, add the olive oil and the pieces of bacon and begin to brown. After the bacon has begun to cook, add the celery and onion and sauté until the bacon is crispy and the celery and onion are soft. Using a slotted spoon remove that from the pan and set aside. Make sure you still have drippings and use a wooden spoon to scrape that up off the bottom and release the flavors in the pan. Add the water and cauliflower and bring to a boil. Stir it up and as the cauliflower gets soft, break it up into smaller pieces. Let that boil more. Then add the clams, including their juices. Then add the cream and mix together thoroughly. Add the celery and bacon mixture back in and season with salt, pepper and rosemary. Then add the rest of the seafood. Simmer on low for about 10-15 minutes, the cream should thicken it a bit. Taste for adding more salt, pepper.

\*I used bags of frozen seafood from Trader Joe's. So I don't add them too early since they can get tough when cooked too much. I think that if you cooked some additional slices of bacon and kept them on the side and then crumble to sprinkle on top of each serving, it would be even better!

## **Somersized Crockpot Marinara Sauce**

I adapted this from the new Betty Crocker Slow Cooker booklet at the supermarket. I just had to substitute Splenda for the sugar and I cut the amount of onion by a bit. For Level 1, omit the oil. Level 2 keep it in. It gives a nice flavor. This came out terrific.

- 1 small onion, chopped
- 4 cloves garlic, minced
- 1-28 oz can crushed tomatoes, undrained
- 1/2-6 oz can tomato paste
- 2 tsp olive oil
- 1 tsp Splenda
- 1 tbsp Italian seasoning
- 1/2 tsp sea salt
- 1/2 tsp black pepper

Place all ingredients in crock-pot. Place on LOW. Cook for 6-8 hours until bubbly and thickened.

Risa's notes:

I checked the c/p at 4 hours and the sauce was done, nice and thick. So, watch the sauce. It may not need 6 or more hours. Makes 6 servings

## **Slow Cooker Spaghetti Sauce**

Serving Size: 1 gallon

- 2 lbs. ground chuck
- 1 large onion, chopped
- 1 bell pepper, chopped
- 1 (8 oz.) pkg. mushrooms
- 4 (14.5-oz.) cans stewed tomatoes including liquid
- 1 (12 oz.) can tomato paste
- 1 8 (oz.) can tomato sauce
- 1 large garlic cloves, minced
- 1 Tbsp. basil
- 1 Tbsp. parsley
- 1 Tbsp. oregano
- salt and pepper to taste

Cook ground beef and onion in skillet on range until pink is no longer visible; drain thoroughly. Turn 5-quart slow cooker to high and put beef and onion in pot. Add bell pepper, garlic, mushrooms, tomatoes with liquid, tomato paste, tomato sauce, oregano, basil, parsley, salt and pepper. Cook 4 hours on high, then 4 hours on low. Makes 1 gallon sauce. Eat over spaghetti squash or zucchini ribbons. by inreno

## **Spaghetti Sauce**

Here's the one my stepdad taught my mom how to make..really yummy!!

- 1 large onion
- 2 green bell peppers
- minced garlic to taste (I use about 1/4 cup, but I love it!)
- 1 lb ground beef (or turkey)
- 1 lb Italian sausage (whichever one you like – I cut it into approx. 1 inch chunks)

1 large cans crushed tomato  
1 jar prepared spaghetti sauce (I use Classico Tomato/Basil with no sugar)  
12 oz. Tomato paste  
Oregano, Basil, Thyme, Italian Seasoning, Ground Cayenne, Bay Leaves

Sauté your veggies and meats until the meat is thoroughly cooked. Add tomato products. Stir with wooden spoon until well combined. Add seasonings to taste. I have never measured, but I basically cover the top of my stockpot with the oregano, basil, thyme and Italian seasoning. I cover 1/2 the top with the cayenne. Transfer to crock pot (or leave on stove if you don't have one, just be sure to turn it down as low as it will possibly go). Stick bay leaves in the top of the sauce of easy retrieval. If using crock pot, put on low and simmer for at least 8 hrs. If possible, refrigerate for 24 hrs before consuming. Stefanie

### **Perfect for a Carbo Spaghetti Dinner**

6-7 fresh tomatoes, peeled and crushed (I used 1 large can of canned whole tomatoes)  
1 medium onion, chopped  
2 green peppers, chopped  
2 cloves garlic, minced  
1/2 tsp dried basil  
1/2 tsp dried oregano  
1/4 tsp salt  
1/4 cup splenda (or other sweetener of choice)  
6 oz can tomato paste

Combine all ingredients (except paste) in slow cooker. Cover and cook on low 8-10 hours. If sauce is too watery for your liking, stir in can of tomato past during last hour of cooking. Can add whole carrot to sauce to absorb tomato acid. Remove and discard when cooking is complete. Serve over cooked spaghetti or other legal Carbo pasta. by sooz123

### **Crockpot Chili**

by dmc. I won 3rd place for this one at a chili cook off!! Hope it warms ya!!!

2 1/2lbs ground chuck  
4 hot Italian sausages (casings removed and cut up)  
3 cans crushed tomatoes LG. cans  
3 cups beef broth  
3 cups minced onions  
3T minced garlic  
3T chili powder  
2t red pepper flakes  
1-2T cayenne pepper  
2T cumin  
3t mexion orengo (Mojave brand)  
salt to taste (about 1T)  
Sauté onion until soft, add garlic cook another 5 mins.  
Add meats and brown well, drain off fat.  
Place meat mixture in 6 1/2 qt. crock pot, add the rest of ings. And stir well.

Cook on low all day cook on high 3-4 HRs. or you can cook it in the same pot for about 2-3 hrs. P.S. the spices are what we like you can use more or less.

## **Slow-cooker Chili**

Here is a **chili** that my husband absolutely loves. By hodsdenh

1 1/2 lbs. ground beef  
3 links sausage quartered and diced (I use spicy sausage)  
1 14 1/2 oz can diced tomatoes, undrained  
1/2 large red pepper, chopped  
1/2 larger green pepper, chopped  
1 large onion, diced  
tomato soup  
shredded cheddar cheese

Brown ground beef in skillet over med-high heat. I also brown the sausage. Drain both well. Put all ingredients except cheese in slow-cooker, cover and cook on high for 2 hours. Top with cheddar cheese before serving.

I adapted this from a recipe I had. You can add more peppers to this as well. Hope you enjoy it. I made this easier by substituting tomato paste for the tomato soup. It tastes just as yummy!

## **Theo's Homemade Chili**

4 lbs. Ground Beef  
2 cups Onion (chopped)  
2 cups Green Pepper (chopped)  
1 - 16oz. can of tomato sauce  
2 cups of water  
5 T. Chili Powder  
1 tsp. Black Pepper  
1 tsp. Oregano  
4 tsp. Ground Cumin  
4 cloves of garlic (finely chopped)

Brown meat, onion and green pepper in 8 quart pressure pot. Drain fat. Return to pot. Add remaining ingredients. Lock lid into place and bring to high pressure (Setting #2) over high heat. Reduce heat to medium low and cook for 10 minutes. Release pressure. Sprinkle Grated Parmesan on top...Enjoy! Even better the next day

## **Turkey Veggie Crockpot**

4 turkey thighs  
Celery  
Turnip, peeled and chopped  
Green beans  
Cauliflower  
Onions  
Mushrooms  
Spice mix

Garlic powder  
Soy Sauce  
Teakettle of hot water

Cut veggies into 1/2 to 1" pieces. Make layers in crockpot in the order listed above (denser veggies on bottom). Sprinkle with garlic powder and spice mix between every 2 layers of veggies. Leave at least 2" between veggies and top of crockpot. Sprinkle with a couple of tablespoons of soy sauce. Remove skin from turkey thighs (I use paper towel to get a good grip on the skin). Lay thighs on top of veggies. Pour in very hot water to cover veggies, and about 1/2 of turkey. Cover and turn on crockpot. After 8 hours, remove thighs and take meat off bones. Return meat to crockpot! I didn't give amounts of veggies because this is kind of a "clean your fridge" recipe. I usually use whatever is available, and it usually turns out great. by bluehu

### **Crocked Chicken**

Have your dinner waiting for you when you come home from work or play with this crock-pot-roasted chicken. by Jeennie

Take the whole chicken, wash and pat dry. Coat skin with olive oil and generously sprinkle your favorite seasoning on chicken and inside the cavity of the chicken. (I combine rosemary, thyme, garlic powder, salt and pepper and use on my chicken. You can use whatever you like.) For added flavor, pour 1 cup white wine in bottom of crock-pot. The chicken does not cook in the wine.

In a crock-pot crumble up two balls of aluminum foil and place on bottom of the crock-pot. If you have a rack that fits in the crock-pot, place rack on top of crumpled foil. Place chicken on top of foil and rack. If you have no rack, place chicken on top of crumpled foil. This keeps the chicken out of the drippings and makes it taste more like a roasted chicken. Cook on low to medium heat for 5 to 6 hours. If you are going to be gone longer than that, cook on lower heat setting.

The chicken falls from the bone and is so tasty. If you like, when done, put chicken under the broiler to brown the skin.

When I do a whole chicken in the crock-pot, I add a whole bulb of garlic and a half onion to the cavity of the chicken. The flavors go into the meat and the whole house smells divine!  
By vwtwo

### **Slow Cooker Adobo Chicken**

Makes 4 servings  
Prep Time: 15 Minutes  
Cook Time: 8 Hours

" A simple slow cooker recipe for a whole chicken. This is such a simple recipe for something SO good!"

1 small onion, sliced  
8 cloves crushed garlic  
3/4 cup soy sauce  
1/2 cup vinegar  
1 (3 pound) whole chicken

In a small bowl combine the onion, garlic, soy sauce and vinegar and mix all together. Place chicken in slow cooker and pour mixture over chicken. Cook on low for 6 to 8 hours. Note: Do not overcook!

### **Seasoned Chicken w/Leeks, Red Onions**

Created this modified recipe after reading Suzanne's in EGLW and would like to share it:

1 whole chicken (washed and giblets removed) - lightly seasoned with fine ground pepper and salt (season to your taste)  
4 leeks cut up and green parts removed  
1 red onion cut up  
3-4 sprigs of fresh rosemary

Place whole chicken in crock-pot, add leeks, onion, and rosemary. Start crock-pot on high for about 30 minutes and reduce setting to low and continue cooking until done. I actually left mine cooking for about 9 hours on low as I was out all day and came home and the kitchen smelled so, so good. The meat was so tender...Yum!! By Shoshi

### **BBQ Pork in a Crock-Pot**

by connsailor

I can't remember what cut I bought - it was almost like pork chops but in a roast with the bone. I just threw it in the crock-pot before I left for work covered totally in water. When I got home I took it out, removed the bones and shredded the meat, added one finely chopped onion and one bottle of Suzanne's barbecue sauce. It took less than an hour for the onions to get tender and it was the best I've ever had.

### **Luau Pork**

This recipe is TOO easy!! But very delicious!

I take a pork loin roast (about 4 lbs.) Sprinkle Kosher salt on all sides. Take some large squares of foil and crumple them up into loose balls and line the bottom of a crockpot. Top the foil with a layer of fresh spinach leaves. Lay the pork roast on top. Sprinkle with Liquid Smoke (about 1 Tbsp. but you can use more or less). Top with additional spinach leaves and let it cook on low all day. You can serve as is, or even better... Take shredded cabbage and stir fry in a little oil, shred the meat and toss with cabbage... It's Great!

### **Sausage, Meatballs, and Veggies**

1 lb. Italian sausage patties  
1/2 lb. lean hamburger  
2 cloves garlic minced,  
1 can (28 oz.) tomatoes, mashed  
2 cans (14 oz) beef broth  
1 1/2 tsp. dried basil  
1 tbspn. dried parsley  
1/2 cup diced red pepper

2-3 zucchinis, quartered, seeded, diced  
1 1/2 cups water  
Grated parmesan cheese (for serving)

Season hamburger with garlic powder, onion powder, salt and pepper, brown in skillet and drain. Make small "meatballs" with Italian sausage (nothing added, the meat holds together), brown in skillet approximately 6 minutes and drain.

Add all ingredients into the crock-pot except cheese. Cover and cook 12-14 hours. Add salt and black pepper to taste. Served with grated Parmesan cheese. Better the next day and perfect served with a salad or for lunch

## **Corned Beef and Cabbage Crock-Pot**

by erika9473

All I do is simply put other veggies in the pot, place the corned beef on top with the seasoning packet that comes with it. I pour a small amount of water in the pot, like 1/2 cup and then cook it all day. It makes so much moisture, that I don't see a need to add too much liquid. The veggies I put are green beans and large chunks of cabbage. Turnips and onions would also be good if you like those.

## **Crock Pot English Roast**

1 English roast or Chuck roast  
1 can (8-oz.) tomato sauce  
1/2 can tomato paste  
1 or 2 onions sliced  
3 or 4 cloves of garlic, halved (optional)  
2 Tbsp. of red balsamic vinegar  
2 Tbsp. Red wine (optional)  
1-2 Tbsp. steak seasoning (I use Sam's)  
1/2 Tbsp. garlic powder  
1/2 Tbsp. onion powder

If you have time brown the roast prior to putting in Crock-Pot. Season meat with steak seasoning, garlic and onion powders. Layer onions and garlic on top of meat. Mix tomato sauce, tomato paste and balsamic vinegar plus wine if using. Pour over the top. Put on the lid cook all day on low. Let cooked meat cool slightly; shred meat and discard any fat. I strain the drippings and reduce down till it makes a nice gravy; serve over top of the meat.  
by - apollonia

## Side Dishes

### PrincessTudy's Butter Rum Pro-Fats Baked Beans

(Level ONE)

Here y'go! This recipe is geared to approximate the wonderful, dark, thickly-sweet baked beans I made pre-SSing. Caramelized vegetables lend flavor and bulk to the sauce, which is made separately before combining with the beans ...speaking of which, these BLACK SOYBEANS (which, by the way, are \*not\* black, once cooked--they're deep red, and about the size of a great northern bean) have far more fiber than even plain ol' green beans...with only 8 carbs and \*7\* grams of fiber per ½-cup serving , they come in WAY below the carb-count of all other traditional beans. You know, plant-source foods are categorized according to their relative content of carbs and fiber, and high-fiber tends to cancel out the accompanying carbs...although the SS site/books lists do not yet include these BLACK SOYBEANS (most people have never even heard of them!), they're prime candidates for \*legality\* in the! PRO-FATS category, and should be regarded as perfectly, deliciously acceptable. You'll find them in health food stores or in the organic sections of some grocery stores, and they're priced somewhat over a dollar per can—but every bit of what's inside is useable, with little-or-no watery juice to drain away!

The SAUCE will render enough quantity for two big batches of beans—one for now, plus a freezer batch for later--'Hope you enjoy! – PT

#### INGREDIENTS:

(BE SURE TO READ THE 2<sup>nd</sup> SUBSTITUTIONS NOTE BEFORE SHOPPING!!!)

#### (SAUCE)

3 Tbsp Olive Oil  
2 cups Onions, finely diced  
1 cup Celery, thinly sliced  
4 Tbsp Pure Crystalline Fructose or 1 scant Tbsp SomerSweet\*  
2 Tbsp Balsamic Vinegar  
2 tsp Sea Salt (or regular salt)

1 & ½ tsp Worcestershire Sauce  
4 tsp Soy Sauce  
4 Tbsp sugar-free Catsup (I use Starlite's!)  
3 Tbsp sugar-free Caramel Syrup (I used Torani's)\*\*  
1 Tbsp sugar-free Vanilla Syrup (again, Torani's)\*\*  
4 Tbsp sugar-free Maple Syrup (Joseph's is BEST!)\*\*  
5 drops LorAnn Butterscotch Oil (or 1 tsp Butterscotch/Rum extract)  
1 & ½ Tbsp Liquid Smoke  
2 Tbsp Lemon Juice  
1 tsp Orange Extract  
1 & ¾ tsp Cinnamon  
1 & ¼ tsp Black Pepper  
1 & ½ tsp Mustard Powder (or 1 tsp regular Mustard)  
2 tsp Hot Sauce (I used "Frank's Red Hot")  
12 pkts Splenda (or sweetener equal to ½ cup sugar)  
3 Tbsp RUM! (Don't worry--the alcohol will cook away!) or 3 tsp Rum Extract  
4 Tbsp Butter

\*\*\*\*\*

½ lb bacon (may use a full pound if desired)  
1 & ½ medium onions, sliced ¼" thick and then quartered

3 15-oz cans EDEN ORGANIC BLACK SOYBEANS

\*\*\*\*\*

Now, please either go to Note on SUBSTITUTIONS, or get going on DIRECTIONS—PART 1.

Note on SUBSTITUTIONS: The following substitutions are the only ones I can recommend...I never use anything containing aspartame or saccharin, so if you want information regarding products based on those ingredients, you'll need to ask someone else or explore for yourself. If you decide/need to experiment, I won't be able to advise any further, but I'd be interested in the results you achieve, so please do let me know!

1. \* The Pure Crystalline Fructose or SomerSweet will aid in the caramelizing and thickening process, and so will be necessary here...Splenda \*won't\* caramelize or thicken, so the flavor & texture wouldn't be the same. From what I've read, the Whey\*Low products might work well here...as I'm not familiar with them, I'd welcome any savvy input!
2. \*\* The Torani SF Syrups are the only ones in my area...DaVinci would probably offer the same/comparable flavors...'dunno about the SomerSweet Syrups' flavors, so please report if you choose them!

**If the syrups are not available to you, you could make your own amount necessary for this recipe by dissolving 1/2 cup Pure Crystalline Fructose (or 1 & 1/2 Tbsp [= 4 & 1/2 tsp] SomerSweet) in 1/4 cup water and cooking over medium-high heat until mixture begins to turn golden...then add 2 tsp. Vanilla and 1-2 tsp. Butterscotch/Rum Extract. (MAKE A \*DOUBLE\* BATCH—YOU'LL BE VERY GLAD YOU DID!!!)**

**I would REALLY encourage you to make some of this syrup, even if you \*do\* have the SF syrups on hand...it adds tremendously to the recipe!**

3. \*\*\* Joseph's Lite Cookies SF MAPLE SYRUP is soooo thick & good...and the amount used would render only a \*tiny\* portion of malitol per serving. If you decide to use another SF Maple Syrup, the flavor & texture will be altered, but I'd like to know your findings!

Now...go to DIRECTIONS--PART 1.

DIRECTIONS--PART 1:

1. Warm a LARGE skillet over medium heat for 2 minutes.
2. Add olive oil and allow to heat for 1 minute.
3. Add onions & celery to heated oil, spreading into shallow layer covering entire bottom of pan (keep layer as thin as possible to allow vegetables to have maximum contact with pan surface—this assists in the caramelizing process).
4. Sprinkle with the Fructose (or SomerSweet); stir and spread out.
5. Let the mixture cook \*uncovered\* for 10-15 minutes, stirring only if you see evidence that vegetables are beginning to brown.
6. Fix yourself a cold drink or snack—or both!
7. Add Balsamic Vinegar and Sea Salt...Stir in, once again arranging vegetables in shallow, even layer that covers bottom of pan.
8. Continue to simmer \*uncovered\* until mixture has browned and cooked down until there's very little liquid and all is nearing a "mushy" stage.
9. Add! next 17(!) ingredients and stir together.
10. Turn heat down to LOW and let your sauce do a gentle, thickening-simmer while \*YOU\* go on to ZeeBACON!!! (Go to DIRECTIONS—PART 2)

DIRECTIONS—PART 2

11. Separate bacon into groups of several slices; using kitchen scissors, cut the strips of bacon into 1-inch chunks.
12. Put the bacon chunks into a medium-size saucepan, place on burner, and turn on heat to MEDIUM-HIGH.
13. Cook bacon \*uncovered\* (perhaps with a splatter-screen), stirring to separate 1-inch chunks into individual pieces as bacon warms.
14. When bacon is approaching crisp state, remove it from pan, draining on a couple layers of paper toweling.
15. Pour off bacon fat from pan, leaving about 1 Tbsp remaining.
16. Sauté onion quartered-slices in bacon-fat-coated pan, separating the pieces as onion warms.
17. Cover pan and continue to cook until onion is slightly softened but not browned, and remove pan from heat...now, back to YourSAUCE and then on to ZeeBEANS!!!
18. Remove sauce mixture from burner and beat until smooth and uniform in consistency, using a stick blender, an upright blender, a food processor, or your own mighty muscles!
19. Divide SAUCE into 2 PARTS...Reserve ½ for another batch of beans; this should freeze just fine!
20. Open your 3 cans of Black Soybeans & drain any visible liquid.
21. Combine Beans, Sauce, Bacon, and Sautéed Onions.
22. Place mixture in a pan/casserole for baking, a crockpot, or a large heavy-bottomed (or non-stick) saucepan.
23. For BAKING: 300-degree oven, uncovered; 3 hours or until sauce thickens to your liking  
For CROCKPOT: HIGH setting until beans are warmed; then several hours on LOW setting with lid slightly askew to allow excess liquid to evaporate (or all day on LOW, with lid slightly askew)  
For SAUCEPAN: MEDIUM HIGH heat, covered, until Beans are warmed...then LOW heat, uncovered, for 2-3 hours, stirring occasionally to keep beans from sticking while liquid reduces.

That's it! 'Sounds like a lot, but it's really pretty easy and, believe me, it took \*much\* longer to TYPE this than it did to make the Beans!

## **Baked Beans (Carbo)**

I missed the recipe for the wonderful baked beans that everyone was going on about, so I mixed up a few things and made my own. Here is what I did...Unfortunately I didn't really measure and kinda just threw stuff together, but it went approx. like this: By dakotacc

2 cans black beans  
1 can tomato sauce  
Chopped onions  
1/4-tsp. cayenne pepper  
4 tsp. Worchester sauce  
2 squirts of Dijon mustard...(or maybe it was like 2 tsp.?)  
2 packets of equal (I can't use splenda, but use what you do)...add more if wanting sweeter.

If I would have had some tomato paste, I may have added some and then readjusted ingredients to make thicker quicker...

It turned out good. They were even better the next day...and, in fact, that is how I prefer them. Ingredients may have to be adjusted towards your own personal tastes as like I said I didn't really measure well and they are approximate.

## **Red Beans and Rice**

Level 1 carbo by gridmama

- 1 bag red beans - soaked over night
- 2 tbs. liquid smoke
- 1 medium onion
- 1 cup diced bell peppers
- 1 cup diced celery
- 3 sprigs of thyme (1 teasp dried)
- 3 cloves chopped garlic
- 6 green onions sliced
- 1 bunch parsley rough chopped
- 2 bay leaves
- 2 teaspoons salt
- 1 teas cayenne pepper (more if you like)
- (optional several splashes hot sauce)

Add water, enough to cover all ingredients, stir, then cover and cook 2 - 3 hours on medium heat, checking and stirring every half hour or so. During last half hour of cooking make the long grain brown rice, (or use minute rice brown rice). Place rice, cover with beans, and enjoy. Makes a wonderful lunch.

## **Spanish Rice**

- 1 large onion, thinly sliced
- 1 large green pepper, chopped
- 1 garlic clove, crushed
- 1 (14.5 oz.)can diced tomatoes, undrained
- 1 - 8 oz can tomato sauce
- 1/2 tsp. salt (or to taste)
- 1 tsp. paprika
- 1 1/2 cups long grain brown and long grain wild rice
- 1/2 tsp of cumin and a can of black beans (suggested by slimchicken)

Sauté onion, green pepper and garlic in large nonstick skillet or spray lightly with cooking spray. Add diced tomatoes and spices. Add rice and add enough water to tomato sauce to equal 3 cups of liquid. Cover and simmer low until rice is done (about 23 minutes). By cl-mjlibbey

## **LC Spanish "Rice"**

- 1c grated cauliflower
- 1/8c bell pepper, chopped fine
- 1/8c onion, chopped fine (can use spring onions for lower carb count)
- 1/2t salt
- 1/2t pepper
- 1/8t cumin

1/8t garlic powder

1/4c tomato sauce (check label for carb count, watch out for added sugar!!)

Add water as needed, cauliflower is often "wet" and may not need it. Sauté onion, bell pepper, and cauliflower in 1 to 2 T of olive or canola oil. Add other ingredients, cover and simmer for 15 to 20 min. checking on moisture level. Enjoy!!!! I added a little cayenne pepper to flavor it up some !! Patty

Momma Pat @LCF

This was an awesome recipe.....I doubled it and added ALOT of shredded sharp cheddar cheese. I melted that through, and I also added a pinch of chili powder. It was great...Thanks Mommapat!

## **Mexican 'Rice'**

1 small head cauliflower

2 Tbl olive oil

1/4 cup minced onion

1/4 cup diced bell pepper

1/2 tsp. minced garlic

1/2 cup diced tomato

1 tsp. chicken bouillon

1 tsp. ground cumin

1/2 tsp. salt

1/2 tsp. black pepper

1/4 cup water

Grate cauliflower or process in food processor until it resembles grains of rice. I ended up with about 3 cups of cauliflower.

Sauté onion, bell pepper, and garlic in olive oil. Add tomatoes, bouillon, spices, and water. Simmer for a few minutes. Add cauliflower. Cover and cook over low heat until cauliflower is tender. Uncover and cook a few minutes longer until liquid is reduced. TLC Site

## **Vinny's Mashed Cauliflower**

I printed a cauliflower recipe from [www.radecki.net](http://www.radecki.net)

1 bag frozen cauliflower (I use fresh)

1/4 cup sour cream

1 teaspoon salt

4 oz. cream cheese

1 tablespoon dried chives (I use fresh)

1/2 teaspoon pepper

Cook cauliflower in a microwave safe bowl, covered with plastic (I just steam mine). Cook on high for 15 minutes, or until cauliflower is very soft. Place in food processor, add other ingredients, and process till smooth. (I just use a hand held potato masher), these turn out wonderful!

## **Whipped Cauliflower**

Steam 1 head cauliflower until tender. Transfer to food processor and add a little bit of cream, sour cream, butter and salt & pepper. Mix together. Place in casserole dish and top w/grated Co-Jack cheese and a few slices of crumbled bacon. Put in 325 oven until warm and cheese is melted. I could have made a soup by adding more liquid, etc. that probably would have been good! by Sparkles

## **Mashed "Potatoes"**

Cook a head of fresh cauliflower until it is very, very soft. Be sure all cooking water is out. Mash well ( you might even want to whip with a mixer). In a pan sauté onions and mushrooms in butter. Add sour cream and/or sweet cream and/or more butter, as your taste determines. Then add onions and mushrooms, salt and pepper to taste. Mix well and enjoy.

## **Garlic "Mashed Potatoes"**

I steamed cauliflower until it was soft...added some chopped garlic...little butter...little cream...salt and pepper and mashed it like potatoes. NO KIDDING!!!! It tasted like garlic mashed potatoes but a bit smoother.

## **Roasted Garlic Mashed Mock Potatoes**

2 lb. Cauliflower  
2 Medium Heads Freshly Roasted Garlic (1/4 cup pressed)  
3 Tbsp. Butter  
1/2 - 3/4 tsp. Salt  
1/4 C. Cream  
1/4 tsp. Freshly Ground Black Pepper (optional)

Cut cauliflower into chunks, and cover with water and bring to a slow boil. Cook until tender but not mushy. Drain water from cauliflower and add butter, pressed garlic, salt, cream, and pepper if you wish. Use a mixer or hand potato masher, whip until ingredients and cauliflower are mixed through and cauliflower is coarsely mashed. You may have to double this recipe. By Inreno

## **Mock Mashed Potatoes with the Works**

blues mom

One large head of cauliflower steamed and mashed  
(I use an electric mixer to really mash it)  
5 slices of bacon cooked and diced (I just use the microwave for this)  
1/3 cup shredded cheddar cheese  
1/3 cup minced onions. Cut them tiny or use a food processor or a chopper  
one egg  
3 tbsp heavy cream  
salt and pepper to taste

Mix the ingredients and put in a buttered casserole dish. Bake covered for 40 minutes at 350 and uncovered for 15 more minutes.  
Serve and enjoy

## All Dressed Mock Mashed Potatoes

I made this the other night, and my family couldn't tell it was cauliflower. Simple and quick.

1 head of cauliflower  
1 pkg cream cheese (about 4oz)  
chives or green onion  
bacon bits

Boil the cauliflower until it is fork tender. Drain. Add the cream cheese, chives or onions and bacon bits. Mash until you reach the consistency of potatoes. Enjoy. by cdnbearplus

## Mashed Potatoes

I love this way of using cauliflower in place of mashed potatoes. I didn't originally post this recipe but I'm so glad to whomever did. My family loves it. by Liz01219

1 Large head of cauliflower steamed and mashed (use electric mixer to really mash them)  
5 slices of bacon cooked and diced  
1/3 cup shredded cheddar cheese  
1/3 cup minced onions. Cut them tiny or use a food processor or a chopper  
1 egg  
3 Tbls heavy cream  
salt and pepper to taste

Mix all the ingredients and put in a buttered casserole dish. Bake covered for 40 min at 350 and uncovered for 15 more minutes. Do yourself a big favor and double this. Don't worry there won't be any leftovers :)

## Mashed "Potatoes" with Tomato Gravy

Adapted from a recipe in Southern Living 2002 Annual Recipes.

1 large head cauliflower  
1/3 cup cream  
1/2 of an 8 ounce package cream cheese, softened, and cut into chunks  
1 teaspoon salt (or to taste)  
1 teaspoon Cajun seasoning

Tomato Gravy:

14 ounce can diced tomatoes with basil, oregano, and garlic  
1/2 - 1 teaspoon Splenda  
1/2 teaspoon Cajun seasoning

Place cauliflower upside-down in large pot of water to which cream has been added. (The cream keeps it white and sweet.) Bring to a slow boil, then reduce heat and simmer until cauliflower is very soft, 20-30 minutes. Drain thoroughly, and cut the florets off the stem. Put the still-warm cauliflower into a food processor with the cream cheese, salt, and Cajun seasoning. Process until smooth. You may have to do this in more than one batch. Serve with Tomato Gravy.

Makes 6 servings

Tomato Gravy:

Place undrained tomatoes, sweetener, and Cajun seasoning into a small saucepan, and let come to a boil. Cook for 3-5 minutes, until liquid reduces and thickens slightly.

Note: Depending on your Cajun seasoning, the salt may need adjusting. Some Cajun seasoning is pretty salty

## **Cauliflower au gratin**

1 Head Cauliflower

Butter

Sour Cream

Blue Cheese or other cheese of your choice

Salt and Pepper to Taste

Garlic Salt

Grated Parmesan Cheese

Paprika

Cut cauliflower into small pieces or flowerets, salt, and microwave uncovered, until soft. Toss with butter, sour cream, blue cheese or other cheese of your choice. Season with salt and pepper, garlic salt. Place in casserole, sprinkle top with grated Parmesan cheese and lightly sprinkle paprika. Bake in 400-degree oven, uncovered, for 20 to 30 minutes, or until top is lightly browned and crunchy.

I used about 2 tbs butter, 1/4 cup sour cream and 1/4 cup blue cheese. Top with about a 1/4 cup of parmesan. by 2 be thin

## **Cauliflower Au Gratin**

Serves: 4-6

Preheat oven to 350 degrees.

1 medium-size head cauliflower

2 tablespoons butter

4 shallots, chopped (or 6 green onions or 1/2 red onion)

1 clove garlic, minced

3 slices cooked bacon, crumbled

salt & pepper, to taste

1 recipe of MJLibbey's Cheese Sauce

1/2 cup grated white cheddar cheese

1 teaspoon paprika

1. Separate cauliflower into florets and steam just until tender but still firm. Drain.
2. In skillet over medium-high heat, melt butter and sauté shallots and garlic for a few minutes.
3. In a shallow ovenproof dish, spread onion-garlic mixture and bacon bits. Cover with cauliflower and sprinkle with salt & pepper, to taste.
4. Make MJLibbey's wonderful cheese sauce and pour evenly over cauliflower. Add cheese on top and sprinkle with paprika.
5. Bake at 350 degrees for about 15 minutes. Serve warm.

Thanks, MJ - love your easy cheese sauce! Nice and thick. Yum!  
MsTified

This is **MJLibbey's cheese sauce**. It's really quite good and very easy to make. I like it because it's thick and rich.

Here's one we use quite often.

1/2 cup shredded American cheese

1/4 cup mayo

Cook and stir over low heat until cheese is melted. Blend in

1/2 cup sour cream

Heat through. Dash paprika. For extra smooth sauce, beat with a electric mixer just before serving. Makes 1 cup.

## **Twice Baked "Potato" Puffs**

1 Bag Frozen Cauliflower

3 Tbls Butter

1/3 Cup Sour Cream

Salt & Freshly Ground Pepper

1 Cup Shredded Cheddar Cheese

Chives for Garnish

Preheat oven to 400 degrees. Steam cauliflower until tender. Puree steamed cauliflower in food processor with butter, sour cream, salt & pepper.

Lightly butter a cookie sheet and spread the pureed cauliflower mixture in a thin layer on the cookie sheet. Bake for approximately 10-15 minutes or until the edges start to turn golden brown. Spoon the baked cauliflower into a medium size bowl and let cool slightly. Add the cheddar cheese to the cauliflower. (You can make this up to this point and then store in the refrigerator until you're ready to bake the "puffs".

Drop by heaping tablespoons onto a lightly greased cookie sheet (I used the same one that I used previously) Note: Keep the diameter of the puffs at about 2" as they will spread slightly as they bake. Sprinkle each puff with chives. Bake at 450 degrees for about 10 minutes or until they turn a golden brown. Using a spatula, gently lift the puffs from the cookie sheet onto a serving platter or individual dinner plates. (If they break apart while transferring them, that's ok, just form them again on the platter or plate).

I ended up with 6 puffs with the above recipe. These were a huge hit with my non-ss guests and they all thought they were even better than regular potato puffs! by ssweet

## **Mock "Twice baked Cauliflower"**

2 heads of Cauliflower

1 8oz bar of Philly Cream cheese

1 8 oz pkg. of shredded cheddar

1 lb of bacon

little bit of butter

salt and pepper to taste

Break cauliflower apart and boil for about 30 min or until tender. Drain well in a colander.

Fry or nuke bacon until crisp and crumble. Combine Cauliflower, butter and cream cheese in a bowl and using a mixer or hand masher, mash well. Place in a casserole dish or a 9 x 13 pan. Top with cheese and crumbled bacon. Place in a preheated 350\* oven until cheese is melted. Nicole

### **Cauliflower Puree**

This recipe has the same consistency as mashed potatoes and stands up to extra butter or legal gravy on top. (Sara Molton/Food Network) by mjlibbey

2 2/3 cups chopped fresh cauliflower  
1 garlic clove, minced or crushed  
1/3 cup chicken broth  
1/2 teaspoon salt

Simmer in saucepan, covered for 10 minutes. Puree in a food processor with  
2 tablespoons cream  
1 teaspoon butter

Serve with extra butter or legal gravy

### **Boboslove Mock Hash Brown Casserole**

The following has no measurements as I just threw it together, but hopefully you all can get the idea.

1 head cauliflower  
butter  
sour cream  
minced onion  
salt & pepper  
shredded cheese (I used leftover Mexican blend)

Chop up cauliflower and steam. I mashed with a pastry cutter to make smaller pieces like hash browns. Then I mixed in sour cream, loads of cheese (save some for topping), sprinkled in minced onion, salt & pepper and mix until you get a creamy mixture. I buttered a 9X13 glass pan and spread my mixture into it. I sprinkled the remaining cheese on top. I baked in a 450 degree oven (I think 'cause I was in a hurry) and baked for about 30 minutes...just until it became brown and bubbly. It baked up so nice and even got brown around the edges just like I remember.

### **Turnip Mashed Potatoes**

I bought some turnips the other day to use as a veggie and decided to cut them in cubes, boil them and then I mashed them with butter and a little dill weed and salt and VOILA!!

### **Sweet Whipped Turnip Puff**

1 lb turnips, peeled and quartered  
1/4 cup finely chopped onion

2 T butter  
1 1/2 packet Splenda (or sweetener equivalent of your choice)  
1/2 tsp salt (I used a tiny bit less)  
Dash of pepper  
1 egg

Heat oven to 375. Cook turnips in boiling water with lid on pan for about 12 min. They're done when tender. Drain turnips and add butter, Splenda, salt and pepper. Beat well with electric mixer. You don't want lumps. Add egg, and beat until well combined.

Turn into a greased 1qt-casserole dish. Bake uncovered for about 35-40 min. This is adapted from an old recipe, which also includes breadcrumbs. It is very light and sweet. Does not have a strong turnip taste. Hope you like it. :)) by Poz

### **Hashbrown Casserole**

I was so excited to serve this casserole at Easter. It fooled my husband- a self-proclaimed potato buff. He had two helpings and I never did tell him it wasn't potatoes. The turnips really don't taste different from potatoes- probably because of the great sauce.

I adapted the sauce from a ss member who posted a recipe for "traditional chicken casserole w/out the creamed soup". Thank you! We have enjoyed this dish with limitless adaptations. The casserole really does taste like the Potato Casserole everyone seems to make. by Nellybean

1 # turnips, grated "hashbrown style"  
1/2 stick melted butter  
16 oz cream cheese  
1 c sour cream  
1/2 c mayo  
1 t. salt  
fresh ground pepper  
1 clove garlic, minced  
1 medium onion, chopped  
8 oz shredded cheese, your choice (I used a Mexican blend)

Combine all ingredients and spoon into 9x13 pan. Bake at 350 for 1 hour or until nicely browned on top.

### **Sweet Potato Clone...Almost**

A diabetic GF shared this recipe with me. I have never had turnips before so I hadn't a clue what to expect. But I was nicely surprised as in a way they reminded me of sweet potatoes.

4 small turnips, peeled and quartered  
4 tbs butter  
1/4 tsp. salt  
1/4 tsp. red pepper  
1/8 tsp ginger  
2 tbs. sugar twin brown sugar  
dash allspice

Preheat oven to 400. In small cup/bowl place all ingredients and microwave ~30 sec (till butter melts). Whisk to make sure sugar is dissolved. I used a loaf pan as all the turnips fit snugly in one layer. Pour the butter mixture over the turnips and coat. Bake for 35 minutes, turning every 10 minutes to coat/crisp. Remove and enjoy. Texture reminded me of a steak fry, (slightly crispy outside, soft inside) and the brown sugar provided just enough sweetness to remind me of sweet potatoes. by RoinMD.

## Country Fried Potatoes

These turnips look something like country fried potatoes, and they are really good. Peel and cut into chunks (about 1 in. square) as many turnips as you desire. Cover with water and cook till about half done. In the meantime fry five or six strips of bacon. Drain, but save the grease. Dip turnips out of water and put into the pan with grease. Fry till golden brown. Salt and pepper to taste, then add two scoops of ss. Crumble bacon on top and sprinkle lightly with parsley. These are so good fixed this way. By Okie-dokie

## Green and Gold Turnip Casserole

Level One by DebB. This made a \*big\* casserole dish full - so you may want to halve it.

7-8 small peeled turnips (I sliced these using the 2mm blade on the food processor - or slice thin by hand)

2 large sweet onions (sliced the same as the turnips)

3 tablespoons butter (or to taste)

1 (14oz) can chicken broth

1 cube chicken bouillon (I used the large Knorr cubes - they're as "legal" as I can find)

1-2 cups shredded cheese (to taste - we like a lot of cheese)

1-2 teaspoons dried parsley

Layer the onions and turnips in a 2-quart casserole (I sprayed it with Pam). Dot butter over the top. I heated up the chicken broth in a bowl with the bouillon cube in it, to dissolve the cube. Stir the broth and pour over the veggies.

Cover and cook in microwave on full power for approximately 20 minutes, stirring well halfway through. Uncover and sprinkle on cheese and parsley and cook another minute or so until the cheese is melted.

Now - this will be soupy, serve with a slotted spoon. Add more cheese, etc. to your taste. 'I' thought this tasted very potato-like, but our company said, "No - this tastes like turnips." LOL ~ I think I'm forgetting what potatoes taste like!

If I were going to halve the recipe, I think I'd still add one full can of broth and one full b. cube. This will look like it's not enough liquid - but the turnips and onions really give off quite a bit of liquid as they cook. This amount does work just fine. Even if you don't like turnips (or like me - "think" you don't - ha) give this a try. You might be surprised (look for those little turnips though!) \*Ü\*

## Turnip Gratin

This is easy and delicious. ENJOY!!! by LaurieinNJ

1 lb fresh turnips

1/4 cup butter

salt and pepper

1 med onion thinly sliced (or chopped if you prefer)

1/4 cup chopped parsley  
1 cup heavy cream  
1/2 cup grated Swiss cheese

Peel the turnips and grate on large side of grater or shred in food processor. Put shredded turnips in colander and lightly salt. Let stand for 15-20 minutes. Squeeze moisture out of turnips.

Sauté onions in butter for 2-3 minutes. Add drained turnips and cook, stirring for 10 minutes. Sprinkle with parsley, salt and pepper. Pour cream over and simmer until cream is reduced and thickened, about 10 minutes. Then add the Swiss cheese and cook until melted or put in an ovenproof dish and bake (or put under broiler) until cheese is bubbly.

\*I do something similar except I use a brick of cream cheese and cheddar/sharp instead of Swiss (but Swiss sounds good too) and I melt all and add turnips and bake for an hourish. I could eat these everyday by melissa

### **Caramelized Turnips**

1 Tbsp. butter  
2 each turnips, 1/2" pieces  
2 Tbsp. Splenda or 1 1/2 tsp. somersweet  
1/2 cup carbonated water  
2 tsp. parsley  
salt & pepper

Heat pan over high heat. Add butter and turnips to the pan. Brown turnips on all sides. Add water and cook until turnips are tender and water has disappeared. Add sugar and parsley, and toss around, coating turnips well. Season to taste with salt and pepper, adding more sugar and butter if necessary. by lorriebelle

### **Scalloped Potatoes**

I found this on "Cindybin's" web site. I don't know her, but I would like to thank her for this recipe. It is fantastic!!

1 8-oz pkg. cream cheese; 1-1/4 cups heavy cream; 1/2 t. salt; 1/4 t. pepper; 4 cups thin turnip slices; 1 thin onion or 2 T chives. Combine cream cheese, cream, salt and pepper. Heat over low heat till smooth. Add turnips and onion. mix together. Spoon into 1-1/2 quart casserole, layering with onions. Sprinkle paprika on top. Bake at 350 for one hour. (Add cheddar for au gratin).

### **Scalloped Turnips**

If you miss scalloped potatoes, these are close to them. by lunchanytime  
Serves 6 pre. Heat oven 350.

1-1/2 pounds turnips peeled, sliced thin  
salt to taste  
2 large onions sliced thin  
2 cups light cream  
1-1/2 Swiss cheese (shredded or cut into shreds)

- 1) cook turnips, onions until tender
- 2) Butter a 9-inch (6 cup) baking dish
- 3) line the bottom of the baking dish with 1/3 of the turnips ,top with 1/3 onions, 1/2 cup cheese.

Repeat 2 times, topping third and final layers of turnips and onions with remaining cheese. slowly pour the light cream over all.

Bake 350-(1) hour. This was found on allFoods.com I modified it to fit SS

## **"Turnip" Scalloped Potatoes**

- 1 - 8oz.package cream cheese
- 1 1/4 cups heavy cream
- 1/2 tsp. salt or less
- 1/2 tsp. pepper
- 4 cups thin turnip slices
- 1 thin sliced onion or 2 Tablespoons chives

In large saucepan, combine cream cheese, salt and pepper. Heat over low heat until smooth. Add turnips (and chives); mix together. Spoon into a 1 1/2-quart casserole dish layering with sliced onions. Sprinkle paprika on top. Bake in a 350\* preheated oven for 1 hour or until turnips are tender. Can be made ahead of time except for baking, cover and refrigerate. Celery root makes a good substitute. By mjlibbey

## **Mock Scalloped Potatoes**

For newbies...and anyone else who didn't get this. I took this off the boards before they went down. I don't know who came up with this recipe, but thank you, thank you!! I've made it 3 times in the last month or so. Delish! And I'd never had turnips before in my life. :-)

- 1 -8oz. pkg cream cheese
- 1 1/4 cups heavy cream
- 1/2 tsp. salt or less
- 1/2 tsp. pepper
- 4 cups thin turnip slices
- 1 thinly sliced onion or 2 tbsp. chives

In a large saucepan, combine cream cheese, cream, salt and pepper. Heat over low heat until smooth. Add turnips (and chives); mix together. Spoon into a 1 1/2-quart casserole dish layering with sliced onions. Sprinkle paprika on top. Bake in a 350 degree preheated oven for 1 hour or until turnips are tender. Can be made ahead of time except for baking, cover and refrigerate.

\*The recipe came from Philly's Cream Cheese recipe book. Also try using 4 oz. cream cheese with 1/2 cup sour cream and 3 tablespoons of butter to replace the 8 oz. of cream cheese. Mary

## **Mashed Celery Root**

After taking off the coarse outer layer, cut into cubes. I actually have cooked it in the microwave in a covered dish with a little water. You can also boil it, much like potatoes just until tender. Pretty good mashed with cream or sour cream and butter whipped in. It does have a mild celery taste.

## **Jicama Oven Fries**

Borrowing from a previous post about turnip fries, I successfully mixed Wise-brand pork rinds with parmesan from the can. I added chili flake, dried parsley, salt, black pepper, garlic powder, and dried mince onion to create the "breadcrumbs". Grind it all in a food processor until finely blended.

So, I peeled the jicama, sliced it into big julienne, dipped it in egg and cream, dipped in "breadcrumbs", and carefully laid on a baking sheet. I cooked this on the bottom rack at 350 degrees for 45 minutes while I was also making a creamy mustard pork loin roast (from Patti LaBelle's cookbook).

Since I'm not a big french fry eater, I wasn't exactly craving the potato thing, but it looked like a fun recipe. For those who are missing their taters, I'd recommend this. by bluereef

## **Faux Fried Rice**

1/2 head of raw cauliflower, grated (had about 3.5 cups of grated, loosely packed cauliflower)  
3 green onions, chopped  
4 cloves garlic, minced  
2 - 3 Tbsp. of low-sodium soy sauce  
1/2 to 1 tsp. of garlic salt  
3 eggs, beaten  
Oil  
Pork, chicken, or shrimp, cooked (optional)

In a wok or large pan, heat enough oil to cover bottom of pan. Fry minced garlic and white part of onions for approx. 1 min. Add grated cauliflower and fry for approximately 5 min, stirring constantly. Add soy sauce, garlic salt, green onion tops, and meat (optional) and stir until mixed. Push mixture to side of pan. Add more oil if necessary and scramble eggs in empty side of pan until done but still moist. Stir eggs into "rice" and remove from heat. Serves 3 as a side dish. Note: I didn't measure anything. These measurements are just estimates.

Note: The secret is to use raw cauliflower. I tried this with leftover cooked cauliflower last week, and it wasn't very good. Tonight I used raw, and everyone liked it.

DebB's notes: I use bacon grease with this to flavor it. I then throw in cooked, crumbled bacon too. I remove everything before I scramble the eggs - otherwise I get a big mess. This recipe really is pretty incredible!!

## **Indian "Rice"**

1 head cauliflower, minced (I put through my Salad Shooter)  
1 Tbsp oil  
2 tsp cumin seeds  
1/4 tsp each: powdered cumin  
powdered coriander  
ground cayenne (more/less, to

taste)  
turmeric  
garam masala  
ground cardamom  
salt to taste

Heat oil in pan; add cumin seeds and heat for 30 sec. Add other spices and heat for a min. Add cauliflower and fry, stirring constantly, till desired texture. Salt to taste. by carma

### **"Rice", Broccoli and Cheese**

If you used to like rice, broccoli and cheese, you may like this recipe. It looks like the real thing, but tastes like cauliflower, broccoli and cheese. It can be made ahead of time and reheated. by mjlibbey

First, steam cauliflower florets using one small head. Shred using food processor or other means. Set aside.

Second, steam broccoli florets(cut small) using one bunch. Set aside.

Cheese Sauce: in a saucepan over low heat, combine  
1/2 cup or more American cheese, cut into small pieces (depends on how cheesy you like it)  
1/4 cup Hellmann's mayo

Heat and stir until cheese is melted. Blend in  
1/2 cup sour cream  
dash paprika

Makes 1 cup.

Pour the cheese sauce into a bowl or use the same pan, add enough shredded cauliflower and broccoli to the desired consistency. Can refrigerate until needed. Reheat in microwave or on stove.

### **Broccoli "Rice" Casserole**

Broccoli -- I used 2 bunches, just the florets, and pre-steamed it in the microwave 8 minutes.

Spaghetti Squash -- one, also microwave (I have no patience), seeded. If you run a sharp knife lengthwise down the inside of your squash a few times, it cuts the strands into shorter pieces.

4 oz. cream Cheese, and yellow American Cheese to taste (6 or 8 slices?).

Scramble two eggs in a 2 cup measuring cup, add cream and water to make 2 cups+.

Salt, pepper, season to taste.

Mix together in oven safe dish, bake at 350F for 20 to 30 minutes until golden and bubbly.  
by BFoster

### **Untraditional Chinese Food**

Heat a bit of olive oil over med/high heat in a skillet. Throw in a can of cut green beans, chopped green onion, half a can of water chestnuts and sauté until warmed through. Then toss in 3 eggs (I cracked them right in the skillet, but I guess you could beat them before you add). Then let the egg cook a bit before stirring. Once the egg looks white...begin to

stir. Add salt and pepper to taste. And that's it. I added soy sauce to it once it was on my plate. Delicious! by Angelique

## **Spaghetti Squash Patties**

3 c or more cooked spaghetti squash  
1 med onion, chopped and sautéed in butter or bacon drippings (I used the bacon drippings)  
3-4 handfuls cooked meat (I used smoked beef sausage), cut up  
3 eggs, beaten

Mix all ingredients. Put oil or bacon drippings (which is what I used) in skillet and heat. Place spoonfuls in skillet like you would pancakes (I can fit about 3 patties in skillet). When brown, flip and brown other sides. Very tasty and fast. Also, add soy sauce to mixture, if desired. I just sprinkled a little soy sauce on top of cooked patties. by carma

## **Spaghetti Squash Casserole**

My kids love this recipe!! Every time I go to the store my 15 year old yells don't forget the Spaghetti Squash! by Thk789

1 stick butter  
garlic to taste  
2 cups heavy cream  
2 cups mozzarella cheese  
1 cup parmesan cheese  
I do not measure so these are estimates.

Cook squash in microwave till done. (I poke holes in it like a potato, and cook until it feels soft. Cut and remove seeds and shred with fork.) In a sauce pan melt butter and sauté garlic. Add cream, cook for 5 mins. Add parmesan cheese. Remove from heat. Add squash and mozzarella. Pour into a greased baking dish and bake for about 30 min. (sometimes longer). It is like Alfredo.

## **Yummiest Squash Casserole**

5-6 summer squash  
1 med onion, chopped  
1 8 oz block cream cheese  
2 c shredded cheddar  
2 eggs  
2 T butter  
Salt and pepper to taste

Boil together sliced squash, onion, butter and salt and pepper until soft. Drain well, mashing out the water. Puree' the squash mixture. Mix in cream cheese, cheese, eggs. Season w/salt and pepper. Pour into buttered casserole and bake @ 375 degrees for 30 mins or until puffy and bubbly. Comes out like a soufflé.

## **Squash Borag**

4 med. Zucchini Squash (sliced)  
4 Eggs  
1/2 cup Cream  
1 lb. Grated Monterey Jack Cheese  
1 Tsp. Salt  
1/4 cup Chopped Parsley  
1 Small can Diced Ortega Chile Peppers  
2 Tablespoons Butter

Cook squash until almost tender, drain and cool. Beat eggs, add cream and the rest of the ingredients. Butter well the bottom and sides of a 9 x 13 baking dish. Pour in the squash filling. Bake at 350 degrees for 30-40 minutes. by meechmom

### **Squash/Vegetable Casserole**

5 Yellow Squash, 1/2 of Onion, two stalks of celery, 3 or 4 Roma Tomatoes(Peeled) and one med. turnip.

Slice squash, celery, onions, tomatoes and turnip as thin as you can. Add about 1 cup of chicken broth and about 1/2 cup cream, about 3 Tbs. butter and add your favorite seasonings and then put 1/2 cup of Parmesan Cheese from bottle(Like Kraft's) and then take 3/4 cup of your favorite grated cheese and put one half in the mixture and put the other half on top. I baked in Micro in a buttered dish on 350 degrees for 20 minutes. If you don't like tomatoes or any of the other vegetables I included you can leave them out. It turns out good, at least I liked it. I've made twice the last 10 days. Choate from Rosenberg, Tex.

### **BFoster's Somersized Southern Y**

Slice 6 or 8 yellow crookneck squash, and one large onion (vidalias are great!). Pre-steam (microwave is fine) for 8 minutes, drain and put in buttered oven proof casserole. In a 2 cup measuring cup, beat 2 eggs, -- add cream to 1-2/3 cups, add water to 2 cups total. Mix well. Add seasonings to taste (S&P, dash of nutmeg). Pour over precooked squash and onion mixture. Poke 4 oz of cream cheese cubes under mixture, also 6 or 8 slices of American cheese or cheese of your choice. I've also used provolone. Bake 350 F until hot and bubbly and top is golden, 30-40 min. depending on deepness of dish. (Mine is a little wider and not so deep)

### **Yellow Squash Casserole**

My daughter suggested I make this for Thanksgiving as it is one of her favorites! This is a SSed version that was terrific. After the meal, I told the guests that pork rinds were used in lieu of bread crumbs. The look on my aunt's face was priceless! The raves were better! I crush my pork rinds by placing them in a large Ziploc bag, then gently pounding them with them bottom of a glass. by gulfview

This serves 6 - 8 as a side dish.  
2 1/2 lbs. yellow squash, sliced  
1 medium onion, chopped  
1 stick butter  
1 8oz. carton sour cream  
3/4 cup heavy cream  
1 cup crushed pork rinds

1 cup sharp cheddar cheese, grated  
1/4 cup crushed pork rinds (to top)

Place squash and a tad of salt in large pan. Cover with water. Cover pan and cook until squash is crisp tender. Drain in colander and return to pan. While squash is still tender, add butter, cream, and sour cream. Mix well. Add 1 cup crushed pork rinds and grated cheese. Mix. Place mixture in buttered 2 1/2-quart casserole and top with remaining crushed pork rinds. Bake at 350 degrees for 25 minutes.

### **Lemon Pesto Spaghetti Squash**

I made this dish two nights ago and I loved it so much that I wanted to share it with all of you. I followed Suzanne's recipe for Crispy Lemon Chicken and after cooking my chicken I removed it from the pan so that the marinade and chicken juice were all that were left. I discarded some of the liquid so that my squash wouldn't be too greasy and added some pesto, placed the pan on the stove-top and let it begin to boil. I then added my spaghetti squash (cooked and stringed) and stirred it so that it would be coated with the lemony pesto sauce. I then removed it from the burner and used it as sort of a bed of pasta for my chicken. It was fabulous. I took some to work the next day for lunch and a couple of the girls tried it and loved it.

### **Spaghetti Squash with Parsley Butter Sauce**

1 spaghetti squash (2-1/2 to 3 lbs), halved and seeded  
1/2 cup water  
2 Tbsp. butter, melted  
1/4 cup chicken broth  
2 Tbsp. chopped fresh parsley  
1/4 tsp. salt  
1/8 tsp. pepper

Heat oven to 350 degrees. Place squash, cut side down, in roasting pan. Add water, cover with foil. Bake 50 to 60 minutes or until squash is fork-tender. In a small bowl, stir together remaining ingredients until blended. Shred squash into spaghetti-like strands, place in large bowl. Add sauce and toss.

Note: I personally would use the microwave approach to cook the squash -- carefully poke several holes with a sharp knife into the whole squash (allows the pressure to escape) and place on a couple of paper towels in the microwave. Nuke for about 12 minutes on high power, rotate, and nuke until finished (this will depend on the power of your microwave). When the squash is soft to the touch (the skin gives easily, but be careful as it will be very hot), it's done. Cut in half, remove seeds and shred the strands.

### **My Favorite Zucchini Casserole**

Slice 4 to 5 medium zucchini and layer on the bottom of a 9x13 pan. Pour 1-cup cream over the zucchini, spread grated mozzarella cheese over that, then top with grated parmesan cheese. Bake 325 until thick and brown on top. About 25 to 30 min. by Dalsmom

### **Skillet Zucchini**

Here's another recipe I've adapted for somersizing from a Pillsbury Cookbook. It's one of my favorites - quick and yummy! by goingforit

2 small zucchini, sliced  
2 small summer squash, sliced  
1 med onion sliced  
Grape or Cherry Tomatoes (handful or so)  
1/2 tsp garlic salt  
1/4 tsp. basil leaves  
1/2 tsp. oregano  
Salt & pepper  
1 cup shredded mozzarella or Monterey Jack cheese

In large skillet over medium-high heat, heat olive oil. Add zucchini, summer squash and onion. Cook until crisp-tender. Gently stir in tomatoes and seasonings. Cover; cook 3 to 5 minutes or until tomatoes are tender. Remove from heat; sprinkle with cheese. Cover and let stand until cheese is melted.

The only change to the original recipe is the omission of croutons, which were sprinkled on top.

### **Tomato Zucchini Gratin**

3 medium zucchini, thinly sliced  
4 medium tomatoes, peeled, sliced  
3/4 cup Parmesan cheese, grated  
2 tbsp garlic, minced  
1 tbsp fresh thyme leaves  
salt and pepper  
2 tbsp olive oil

1. Arrange half of the zucchini slices in the bottom of pan 8" ungreased casserole.
- 2 cover the zucchini with half the tomato slices. Sprinkle with 1/4-cup Parmesan cheese. Add the rest of the zucchini and tomatoes.
3. Sprinkle with garlic, fresh thyme, salt, and paper over tomato slices, drizzle with olive oil.
4. Sprinkle with remaining cheese on top of vegetables. Bake in preheated 400-degree oven for 20 to 25 minutes.
5. Serve with slotted spoon. Serves 6. by rockstarkat

### **Au Gratin Cabbage**

2 Tbsp Butter  
2 c shredded cabbage  
2 green onions  
1 egg  
3/4 c whipping cream  
1/4 c Swiss cheese  
1 Tbsp parsley  
3 Tbsp parmesan cheese

Sauté the cabbage and green onion until crisp tender. Combine remaining ingredients in bowl and mix. Transfer both mixtures to a 1-qt baking dish and mix together. Bake, uncovered, at 350 for 30-35 minutes. Enjoy!

## Sour Cream Cabbage

1 head cabbage, shredded  
2 Tbsp butter  
1 clove garlic, minced  
1/2 c sour cream  
1 1/2 Tbsp vinegar  
1 1/2 Tbsp sugar substitute  
1 tsp salt  
1 egg  
1/4 c water

Melt butter in skillet; add garlic, then cabbage and water. Cover and bring to quick boil. Reduce heat and simmer for 10 min. Meanwhile, combine other ingredients. Add sauce made from other ingredients when done and bring to a boil; ready to serve then. by carma

## Creamy Coleslaw

In a large bowl add 1 cup mayonnaise, 3 tsps cider vinegar, 1 tsp somersweet (I changed from their sweetener to somersweet), 1/4 tsp celery seeds, 1/4 tsp salt, 1/8 tsp black pepper and 1 tsp minced onions. Set aside. In a separate bowl, mix together 3 cups shredded green cabbage, 2 cups shredded red cabbage and 1/2 minced green pepper. Combine cabbage mixture and mayonnaise mixture until well blended. We think this is the best tasting coleslaw we've had, somersized or not! By ssweet

## Sautéed Broccoli With Garlic

This was a really big hit with my family. I used frozen broccoli pieces, but I am sure that fresh broccoli would work just as well.

1. Thaw frozen broccoli
  2. Add olive oil to pan and stir in garlic to taste. (I use about a tablespoon of the minced garlic)
  3. Sauté the garlic for about 5 minutes.
  4. Add the broccoli and sauté for about 10 minutes.
- Serve and enjoy!

## Scalloped Eggplant

This is a tasty side to any meal. We enjoy this often, so I thought I would share. by twinkle

1 eggplant(about 1 1/2 lbs.)  
4 Tbls. butter  
1 small sweet onion (or 1/2 of a large)  
2 cloves garlic, chopped fine  
1 Tbls. finely chopped parsley (dried can be used, just use 1/2 the amt.)  
Salt &Pepper  
1/2 cup pork rind flour  
Freshly grated Parmesan cheese

Preheat oven to 375. Peel the eggplant and cut it into 1/2-inch cubes. Put the eggplant in a pot with an inch of boiling water, cover, and cook \*gently\* until tender 7-10 minutes. Drain.

Melt 2Tbbs. Butter in a skillet, then add the onion and garlic, and cook over \*low\* heat until soft, but not brown.

Stir in the eggplant and parsley, season with salt and pepper, and combine gently.

Spoon into buttered baking dish.

Melt 2 Tbbs. butter then add 1/2 cup pork rind flour. Mix to combine into crumbs.

Cover with the grated parm and buttered pork rind crumbs.

Bake about 20-25 minutes, until the eggplant is heated through and the crumbs are brown.

## **Eggplant Cheese Bake**

I took an old family favorite and SSed it last weekend. I have been having a ball using crushed pork rinds instead of breadcrumbs in my old recipes. by gulfview

1 small eggplant, 1 lb.

3/4 cup crushed pork rinds

2 eggs

1 cup cream

1 small onion minced

2 Tbsp. chopped parsley

8 oz. Monterey Jack cheese, grated

salt and pepper to taste

1/4 crushed pork rinds (to top)

Cube eggplant (with skin). Place in small pan, cover with boiling water and boil for 5 minutes. Drain. Add 1/2 cheese, stir gently. Mix in crumbs. In separate bowl, beat eggs with cream, onion, parsley, salt and pepper.

Stir into eggplant and put into 1 1/2-quart casserole. Sprinkle with remaining cheese and additional crumbs. Bake at 350 for 40 minutes OR until set and golden brown.

## **Baked Eggplant with Tomatoes and Cheese**

1 globe eggplant

olive oil

3-4 fresh tomatoes, sliced

balsamic vinegar

salt

black pepper

dried or fresh herbs: thyme, oregano, marjoram, basil

cheese: grated asiago or parmesan; sliced jack, gouda, or provolone

1. Preheat oven to 400 degrees F. Slice the eggplant into generous one-fourth-inch rounds. Brush both sides with olive oil and place on a baking sheet. Bake for 30 minutes or until well softened. Check after 15 minutes and turn over to brown the top and bottom evenly.

2. Sprinkle the eggplant slices with moderate amounts of the vinegar, salt, pepper, and your choice of dried or fresh herbs. Put the tomato slices on top and season them similarly: vinegar, salt, pepper, and herbs (same or different, or something fresh). Top with cheese to taste. Return to the oven long enough to let the cheese melt.

## **Asparagus Soufflé**

I just found this recipe in a magazine I got from a friend. I thought it sounded yummy, and totally legal!!! by cindy lou

1 package (8 ounces) frozen, thawed and well-drained  
1/3 cup finely shredded cheddar cheese  
1/3 cup mayonnaise  
1/4 cup chopped onions  
1 egg white

In a bowl, combine the asparagus, cheese, mayo, and onion. In a small mixing bowl, beat egg white on med. speed until soft peaks form. Fold into asparagus mixture. Transfer to greased 2-1/2 cup baking dish. Bake, uncovered, at 350 for 20-25 minutes or until lightly browned.

I was wondering if you could sub fresh asparagus? Do you think it might have to be blanched or pre-cooked at all? (I bet broccoli would be good too) also I thought Swiss cheese might be good as well.

### **Vegetable Soufflé**

I really dislike spinach, but I love this spinach soufflé. You can substitute chopped broccoli or cauliflower for the spinach if you wish. by Cindy 1052

2 boxes of frozen chopped spinach  
4T butter  
1-1/2 (one and one half) lbs. of ricotta cheese  
2 cups shredded cheddar cheese  
3/4 lb Monterey Jack cheese shredded  
4T pork rind flour  
5 eggs slightly beaten  
1/2t salt  
1/2t pepper

Cook spinach and drain. Add butter to spinach while it is still hot. Arrange in the bottom of a greased 9x13 pan.

In a separate bowl, mix together the ricotta cheese, cheddar cheese, Monterey Jack cheese, pork rind flour, eggs, salt and pepper. Spoon this mixture over the top of the spinach and spread evenly.

Bake at 350 for 55 to 65 minutes. Soufflé is done when knife in center comes out clean.

### **Cauliflower Casserole**

Pro-fat, Level1. Posted at the Somersize forum at Ivillage by Rebecca.

1 head cauliflower, cut into bite-size pieces  
3/4 C. Heavy cream  
1 glove garlic, minced or pressed  
2 Tbsp butter  
salt and pepper to taste  
3/4 C. freshly shredded cheese.

Arrange cauliflower in a single layer in a buttered shallow baking dish. (8X8)...or whatever will fit. Pour over cream being sure to cover all of the pieces. Scatter garlic evenly and dot surface with butter. Bake at 400-425 for 30 min until cauliflower is quite tender and top is lightly browned. Don't let it burn or get too soft.

Things I did different. I did more than one layer and dumped all the cream I had on to get rid of it. I used the mashed garlic from a can I had and just put on what I felt like and also just sprinkled on the canned grated Parmesan. It made a lot of juice but that was just as good as the cauliflower. I will make this more often as it was so delicious. I do not think one can go wrong with this recipe cause if there was a way to mess it up I would have done it.

## **Cauliflower Mushroom Risotto**

1 head Cauliflower or 1 bag frozen cauliflower, cooked  
2 T butter  
2 t minced garlic  
1 C sliced mushrooms  
1/2 C parmesan cheese  
1/2 C heavy cream

Run cooked cauliflower through food processor using shredding disk. Melt butter in large skillet. Lightly sauté minced garlic and sliced mushrooms. Add shredded cauliflower; season w/salt and pepper. Let this cook over med heat for about 8 mins. Add parm cheese and cook another 3 mins or so. Add heavy cream, stir and cook another few mins to blend. by mjlibbey

## **SweeteyPie's Creamed Spinach**

This is fabulous! SweeteyPie originally posted 1 bag of frozen spinach (16oz), but I didn't have the bagged, only the boxed. Either way it works great!

2 (10) ounce packages of frozen spinach, chopped finely  
1 small onion, finely chopped  
1 cup of heavy whipping cream  
3 ounces of full fat cream cheese  
1 Tablespoon butter  
1 Tablespoon olive oil  
1/2 tsp salt  
1/8 tsp pepper  
few dashes of nutmeg (about 1/8-1/4 teaspoon, depending on personal tastes)

Defrost the spinach. It's easiest to defrost it in the microwave. Squeeze out all of the liquid from the spinach. In a medium sized pan, heat olive oil and butter and sauté the onion until tender. Add the drained spinach, and cook for an additional 5-10 minutes. Transfer to a bowl. In the same pan, heat cream and cream cheese. Cook until the cream cheese is completely melted and the cream has thickened a bit. This should take about 5 minutes. Season with salt, pepper, and nutmeg. Add the spinach back into the pan and toss to coat the spinach and heat through. This also makes a great filling for egg crepes. I sometimes sauté a cup of sliced fresh mushrooms with the onion when I make it as a crepe filling and add a little shredded cheddar cheese. Hope you enjoy it.

Recipe Suggestion:

1. Try adding 2 tablespoons of lemon juice to the cream sauce, for a bit of a tangy kick!
2. If you like a bit of a thinner cream sauce, try adding another 1/4 cup of heavy whipping cream to the cream sauce.

## **Creamed Spinach**

3 tablespoons butter

1 cup minced onions

Salt

Freshly ground black pepper

3 pounds fresh spinach, washed, stemmed and finely chopped

2 tablespoons chopped garlic

2 cups heavy cream

1/2 pound grated Sharp Cheddar cheese

Preheat the oven to 375 degrees F. Lightly grease a 6 cup oval ceramic ramekin. In a large sauté pan, melt the remaining butter. Add the onions and season with salt and pepper.

Sauté for about 2 minutes, or until the onions are soft. Add the spinach. Season with salt and pepper. Sauté for 3 to 4 minutes. Add the garlic and cream. Mix well. Season the

mixture with salt and pepper. Bring the liquid to a boil and reduce to a simmer. Simmer the mixture for 6 minutes. Remove the pan from the heat and turn into the prepared pan.

Sprinkle the top with the grated cheese and place in the oven. Bake for about 4 to 6 minutes or until the cheese is slightly brown and bubbly. by connsailor

## **Spinach Soufflé**

2 pounds frozen chopped spinach, cooked and drained

1 pound cream cheese

1/2 stick butter

1/4 cup canola oil

2 large eggs

1/2 cup whole milk ricotta cheese

Melt all ingredients BUT eggs in pot on stove. After it is thoroughly mixed, remove from heat and cool for 15 minutes. Stir eggs into mixture when completely cool.

Bake in oven at 350 for 45 minutes.

DELISH, it's like a divinely rich creamed spinach but more solid.

## **Artichoke Spinach Casserole**

1 jar marinated artichoke hearts, cut in small pieces

2 10oz frozen chopped spinach, cooked and drained

8 oz cream cheese

3 tbsp butter

4 tbsp milk

1/2 cup parmesan cheese, grated

Place artichoke pieces in bottom of a buttered casserole dish. Drain cooked spinach and blend in cream cheese, butter and milk. Pour over artichokes and sprinkle Parmesan on top and cover. Bake @ 350 for 30 min. - Remove cover and bake 10 min. more. by MBGillet

## **Artichoke Casserole**

1 can artichoke hearts (not marinated), drained (or 1 package frozen, thawed & drained)  
1/2 cup sour cream  
1/2 cup mayonnaise  
8 oz cream cheese, softened  
2 cloves minced garlic  
1 cup Parmesan cheese (shaker style)

Put all in food processor or immersion blender. Blend well.  
Pour into soufflé or small casserole dish, on cookie sheet (to catch drips).  
Bake 325 degrees for 30 - 45 minutes, until puffed and just golden.  
Allow to cool a bit. Serve with veggies or as a side dish.

Note: I often double the recipe and bake a little longer. Enjoy!

## **Fried Okra Salad**

Pro /Fats and an Old Family Favorite. My mother and aunt used to wait until all the kids (2 in my family and 6 in hers) were in bed before they made themselves this as a late night snack. Why? Because we all L O V E D it and would eat it up if we had half the chance! It smelled so wonderful cooking though, 9 times out of 10, we would wake up and wander in to see what was cookin' ! By Sandy

\*\* Traditionally with cornmeal coating / Somersized with (1) Pork R flour (2) frying without any coating ( Jettaway's idea ) (3) dipping okra in beaten egg white before frying!

Fry about 3 cups of sliced okra that is coated with pork rind flour. Drain on paper towels.  
Slice about 1 cup tomato (either large or cherry tomatoes).  
1 /4 to 1 /2 medium red onion (or yellow) in thin strips or a small dice  
1 tsp parsley (fresh or dry)  
1 /4 cup cider vinegar (or white is fine, too)

Toss the tomatoes, onion and parsley in a small bowl with the vinegar and stick in the fridge until okra is cooked. Just before serving, drain off the vinegar marinade and discard. Then toss the tomatoes and onion mixture with the fried okra and season with salt and pepper to taste. ENJOY! ( you may have to share..)

## **Baked Peppers with Ricotta and Basil**

Wonderful side dish or light entree! by freakin finelly

3 large yellow bell peppers (or red or green)  
1 to 2 tablespoons olive oil  
2 cups ricotta cheese  
1/2 cup chopped fresh basil  
1/2 cup finely sliced green onions  
1/2 cup chopped Italian parsley  
salt and pepper to taste

2 eggs  
Basil leaves for garnish, optional

Singe the peppers quickly over a gas flame, grill or under the broiler. The peppers should char all over, but do not cook them so long that they turn limp.

Remove them from heat and cool them in a plastic bag then slide off the charred skins. Cut the peppers in half lengthwise, remove the stems, ribs and seeds. Drizzle the halves with olive oil.

Preheat the oven to 350.

In a medium bowl, mix the ricotta, basil, green onions, parsley, salt and pepper. Beat in the eggs. Fill the pepper halves with the ricotta mixture and place them in a baking dish. Bake for 30 minutes. Remove the peppers from the oven and garnish them with basil leaves.

## **Green Bell Peppers & Onions**

I love this as my side of veggies enjoy...

2 - Green Bell peppers  
1 - Onion ( Any Kind)

Seasoned Salt add when close to done sprinkle to your liking while cooking..  
( Not legal but has not affected my weight- loss).

If you're sick of broccoli or salads have this as a side dish.

Cook on stove- top on medium heat with melted butter with lid on top to steam veggies.

## **Baked Tomato Heaven**

4 slices bacon  
1/2 cup finely chopped onions  
1 (10 oz) bag pre-washed fresh spinach, chopped  
1/2 cup sour cream  
2 dashes hot sauce  
6 medium sized ripe tomatoes  
1/2 cup grated Swiss cheese  
Salt

Cook bacon until crisp, crumble. Sauté onion in 2 tablespoons bacon drippings until transparent. Add spinach and cook until wilted. Stir in bacon, sour cream and hot sauce, remove from heat.

Slice off tomato tops and remove centers. Salt insides lightly and fill with spinach mixture. Top with cheese and place in a shallow baking dish that has been sprayed with Pam. Bake at 350 for 20 minutes. by freakin finelly

## **Tomato Verde Con Queso (Green Tomatoes with Cheese)**

Yield: 6 servings

2 T Butter  
1 md Onion, very finely chopped

1 Clove garlic, finely chopped  
1 10 oz can Mexican green tomatoes, drained  
1 c Green chillies, chopped and peeled  
12 Sprigs of fresh coriander, chopped  
Salt & Freshly ground pepper  
1/2 lb Cream cheese  
3/4 c Heavy cream

Heat the butter in a skillet, add the onions and garlic, and sauté' until the onion is tender. Add the tomatoes, chillies, coriander, and salt and pepper to taste. Simmer very gently for 10 minutes, uncovered. Add the cheese; when it begins to melt, add the cream; and cook just long enough to heat through. By freedom7

## **Tomato Stack**

10 oz package frozen chopped broccoli  
1 cup grated Monterey Jack cheese  
1/4 cup finely chopped onion  
3 large tomatoes, halved  
Cook broccoli. Drain and mix with cheese, keep 2 TBSP of cheese for top. Add onion. Place tomato halves in greased baking dish. Place broccoli mixture on each tomato half and top with 2 TBSP cheese. Broil 10 to 12 minutes at 350F. by twiggy88  
Serves 6

## **Tomatoes, Cucumbers & Feta**

2-3 Large fresh tomatoes  
2 cucumbers (large ones, not pickle size)  
1 cup Feta crumbled  
Red Wine Vinegar  
Olive Oil

Dice tomatoes, peel and dice cucumber, and mix with feta in good size bowl (preferable with a lid). Drizzle olive oil, and vinegar over all, and mix well. Refrigerate for at least an hour.

The amount of oil and vinegar is by taste. I usually use about 2-3 TBS each. We love this with grilled chicken or steak.

## **Tomato Zucchini Gratin**

3 medium zucchini, thinly sliced  
4 medium tomatoes, peeled, sliced  
3/4 cup Parmesan cheese, grated  
2 tbsp garlic, minced  
1 tbsp fresh thyme leaves  
salt and pepper  
2 tbsp olive oil

1. Arrange half of the zucchini slices in the bottom of pan 8" ungreased casserole.
- 2 Cover the zucchini with half the tomato slices. Sprinkle with 1/4 cup parmesan cheese. Add the rest of the zucchini and tomatoes.
3. Sprinkle with garlic, fresh thyme, salt, and paper over tomato slices, drizzle with olive oil.
4. Sprinkle with remaining cheese on top of vegetables. Bake in preheated 400 degree oven for 20 to 25 minutes.
5. Serve with slotted spoon. Serves 6.

## **Stuffed Tomatoes and Red Peppers**

I love this dish it's one my mother use to serve when I was a kid, I just somersized it and it tastes delicious. by cybelle

Slice your tomatoes in half laying them on a baking dish cut side up. Cut your peppers in half laying the pepper skin down (so they make a little cup that you can put your stuffing in).

In a separate bowl mix:

1/2 c grated cheddar cheese

1/4 c Parmesan

1/4c of finely chopped onion

1/4 c of pork rind powder.

2 tsps of Coriander chopped.

Salt, pepper, basil, garlic powder.

Spice to your liking.

Liberally sprinkle this on top of your tomatoes and peppers. Drizzle with a little olive oil.

Bake for 40 - 50 mins.

## **Spinach Stuffed Tomatoes**

I made these the other night and OMGoddess were they good! Use a lot of baby spinach because remember that once cooked the amount is a lot smaller than what you start out with. by queenlufkana

Baby spinach (probably one big package), roughly chopped

Parmesan cheese, about 1/2 cup

6 plum tomatoes

chopped garlic

olive oil

salt & pepper

Cut tomatoes in half lengthways and spoon out seeds. Heat olive oil in a skillet and add salt & pepper and garlic. Do not burn the garlic!! Sauté for about 30 seconds then add the spinach. Cook until it is wilted. Remove from heat and stir in Parmesan cheese. Stuff tomatoes with spinach and bake in oven until the tomatoes are soft but not completely mushy. Top with more cheese when they come out of the oven.

## **Leek and Wild Mushroom Stuffing**

1-1/2 cups hot water

1/2 ounce dried porcini mushrooms

1 cup (2 sticks) butter

1 pound fresh shiitake mushrooms, stems removed, caps - sliced

1 pound button mushrooms, sliced

1-1/2 cups chopped leeks (white and pale green parts only)

6 garlic cloves, chopped

2 cups dry white wine (or chicken broth)

1 tablespoon chopped fresh thyme

2 "loaves" KDC's Focaccia bread (see below)

1 large egg, beaten to blend

1. Combine 1-1/2 cups water and dried porcini in small bowl. Let stand until mushrooms soften, about 30 minutes. Using slotted spoon, transfer mushrooms to work surface; chop finely. Pour mushroom soaking liquid into small bowl, leaving any sediment behind. Reserve liquid.
2. Melt butter in heavy large pot over medium-high heat. Add mushrooms, sauté 10 minutes. Add leeks and garlic; sauté 5 minutes. Add wine (or broth), thyme and reconstituted porcini mushrooms. Cook until almost all liquid evaporates, stirring occasionally, about 5 minutes. (Can be prepared 1 day ahead. Cover mixture and soaking liquid separately and chill.) Reheat mushroom mixture to lukewarm before continuing.)
3. Transfer mixture to a large bowl. Mix bread into mushroom mixture. Season with salt and pepper; mix in egg. If too dry, a little at a time, add in reserved porcini liquid, until desired consistency is reached.
4. Bake in a generously buttered 13x9x2-inch glass baking dish. Preheat oven to 350 degrees F. Cover with buttered foil, buttered side down. (Honest ... that's what the recipe says!) Bake about 40 minutes. Uncover and bake until top is slightly crisp and golden, about 20 minutes longer. by mystified

Also, you COULD use this to stuff the turkey, putting any left over into the glass-baking dish. I just like mine better baked.

## **Cheesy Marinated Onions**

3 oz crumbled blue cheese  
1/2 c salad oil  
2 Tbsp lemon juice  
1 tsp salt  
1/2 tsp sugar substitute  
dash pepper and paprika  
4 med onions, thinly sliced and separated into rings  
Mix all ingredients except onions. Pour mixture over onion and refrigerate for at least 3-4 hrs. Good with BBQ'd meats or in green salads. by carma

## **Cheese Hushpuppies**

1/2 cup grated Pecorino Romano cheese  
1/2 cup Belgioioso(sp), four cheese shredded (equal amounts of asiago, fontina, parmesan, provolone)  
1 beaten egg  
Combine together, drop using a tablespoon full and fry in hot peanut oil.

## **3-Bean Salad**

1 15-oz. can yellow wax beans  
1 15-oz. can green beans  
1 can pinto beans  
1/2 C chopped onion  
1/4 C chopped green pepper  
1 4-oz. can mushrooms, drained  
1/2 C vinegar  
1/2 C cold water

Artificial sweetener to taste  
Mix and chill.

## **Sommersized Focaccia**

Focaccia is a large, flat Italian bread. Serve this "bread" warm with soups, stews or salads. Serve it cold and fill with your favorite sandwich fixings. For best results, follow this recipe exactly.

8 oz cream cheese  
4 large eggs  
1 cup pork rind flour (make by crushing pork rinds into a fine flour)  
1/2 cup grated parmesan cheese  
1/2 tsp baking powder  
1 cup Italian Cheese Mix shredded cheese (found in the refrigerator section with other shredded cheeses)  
1 tsp pepper or to taste  
1 tsp oregano or to taste  
1 tsp olive oil

Preheat oven to 425. Bring cream cheese and eggs to room temperature. Mix cream cheese and eggs, one egg at a time, until smooth. Add pork rind flour, baking powder, seasonings and cheeses. Spread mixture on a 12" pizza pan that has been brushed with olive oil. You may also use a pizza stone. Sprinkle with pepper, fresh herbs, such as thyme, basil and oregano. You may use dried herbs, if you wish.

Bake for 15 minutes. Remove from oven, brush with olive oil and bake for 3-4 more minutes. Serve warm. (This recipe freezes well.)

### **VARIATIONS:**

Sun dried tomato Focaccia:

To the above herbs, add chopped dried tomatoes to the top of the mixture before baking.

Rosemary Focaccia:

Sprinkle 1/2 tsp minced garlic, freshly ground pepper and 1 Tbsp finely chopped fresh rosemary to the top of mixture before baking.

## **Herbed Tomato-Cheese Bread**

Great with steaks, hamburger patties or chops. By mjlibbey

Prepare 1 recipe (9x13) of Pizza Crust from "Fast and Easy". Bake as usual. While baking crust make sour cream topping.

Topping:

1 medium onion, minced  
2 tablespoons butter  
3/4 cup sour cream  
1/3 cup Hellmann's mayo  
4 oz. grated sharp cheddar cheese (about 1 cup)  
3/4 teaspoon salt (I use 1/2 teaspoon)  
1/4 teaspoon pepper

1/4 teaspoon oregano  
1/4 - 1/2 teaspoon dill weed

In a saucepan sauté' onion in melted butter. Blend in remaining ingredients until smooth. After crust has cooled for 10 minutes, top with sliced fresh tomatoes. Pour sour cream topping over tomatoes. Bake in a 400\* oven for 8 - 10 minutes. Cut into squares and serve warm or at room temperature. Reheats well.

editing to say: I doubled the crust last night. Was easier to pick up.  
Also, here's the old crust recipe. In case someone has to make an ss version and regular.  
Biscuit Dough: Stir 2/3-cup milk into 2 cups of biscuit mix to make soft dough. Turn dough onto well-floured board and knead lightly 10 to 12 strokes. Pat dough over bottom of buttered baking dish (9x13x2), pushing up sides of dish to form a shallow rim. Following with tomato slices and topping. Sprinkle top with paprika. Bake for 20-25 minutes. Let stand 10 minutes before cutting. Makes 12 servings.

### **Cranberry Sauce**

In a pot, put 1 1/2 cups water, 1/2 cup splenda and 1 bag cranberries(10oz I think) -cook over high heat until they "pop" then add in 1 package of lemon, orange, strawberry or cranberry jell-o gelatin(sugar free)and mix well - pour into a mold or loaf pan and refrigerate to set. (Choose only ONE flavor).

You can double everything but the berries and make a huge batch! I made a double using lemon and orange gelatin and it was wonderful. Dottie @ LCF site

### **Cranberry Sauce**

4 1/2 cups approximately 1-pound, fresh cranberries  
1 1/2 cups water  
2 strips orange peel  
2 strips lime peel  
1 cinnamon stick  
6 whole cloves  
1 1/2 cups Splenda  
2 Tbsp. bourbon (omit)

Bring cranberries, water, orange lime peel, cinnamon and cloves to a boil. Boil until the skin of the berries pop open (about 5 minutes.) Remove from heat. Add the Splenda, and mix to thoroughly combined. Cool in refrigerator before serving.  
Makes approximately 4 cups By Karen Barnaby @ TLC

### **Low Carb Cranberry Relish**

Here is the recipe I made last year at Thanksgiving.....we really liked it.

1 cup fresh cranberries  
1/2 cup water (more, if necessary)  
1/2 teaspoon dried orange peel or fresh orange zest  
1/2 teaspoon lemon extract  
1/4 teaspoon cinnamon  
4 packets granular Splenda

Put the washed cranberries in a pan 1/2 cup of water, just enough to keep them from scorching. Watch the berries closely, and add more water as necessary, but just a tablespoon at a time so that the sauce doesn't get watery. Simmer the berries over medium heat, stirring constantly, until they begin to swell and pop. You will actually be able to hear them. Continue to simmer to berries for another 5 minutes, mashing them slightly with the back of a wooden spoon as you stir. When the berries are soft, remove the pan from the heat. The sauce should be very thick. If it isn't, continue cooking and stirring until it thickens. When sauce is thick, remove the pan from the heat and stir in the remaining ingredients. Taste test to adjust the Splenda and spices to your own personal taste. Store in the refrigerator until you are ready to use it. (I think I will put in VitaMix after cooking to chop up what is left of some of the cranberry skins)

I had requests to make more to eat with the leftover turkey last year. Paula

# Veggie Dishes

## BBQ Green Beans

This is a Barb-q green bean recipe that I fix instead of baked bean. By bl\_sum

4 slices bacon  
1/4 cup chopped onion  
1/2cup SS ketchup  
2 1/2 teaspoons somersweet or 1/4 cup splenda  
1 T Worcestershire sauce  
2 16 oz cans green beans drained

Cook bacon, keep 2 Tablespoons of grease. Add onion and crumble bacon. Cook onions until soft. Add remained ingredients except beans. Simmer 2 minutes. Place green beans in 2qt. casserole. Pour bacon mixture over the top. (Do not stir)  
Bake 30mins @350.

## Sherrie's Southern Green Beans

A pressure cooker works best, but you can use a large pan instead. I have a large pressure cooker that I use for these, but I don't actually pressure cook them, the actual cooker just seems to work best while cooking them.

6 cans green beans drained (I actually use the cheap ones)  
1 small onion sliced thin  
4 tbsp bacon grease (there is no substitute!) I always save mine after cooking bacon and store it in the fridge until I need it.  
salt/pepper

Preheat the pan until it's really hot, then add the bacon grease, once it's melted add the onions. Then throw in the green beans one can at a time, salt and peppering as each can is added. Once you have them all added stir it up well so that all the green beans get a little of the bacon grease coating. The trick to great southern green beans is to cook them at least 30 minutes, stirring every 5 minutes or so and not having the liquid from the can to water them down. After you have cooked them 30 minutes, cover and let them set for 15 minutes, that's the other trick! They have to rest, don't know why, but grandma always rested her green beans! I'm proud to have learned her secret before she passed on!

They are great reheated in the microwave, which is why I fix such a large batch at once, we have them with two or 3 meals and that way I don't have to cook them every day!

## Hyde Green Beans

I read this recipe in a Family magazine from the Hyde family. It's really good and I wanted to share it with SSers out there who love green beans but are always looking for new recipes. by BHL

3 Tablespoons butter  
1 Tb chopped onion  
1 lb shredded cheese (cheddar or mixed)  
1 cup sour cream  
2 cans green beans, drained  
1 Equal packet

1 can sliced water chestnuts  
1/2 cup bacon bits

Melt butter in frying pan, add onions and cook. Mix cheese, sour cream, green beans, equal in a bowl, slice up chestnuts fine and add in. Cook up bacon and chop it and add it.

Grease a dish for the oven and add all ingredients together and mix in the greased dish. Bake at 350 for 30 minutes.

Enjoy. I have use regular green beans and French style beans. Both work well.

### **Garlicky Green Beans**

This is my favorite way to prepare green beans. You can be flexible with this recipe. I have added a 10 oz. pkg of mushrooms before and it was wonderful. by inreno

1 lb. fresh green beans  
3 cloves garlic  
1/2 to 1 tsp. red pepper flakes  
2 Tbsp. olive oil  
1/2 tsp. salt

Wash green beans well. Snap off both ends of the green beans, snap them in half leaving you with pieces that are two to three inches long. Heat olive oil in a skillet on medium heat and add minced garlic and sauté until the garlic begins to brown. Add green beans and continue to sauté on medium heat until for a five to seven minutes. Sprinkle with salt just before serving.

### **Creole Green Beans**

1/4 c chopped onions  
1 Tbsp butter  
1/4 c chili sauce  
1/8 tsp salt  
1 lb can green beans, drained

Heat all ingredients, stirring often. by CARMA

### **YUMMY Green Beans**

1 pound green beans (preferably fresh) cut in 1 inch pieces  
1 small onion, chopped  
3-4 cloves garlic, minced  
2 small tomatoes, chopped in small pieces  
salt & pepper  
2 ts vege oil  
2 ts butter  
3-4 Tb olive oil

Heat oils and butter in a 10 inch sauté pan over medium heat. Add onions and sauté until translucent, add garlic and cook for a minute, add green beans, salt, and pepper and continue cooking and stirring until well mixed and the beans are bright green and each piece is coated with oil. spread the chopped tomatoes in a layer over the top of the beans and lightly salt the tomatoes. Cover and cook over low heat for about 45 min. to 1 hour. You may need to add a Tb of water while cooking if the tomatoes don't seem to add enough

moisture.

This is really good with some feta cheese and grilled chicken to accompany it. twaisha

## **Fried Green Beans**

I was looking for something to go with grilled salmon this past weekend. This was wonderful with the Vidalia onion Pie, Salmon, salad with "honey mustard dressing" and Tar Heel pie for desert.

### **SAUCE**

1 1/2 tbsp minced garlic  
1 1/2 tbsp minced ginger  
2 scallions  
white and green parts minced  
2 tbsp dry sherry  
2 tbsp splenda  
2 tbsp soy sauce  
1 tbsp water  
2 tbsp peanut oil -- or oil

### **STIR-FRY**

1 1/2 lb green beans -- 750g trimmed & rinsed  
2 tbsp water

### **Stir-Fry Sauce**

Combine the Stir-Fry Sauce ingredients in a small bowl. Set aside.

### **Stir-Fry**

In a large skillet or wok, heat the oil and stir-fry the green beans until they are barely crisp-tender, approximately 2 minutes.

Add the water and continue stir-frying for another two minutes, until the beans are crisp-tender and water has evaporated.

Add the sauce and continue stir-frying for five or six more minutes, until the beans are tender but not overcooked.

Serve immediately.

## **Green Beans and Mushrooms**

1-2 lbs green beans, fresh,  
1 lb fresh button mushrooms, sliced  
2-3 garlic cloves, pressed or minced  
4-5 tablespoons unsalted butter

Clean and snapped green beans, placed in pan with fresh salted water and boil 17-20 min. They should be firm, not crisp.

Melt 2-tbl butter in large skillet, and garlic and sauté till garlic is just golden, then add sliced mushrooms. Cook mushrooms until tender, remove pan from heat, add rest of butter. Drain beans well, pour into skillet and mix well. Return pan to heat for a couple minutes, then serve.

My Husband can't get enough of these. by kimmizig1

## **Green Bean Casserole**

Makes 8 (small) servings

3 tbsp butter  
2 tbsp flour (optional)  
1 tsp salt  
1 tsp Splenda  
1/4 cup onion, diced (I used more)  
1 cup sour cream  
3 (15 ounce) cans green beans, drained  
2 cups shredded cheddar cheese

1. Preheat oven to 350 degrees F (175 degrees C).
2. Combine butter and flour, cook gently. Remove from heat. Stir in salt, Splenda, onions and sour cream; stir in beans. Mix cheese in with beans.
3. Place bean mixture in shallow 2 quart casserole dish.
4. Bake for 30 minutes.

## **Delectable Green Bean Casserole**

I had this at a dinner party and it was scrumptious!

1 pkg. 9 oz frozen French Whole green beans  
4 slices bacon in bite-sized pieces  
2 ribs celery, chopped  
1 onion, coarsely chopped  
1 can heart of palm slices  
1/4 cup mayonnaise  
salt and pepper to taste

Steam beans until tender. Set aside. Fry bacon until crisp, saving fat. Sauté celery and onion in bacon fat until clear. Toss all ingredients, including bacon fat, into 1 qt casserole. Bake at 350 degrees for 20 minutes until bubbly.

## **Good Green Beans**

If you like green beans, you'll probably like these! I skipped the fresh beans because they were too pricey and too icky looking, so I bought the family size bag of frozen. This is what I came up with: by Miss Joans

2 Tbsp. olive oil  
2 Cloves garlic minced  
1 Tbsp. dried dill weed  
juice from 1/2 lemon  
scant Tbsp. grated lemon zest  
1/2 bag (the big family sized pkg.)  
Salt and pepper

Heat olive oil in skillet, add minced garlic and cook for just a minute or two (if they get too browned it tastes burnt) then add the frozen beans (don't defrost) and stir fry on higher heat. You want them to be a little browned. Reduce heat and cover, cooking till tender-crisp (or longer to your preference, I like mine on the tender-crisp side) Add juice from 1/2

lemon, lemon zest, dill weed, salt and pepper. Mix and heat till full flavor of dill weed is released (just a couple min.) I served them as a side for some pork chops, yum  
\*Another variation on the beans, (can you tell how much I like green beans??) is to eliminate the lemon and dill weed, add grated ginger, a little soy sauce and some chopped green onions! This is probably similar to the recipe in Get Skinny on Fab Foods

## **Green Beans and Bacon with Sour Cream**

1 can French cut green beans  
3 slices bacon, cooked crisp  
Reserved bacon drippings  
1/2 C. onion, minced  
1 C. sour cream  
3/4 c. mild Cheddar cheese, grated

Preheat oven to 325 degrees F. Heat green beans and keep warm. Microwave or fry onions in bacon drippings until translucent. Drain remaining drippings from pan. Add sour cream to cooked onion and heat well. Crumble bacon and add to the sour cream mixture. Spoon green beans into a casserole dish, then pour sour cream onion mixture over them. Top casserole with grated cheese. Bake for 30 minutes. by inreno

## **Royal Green Beans**

serves 8 \*\* recipe can be halved

Marinade:

6T vinegar  
3/4 C. salad or olive oil  
2 medium onions, minced  
salt & pepper

2 C. whole green beans cooked (fresh is best, then frozen, or canned )  
8 slices cooked crisp bacon, crumbled

Egg Dressing:

8 hard boiled eggs  
6 T. Hellmann's mayo  
4 tsp. vinegar  
2 tsp. prepared mustard  
salt

Directions:

Mix all dressing ingredients well and chill.

Prepare marinade. Chill cooked beans and marinade in salad bowl several hours.

Drain off marinade and discard. Add crumbled bacon to beans and toss. Top with egg dressing.

\*\*colorful garnish might be chopped red bell pepper, OR diced pimento, OR halved cherry tomatoes

## **Dottie's Green Bean Casserole**

2 cans French-cut green beans (drain liquid)  
1 (4 ounce) can mushrooms - drained  
1/2 medium onion - sliced thin and separated into rings  
2 stalks celery - diced  
2 tablespoons butter  
1/4 cup cream  
1/4 cup mayonnaise  
1 cup shredded cheese  
3/4 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon garlic powder

Melt the butter in skillet and sauté the onion, celery and mushrooms until soft. Blend mayonnaise, cream and spices. Mix everything together in a casserole and bake at 350 covered for 30 minutes. Uncover last five minutes until slightly browned.

Dottie @ LCF  
-----

DebB's notes: I haven't used the canned mushrooms yet. I've only doubled this and I use an 8 ounce pkg of fresh sliced mushrooms. I just dice the onions. At first, I thought this wouldn't be enough sauce - but there really is plenty. The guys love this! \*Ü

## **Summer Splash Tomatoes**

6 Large tomatoes, peeled & quartered ( or 3-4 cups cherry tomatoes )  
1 large bell pepper, thinly sliced  
1 Large red onion, thinly sliced  
3/4 C vinegar  
1 1/2 tsp. celery salt  
Somersweet or Splenda to = 4 1/2 tsp. sugar  
1/8 tsp. mustard seed  
1/2 tsp. salt  
1/8 tsp. cayenne pepper  
1/8 tsp. black pepper  
1/4 C cold water  
1 Large cucumber, pared & thinly sliced/ chill

Arrange veggies (except cucumber) on large glass platter. (Glass will hold the chill longer). Combine all other ingredients (except cucumber) in saucepan & boil rapidly about 1 minute. Pour sauce over veggies and chill (covered). Just before serving, arrange cucumber with the other veggies.

\*Serves 6

Just for an added interest, run a fork's tines down the side of the cucumber in 3 places before slicing.

## **Cauliflower with Cheese Sauce**

I got this off another board and I don't recall the author. But whoever did it was brilliant!!

1# frozen cauliflower. (Cooked until tender-drain)

1 container sour cream

2 cups cheese

1/2 lb. bacon- cooked and crumbled

2-3 green onions chopped

mix all the above and serve or I like to melt in the oven for 15 min. Amounts are adjusted to your own liking.

**Velvet Cheese Sauce** (mjlibbey): in a saucepan over low heat, combine

1/2 cup or more American cheese (white or yellow), cut into small pieces (depends on how cheesy you like it)

1/4 cup Hellmann's Mayo

Heat and stir until cheese is melted. Blend in

1/2-cup sour cream

dash paprika

Makes 1 cup.

## **Roasted Cauliflower**

1 small head cauliflower cut into small florets

3 TBSP olive oil

1/8 tsp salt

1 TBSP lemon juice

1 TBSP Dijon mustard

1/3 cup cream

1/8 tsp ground black pepper

Preheat oven to 450.

In a roasting pan, toss the cauliflower with 2 TBSP of the oil and the salt. Roast until tender and lightly browned, stirring once or twice, 20 mins.

In a large bowl, whisk together the lemon juice, cream, mustard, and remaining 1 TBSP oil. Add the cauliflower, scraping any leftover oil into the bowl. Add the pepper and toss to coat. by luckye1

## **Colcannon**

Traditional Colcannon is an Irish dish associated with St. Patrick's Day. I hope potato-lovers & Irish people everywhere will forgive me, but I've Somersized this dish using cauliflower puree. I thought it was pretty tasty! And it has the added benefit of getting \*2\* veggies into me at 1 meal. (I'm working on that.) by iwillrejoice

1 extra-large cauliflower

1/3 cup cream

4 ounces cream cheese

1 tablespoon butter

Salt and pepper  
4 slices bacon  
1/2 small head cabbage, chopped  
1 large onion, chopped  
1/4 cup butter (1/2 stick)

Simmer the cauliflower in water with the cream added to it. This keeps the cauliflower white & sweet. When the cauliflower is very soft, drain thoroughly. Put the still-warm cauliflower into a food processor with the cream cheese, butter, & salt & pepper to taste. Process until smooth. You may have to do this in more than 1 batch. Set aside.

Cook the bacon in a Dutch oven over medium-high heat until evenly browned. Remove from pan, reserving drippings. Drain bacon on paper towels, crumble, & set aside. In the bacon drippings in the Dutch oven, sauté the cabbage & onion until soft & translucent. Setting a lid loosely on the pan helps the veggies cook faster.

When cabbage & onion are soft, stir in pureed cauliflower & crumbled bacon. Stir for a few minutes over medium heat to re-heat the cauliflower. Salt & pepper to taste. Cut butter into pats & allow to melt into veggies.

Transfer to a large serving bowl. Makes 8 servings

## **Oven Fried Zucchini**

I used to love fried zucchini w/ ranch so I thought I would try to ss it and I thought it was quite yummy! Here's what I did:

About 2 cups of plain pork rinds, placed in a Ziploc bag and crushed as fine as I could get them. I then seasoned with dill weed, ground oregano, garlic and onion powder, pinch of salt and some black pepper. Shook it up. Scrambled 2 eggs and dipped zucchini slice in the egg and then rolled in pork rind crumbs. Baked in oven at 425 on the slotted broiler pan that came w/ my oven for 10 minutes turned over and then browned for 3 min checked and then cooked 3 min longer until crispy, Served w/ legal ranch dressing. So Yummy Hope you like it!

## **Easy Zucchini**

Easy and delish zucchini recipe:

Cut zucchini in 1 1/2 inch rounds. Arrange cut- side down on cookie sheet. Brush each piece with melted butter, then sprinkle with dry (or fresh) basil, a little salt, and finally, shredded Parmesan.

Bake 5 min. at 400 degrees, until crisp tender and cheese melts. Good hot, room temp or even cold! Looks like sushi! Cute for antipasto/hors d'ouvres tray.

## **Ribbon zucchini w/yellow beans**

This is a great recipe from Martha Stewart Living Sept 2000 issue.

1 lb zucchini (4-6)  
1 T olive oil  
1 small yellow onion, peeled and finely diced  
4 oz yellow wax beans (I just used a 14 oz can)  
2 plum tomatoes, seeded and diced  
2 t fresh chives (used dried)  
salt and fresh ground pepper

1. Slice zucchini into long ribbons: Cutting lengthwise, slice the sides from around the seedy core of each zucchini: discard core. Cut each into long, thin strips. I used the peeler.
2. Heat a large sauté pan over medium-high heat, and add olive oil. Add onion and beans, sauté until just beginning to brown, about 2 minutes. Add zucchini, 1/2 cup water, and stir to combine.
3. Reduce heat to medium, cover, and cook until zucchini is tender and flexible, about 5 minutes. Stir in tomato, chives, salt, and pepper, Remove from heat. ENJOY :)

## **Cheese Baked Zucchini**

4 medium zucchini  
30 ml, 2 Tbsp extra virgin olive oil  
115 g, 4 oz mozzarella cheese, thinly sliced  
2 large tomatoes, seeded & diced  
10 ml, 2 tsp fresh oregano or basil, chopped,

Slice zucchini lengthwise into 4 strips each. Brush with oil and place on cookie sheet. Bake in preheated 400 F (200 C) oven for 10 minutes without letting them get too floppy. Remove zucchini from oven. Arrange slices of cheese on top and sprinkle with diced tomatoes and spice. Return to oven for 5 minutes or until cheese melts. Remove from oven and transfer to serving plate. Serves 4

Permission to copy from [www.peakmarket.com](http://www.peakmarket.com)

## **Zucchini Pie**

3 medium zucchini, thinly sliced  
1 garlic clove, minced  
2 tablespoons butter  
2 teaspoons minced fresh parsley  
1 teaspoon snipped fresh dill  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1 cup shredded Monterey Jack cheese, divided  
2 eggs, lightly beaten

In a skillet, sauté zucchini and garlic in butter. Add the parsley, dill, salt, pepper and 1/2 cup cheese. Spoon into a pie plate. Pour eggs over top; sprinkle with remaining cheese. Bake at 375 degrees for 25-30 minutes. by lindyloutou

## **Zucchini and Parmesan Skillet Cake**

September 2000

Active time: 20 min Start to finish: 35 min

1 lb medium zucchini  
2 tablespoons unsalted butter  
1 garlic clove, minced  
2 tablespoons chopped fresh basil  
1/2 cup grated parmesan

Very thinly slice zucchini crosswise (about 1/16 inch thick) with a mandolin or other manual slicer.

Heat 1 tablespoon butter in a 12-inch nonstick skillet over moderately high heat until foam subsides, then sauté zucchini and garlic, stirring, until zucchini is just beginning to soften

and is opaque in color. Transfer to a bowl and cool 10 minutes. Add basil and salt and pepper to taste.

Melt remaining tablespoon butter in an 8-inch nonstick skillet and remove from heat.

Arrange one fourth of zucchini mixture in a layer in skillet and sprinkle with one fourth of Parmesan. Repeat layering 3 times.

Cook skillet cake over moderate heat until bottom of cake is well browned, 5 to 7 minutes.

Slide cake onto a large flat plate, then place skillet over cake and, holding plate firmly, invert cake back into skillet. Cook cake, shaking skillet frequently to prevent sticking, until underside is browned, 4 to 5 minutes more.

Slide cake onto a platter. by erika9473

Makes 4 (side dish) servings.

## **Sweet & Tasty Cucumbers**

3-4 cucumbers, sliced

1 onion, thinly sliced

1 tbsp dill weed

1/2 cup apple cider vinegar

1/2 cup water

1 tsp salt

sugar substitute to equal 1 cup of sugar

Combine cucumbers, onions & dill in a large bowl. In a saucepan, combine the rest and bring just to a boil. Pour over cucumbers. Cover and refrigerate for at least 3 hours, stirring a few times.

1 cup mayo

sugar substitute to equal 1/4 cup sugar

1/4 cup vinegar

1/4 tsp salt

4 cups cucumbers, sliced

Combine first 4 ingredients well. Add cucumbers and stir. Cover and chill for at least 2 hours

## **Elegant Puffed Broccoli**

This looks good... thought I'd post it. by circe

2 bunches broccoli, cut into spears, cooked to desired tenderness

2 egg whites, room temperature

1/4 tsp salt

1/2 cups shredded Swiss cheese

1/2 cup -real- mayonnaise

Arrange hot cooked broccoli in shallow 1-1/2 quart pan or broiler proof serving dish.

(Spraying dish with PAM before cooking will make cleanup easier.) In small bowl with mixer at high speed, beat egg whites and salt until stiff peaks form. Fold in cheese and mayonnaise; spoon evenly over broccoli. Broil six inches from source of heat four minutes or until golden brown.

Makes 8 Servings. 5 carbs per serving

## Broccoli Mousse

1 bunch broccoli (about 8 cups florets)

note – I got one bunch, it made 4 cups –had to halve recipe

2 eggs

3/4 cup heavy cream

1/2 tsp salt

1/4 tsp pepper

1/4 lb (or 1 stick) cold butter

2 tbs lemon juice

Heat oven to 375 F

Cook broccoli florets until tender, plunge into cold water & drain

Grease 6 (4 oz) soufflé dishes or ramekins

Reserve 1 cup florets

In food processor, puree rest of broccoli, eggs, 1/2 cup cream, salt and pepper until smooth.

Pour into prepared ramekins. Place ramekins into baking or casserole pan. Carefully add hot water to pan, about 1/2 way up ramekins. Place pan in oven and cook 45 to 50 minutes.

In saucepan over low heat, bring lemon juice to a boil. Reduce heat to low and gradually stir in butter, 1 tbs. at a time, until melted. Stir in remaining heavy cream.

To serve, invert the ramekin onto individual plates, cover mousse with lemon-butter sauce and garnish with reserved broccoli florets.

NOTES – can use other veggies besides broccoli. The sauce will separate if reheated. by piaffe

## Veggie Fritters

(makes about 50, 2" diameter - recipe can be cut in half). by jenjaw

1 (10 ounce) package spinach, thawed/drained

2 cups steamed (or frozen) broccoli, drained

1 cup steamed (or frozen) green beans, drained

2 Tablespoons butter & extra for frying

1 small onion, (1/2 cup chopped onion)

1 cup grated parmesan cheese

1 large egg

1 clove garlic, minced fine

1/2 cup sour cream, plus extra for garnish

1/8 teaspoon nutmeg

1/8 teaspoon cayenne pepper powder

salt and pepper to taste

1. Make sure all vegetables are cooked until tender. DRAIN WELL (squeeze the spinach).

2. Put vegetables in the work-bowl of a food processor. (Do this in two or three smaller batches; use a blender if you don't have a food processor.) Add butter and onion while processing. Run the processor until the mixture is somewhat smooth. It should still have some broccoli texture, but not too chunky. (You can make one processor bowl-full really smooth, one chunky.) If the vegetables seem too dry for processing, add a tablespoon or two of water.

3. In a medium mixing bowl, combine the processed vegetables. Add parmesan cheese, garlic, egg, sour cream, nutmeg, cayenne pepper, salt and pepper. Stir until well combined. If your vegetables were extra "juicy", add a bit more parmesan or more vegetables. Mixture should be soft and moist, not dry.

4. Heat a large frying pan, or griddle. Use medium-heat. Lightly oil or butter the pan. Using a spoon, scoop and drop well-rounded tablespoonsful or use a 2-Tablespoon scoop.

\*\*\*Smaller mounds are easier to turn.\*\*\*

5. Fry for four or five minutes per side, or until "set". Watch that they don't burn. They should be nicely browned. Cooking over medium heat lets them cook more slowly. Note: if you turn them too soon, they will come apart. If this happens push them back together and let them cook a bit more. They should be fine.

5B. Sweetthing baked hers in the oven with good results. This would also be a time saving option. Try baking at 350 degrees for 20 minutes, or until browned and "set".

6. Serve when hot with sour cream. Extras can be frozen or kept in the refrigerator.

## **Asparagus with Hot Mayonnaise**

1/4 cup heavy cream

1 cup mayonnaise

1 tablespoon fresh lemon juice

2 pounds cooked asparagus

Combine cream, mayo, & lemon juice in a small saucepan.

Heat, stirring, until smooth & hot.

Serve hot over asparagus. 6 servings

I really like this one. I add some garlic & sometimes parm cheese:) by iwillrejoice

## **Roasted Asparagus**

Because they are roasted, the tips get crispy and I could almost believe I was eating French fries because of the texture. by aimlessbd

Fresh Asparagus

olive oil

salt (I used sea salt)

pepper

Wash and trim the spears, (I just bend them and they snap at the right place). Place on a cookie sheet or in a roasting pan. Drizzle with olive oil and sprinkle with salt and pepper.

Roast at 425 degrees for 15 to 20 minutes, depending on the diameter of the spear. Enjoy!

P.S. The asparagus I had was very thin, so watch closely.

\* I also like roasted asparagus, but I usually sprinkle it with olive oil and balsamic vinegar, plus black pepper. Now if I could just get dh to appreciate it! J9

\* I made the roasted asparagus tonight. I cooked them till they were quite crispy....And they were so good!! My son said it was by far the BEST asparagus he's ever eaten!! I will make it this way again & again!! Cindi~~

## **Marvelous Mushrooms**

1 pound fresh mushrooms, remove stems

2 TBSP vegetable oil

2.5 TBSP chopped garlic

2 TBSP soy sauce

Cut mushroom stems off. Heat oil in frying pan and add garlic. Cook garlic over med-low heat about 4 to 6 min. Do not let garlic burn. Add mushrooms and cook 2 to 3 min. Add soy sauce; toss and serve immediately.

## **Spinach Stuffed Portabellas**

This is so good! I don't have exact measurements but this is pretty foolproof.

4 Portabello Mushrooms (large)  
shallots  
frozen spinach  
tomatoes  
parm. cheese  
olive oil  
melted butter

Remove the gills from the mushrooms with a spoon. Cover a cookie sheet with foil & spread with a little olive oil & put mushrooms down. In a bowl combine thawed spinach, about half a tomato diced, a small chopped shallot (or regular onion), about a tbslp of melted butter & a handful of grated parm cheese. Mix well & stuff into the mushrooms. Add some parm. cheese on the top & drizzle with olive oil. Bake at 350 until the parm. Cheese on top browns (about a half-hour or so). by countrybabyblue

## **Roasted Jicama**

A great replacement for potatoes! Jicama has a slightly sweet flavor and only 20% of the calories and carbs.

2 cups jicama, cut into 1 inch cubes  
1 small onion, chopped  
1 tablespoon olive oil  
2 cloves garlic, pressed or minced finely  
1 teaspoon rosemary (optional)  
1 teaspoon parsley

1. Toss all ingredients together.
2. Spread in baking pan.
3. Roast in 400-degree oven for 1 hour stirring every 15 minutes

## **Roasted Brussels Sprouts**

These sprouts come out brown, crispy and tender. Cut off ends and remove outer leaves. In a bowl, add olive oil, salt and pepper. Roast 35 to 40 minutes at 400 degrees, turning about half way through. The leaves that fall off tend to turn brown and become crispy like potato chips- all salty and good. These are excellent! Josie

## **Caramelized Brussel Sprouts**

1 lb brussel sprouts  
2-3 small cipolline onions, sliced (or 1/2 of any other larger onion like yellow, red or Maui)  
4 tbl butter  
3 tbl olive oil  
1/4 cup balsamic vinegar  
salt and pepper to taste

1. Trim the ends and then cut each brussel sprout in half. Pull off the leaves, as much as you can, but don't worry about the center. You want to use all of it- leaves and center, but discard and parts that don't look good. Rinse and drain.
2. Heat 2 tbl. of the butter and the olive oil together in a large sauté pan on medium heat until hot.
3. Add the sliced onions, turn the heat down low and cook for about 15-20 minutes until caramelized, stirring occasionally.
4. Turn the heat back up to medium-high. Add the brussel sprout leaves and centers, mix together w/ onions and sauté for about 4 minutes. Season w/ salt and pepper, maybe even add some garlic powder. Cover pan to let it steam for a few more minutes to cook any of the thicker center parts.
5. Add the balsamic vinegar, stir around and let simmer until it evaporates and caramelizes everything.
6. Add the last 2 tbl of butter, mix it all around and serve!!!

Note about onions: I am actually not a huge fan of onions. I cook w/ them for flavor, but don't always actually eat them. So with this dish, I didn't use much at all, but it all caramelizes and mixes together so I ate them. However, if you like to eat onions, by all means add more. :-)

One more thing... I actually didn't make 1 lb of brussel sprouts, I made a much smaller amount, so the measurements for the butter, olive oil and vinegar and an estimate, increase as you see fit. by erika9473

## **Caramelized Brussel Sprouts and Red Onions**

4 strips bacon, cut into 1" squares  
20 oz. brussel sprouts, ends chopped off  
2 medium red onions, chopped  
2 Cups chicken stock  
2 teaspoons fresh rosemary

Brown bacon in large skillet on med-low heat until crisp. Remove bacon from pan, pat off grease, set aside. Reserve bacon grease. Add onions to pan containing bacon grease, cook about 10 minutes, or until caramelized. Add brussel sprouts, cook additional 5 minutes. Add chicken stock, cook covered for 5 minutes. Uncover and cook additional 5 to 10 minutes, or until most of the liquid has been absorbed by the brussel sprouts. Add bacon and rosemary, stir for 2 minutes. Serve. by michelle14

## **Brussel Sprouts in Onion Cream**

1 1/2 lb brussel sprouts  
1/2 c onion, chopped  
1 pt sour cream  
2 Tbsp butter

Steam sprouts till tender. Sauté onion in butter till brown; stir in sour cream and heat. Add sprouts and mix. by carma

## **Don't care for Radishes? Try this!**

I saw an easy recipe for sautéed radish slices on the Food Network the other day.... Out of curiosity, I tried it. I am not a big radish fan, and I certainly never considered cooking

them! But, this easy side dish is very yummy and so fresh tasting. Also, cooking them mellows out the general bitterness of the vegetable. A new twist on this little crudite! No measuring needed. Just enough to suite your taste.

Melt butter in sauté pan. When butter is nice and bubbly, add sliced radishes. Sauté for a couple minutes, then add chopped chives, salt & pepper to taste. You still want to retain some of the crunchiness of the radishes, so don't overcook.

Diff't variation: Substitute fresh chopped dill for the chives. Add a bit of lemon juice at the end. By sfgal

## **Yellow Wax 'Dilly' Beans**

Heat one can of reg. or French cut yellow wax beans. Drain in colander and hold to the side in the bottom of the saucepan. Put 1 oz cream cheese and 1/4 c cream--whisk to blend well--when thick add 1 tsp. fresh or dried dill [or to taste] return beans to dilly sauce--stir and serve yummy!!!! by mrsv

## **Ratatouille**

It's the best - alone as a side dish, over spaghetti squash, and always with parm. or reggiano cheese sprinkled on top! Here is my easiest and quickest recipe. You used to have to salt your eggplant for an hour then rinse, however the brands we buy today aren't as bitter so we can generally skip this time consuming step - I do. By canadajo

Ratatouille

1 or 2 tbsp. olive oil

1 eggplant diced

1 onion (red or white, whatever you have)  
chopped not too small

1 or 2 cloves garlic chopped ( or more!)

6 or so mushrooms quartered or halved

1 red pepper - bite size pieces

1 zucchini - bite size pieces

14 ounce can diced tomatoes

1/2 tsp. thyme

1 tsp. basil

1 tsp. oregano

salt and pepper to taste

(hot red pepper flakes or chili peppers optional)

Fry onion and garlic in oil until clear. Add mushrooms, zucchini, red pepper, and eggplant, stirring occasionally. After a few minutes, add tomatoes and spices. Cover and cook at medium-low or low until veggies are at tenderness you wish (10-20min).

## **Oven-Fried Eggplant**

1/2 cup mayo

1 Tbl. dried minced onion

12 (1/2 inch) slices unpeeled eggplant (about 1 pound)

1/3 cup crushed fried pork rinds

1/3 cup grated parmesan cheese  
1/2 tsp. Italian seasoning

Combine mayo and minced onion; stir well. Spread evenly over both sides of eggplant slices. Combine pork rinds, cheese, and Italian seasoning in a shallow bowl; dredge eggplant in dry mixture.

Place eggplant on a baking sheet coated with cooking spray. Bake at 425 for 12 minutes. Turn eggplant over, and bake 12 minutes or until golden.

Good luck! by teenbean

## **Skillet Cabbage**

1 head of green cabbage, thinly sliced or shredded  
1 medium to large onion, minced  
4 stalks of celery, thinly sliced or minced  
1/2 pound bacon  
salt and pepper to taste

Fry bacon until crisp, remove from pan and set aside to cool. Add onion and celery to bacon grease. Sauté until onion is browned -- almost caramelized or just about burnt (you don't have to do this but I prefer the flavor of the dish when I cook the onion this long). Add the cabbage and cook until tender, stirring frequently. Crumble the bacon and stir into cabbage before serving. (Makes 4 to 6 servings depending upon if it's a side dish or a main dish.)  
variations: sometimes I add about 2 TBS cider vinegar, 1 TBS splenda and 2 TBS soy sauce once I add the cabbage for an Asian flair. by misslula

## **Creamy Leeks**

Melt in a large skillet over medium-low heat:

2 1/2 Tbsp. butter

Add and cook for 2 to 3 minutes without letting them brown:

4 C. julienne leeks (about 12 oz. or 3 large leeks)

Add:

1 C. chicken broth or 1 C. water w/ 1/2 tsp. salt

1 sprig fresh thyme

Cover and simmer until the leeks are tender, about 5 minutes. Uncover, increase the heat to medium-high and add:

1/4 C. dry white wine

Boil until the liquid is reduced by half, about 10 to 15 minutes. Stir in:

2Tbsp. heavy cream

1/2 tsp. curry powder or 1 pinch of freshly grated or ground nutmeg.

Cook until the cream is absorbed. Season with:

Finely snipped fresh chives

If you use nutmeg, serve with:

Chopped fresh parsley or chervil.

Makes 4 servings. by cashue

Level 1 Pro/Fat

## **Pepperonata Mixture**

1/2 cup olive oil  
2 tablespoons minced garlic  
1/2 yellow onion, minced  
2 red bell peppers  
2 green bell peppers  
1 yellow bell pepper (or another green or red one)  
2 tomatoes, peeled, seeded and coarsely chopped  
2 teaspoons salt  
1/4 cup fresh oregano leaves  
1/2 red onion, sliced into paper thin slices for garnish  
2 tablespoons minced parsley for garnish

In a large skillet over medium heat, heat the 1/2 cup olive oil until it is hot but not smoking. Add garlic and yellow onion and sauté, stirring until lightly colored (apx 3 min).

Halve the peppers; remove seeds and trim away white ribs. Cut lengthwise into strips 1/2 inch wide. Add all peppers to skillet at one time and stir to blend with garlic-onion mixture. Add tomatoes and salt and mix gently. Scatter oregano leaves across top. Cover and simmer slowly until peppers are soft (12 to 15 minutes).

Remove from heat and transfer to serving bowl to cool. Serve peppers at room temperature, garnishing the top with sliced red onion and minced parsley.  
Yield: About 3 1/2 cups

## **Good Okra Recipe**

Fresh okra (as much as you want)  
Water  
Butter  
Salt & pepper to taste

Cut ends off okra, being careful not to cut into pod. (The goal is to cut off the stem part but not cut into the inside).

Place in saucepan and add just enough water to float them. Simmer gently until tender (you can stick a fork in) but not so tender that they split. (Al dente if you wish).

When they're done, drain off water and put butter in pan and let it melt (how much butter is up to you). Salt and pepper and enjoy! These really are fabulous if you like okra at all! by StephRobin

## Munchies and Crunchies (Snacks)

### Cinnamon Scone Sticks

1 1/2 c whole wheat pastry flour  
1T baking powder  
1/4 tsp baking soda  
1 tsp salt  
1tsp cinnamon  
1/4 c plain, fat free yogurt  
1/2 c fat free milk (I needed to add 2-3 extra tablespoons)  
1tsp vanilla (also my addition)

Mix all dry ingredients. Add all other ingredients to make into a soft dough. Knead about 5 times. May need to add a little extra milk here. Just enough so all the crumbs combine. Roll into a 10x6 rectangle. Cut into 10 pieces. Bake 450 degrees about 12 min. Cool. I store mine in a zipper bag and eat for breakfast with my decaf. Hope this helps.  
megan @ SS site

I tried these and they were salty to me. You might want to cut back. And add more cinnamon.

### Spinach Chips

I don't know if I can't remember what potato chips really taste like because I haven't had them in 3 years but I really like these and it satisfied my temptation. by Kak

1 bag spinach (I used baby)  
non-stick spray  
Line a cookie sheet with foil and cover lightly with non-stick spray. Add spinach and bake at 350 until spinach is completely dried out

### Fried Spinach

At a restaurant last week I tried the fried spinach appetizer and must say it was delicious and fit nicely into the pro/fat category. The waiter said the spinach was "flash-fried" and then topped with Parmesan cheese and lemon juice. This is the closest sounding recipe I found, but was wondering if anyone knew of a different one. by mec76

Fresh Spinach (washed and dried)  
Parmesan Cheese  
Fresh Lemon

In a large heavy saucepan or deep-fat fryer, heat 3 or 4 inches of oil to 350 degrees. Standing well away from the top of the pot in case the oil spatters, take a handful of leaves at a time and throw them into the hot oil for about 30 seconds, or until crisp and bright green. Remove with a skimmer or tongs to the towel-lined pan and sprinkle with Parmesan and lemon.

## **Eggplant Chips**

1 lg. eggplant  
grated Parmesan

Slice eggplant into thin slices. Do some paper-thin and some 1/8" thin for a variety of textures. Coat both sides with olive oil, salt & fresh cracked pepper. Broil both sides until golden brown & crispy. Top with grated Parmesan, return to broil until the cheese gets bubbly and golden. Enjoy!

I made these as a snack, as they were baking I did not think I would like it that much. I liked it so much I ate the whole eggplant and called it dinner. I have also tried this on the BBQ grill and it turned out great.

I just tried frying them in 1/2 inch peanut oil on the stove top, it makes a little more mess and you can not do as many at the same time, however, it is easier to crisp each one without burning any. After removing from the fry pan, drain on paper towel and top with seasonings and/or Parmesan.

## **Zucchini Chips**

Here's a recipe for Zucchini Chips from the new Prevention Mag's "Lose Weight The Smart Low-Carb Way":

2 large zucchini (24-28 ozs)  
1 T olive oil  
1/4 tsp salt  
1/4 tsp garlic powder (opt)

Preheat oven 400. Coat 2 baking sheets with cooking spray. Thinly slice zucchini on the diagonal (1/8"). Place slices in a large bowl and toss well with the oil, salt, and garlic powder (if using). Arrange in a single layer on the baking sheets. Bake, turning often, for 25 mins. Reduce the oven to 300 and bake till splotchy brown and crisp (10-15 mins). Remove to paper towels and let cool. These will keep at room temp, uncovered, for several hours. (4 servings) cam

## **Zucchini Cakes**

Dice half of an onion and brown it in a little olive oil. Put aside grate a zucchini or two, when it is grated pick up fistfuls of it and wring it out as much as you can. Put it in a new bowl and add an egg and a few table spoons of parmesan cheese.

Add the browned onions.

Have a pan ready with hot olive oil in it

drop the batter in with a tablespoon so it makes little cakes and fry. These are tricky but they turn out great if you are careful. I make them all the time. Fry until golden brown and serve with a side of ranch dressing.

## **"Mock" Potato Chips**

Maybe I am really bad, but I have been wanting potato chips. So, here is the best I have been able to come up with so far. Does anyone else have any ideas, or should I not be thinking about chips anymore and try to eat more healthy foods???

1 celery root  
peanut oil  
salt  
red chilli powder (if desired)

Cut skin off celery root. Slice celery root into the thinnest slices you can, so they look like potato chips. (I cut the root in half, to make it easier to maneuver, before making the little slices).

Heat about 1/2 to 1 inch peanut oil in pan. (I used 10 " cast iron skillet). I used medium high heat.

When oil is hot (I saw steam off top and it looked like bubbles would soon start or you can throw one slice in to check if it sizzles) Put a layer of sliced celery root into the oil so all of the root is covered with oil.

Cook until it turns crisp. I cooked the first batch for 5 minutes on one side, then turned and cooked 1 1/2 minutes on the second side). The second batch cooked much faster like 2 minutes per side , and the third batch even faster.

Drain on paper towels and add salt (or chili powder for a spicier chip.) Store in a sealed container. (I used a small tupperware bowl).

The crisper they were, the more like a "potato chip" they were. But, the best were very dark brown and almost tasted burnt. The lighter ones got kind of soggy or soft in the center.

I brought them to a picnic yesterday and people thought they were tasty. But today they are pretty soggy, so I think I will try to put them in the toaster oven if I have some with my hamburger on a pro/fat bun for lunch.

## **Veggie Chips**

\*Take some fresh Cauliflower and deep fry it in already heated veg. oil. When the veggies look brown and crisp remove them and sprinkle with salt. This is great and our new fav. snack. I swear it kind of tastes like potato chips to me!

\*Those sounds really good. Have you ever tried cutting them. We do the same thing with broccoli stalks and cut them into strips like french fries. They are really good with her secret sauce (mayo and tomato paste) as a dip.

\*I slice celery root , turnips, and radishes thin deep fry them and the celery root tastes just like potato chips!!! now I can have chips and salsa and chips with my dip!!! I have a friend that is a chef and recommends if you have time to soak them over night and dry them off before frying yummmmm

\*I've heard of this recipe, but my friend takes Broc & Calif. puts in a bowl, then drizzles olive oil over, shakes up then puts on pan and either broils them or bakes them at like 400 degrees until they start to turn color, then salts. Just another way to try! Enjoy!

## **Homemade Legal Triscuits**

This is so simple!

3 "Shredded Wheat" biscuits, crushed

1/2 cup water

salt, garlic powder, onion powder, or whatever spices you like to taste.

Mix it all together in a bowl, allowing the cereal to soak up the water. Spread in a thin layer (about 1/4" thick) on a cookie sheet sprayed with Pam (a minor imbalance, parchment

paper will probably work too). Bake at 350 for about 15-20 minutes. Keep an eye on them! Remove from oven. Score with a spatula, flip them over and return to oven for an additional 5-10 min. to crisp. Enjoy!

Oh brother, 3 edits later, maybe I have it right! Yes, 1/2 cup of water. I'm having these for lunch today with fat free cream cheese mixed with a little Uncle Dan's Southern Dressing Mix and some veggies. Yummy!

### **Faux Ritz Crackers**

I found this recipe for Faux Ritz Crackers on another website...and maybe if you used an incredible imagination it would resemble crackers, but they were so good! You could use any flavor of jello, but peach from Wal-Mart is the flavor the recipe calls for. The Wal-Mart brand is the only flavor of sugar free peach to be found.

whites from 2 eggs, room temp  
pinch of cream of tartar  
1/4 envelope dry, peach jello  
3/4 T. Splenda

Preheat oven to 300. Beat whites and cream of tartar on high 'til they form soft peaks. Add the other 2 ingredients and beat 'til stiff peaks. Spread out on a greased cookie sheet (or two), making dollar size circles. (Makes about 12 or so). Place in oven for 6 mins., turn oven off, and leave in 40. Eat! Yum. I'm off to try strawberry jello flavor...

### **Cinnamon and "sugar" delights**

You can't imagine how good these are! I use fat free margarine, as part of my carb snack.

1 low carb tortilla or fat free ww tortilla  
fat free margarine  
cinnamon  
Splenda

Spread a light layer of marg. on tortilla and top with cinnamon and Splenda! Heat in microwave 10 seconds or oven to crisp 'em up for 5 mins. or so. Oh....they are soooo good! You'll never "need" a cinnamon roll again! :)

### **Cinnamon Puffs**

I am modifying my SIL's Christmas Treat that she made with pecans. by Kd Lite

1 egg white  
1 Tbsp Splenda  
1/4 Tsp Cinnamon  
1/4 Tsp Nutmeg  
1/2 bag of Pork Rind (Pork Puffs, Piggy Puffs whatever your store calls them)

Pre-heat oven to 250 degrees

Using a good size bowl, Beat egg whites until stiff. Add splenda, cinnamon & nutmeg and continue beating until well blended. Stir in pork rind mix until they are all well covered. (You may need to add more or less of the pork rinds depending on how much meringue the egg whites produced). Put onto a baking sheet and spread out. Bake for about 20 minutes

The meringue will become a nice sweet coating that isn't greasy. I haven't tried it yet but I bet you could add flavored extracts to the meringue instead of cinnamon & nutmeg and have flavored puff. Or maybe add Parmesan cheese powder to the meringue and have cheesy puffs. I will have to experiment.

### **Cinnamon Cream Cheese Nibbles**

This yummy quick snack is great when you need a little something sweet. And it's so easy!

8oz cream cheese  
2 tsp unflavored gelatin  
1 Tablespoon water  
4 packets splenda  
1/2 tsp cinnamon  
1/4 tsp almond extract(optional)

Dissolve gelatin in water and beat into cream cheese with 2 packets splenda and 1/2 of the cinnamon and almond extract if using.  
Refrigerate mixture until firm. Slightly dampen hands and pinch off a marble sized piece of the cheese mixture and roll into a ball. Do this with the rest of the cream cheese. Freeze for 30 minutes in a single layer on wax paper.  
Mix remaining splenda and cinnamon.  
Place in a gallon sized zipper bag and add frozen cream cheese balls. Shake gently to coat. Store in refrigerator in a single layer to prevent sticking. Makes 20-22 nibbles. ENJOY!!!

### **Texas Fudge**

2 cups shredded cheese (your choice)  
1 dozen eggs  
4 cans (4 1/2 oz) diced Ortega chillies  
butter a 9.5 x 13.5 baking dish

Preheat oven to 350  
Mix ingredients together, bake until center is set (about 35 minutes)  
Keeps in fridge for weeks. Can be frozen. Serve cold. Serve warm. Serve hot. Serve with sour cream. Serve with salsa. Great stuff! by montanalee

### **Quick Snack**

I made this the other day because I was hungry and needed something fast. It was terrific. If you have not tried Suzanne's salad dressing mixes, they are wonderful especially the Green Goddess. by Okie-dokie

Put about three or four slices of tomato on a plate. Top with about one T. of green goddess salad dressing onto each tomato slice. Cover with cheese and micro for about 1-2 minutes till cheese is melted. This is so good, and very fast when you need something quick. You could even put the tomatoes onto shredded lettuce or spinach leaves. I am always looking for something very easy to fix for those times when you need something fast. This is also a great salad.

## **Snowcapped Cocoa Puff Mountains**

1/2 c non fat milk  
2 tsp non fat sour cream  
7 tsp splenda  
3-4 tsp cocoa  
3-4 c wheat puffs

On medium heat mix ff milk, splenda, and cocoa when mixed smooth add in sour cream whisk briskly do not let this mixture burn. Then start adding in wheat puffs until almost all the liquid mixture is absorbed and puffs are coated well. Drop by tablespoons onto a non-stick cookie sheet. Place entire cookie sheet in freezer for about 2 hours or until firm. Remove from freezer and sprinkle with "snow" which is cinnamon and splenda stirred together and sprinkled on top of Cocoa puff Mountains. Now if you find they are not sweet enough you can play with amount of splenda to taste. I ate these with a glass of ff milk and was very pleased with my treat, as were my kids!

## **Pizza Dip**

It's really simple:

1 block softened cream cheese.  
Mix as much as you want of the following:  
Oregano  
Basil  
Parsley  
Garlic Salt  
Italian Seasoning

Make sure all the cream cheese is coated in these seasonings. Smooth out the cream cheese in a baking dish. Top with pizza sauce and then mozzarella. Bake at 350 for 30 minutes and OH MY!! SO YUMMY! It has become everyone's favorite snack wherever I go. Hope you enjoy and it takes 5 seconds to make! by mrj

## **Hot Dogs and Cheese**

I don't know if anyone else eats this, but as a teenager, I lived on Hot dogs, sliced open like a bun, with American or cheddar cheese put in the middle. Then we would broil them until the cheese was melted (I like mine until the cheese has a little brown crispiness on top). It was always a great snack and with the right kind of hot dogs, still is. Or I sometimes make these for lunch and have a small salad with it. Chelle

## **Egg/Tuna Salad & Pork Rinds**

3 hard-boiled eggs  
1 can tuna, drained  
Hellmann's mayo-to taste  
lemon pepper to taste  
Mix all and use pork rinds for dipping. by Pennymail

## **Great snack or lunch idea**

I take a slice of lunch meat (legal) and put a layer on a plate, then I slice me a tomato and what ever type of veg. I want put a little legal ketchup and top with all the cheese I want put a little Italian seasoning or garlic salt and pop in the microwave for about 40 sec. and man is this great, I make it all the time lately!! by traybo

## **Beef Roll Ups**

I don't remember when I started making these but they are still a hit.

1/4-1/2 pound deli sliced beef  
(have the deli slice it thinly)  
1 pkg cream cheese  
2-3 dill pickles

Slice the pickles very thin(lengthwise)  
Slice the cream cheese thinly

Put one or two pieces of cream cheese at one end of the beef slice  
Put thinly sliced pickle on top of cream cheese

Roll up!

Secure beef roll ups with tooth picks  
(the toothpicks with the "fancy pants" are festive)

You can make these mondo sized or smaller depending on the size of the beef, and the amount of cream cheese you add

Garnish serving platter with cherry tomatoes and parsley

Place Beef Roll Ups on garnished serving platter like the spokes of a wheel...it looks fancy schmancy that way..nice presentation.

These are filling and seem to disappear quickly.=: }

## **Frozen Grapes**

Freeze grapes for 2-3 hrs in freezer. \*smile\*

## **Home Made Beef Jerky**

5 lbs extra lean ground beef  
4 1/2 tsp NOT iodized salt  
2 1/4 tsp accent  
3/4 tsp garlic powder  
1/2 tsp crushed red pepper  
2 1/4 tsp meat tenderizer  
3/4 tsp pepper  
3 tbsp brown sugar (i added 1 tbsp splenda)

1/2 cup Worcestershire  
1/2 cup liquid smoke  
1/4 cup soya sauce or sugar free ketchup

Mix all spices with ground beef. Mix liquids in separate bowl Press into strips or roll out thin.  
Coat with sauces and dry 6 hours.

## **Jerky Marinade**

Use a big tupperware container with a lid or a baking dish covered with saran wrap to

marinade. Some just put the mixture in a bowl and then from there they put the meat in a Ziploc baggy and then pour in marinade Which is nice to be able to shake it up every couple hours and flipping the bag to be sure all your meat gets marinated. If using a container I normally go in with a fork and stir my mixture pulling meat from the bottom to the top because all the stuff on the bottom will really absorb the most. Works either way

2 cups beef broth  
1 cup soy sauce  
1 teaspoon ( I personally don't like Kikkoman that strong but I do like a hint of it's flavor)  
1 teaspoon of Worcestershire  
1 - 2 capfuls of hickory smoke (to your taste)  
2 garlic cloves minced  
1/2 onion diced  
sprinkled pepper

I mix the ingredients and then taste them BEFORE putting meat in, and note it will be salty but this is the best way to taste your marinade to note what you need added. Feel free to experiment here.

Place strips of sliced meat into marinade and depending on your meat marinade anywhere from 6 hrs to overnight. I have had meat, like pork, that only needed 4 hrs to marinade. If you've got a really tender meat it will normally absorb it real quick.

Variations:

Peppered:

I have made the above recipe and then when I place meat on my dehydrator I pepper it and I always rotate my trays and each time I rotate, usually every hour I take the bottom tray pepper it, , flip that meat, and then rotate that tray to the top.

Spicy:

You can either add a hot sauce to your marinade, Or some hot chili pepper, diced jalapenos juice and all.....remember to taste it, that is your key to getting the taste you want!!

Teriyaki:

Add like a couple tablespoons of vinegar and some sweetener to your liking, before somersizing I used brown sugar and I saw someone say they used brown sugar splenda and if it is good then use it cause it would really bring out a teriyaki flavor. You could even use a little lemon.

Ok now I have probably filled your heads with enough ideas and you get the picture....TASTE the MARINADE BEFORE ADDING MEAT, actually know someone who tasted it while the raw meat was in it. Add the things you like to flavor meat with.

DEHYDRATE:

Normally I dehydrate my meat at least 6 hours, I slice mine fairly thin, with Pork I do it EXTREMELY THIN and MAKE SURE IT'S DONE. Your meats done when you bend it and you can see it's white and dried out like Jerky and it pulls apart like jerky.

I spent \$3 a pork roast and the roast made a little over 2 PACKED Ziploc bags full.

## Desserts – Level One

### Philadelphia Rice Pudding

(Jeff Smith "The Frugal Gourmet". It's a recipe from Thomas Jefferson's granddaughter.)

1 cup long grain brown rice, rinsed and drained well  
1 1/2 quarts milk\*\* (skim milk)  
1 cup sugar (sweetener)  
1/2 teaspoon salt  
Dash of nutmeg  
1 teaspoon vanilla extract

Mix all of the above together and place in a 3-quart covered saucepan. Bring to a simmer on the top of the stove and then place, covered, in a 300\* oven. Bake without disturbing or stirring for 2 hours and 45 minutes. The pudding will almost caramelize.

\*\* (my addition) Maybe add one-third cup of instant nonfat dry milk powder for every cup of skim milk. Or adjust as necessary. Use SomerSweet in this recipe.

### Cinnamon Scones

2 1/2 cups whole wheat pastry flour  
1 tablespoon baking powder  
1/4 teaspoon baking soda  
1 teaspoon salt  
1 teaspoon cinnamon  
1/4 cup nonfat plain yogurt or fat-free cottage cheese  
1/2 cup skim milk or more  
(1/2 cup raisins for level 2)

Combine dry ingredients, add in wet ingredients. Mix together until soft dough forms, adding more milk if needed. Turn dough onto surface generously dusted with ww pastry flour; gently roll in flour to coat. Knead 5 times. Pat or roll to 1/2-inch thick. Cut into scones/biscuits using a drinking glass or biscuit cutter. Bake for 10 minutes in a preheated 450\* oven.

VARATION: Also good made with whole grain spelt flour.

They did turn out, but like I said...it was VERY plain that's why I'd like a frosting..and just so you know...I refrigerated them and they go EXTREMELY hard!!! So if anyone has a solution to this..it would be great! ~Kim~

Here's a recipe for a glaze posted by mjlibbey. Perhaps this would give you an idea at least. You may want to substitute ricotta for the cottage cheese...

**GLAZE:** Makes more than needed.

1 cup fat free cottage cheese  
1 cup fat free plain yogurt  
1/3 cup sugar free maple syrup(use less)  
1/2 teaspoon vanilla extract

Place cottage cheese and yogurt in a strainer. Strain off liquid(as making yogurt cheese). Blend all ingredients in blender until smooth. Don't have to strain, but makes a thicker glaze.

=====

Here's **starlite's glaze** too:

glaze:

8oz fat free ricotta cheese

2tsp somersweet

1 tbs orange peel (zest)

Forgive me if this recipe isn't very precise in its measurements; maybe I should figure it out more exactly before submitting it? Anyway, give it a shot. It's actually more of a snack I guess (great for the mid-afternoon hunger pangs!) because with it being a fruit you can't eat it right after a meal.

## **Mom's Doughnuts**

Here it is...the famous doughnut recipe by Mom...I use these for breadcrumbs for meatloaf, meatballs, and of course a snack.

Oil for frying

1/1/2 cups whey protein powder

1/3 cup pourable splenda

2 tsp baking powder

1/2 tsp salt

1 1/2 tsp cinnamon

1/2 tsp nutmeg

1/2 cup cream

2 tbs oil

1 tsp vanilla

1 egg slightly beaten

In a large sauce pan, heat 2 - 3 inches oil to 375 degrees. In a large bowl combine whey protein powder, splenda, baking powder, salt, cinnamon, and nutmeg. Stir in cream, oil, vanilla and egg with a fork until dry ingredients are moist. Drop by teaspoonfuls into oil about 5 or 6 at a time. Fry doughnut drops about a minute each side until golden brown. Make sure inside is cooked. Drain on paper towels. Roll warm doughnuts in a cinnamon/splenda mixture or ice with cream cheese glaze.

These are fab...they puff up and as the same texture as a cake doughnut. I also seem to remember some have baked these and even cooked them in an electric sandwich maker.

For Meatballs or meatloaf: Omit splenda, nutmeg, cinnamon, and vanilla. Crumble and use in recipe.

for Meatball recipe go to "Spaghetti Sauce" thread by rayrayinparker on this forum.

## **Miracle Fluff**

1/2 cup boiling water  
1/2 cup cold water  
1 sm. box sugar free orange Jell-O (or whatever flavor you like)  
1 1/2 cups heavy cream, WHIPPED and chilled  
1 (8 oz) pkg. cream cheese....softened  
2 teaspoons vanilla

Whip the cream, and chill. Dissolve Jell-O in the boiling water. Add the 1/2 cup cold water and stir until the Jell-O is dissolved. Beat the cream cheese and vanilla together in a bowl. Add the Jell-O mixture, and beat for a couple of minutes. Add the chilled WHIPPED cream, and gently mix together until fluffy and well mixed. Pour into individual serving dishes, or an 8" square pan. Chill until set.

I haven't make this yet but plan to this weekend. Just thought everyone would like to give it a try. I found it in the Light & Tasty magazine. Hope it is good :)

### **Yummy Jell-O Stuff**

I made this from an old recipe I had it's yummy!

1 small box sugar-free cherry Jell-O  
1 Tablespoon wonder cocoa  
2 pkgs. Splenda  
1/2 cup sour cream

Mix Jell-O, cocoa and splenda together in bowl. Add 1 cup boiling water and stir till well blended. Refrigerate 30 minutes or until soft set. Add sour cream and mix till fluffy. Refrigerate till set. by toomuch1

### **Lemon/Lime Fluff**

I just made something that's very good and keeps me from my "almost level one" desire for chocolate! I whipped 1/2 cup of heavy cream until just under stiff stage and refrigerated it. I beat the juice and rinds of one large lemon and lime into 8 oz. of very soft cream cheese along with the equivalent of 1/3-cup sugar. I folded in the cream cheese mixture to the whipped cream and re-whipped until very fluffy. Refrigerated it for about 1 hour and it was delicious. Somewhat tart so you may want to taste it for sweetener. I like it tart. Enjoy and let me know if you make it! by HH from Houston

### **Homemade SF Jello**

Since gelatin is a "free" food, I just mixed one packet of plain gelatin with 1 packet of old-fashioned, non-sweetened Grape KoolAid powder (the corn product involved for adding \*body\* to the KoolAid is an infinitesimally tiny amount per serving, so I'm perfectly OK with it!), and sweetener equal to 1 cup of sugar...my choice was 1/2 cup pourable Splenda and 1/3 cup crystalline fructose.

Then I added one cup boiling water & stirred until the dry ingredients were dissolved (NOTE: If you do all this in a bowl, it's far less messy than merely using your countertop!!!!!!), and then added one 15-oz can of no-sugar-added pear halves (about 6 halves, as I recall) and the unsweetened fruit juice in which they were canned.

(For a somewhat less intense flavor, you could "up" the total liquid to 3-4 cups, and use an additional packet of gelatin--'works just fine, and your KoolAid powder goes further!)

The small amount of juice and fruit in each serving amounts to less than a regular SS portion of fruit--and this tastes FABULOUS!

PS--The "jello" I just described would be a FRUIT category snack...however, if berries have worked out to be a \*free\* food for you (this is true for many of us, as the berries' large percentage of fiber often offsets their natural sugar), then you could replace the pear halves & juice with berries & 1 cup of water-and-ice-cubes-mixed-together...--AND PASS THE WHIPPED CREAM, PLEASE!

PPS: If you want to make ZeeKoolAidJello without any fruit or juice, just make the 2nd cup of liquid ice water--OR, if you wanted to \*spike\* the flavor, you could make it a combination of a coupla Tablespoons of lemon juice and ice water to make 1 cup total.

And as I noted in the original post, you could easily increase the amount of total liquid to 3 or 4 cups and add 1 additional packet of gelatin...the flavor will still be great, and your 1 packet of KoolAid will yield more servings!

Either way, this'd be jello you could eat with any of the SS food groups. And if you'd like to simmer some rhubarb pieces (which are considered a "VEGGIE" by SSing) with a little sweetener until they're tender-crisp, they'd add a fruit-like taste & texture to your With-either-CARBS-or PRO/FATS Jello!

## **Orange Gel-lo**

1 packet Knox gelatin  
1 sachet orange herbal tea

Make 1 cup orange herbal tea.

Sprinkle gelatin on 1/4 cup room temperature water. Add 1/4 cup boiling water and stir for 2 min. Add 1 cup orange herbal tea. Stir. Refrigerate until firm.

Tips: I used liptons gentle orange tea. Next time I may try making it with lemonade or limeade.

Now I know that there are lots of things that I can do with gelatin. Like using juice, and on level 2, maybe some sparkling wine with food coloring, or even using Crystal Light, water, and gelatin...The ideas are endless. Thank you.

## **Diet rite Jello**

legal level 1 profat. By Starlite

2 12 oz cans of any flavor diet rite pop\*  
3 packets knox plain unsweetened gelatin

Open 1 can of pop and sprinkle all 3 packets of gelatin over it. Stir to mix. Let sit for 5 minutes. Mean while open the second can of diet rite and heat to boiling in microwave. Add boiling pop to cold pop and gelatin. Stir for 5 minutes till gelatin is dissolved. Refrigerate for at least 3 hours. The gelatin will be firm and still have a slight snap from the carbonation. Scoop into parfait glasses and alternate layers with whipped cream, ending with whipped topping. My kids love this one.

\*Try Diet Hansen's sodas if you can't find Diet Rite flavors other than cola. Diet Hansen sodas can usually be found at Health Food stores and is caffeine-free and aspartame-free just like the Diet Rite sodas.

### **Three Layered SF Jello**

This dessert is so good on a hot summer's day. By Leslie.

2 small packets of sugar free jello (any flavour)  
3 ounces cream cheese-softened  
4TbIs. heavy cream

Pour 2 cups of hot water over both packets of jello. Stir to dissolve. Add cream cheese. Beat with mixer until the cheese is completely mixed in. It will be 'frothy'. Stir in 2 cups of cold water.

Whip 4TbIs. of heavy cream until stiff.

Lightly whisk the whipped cream into the jello mixture.

Cover and refrigerate until firm

It will separate into three layers:

Clear jello on the bottom,

A flavored cream cheese layer in the middle,

A flavored whip cream layer on the top.

### **BLACK-CHERRY-COKE**

\*Fruit Dessert\*!

This is a brilliant-tasting way to "have-your-fruit-and-eat-it-too"!—as your Good-Morning Wakeup, as a FRUIT-snack, or—if you happen to be a SSer for whom fruit-on-an-empty-stomach just doesn't work—possibly along with a \*Beyond-Level-One\* Pro-Fats meal (in which case, I'd prescribe a dollop of whipped cream!). If you're ready for what is referred to as "Level Two", you might even like to stir in a half-cup of chopped walnuts just before refrigerating...Hope you like!

1/2 cup lukewarm water

2 packets plain gelatin (= 1/2 ounce = 14 grams)

1 packet \*unsweetened\* Black Cherry Kool-Aid powder

1 cup boiling water

2/3 cup pourable Splenda (or 16 pkts Splenda; or 2 Tbsp SomerSweet; or 1/2 cup Pure Crystalline Fructose)

1 12-oz can \*chilled\* Diet-Rite Cola

1 20-oz can \*chilled\* Crushed Pineapple in its own unsweetened juice

1 12-oz bag pitted & frozen Dark Sweet Cherries (2 cups) (You may substitute fresh dark cherries that you've pitted and frozen yourself—their frozen state \*really\* speeds the gelling process!)

1. Place lukewarm water in \*large\* mixing bowl (you'll need plenty of room, 'cause Zee\*Foaming\* comes soon!).

2. Sprinkle gelatin over lukewarm water and allow to soften 5 minutes.

3. Sprinkle Kool-Aid powder over gelatin mixture.

4. Add 1 cup boiling water, stirring until gelatin & Kool-Aid is completely dissolved.
5. Stir in sweetener (Splenda, SomerSweet, or Fructose, listed above).
6. Pour in Diet-Rite Cola, stirring to blend (Ah! – FOAMING!!!).
7. Add entire contents of chilled Pineapple can—fruit \*and\* juice.
8. Gently pour in \*frozen\* Dark Sweet Cherries, stirring gently for 1-2 minutes to allow gelatin mixture to absorb the cherries' coldness.
9. Refrigerate!... You may simply use the mixing bowl, or place in whatever large container you like (a 9x13 cake pan would be super for take-with occasions)...the recipe yields 7-8 cups, so plan accordingly. And remember—All ZeeGoodStuff tends to float to the top, so if you're able to use a container that's not very deep, every serving will be very, very \*fruit\*full!

If you've followed my specs for chilled/frozen ingredients, your dessert should be soft-set (for cheat-tasting!) within a half hour and, depending on the depth of the bowl/pan/mold you've chosen, should be ready to serve-for-real within just 1-3 hours—Happy Eating to YOU!

## **Popsicles**

- One large box sugar-free jello
- 2 pks koolaid (make sure the jello and koolaid flavors match)
- 2 cups Splenda
- 2 cups hot water
- 6 cups cold water

Heat hot water till boiling, then add jello, koolaid and sugar and stir till dissolved. Add the 6 cups cold water and stir. Pour into dixie cups (I put my dixie cups in a 9\*13 pan) and set in freezer. When they start to set and get firm, insert popsicle sticks in the middle of them and let them get hard and firm. When ready to eat, run under hot water to loosen up the dixie cup. Your kids will enjoy. Love, OHIO

## **Gelatin pops**

- 1 c boiling water
- 1 pkg any flavor SF jello
- 1/2 c sugar substitute
- 2 c cold water
- 7 (5 oz) paper cups
- 7 Popsicle sticks

Stir boiling water into gelatin and sugar sub in med bowl for 2 min until dissolved. Stir in cold water. Pour into cups and freeze only 2 hrs until almost firm. Insert sticks and freeze at least 5 hrs. To serve, place bottom of cup under warm water for 15 sec. Press firmly on bottom of cup to release (don't twist or pull).

## **Lemon Sour Cream Mold**

- 1 pkg SF lemon Jell-O
- 1 c boiling water
- 1/2 c cream
- 1/2 tsp vanilla

1/2 c sour cream

Dissolve gelatin in boiling water. Add cream and vanilla; blend in sour cream. Chill till slightly thickened, then beat till smooth with mixer. Pour into a 3 cup mold and chill till firm, at least 3 hrs. by carma

## **Pina Colada Clouds**

1 pkg cream cheese  
1 cup cream  
1 pkg unflavored gelatin completely dissolved in 1/4 cup boiling water  
1/2 cup pourable splenda  
1 1/2 tsp coconut extract  
2 tbl lemon juice  
3 or 4 drops of yellow food coloring

Dissolve the gelatin in the boiling water. Mix until completely dissolved. Whip softened cream cheese, splenda, flavorings, lemon juice and cream until light and fluffy, and will form peaks when you take out the beaters. Add the gelatin and mix really well.

Put the mixture into a Ziploc bag and get out all the air. Cut the tip off of the bag and pipe the mixture into wineglasses. Chill until firm (at least a couple of hours).

This is really good and I think you will like it. It make about 6 - 8 glasses (depending on how much you put into each glass...it is really rich so I divide into 8 glasses). by gruntle

## **Vanilla Panna Cotta**

by Bailey: I made this past weekend. I will post it with the measurements of sugar that it had in the recipe; it's up to you to use your sweetener's equivalent:

Makes 8 servings (or 4 depending on size of glasses) refrigerate these for at least 6 hours and up to 2 day before serving:

1/4-cup cold water  
2 1/2 teaspoons unflavored gelatin (from 2 packages)  
3 cups whipping cream  
1 cup sugar  
1 1/2 teaspoons vanilla extract

Pour 1/4-cup cold water into a small custard cup. Sprinkle gelatin over. Let stand until gelatin softens, about 15 minutes. Bring 1 inch of water in a small skillet to boil. Place cup with gelatin in water. Stir until gelatin dissolves, about 2 minutes. Remove from heat. Combine cream and 2/3 cup sugar (your sweetener's equivalent) in heavy medium saucepan. Stir over medium heat just until "sugar" dissolves. Remove from heat. Mix in vanilla and gelatin. Divide pudding mixture among 8 wineglasses (or 4 dessert dishes). Cover and chill until set, at least 6 hours and up to 1 day.

The original recipe calls for mixed-berry compote to be served on top, but I didn't make it. It would be DELICIOUS with the compote, though. Hope this is what you're looking for. Good luck!

## Classic Almond or Banana Creme

1 envelope Knox unflavored gelatin  
1/4 c water  
1 1/2 c cream  
1/2 c sugar substitution  
2 eggs  
1/2 tsp almond extract (or 2 tsp banana extract)

In small saucepan, sprinkle gelatin over water and let stand for 1 min. Stir over low heat till dissolved. In blender or food processor, process cream, sugar sub, eggs, and extract for 2 min. While processing, gradually add gelatin and process till blended. Pour into dessert dishes and chill. Top with sweetened whipped cream. For level 2, garnish with strawberries and sliced almonds. Forgot to mention: I added about 1/4-tsp. vanilla extract. Also, I cleaned the raw eggs in warm, soapy water or coddle them to reduce risk of salmonella. by carma

## Moist Cookies

1C unsalted butter  
2 eggs  
1C vanilla flavored protein powder  
1C splenda  
1tsp vanilla  
1tsp baking powder  
1tsp cream of tartar

For best results bake these on wax paper or parchment paper over your cookie sheet. You could also half the amount of cream of tartar in the recipe and still have great results. Bake them in a 350 degree oven for about 7 minutes.

Variation: To get Pumpkin Bars: I added a bit more vanilla and pumpkin pie spice and baked it in a square pan to make bars. You do have to cook them longer (about 15-20 minutes depending on how big your pan is. Mine was 9x9). Then I sweetened some cream cheese with Splenda. They were so so so great! Now I have a pro fat "frostedpumpkin bread" for the holidays. Thank you OK2Lose!!!!!!

## Whey Protein Powder Cookies

1c. unsalted butter  
2 eggs  
1c. vanilla flavored whey protein powder  
1c. Splenda,  
1t. vanilla  
1t. baking powder  
1t. cream of tartar

\*\* my addition, cut up sf chocolate bars to make chips and stir in. I think Suzannes baking bars would be great if you have them.

Like I said in an earlier post, mine flattened out quite a bit and spread all over the pan. Use a jelly roll pan to be safe. Make the cookies fairly small and space out quite a bit. I'll monkey with the amt. of butter next time as this was more like batter than dough. All 3 of my kids loved them and even my cat tried to take one from me this a.m.!! I covered the plate with foil hoping they wouldn't be like rocks this morning, and they're nice and soft!

## Vanilla Cookies

1 1/2 cups of sugar substitute (I only used 3 Tbsp. + 1/2 tsp. somersweet)  
1 cup butter  
2 eggs  
1 tsp. vanilla extract  
2 1/2 cups whey protein powder  
1 tsp. baking soda  
1 tsp. cream of tartar

Melt butter and blend with sugar substitute. Add eggs, vanilla, and dry ingredients. Drop in teaspoonfuls onto a cookie sheet lined with parchment paper. Smash them so they are uniform. (They will get really fluffy) Bake at 375 for 5-7 minutes. They will sort of taste like a sweetbread. If you let them get browned, they will become a harder cookie. Either way, they're yummy!

I also did some mixed with cinnamon. (They would have been great with some icing) You might also try ginger for a gingerbread-type cookie.

## Cakelike Cookies

These cookies are cakelike and delicious. I hope you like them too!!

4 tablespoons butter  
1 cup Splenda  
1/2-cup sour cream OR 2 teas. Vinegar with  
light or heavy cream to fill 1/2 cup.  
2 eggs  
1 cup protein powder  
1/2 teaspoon baking soda  
2 teaspoons vanilla  
dash salt

Blend softened butter with Splenda. Add sour cream and mix well. Add eggs and beat well. Add vanilla and salt. Mix. Add protein powder and baking soda. Mix well. Drop by teaspoons onto buttered cookie sheet. Flatten slightly with fork dipped into protein powder. Bake at 350 degrees for 6-8 minutes.

Top with topping.

Topping: 1/2 cup sour cream, sweetener to taste, 1/2 teaspoon vanilla, food coloring (opt.)

## Starlite's Spice Cookie

This is a legal level 1 pro/fat recipe

8 oz of butter  
8 oz cream cheese  
3 tbs somersweet (1 C sugar)  
2 tsp vanilla  
3 eggs  
3 C pure whey protein ( I use vanilla sf flavor)  
1 tsp baking powder  
1 tsp cream of tartar  
2 tsp cinnamon  
1 tsp nutmeg  
1/2 tsp allspice  
1/2 tsp cloves  
1/2 tsp cardamom (optional)

Cream the softened butter and cream cheese with the somersweet till fluffy. Add eggs 1 at a time mixing thoroughly between each egg. Add vanilla. Combine dry ingredients in one bowl and add slowly to mixer bowl. Beat slowly till mixed about 2-3 minutes. Chill till set firm in refrigerator for at least 1 hour. Preheat oven to 375. Put rounded tsp of dough onto cookie sheet and flatten. Bake for 6-8 minutes until light brown. These will puff up while baking. This recipe makes approximately 4 dozen 2 inch cookies

Jams to make almond cookies I would leave out the other spices and vanilla and add almond extract. I would guess 2 tsps for full flavor. But taste before baking and adjust to your personal preference.

Oh yes firesnake they sure could become a savory. Maybe with cheese? Or onion, garlic, parsley and brushed with melted butter and sprinkled with salt? Hmmmmmmmmm!

## **Meringue Cookies**

I somersized the recipe from FoodNetwork.

4 egg whites, room temperature  
1/4 tsp. salt  
1 tsp. vanilla  
2 1/2 tsp. Somersweet (or 1/4 cup Splenda)  
options to add: lemon zest, wondercocoa(almost level 1), peppermint extract, I am sure that you can add any flavor oils or extract to it.

Preheat oven to 250 degrees F.

In a mixer on medium-low speed, beat the egg whites until frothy, about 2 minutes. Increase the mixer speed to high, add salt and whip to stiff, but not dry peaks. Reduce the speed to medium. Add the vanilla and then the sugar, a few tsp at a time. Whip to glossy peaks, about 2 minutes. Gently fold in the options. Drop by the tablespoon onto cookie sheets lined with parchment. Bake 45 minutes. Turn oven off and leave in oven overnight without opening the oven door.

I usually can't wait that long. I have eaten them after 3hours in the oven. Just as long as they are cool. Store them in a airtight container. -Angela

## Lemon Delight Bars

These are similar to the Lemon Bars that we all remember, but without the carbs, and with a cream cheese frosting.

I used Naturade Whey Powder, Vanilla, which has 1 carb per 2 scoops. Please remember, do not "pack" the whey powder into the measuring cup, as this will alter the recipe. I fluff the powder in the can with a fork and then take out loose scoops. created by September Level 1 Pro/Fats Dessert

Preheat the oven to 325 degrees.

Spray a 9 x 9 inch pan (mine is pyrex), with Pam (you can also butter the pan).

### LAYER ONE

1 cup vanilla (unsweetened) whey powder

1 stick of butter, softened

1/4 cup sugar equivalent (I used 2 teaspoons of Somersweet)

Combine in a small bowl and mix together well. Mixture will be crumbly. Press into bottom of 9 x 9 pan. Bake at 325 for 10-12 minutes. Do not allow this layer to brown much...

Cool for 15-20 minutes. (I left my oven on, but you could turn it off and preheat it again if you want, your choice)

### LAYER TWO

4 eggs

1 cup sugar equivalent (I used 3 tablespoons of Somersweet)

5 tablespoons lemon juice (or Key Lime juice- I did this its YUMMY)

2 teaspoons lemon zest (outer peel from 1/2 of a lemon)

1 packet Knox gelatin

2 tablespoons water

Combine water and lemon juice in a small bowl. Sprinkle the gelatin over and allow to sit.

Combine 4 eggs and sugar equivalent in a medium bowl and beat for 3-5 minutes, till mixture is yellow and ribbony. Add gelatin mixture and mix in well.

Layer one should be treated gentle. It is delicate. At this point, you are ready to pour the Layer two mixture over layer one. I suggest spooning or ladling it over layer one so that the layers maintain their integrity.

Bake for 20-30 minutes at 325. Remove from the oven when the edges start to brown at all.

### LAYER THREE

1/4 cup sugar equivalent (I used 2 teaspoons of Somersweet-- it was sweet)

3 oz cream cheese, softened

1 tablespoon lemon juice (Key Lime juice is also great!)

Combine well in a small mixing bowl. Spread gently over bars. Refrigerate for at least 2 hours, covered with plastic wrap.

## Lemon Filling

I use this with septembers lemon bars. you can problem use it if you want it for a lemon filling for something else-like pie. This is also good alone.

Lemon filling

4 eggs, beaten

2 cups of equivalent to sugar

1/4-cup protein powder

6-8 tablespoons of lemon juice

- 1) Combine protein powder and sugar substitute.
- 2) Mix beaten eggs and lemon juice.
- 3) Bake at 350 degrees for 25minutes or until set.
- 4) Let it cool for a bit and enjoy! Maryann

## Delicate Lemon Squares

Every Christmas (and occasionally throughout the year) my mom makes these delicious lemon bars that I love -- and very much miss -- since starting this WOE. The recipe itself is VERY similar to September's Lemon Bars, which I have tried and love, but I wanted to share this recipe too (I tried SSizing my mom's last night and was pleased enough with the results to post it). Hope you enjoy too!

Note: For this recipe, I used TJ's Milk and Egg Protein Powder and Splenda granular. Also, you might try doubling or 1 1/2 the Lemon Part for a thicker bar; I'm not entirely sure how baking time will need to be altered, however.

Crust:

1/2 cup protein powder

2 T sugar substitute

1/4 cup butter

Preheat oven to 350 F. Combine powder and sugar sub.; cut in butter with pastry blender till mixture resembles coarse meal. Press into 8-in. square baking pan (I sprayed mine with PAM as a precaution, but I think that was unnecessary) and bake 12-15 min. (Note: My crust browned and pulled away from the edges; additionally, I added a little more protein powder to make the mixture a little drier and less moist.)

Lemon Part (don't know what to call it: can't call it 2nd layer (1st layer being labeled crust); it's not a 'filling', per se; and it's not the entire 'bar'; so we'll just go with Lemon Part):

2 eggs, beaten

1 cup sugar sub.

1/2 T grated lemon rind (or more if you want)

3 T lemon juice (generous)

2 T protein powder

1/2 t baking powder

Combine eggs, sugar, lemon rind and juice in bowl; beat well. Combine 2 T protein powder and baking powder. Add to egg mixture, stirring well. Pour mixture over baked crust and bake at 350 approx. 20 min. or until lightly browned and set.

Glaze:

1 T heavy cream

1 1/2 t water

1 t lemon juice (or to taste)  
1 cup sugar sub.

Combine all ingredients and stir together well; spread over lemon bars and allow to cool. If thinner glaze is desired, switch amount of water to 1 T and heavy cream to 1 1/2 t.

Allow lemon bars to cool; cut and serve. Store in airtight container.

## Heavenly Lemon Pie

This is a pretty good version of a lemon pie. Hope everyone enjoys. by Tmotley

### Crust

4 egg whites  
3 TBSP somersweet or 1 C. splenda  
1/8 tsp cream of tartar or 1 tsp. lemon juice

### Filling

4 egg yolks  
5 tsp somersweet or 1/2 C. splenda  
1 large lemon (grated peel & juice)  
1 C. whipping cream, whipped  
1 C. Whipping cream  
1 to 2 tsp. somersweet (to taste)

Beat egg whites with cream of tartar until soft peaks form. Gradually add the somersweet, beating until stiff but not dry. Blend in lemon juice at this point if you use it instead of the cream of tartar. Grease a 9 in. pie pan. Spoon meringue mixture into pan pushing mixture up around edges to form a pie shell. Bake 2 hours at 200 degrees. Cool. To make filling, beat egg yolks with 5 tsp somersweet, lemon peel, and juice until light. Cook stirring in top of double boiler over boiling water until thickened. Remove from heat and cool thoroughly. Fold in the 1 cup whipped cream into cooled filling. Turn into meringue crust and refrigerate at least 2 hours to set. Take the unwhipped cream and the remaining somersweet and whip. Add however much sweetener you need to get the desired sweetness. Spread the whipped cream over the chilled pie. Makes about eight servings.

## Lemon Creamy Pie

I am having a family reunion this week-end and have been baking pies, cakes, etc. and wanted something I could eat too. I came up with this Lemon Creamy Pie. Hope you enjoy it! What I like about this is, it does not have that cream cheese heavy taste! It is very light and creamy!

3/4 cup Splenda  
1 envelope unflavored gelatin  
1 cup water  
1/3 cup lemon juice  
1/2 teaspoon Lemon extract  
2 egg yolks, slightly beaten  
6 oz. cream cheese, cubed & softened  
1 teaspoon grated lemon peel  
3/4 cup whipping cream, whipped

1. In a medium saucepan, combine Splenda, gelatin, water & lemon juice, and egg. Cook over medium heat until mixture boils a thickens slightly, stirring constantly. Boil 1 minute. Add cream cheese and lemon peel, stirring until cream cheese is melted and mixture is smooth. Cool to room temperature.

2. In large bowl, beat 3/4 cup whipping cream until soft peaks form; fold into mixture. Spoon mixture into 9 inch pie plate. Cover surface with plastic wrap; refrigerate for at least 4 hours or overnight.

Topping:

1/2 cup whipped cream- Spoon or pipe whipped cream over lemon mixture before serving if desired.

Store in refrigerator. Serves 8.

## Lemon Zest Tart

8 oz. cream cheese

3/4 cup Splenda

3 eggs

2 teaspoons lemon zest (rind)

1/2 cup lemon juice

1. Blend ingredients in a food processor.
2. Pour into greased pie plate and bake in 350 degree oven for 20 minutes.
3. Cool and decorate with whipped cream, berries, mint leaves, etc.

Wait longer than I did to taste!

Some questions for the experts:

1. Would it have worked in a tart pan without the crust?
2. Is there a better solution than no crust at all?
3. Is a buttered glass pie plate the best solution?

I think I stumbled upon a crust this week...I used a mixture of protein powder and butter and mixed it together with a pastry blender and then pressed it in the bottom of a glass baking dish and baked it at 350 for about 10 or 15 min. I didn't measure any of it since I wasn't even sure it would work, but I think it turned out pretty good--maybe could use a little more butter (make it so it is fairly moist). Let me know if you try it. Maybe I will try it with your recipe...I miss my Lemon Lust dessert (my mom's famous lemon dessert).

## Lemon Torte

Prepare the Torte Shell (ingredients and directions listed below.)

The filling:

4 egg yolks

1 tablespoon grated lemon peel

4 tablespoons lemon juice

1/8 teaspoon lemon extract (for tarter taste)

1/4 cup Splenda

1 cup whipping cream, whipped.

For Torte Shell: Combine 4 egg whites, 3/4 cup Splenda, 1/4 teaspoon cream of tartar. Beat at high speed to very stiff peaks, about 15 minutes. Spread in well-buttered 9 inch pie plate. Place in preheated 450-degree oven; turn off heat. Let stand in closed oven for 5 hours or overnight. (Do not open oven door to peek!)

For Filling; in top of double boiler, beat yolks till thick and lemon colored. Gradually beat in peel, juice, extract, Splenda, and dash of salt. (Be careful not to add too much salt) Cook and stir over gently boiling water till thick, 5 to 8 minutes; cover and cool.

Spread half the cream in shell. Spoon in the prepared filling, then rest of whipped cream covering the entire shell including edges. Chill 5 hours or overnight.

Serves 8. This is very good! Enjoy, Jean

## Key Lime Pie

1 tablespoon plain gelatin  
sweetener to equal 1 cup sugar  
1/4 teaspoon salt  
4 eggs, separated  
1/2 cup Key lime juice or lime juice  
1/4 cup water  
1 teaspoon grated key lime  
1 cup heavy cream, whipped

Mix gelatin, half of the sweetener and salt in a saucepan. In a bowl, beat egg yolks well. Add lime juice and water to egg yolks. Stir egg yolk mixture into gelatin mixture. Cook over low heat, stirring constantly, just until it comes to a boil. Remove from heat, stir in peel. Chill, stirring occasionally until mixture mounds when dropped from a spoon. Beat egg whites until soft peaks form. Gradually add rest of sweetener, beating until stiff. Fold into gelatin mixture. Fold in whipped cream, reserving some for the top. Pour into a pie plate and chill. mjlibby @ SS site

## Key Lime Pie

1 small pkg sugar free lime jello  
16 oz. cream cheese  
1 t. lemon or lime juice

Mix jello as on pkg MINUS 1 c. cold water. set aside. whip cream cheese till smooth, slowly whip in jello liquid a little at a time. add lemon or lime juice. chill 3 to 4 hrs. my mil makes this and absolutely loves it...but know that sugar free jello has aspartame in it...

## Simple Lime Mousse

1 c. whipping cream  
1 T. sweet balance  
2T. lime juice  
1T. grated lime peel  
1tsp vanilla

BEAT all on high speed till peaks form (4 minutes approx.) refrigerate.mlc1970 @ SS site

## **Cinnamon Breakfast Cake-Pro/Fat**

I decided to experiment by modifying the Moist Cookie recipe -- a MUST HAVE for every Somersizer. The result is a light, cakey and sweet food that can be enjoyed for breakfast, dessert, or whenever you pass by the plate!

1 cup butter  
4 ounces cream cheese  
1 cup Splenda  
3 eggs  
1 cup protein powder  
1 tsp. vanilla  
1 tsp. baking powder  
1 tsp. cream of tartar  
2 Tablespoons cinnamon

Cream the butter, cream cheese and Splenda. Add eggs one at a time. Add half of the protein powder and the remaining ingredients. Add the rest of the protein powder. Bake at 350' for 20 minutes\*.

\* I used my Pampered Chef round baker. I really don't know how well a round cake pan would work

## **Mock Coconut Cream Pie**

I know I posted this on the old threads, but it was such a hit I wanted to post for anyone who hasn't tried it. Enjoy!

For those of you who have seen it before, tried it and loved it, thanks. If you've never tried it and you love coconut, this is the recipe for you. I used to love this recipe when I was doing WW years ago. I modified/somersized and the whole family proceeded to gobble it up. I hope you enjoy it.

2 cups cooked spaghetti squash  
1 1/2 c. cream (I used light, heavy would work too)  
4 eggs  
2 tbl. melted butter, cooled  
shy 2Tbl Sweet Balance (=1 Cup sugar)  
1/2 tsp vanilla extract  
1/2 tsp coconut extract(some people use more)  
1/4 tsp baking powder

Preheat oven to 350 degrees. Spray 10-inch pie plate with cooking spray.

In blender, combine all ingredients, except squash and process until smooth. Add squash to blender and pulse briefly until squash resembles coconut bits (this was somebody else's idea to pulse the squash to resemble coconut, it cooks up much better this way. Thanks to whomever posted this idea). Pour into pie plate.

Bake 50 minutes to 1 hour (until knife, inserted in center, comes out clean). Let stand 1 hr. Cover and refrigerate overnight.

Tastes better the next day, but just try to stay away, the smell of it cooking was my undoing. Enjoy. Suzanne

To cook squash: pierce with fork several times and place whole squash in microwave on paper towel. Cook on high 10 minutes. Flip squash over and cook additional minutes until it

feels soft. Every squash is different. Cut in half and scoop out seeds. The "pulp" looks like spaghetti. Use a spoon to scoop out and measure. Squash is also a great substitute for "real" spaghetti. by - tutu

### **Starlite's Mock Pumpkin Pie**

I originally posted this in May 2001. I like a pie with a little spice but not overly sweet! Gridmama says I should repost this one so here goes.

2 eggs  
2C cooked, drained, pureed spaghetti squash  
2 tsp somersweet (or about 1/4C of sugar)  
1/2 tsp salt  
1 tsp ground cinnamon  
1/2 tsp ground ginger  
1/4 tsp ground cloves  
1/4 tsp ground allspice  
1/4 tsp ground nutmeg  
1 2/3C heavy cream

Preheat oven to 425. Beat eggs slightly and add remaining ingredients. Pour batter into nonstick pan. Bake for 15 minutes then reduce heat to 350 and bake for an additional 45 minutes or until toothpick inserted in center comes away clean. Serve warm or chilled. Top with whipped cream. Happy Halloween!

did something a little different for an interesting presentation:

Instead of pouring batter into pie pan, pour into individual lined muffin pan. When baked and cooled, put each tart on a separate plate. Drizzle some Somersize caramel sauce over the individual tart. And if you really want to add some pizzazz, make a somersize whole wheat crust, roll, make leaf shapes (or use leaf shape cookies cutters), then bake on cookie sheet. Once cool, stick leaves in tart with caramel sauce.

I cut the squash in half and microwave with a little water for about 15 minutes or bake as you suggest with a little water.

### **Mock Pumpkin Pie**

6 Cups Cooked Spaghetti squash (about 1 lg squash)  
3/4 Cups Cream  
6 Eggs  
3/4 Tsp Ground Cloves  
2 Tsp Ground Cinnamon  
3/4 Tsp Ground Nutmeg  
3/4 Tsp Ground Allspice  
2 Tsp Vanilla Extract  
1 1/4 Cup Splenda  
1/2 Tsp Salt  
5 Drops Each of yellow and red food coloring (optional, just to give it the orange look like real pumpkin pie)

Cook Spaghetti squash. (How to cook: Cut in half, scrape out seeds, Put in large bowl with 2 cups hot water. Cover and place in microwave for 15-20 minutes, until very tender when pierced with a fork. Cool on countertop for half an hour.)

Remove squash from bowl and let cool for about 10 minutes or until it can be handled without burning yourself. Scrape out squash and discard the skin. Place 6 cups of spaghetti squash in a medium bowl. Place rack in bottom of oven and preheat oven to 350.

In a blender or food processor, add half the cream and the eggs; Add 1 cup of spaghetti squash and blend/process on high till pureed. Continue adding spaghetti squash, pureeing one cup at a time. After half of the spaghetti squash has been pureed, add remaining cream and continue to add spaghetti squash until it has all been pureed. Make sure mixture is smooth with no lumps or strings of squash.

Pour pureed squash into large bowl. Add spices, vanilla and salt. Stir until thoroughly until incorporated. Add food colorings (optional) and mix to combine. Lightly grease one DEEP DISH pie plate or 2 shallow pie plates. Pour "pumpkin" pie mixture into pie plate. Smooth top and place in oven. Bake for 1 hour 5 minutes. Check if cooked by inserting toothpick into middle of pie, if it comes out clean it is ready. If it doesn't come out clean cook longer until it does. Remove from oven and cool to room temperature for 2-3 hours. Serve with a dollop of whipped Cream.

\*\*You can also make this pie using a me ringue crust.

## **"Pumpkin" Pie**

I hope you enjoy this! by lorriebelle

Mix and set aside:

3 whole eggs plus 2 yolks

3 tbs. Somersweet this equals 1 cup of sugar

1/2 tsp. nutmeg

1/2tsp. Allspice

1 tsp. cinnamon

Mix this all together, then heat:

1 1/2 cup of heavy cream

1 1/2 cup cooked spaghetti squash

When heated pour into top mixture. Pour into pie shell that has been buttered.

Bake at 450 for 10 minutes reduce heat to 350 for 1 hr. until a knife inserted in the center comes out clean.

## **Pumpkin Cheesecake**

5 Cups Cooked Spaghetti Squash (about 1 medium spaghetti squash)

5 - Eggs

3/4 Cup Cream

3 Pkg Softened Cream cheese

1 Tsp Ground Nutmeg

1 Tsp Ground Cloves

1 Tsp Ground Allspice  
1 Tbsp Cinnamon  
1 Tbsp Vanilla Extract  
1 Tsp Grated Lemon Peel  
1/2 Tsp Salt  
2 Cups Splenda

Preheat oven to 350. Cook Spaghetti squash.

Place eggs and half of cream in a blender or food processor. Add one cup of spaghetti squash at a time and puree. Add remaining cream and continue adding spaghetti squash until all of it has been pureed and mixture is smooth. Set Aside.

Place cream cheese in a lg. bowl and mix with electric mixer on high until fluffy, about 2 minutes. Add pureed spaghetti squash to cream cheese. Add remaining ingredients and beat until well combined and there are no lumps of cream cheese remaining.

Pour into a lightly greased spring form pan. Place in oven and cook for 1-1/2 hours, until a knife or toothpick inserted into the middle of cheesecake comes out clean. Remove cheesecake from oven. Cool on countertop for 2-3 hours, until cheesecake is cool to the touch. Run a thin knife around the outside edge of spring form pan, but leave the sides of the spring form pan attached. Refrigerate 8 hours or overnight. Again run a knife around the outside edge of spring form pan and remove side of the pan. Serve with a big dollop of freshly whipped cream. Keep refrigerated. byPeter Neuman and SweetiePie

## Squash Pie

2 cups cooked, drained and pureed spaghetti squash  
3 egg yolks  
3 tablespoons Somersweet  
¼ teaspoon salt  
½ teaspoon nutmeg  
½ teaspoon ginger  
1/8 teaspoon ground cloves  
1/8 teaspoon allspice  
¼ teaspoon cinnamon  
3 cups cream  
3 egg whites  
2 or 3 drops each yellow and red food coloring (optional)  
pumpkin flavoring oil to taste (from lorannoils.com) (optional)

To 2-cupfuls of squash, add egg yolks, sweetener and spices. Mix well, then add cream (food coloring and pumpkin oil) and mix again. Last fold in egg whites that have been stiffly beaten. Pour into a greased pie plate. Place pie plate inside a larger pan and place inside preheated oven. Fill the large pan half full with hot water. Bake in a preheated 450\* oven for 10 minutes, then reduce heat to 325\* and bake an additional 30 minutes.

NOTE: May use any kind of squash. To use another sweetener, use sweetener to equal 1-cup brown sugar. by mjlibbey

## **Barbo's Original "Noodle Kugel"**

By : LowCarbZine

1 med spaghetti squash -- to microwave  
1/2 cube butter  
1/2 pint sour cream (to 1)  
6 eggs -- beaten  
salt and pepper -- to taste  
crispy fried onions -- for the top  
(optional)

Preheat oven to 350°F. Spray casserole dish with cooking spray and set aside.

Cut the ends off the squash and then stand it up and cut the squash in half lengthways. Remove the seeds, wrap in saran wrap, and place face side down on microwavable casserole dish (corningware is perfect) with about 1/3 c. water. Cook on high for about 30 minutes or until squash is well cooked. Scrape out all of the squash threads into a large bowl. Cool for 10 minutes. Beat eggs and add all ingredients to squash. Transfer to prepared baking dish. Bake open for 45 minutes or until mixture is set and firm and golden brown. Remove from oven and sprinkle with crispy onions. Let it set up for 5-10 minutes then cut into small squares.. Pass the sour cream.

9x13 baking dish Pam sprayed

NOTES : Risa's notes:

I added the following ingredients to the dish:

2 tsp Splenda  
1 tsp Penzey's Baking Spice  
1 tsp Vanilla extract\*

I added it to the sour cream mixture. I put the sour cream mixture over the cooked squash and then baked it.

This is quite yummy.

## **Mock Rice Pudding**

I was playing around with the cauliflower the other day and I came up with a good suggestion for Mock Rice Pudding.

I don't have a recipe but this is what I did.

Took 1 lb bag of Cauliflower and cooked in microwave in water until tender (Don't over cook) Drained and put in cream, somersweet, cinnamon and mixed with my mixer and the final product is good. I have made it a couple of times and it reminds me of Mom's Rice Pudding. It's worth a try and I think it's good. Loretta, My Sister, liked it too. By Choate

## Hot Lemon Pudding

This is a recipe I got from my mom that I somersized - yum! by mdastrup

2 Tablespoons of butter  
2 cups splenda or 1 cup fructose  
4 eggs separated (yolks in one bowl, whites in the other)  
2/3 cup whey protein powder  
juice of 2 lemons  
2 cups cream

- 1) Beat the egg whites until stiff, set aside.
- 2) mix together butter and sugar.
- 3) add yolks and the flour in the butter/sugar mixture.
- 4) stir in lemon juice
- 5) blend in cream
- 6) fold in egg whites
- 7) place in an uncovered casserole dish, place casserole dish in a pan of water.
- 8) set the pan in 350 degrees oven for 45min.
- 9) best served warm.

## Creamy Dreamy Pudding

I was trying to make cream puffs. The puffs weren't all that great but the filling came out really good so I decided to post it alone. Hope you guys like it as much as I do. by oneontheway

1 pkg Knox gelatin  
1/4 cup warm water  
2/3 cup splenda  
2 tsp vanilla  
3 large eggs  
3 large egg whites  
1/8 tsp salt  
2/3 cup heavy cream

In small bowl sprinkle gelatin over warm water. Let stand till dissolved, 5 minutes. Stir to dissolve gelatin. Over low heat mix together splenda, vanilla, eggs, egg whites and salt. Cook stirring constantly, until just thickened about 5 minutes. Stir in gelatin mixture and cook stirring until thickened about 5 more minutes. Place pan in bowl of ice water stirring occasionally till mixture cools. (My mixture was not really thick so if your doesn't get real thick don't worry about it)

Beat cream till soft peaks form. Fold cream into mixture and chill.

This is super creamy and very easy to make. I'm going to try adding some extracts to individual servings I eat for more varied flavorings.

Let me know if you like this.

## Creamy Banana (or any flavor) pudding

1-1/2 cups Cream  
3/4 Cup Splenda  
2 Tsp Gelatin  
4 - Egg Yolks

2 Tsp Banana extract (or your favorite flavor)  
1/4 Cup of hot water (I actually increased this to 1 cup and it was a lot lighter)

Pour water into medium mixing bowl and sprinkle the gelatin over it. Stir to dissolve. Set aside. Pour 1 cup of the cream into a saucepan and bring to a boil. While you are waiting for the cream to heat. In another mixing bowl, beat the egg yolks and sweetener with a mixer until it has thickened slightly and is lemon in color. Approx. 5 minutes.

Once cream has come to a boil.... Slowly whisk it into the gelatin and combine well. While beating the yolks, pour the cream & gelatin mixture SLOWLY into the eggs as you continue beating. Add the remaining 1/2 cup of cream and the banana extract and beat until smooth. Leave in fridge overnight to set. Once set you can eat it as is or beat with mixer until smooth and creamy.

I made this on the weekend and used orange and vanilla extracts. It was verry yummy almost like a creamsicle. I bet you could freeze them in popsicle molds. I will try that next.

## **Yummy Butterscotch Pudding**

2 eggs\*  
1 envelope unflavored gelatin  
1/4 c water  
1 1/2 c cream  
1/2 tsp vanilla extract  
1/4 tsp butterscotch Lorrann oil  
6 pkts Splenda (or sweetener = to 1/2 c sugar)

Pour water into small saucepan and sprinkle gelatin on top; let sit for 1 min. Then turn heat on low and stir till dissolved; remove from heat. Place eggs, extract, butterscotch oil, and Splenda in blender or processor and blend to combine. Add cream and process 1 1/2 to 2 min, till thick but still smooth with no lumps. What I do is I process for 1 min, then I add dissolved gelatin in a VERY thin stream while still processing. Then pour into small dishes or ramekins and chill. by carma

\* To reduce risk of salmonella, I either wash the eggs in warm, soapy water or I coddle them.

## **Creme Brulee**

Here's another level 1 creme brulee recipe that I find easier than Suzanne's since it's baked.

6 egg yolks  
1T of Somersweet  
2 cups of heavy cream  
1 t vanilla extract

Preheat oven to 300F. In a large bowl whisk together egg yolks, vanilla and sweetener until mixture is thick and well blended. Slowly add cream and continue to stir. Divide mixture among 6 custard cups. Place cups in a water bath (baking pan fill with hot water until the level reaches half way up the sides of the cups). Bake for 40 to 50 minutes until set around the sides but loose in the center. Remove from oven and let cool in the water bath. Chill in refrigerator for at least 2 hours. Sprinkle each cup with a good amount of SS and either use

kitchen torch or place under the broiler for 3 minutes. Only do this when ready to serve. The caramelized sweetener will become runny if put in the refrigerator. By nanz.

## Semi Freddo

1 teaspoon Vanilla  
1/4 cup somersweet  
4 large eggs  
2 cups Heavy Cream  
Dash of salt

Whisk somersweet and egg yolks in a large bowl until pale. Beat egg whites and salt to stiff peaks. Beat cream until soft peaks. Fold Whites and yolks into cream, until well mixed. At this point you can add. SS Fudge sauce, SS toffee, SS fudge sauce and decaf espresso, SS hot caramel topping. Anything legal—  
Frozen cheese cake cubes  
Pour mixture in a freezer safe container, I use a 9 X 13 Pyrex, then cover with plastic wrap  
Throw into your freezer. Serve when frozen. by Christy

## Frozen Lemon Mousse

Makes 1 eight-inch mousse

8 to 10 lemons  
2 cups Splenda  
8 large egg yolks,  
2 whole eggs  
1 cup (2 sticks) unsalted butter, cut into pieces  
1 1/2 cups plus 2 tablespoons heavy cream, chilled  
1 eight-ounce container crème fraîche

1. Prepare ice-water bath in large bowl. Juice 1 lemon; reserve juice. Juice additional lemons to yield 1 cup. Make lemon curd: Place 1 cup lemon juice, sugar, egg yolks, whole eggs, and butter in saucepan; whisk to combine. Cook over medium heat, whisking constantly until it begins to boil, about 7 minutes.
2. Strain curd through a fine-mesh strainer into a bowl set in the ice bath. Stir periodically until cool; remove from ice bath. Place plastic wrap directly on surface of curd to prevent a skin from forming; refrigerate for at least 1 hour or up to 3 days.
3. Place 1 1/2 cups chilled heavy cream in large mixing bowl; whisk until soft peaks form. Reserve 1/2 cup lemon curd for sauce; add remaining lemon curd to whipped cream. Fold gently until well combined.
4. Place an 8-inch nonstick springform pan on baking sheet. Transfer mousse to springform pan. Place in freezer on sheet until firm, at least 4 hours.
5. Meanwhile, whisk crème fraîche and remaining 2 tablespoons cream in medium bowl until soft peaks form. Remove sides of springform pan. Slice mousse and place on plates. Top with crème fraîche.

Very nice on a hot day.

## **Tiramisu Mousse Recipe**

I think that the recipe you are talking about was posted by ssweet. Sorry I didn't check the boards earlier, probably too late for tonight, but here it is:

1/4 cup strong decaf or espresso (make sure its cold) (can use instant)  
4 oz. mascarpone cheese (cold)  
2 1/2 tsp. somersweet (1 1/2 Tbls. splenda)  
1 Tbls. brandy or cognac (you could probably use brandy flavoring)(I used kahluah)  
1/2 cup whipped cream  
1/2 tsp. somersweet (1/2 Tbls. splenda)  
1/2 tsp. vanilla

In a small mixing bowl beat together decaf, mascarpone cheese, somersweet and brandy until smooth and creamy. In a separate bowl beat whipping cream until still peaks form, add somersweet and vanilla. Fold whipping cream into mascarpone mixture until well blended. Spoon into individual dishes and sprinkle w/ a mixture of wondercocoa and 1 tsp. somersweet and that was more than enough to sprinkle on top. Enjoy!  
lisa--depending on how many for company you should either double or triple this recipe.

## **Cheesecake Mousse**

I have a recipe for a cheesecake mousse that I got off the web site about 1-1/2 years ago, so this maybe already posted somewhere but it is a quick dessert.

8 oz soft cream cheese  
1 cup heavy whipping cream  
6 teaspoons Splenda  
1 tsp. vanilla extract  
1-2 tsp lemon juice

Place all ingredients in a bowl. Beat on low until mixed, then beat on high until fluffy and thick. This was posted by kimmy4259. Very quick and easy when you are in a hurry.

## **Frozen Maple Cream**

Last night I was starving for some dessert, but didn't have anything made up. I mixed up 1/4 cup cream, 2 oz. cream cheese, softened in micro, 1/4 cup ff Log Cabin maple syrup. Put it into a shallow bowl and stuck in freezer about 45 minutes. It was kinda frozen but not hard, and so delicious and satisfying. If you leave it in overnight it will be rock hard, but still good. You might like this for a quick fix sweet. I had an idea that if you formed a cone type bowl out of foil you could even freeze it and put it into some type of "cone" and then you would have an ice cream cone. Haven't figured out how to make the cone part, maybe a pancake, etc. Just another thought for something unique. Oh I forgot to add...you should mix in 1 scoop of ss to get the sweet taste you want. by - OKie-dokie

## **Baked Custard**

4 eggs  
2 cups cream  
2 tsp. vanilla extract  
dash salt  
1 heaping tablespoon of Sweet Balance

Preheat oven to 325.

Beat eggs first then add other ingredients. Mix gently until uniform in color. Pour into individual custard cups (I used 5). Top with cinnamon and nutmeg if desired. Bake in a water bath for 40 minutes. It was good warm, it was good cold. It was good.

kimfab @ SS site

## **Baked Custard**

2c heavy cream  
4 egg yolks  
1T somersweet  
2t vanilla

Mix together; pour into four custard cups. Loosely place foil over custard cups. Place on pan at least 1" high. Place pan with four custard cups in preheated 350 deg oven; add hot water to pan (this is a water bath). Bake for 1 hour. Remove, cool, refrigerate.

This is the best, easiest custard I have found yet! And it uses all those egg yolks!

## **Baked Custard with Maple Ripple**

3 eggs, slightly beaten  
4 tbsp fructose  
1 tsp vanilla extract  
1/8 tsp salt  
2 1/2 cups milk, scalded  
3/4 cup sugar free maple syrup

Heat oven to 350 degrees.

Blend eggs, fructose, vanilla and salt. Gradually stir in milk.

Divide syrup among six custard cups or ramekins.

Slowly pour in custard. (Syrup will layer itself throughout custard) Place the cups in a baking pan, not touching.

Pour very hot water carefully into the pan within 1/2 inch of tops of cups.

Bake about 45 minutes or until custard is just set.

Remove cups from water. Serve warm or chilled.

Makes 6 servings

<http://www.maplegrove.com/recipe29.asp>

## **Mom's Old Fashioned Custard**

I was looking at one of my old recipe books and I came across a recipe for egg custard that my mother used to make all the time. It is so good I thought I would try to somersize it. I did and it was good. If you haven't had real baked egg custard in a long time, please try this recipe. by okie-dokie

4 LARGE eggs, slightly beaten with fork  
2 Cups cream  
3/4 cups water  
3 T. somersweet  
1/4 tsp. salt  
1 tsp. vanilla  
1/2 tsp. almond extract  
nutmeg

Put cream and water in a heavy pan and scald. (That is the condition of the cream just before the boiling point) Be careful not to scorch or burn. Add the other ingredients to the eggs. Slowly add cream to egg mixture, stirring constantly, and pour into a 8 by 8 baking dish that has been sprayed with Pam. Sprinkle with nutmeg. Put dish into larger pan of hot water. Bake in 350 oven till set, probably about 40 minutes. Let cool, then enjoy.

## **Caramel Custard**

I got this recipe from scdebbie from the geocities website. Thank you soooooo much!!!!!! I love it!!!!!!!

3 eggs  
1 cup heavy cream  
1/2 cup minus 2 tablespoons water  
2 tablespoons SF Davinci Caramel Syrup  
1 cup cottage cheese (try subbing ricotta)  
sweetener to equal 1/2 cup sugar (i use Splenda)  
1/2 tsp vanilla  
ground cinnamon

Preheat oven to 350 degrees. Place all ingredients except for the cinnamon in a blender and blend until smooth, about 3 minutes. Pour into oven-safe custard cups (you can use 4 8-oz cups or smaller). Sprinkle cinnamon over the tops. Put the cups in a large pan (I use the bottom of my broiler pan) and pour water into the pan to reach about 1 inch up on the custard cups. Bake for 30-40 minutes (i do 35) or until centers are set. You can refrigerate them or like we do, eat them warm!!!!

TeenyBopper @ SS site

## **Chai Pots de Crème**

Custard:

1 c. whipping cream  
1 c. whole milk (I substituted 1/2.c. cream & 1/2 c. water, but this is where I would use the very strong decaf chai tea instead of water and instead of the loose tea)  
1 Tb. loose English Breakfast tea or Jasmine tea (see above note, but also note that Jasmine tea seemed too strong a flavor for this)  
1 cinnamon stick  
8 whole cardamom pods (I crushed mine a bit to get more flavor)  
6 whole cloves  
3 1/4-inch-thick rounds of peeled fresh ginger  
4 large egg yolks  
1/2 c. (packed) golden brown sugar (I used Splenda)  
1/4 tsp. grated fresh orange peel

Topping:

1 cup chilled whipping cream  
2 tsp. sugar (again, Splenda) (I also added a bit of ground cardamom, some ground cinnamon and a little legal vanilla extract)

For custard:

Combine first 7 ingredients (adjust as desired or noted above) in medium saucepan. Bring to boil. Remove from heat; cover and let steep 15 minutes to develop flavor.

Preheat oven to 325. Place six 3/4-cup custard cups or ramekins in large metal roasting or baking pan.

Pour cream mixture through fine strainer into medium bowl. Discard solids in strainer.

Whisk egg yolks, brown sugar (sweetener) and orange peel in 4-cup measuring cup (or other pourable container--I used a pitcher) to blend well. Gradually whisk in cream mixture.

Pour custard into custard cups, dividing equally (cups will not be full).

Pour enough hot water into baking pan to come halfway up sides of custard cups. Cover pan with foil. Pierce foil in several places to allow steam to escape.

Bake custards until softly set (centers will move slightly when cups are shaken gently), about 30 minutes (my oven took a little longer). Remove custards from water, cool on rack.

Chill until cold and set, about 4 hours (I ate one much more quickly than that!). Can be made 1 day ahead; cover, keep chilled.)

Top with spiced whipped cream and serve. 6 servings

## **Marshmallow Cream with Custard Sauce**

I found this recipe in a clip & keep insert from a Taste of Home magazine (I've adjusted some ingredients for SS)...I just made it and had to share it with y'all! Maybe the marshmallow cream part will give y'all some ideas for some of the brownie recipes around here. Hope you enjoy it!

Marshmallow Cream:

2 egg whites

3 tbsp Fructose (sweetener equal to 1/4 cup sugar)

Pinch salt

1/4 tsp vanilla extract

Combine egg whites, fructose, salt & vanilla in double boiler over simmering water. Beat with mixer on high until it reaches 160 degrees and stiff peaks form. Spoon into dessert bowls and place in frig to chill.

Custard Sauce:

1 & 1/2 cups cream

2 egg yolks

1 egg

3 tbsp Fructose (sweetener equal to 1/4 cup sugar)

2 tsp vanilla extract

Heat cream in saucepan over medium heat until small bubbles form around side of pan.

Remove from heat. In a small bowl, combine the eggs & sugar; add a small amount of hot cream and stir to combine. Add that to the hot cream in saucepan, stirring constantly. Cook on low and stir, till it reaches 160 degrees (about 15-20 minutes). Remove from heat and add vanilla, stir. Pour into bowl and place in frig to chill.

To serve spoon custard sauce over marshmallow cream.

faith @ SS site

## **DaVinci Custard Recipe**

I love custard, but always feel it needs some flavor. So, today I experimented and came up with this recipe for custard.

10 eggs  
1 3/4 cup heavy cream  
1/4 cup water  
1 cup DaVinci S/F Coconut Syrup  
1 cup DaVinci S/F Almond Syrup  
5 packets Splenda (it was sweet enough, so I will probably leave out the Splenda next time for even lower carb count)

Preheat oven to 375°.

Beat eggs and add all the rest of the ingredients and mix well. Pour into individual custard dishes or 8x8-glass dish. Place custard dishes or glass dish into larger glass dish and pour water into the outer dish for a water bath.

Cook for 1 hour or until custard is set. Let cool and then store in the fridge. It tastes fantastic and does not have that chalky cream taste some LC custards have. The combination of the coconut and almond syrups gives it a great flavor and just the right amount of sweetness. If you use an 8x8-glass dish like I did, let it cool and then cut it into 9 squares.

At nine servings, each serving is 1.6 carbs with 1.0 carbs of protein.

I sometimes have this for breakfast or for dessert and it is great cold or warmed in the microwave.

\*\*\*I've been making custards with cinnamon davinci and/or amaretto davinci for a while now ... initially to replace the Splenda and save on the carbs ... but really liked it much better as it had a little more flavor to it.

Cassandra @ TLC board

## **Velvety Smooth Microwaveable Custard**

Usually associated with top-notch restaurants, this delicious custard, is much easier to make than you think. Only the explanation is lengthy!

6 eggs  
4 cups heavy whipping cream  
1 tablespoon sweetbalance (go to [www.sweetbalance](http://www.sweetbalance) for this all natural sweetener, same ingredients as Somersweet) or 1/2 cup of Splenda. (may add more sweetener until desired sweetness is reached.)  
1/2 teaspoon of salt  
1-tablespoon vanilla or almond extract (or any extract that is preferred)

Beat eggs lightly in a medium sized bowl. Add cream, sweetener, salt, and vanilla or almond extract. Cook uncovered in microwave on high power 10-15 minutes, until custard is set and fairly firm (knife or toothpick inserted into center of custard comes out clean). (Remember that everyone's Microwave is different so cooking times may vary slightly. It may take less or more time until custard is cooked.) DO NOT EVER STIR custard when cooking. Allow to cool at room temperature for a half hour. Then either serve warm with fresh whipped cream or chill in fridge until ready to use.

Variations:

CHOCOLATE (\*Almost Level 1 with the cocoa\*): Add 3/4 cup Wondercocoa and add extra sweetener until desired taste is reached. I love Chocolate. YUM! Wondercocoa makes this level one, it is caffeine free, sugar free, and fat free, preservative free, artificial flavor free and chemical free. Wondercocoa is a free food. Go to [www.betterhealthstore.com](http://www.betterhealthstore.com) to buy Wondercocoa if you live in the U.S. If you live in Canada, you can buy Wondercocoa at

## Cheesecake Custard

\* the chocolate version is Almost Level 1 \*

Custard plus cheesecake equals Cheesecake Custard. Custard and cheesecake are two desserts that I most enjoy, so fusing them together to create one hybrid dessert filled me with a rush of excitement. The outcome is an ultra-velvety dessert that is not only rich and creamy, but also extremely pleasing to the palate. My Aunt Phyllis classifies this dessert as "unfrozen ice cream, a truly refreshing taste sensation." I'm not sure exactly what she meant by that, but I would have to agree with her that Cheesecake Custard is an astoundingly scrumptious dessert. I could eat this all day long and never get sick of it. Serve all by itself or with some fresh berries and whipped cream and even the most choosy of guests will be smiling with appreciation and begging for more. Easy as pie to make yet every bit as good, if not better. So why not indulge in yourself with this treat, you really are worth it. Life is about pleasure and it doesn't get anymore pleasurable than this. Peter

7 eggs

3 cups heavy whipping cream

3 3/4 teaspoons vanilla extract \*\*\*

1/2 teaspoon salt

1-1 3/4 cups equivalent of sugar substitute \*\*\*\*

1 package plus 2 tablespoons softened, full fat cream cheese \*\*\*\*\*

\*\*\* You don't have to use just vanilla extract. For different flavors replace vanilla extract with equal amounts of another extract. Mint, rum, banana, and almond extracts are also a few excellent suggestions. \*\*\*

\*\*\*\* Start by adding the smaller amount of sweetener, then taste the batter. If it is not sweet enough, simply add more until desired sweetness is achieved. Please keep in mind when sweetening the dessert that once cooked, this dessert becomes less sweet. \*\*\*\*

\*\*\*\*\* To soften cream cheese, simply leave out on countertop for 2 hours or microwave on high power for 30 seconds per package of cream cheese used. Also, for a slight variation that is equally as delicious, use mascarpone cheese instead of cream cheese. \*\*\*\*\*

Directions: Preheat oven to 300 Degrees Fahrenheit. Place a large roasting pan filled 1/2 full with hot water on the bottom rack of the oven. Place eggs in a large bowl. Using an electric mixer or whisk beat the eggs until froth and well blended. Add all remaining ingredients, except cream cheese. Stir until thoroughly mixed. Add cream cheese and using an electric mixer, beat until no lumps of cream cheese remain and the batter is completely smooth. Pour into ungreased, individual sized ramekins. Place in the roasting pan of hot water. At this point, it is important that the water come 3/4 ways up the sides of the ramekins. If it doesn't, simply add more HOT water until desired water level is achieved.

However, do not add too much water to the roasting pan before you have added the ramekins, as the weight from the ramekins will increase the water level in the roasting pan. Bake the cheesecake custard, uncovered, for 55 minutes, until a knife or toothpick inserted near the outside edge of the dessert comes out fairly clean. NOW, if you are cooking the cheesecake custard in one larger dish, you will have to increase the cooking time of the cheesecake custard to about 1 hour 25 minutes to 1 hour 50 minutes, until a knife or toothpick inserted near the outside edge of the dessert comes out fairly clean. The center of the dessert may be a bit wobbly, but that is all right. Remove from oven very carefully, so you don't burn yourself by touching the water, and allow cheesecake custards to cool at room temperature for 1 hour, until cool to the touch. Place in the refrigerator, uncovered, and allow to chill 2-3 hours. Serve with whipped cream or a few berries if you are doing well on

Level One of SomerSizing, and enjoy! Keep stored, covered with plastic wrap, in the refrigerator.

## **Lazy Pumpkin Cheesecake**

1 Cup Cream  
8 oz Softened Cream Cheese  
1¼ Cup Splenda  
1 Tsp Vanilla  
2 Tsp Pumpkin Pie Spice (see below)

Beat cream until soft peaks form. Set aside. In medium bowl beat cream cheese, vanilla, pumpkin pie spice and splenda until light and fluffy. Fold mixtures together and chill for several hours.

### **Option 1**

Leave out pumpkin pie spice and vanilla. Replace it with 2-3 tbsp Wondercocoa and ½ tsp of cherry flavoring. Tastes like chocolate covered cherries.

### **Option 2**

Leave out pumpkin pie spice and add orange and vanilla extract. Tastes kinda like a dreamsicle.

Pumpkin Pie Spice  
¾ Tsp Ground Cloves  
2 Tsp Ground Cinnamon  
¾ Tsp Ground Nutmeg  
¾ Tsp Ground Allspice

## **Pumpkin Pie Mousse**

1/2 cup whipping cream  
1 tsp. pumpkin pie spice (2 teaspoons gives a more intense flavor)  
sprinkle with somersweet  
Whip until set. This is great on the pie or eaten alone. (Any flavoring instead of the spice would work.) by lorriebelle

## **Key lime cheesecake mousse**

1 lime  
2/3 cup heavy whipping cream  
8 ounces cream cheese  
1 cup splenda or equivalent

In small bowl, with mixer beat cream until stiff. In another bowl, beat cream cheese, splenda, and all the juice you have squeezed from the lime. Put whipped cream in that bowl and lightly blend (I used electric mixer). Stir into 4 dessert cups and refrigerate until eating.

## **Dessert Lemon Mousse, Pie filling or Frosting**

I found this recipe on this site several years ago and thought I'd lost it. I'm so glad I found it because it is a favorite of mine and so easy to make.

8oz package of cream cheese  
1.5 cups heavy whipping cream  
4 TBS of Splenda to taste (or 2 TB Sweet Balance or equivalent sweetener)  
1 tsp. vanilla  
2-3 TBS of lemon juice

Bring cheese to room temp (or heat cheese in the microwave for 30 seconds - 1 minute until soft). In a separate bowl whip cream until peaks form. Beat cheese, sweetener, vanilla, and lemon. Fold in whipped cream into cheese mixture. Whip with mixer for 30 seconds until creamy. Refrigerate for 30 minutes.

Variations (almost level one):

Chocolate: Replace lemon juice with 4 TBS Wondercocoa

Mocha: Dissolve 1 ½ tsp. instant decaf coffee in a tiny amount of water. Add 4 TBS of Wondercocoa and the coffee to the cheese mixture in place of the lemon juice.

## **Cream Cheese Cupcakes**

These are delicious, and completely level one! You gotta love this WOE!!!

For cupcake:

3 - 8 oz. packages of cream cheese  
1 cup of Splenda (or sweetener of choice)  
5 eggs  
1 1/2 tsp Vanilla

Filling:

8 oz Sour Cream  
2 TBSP Splenda  
1/4 tsp Vanilla

Bring cream cheese to room temperature. Place cream cheese in a bowl and add one egg at a time beating with a hand mixer. Slowly add the Splenda and vanilla. (The batter will be thin.) Pour into paper cupcake liners about an 1/8 inch from the top. (Makes approx. 18 cupcakes.) Bake in a 300 degree oven for 30 - 35 minutes (until large cracks appear on the top). Remove from oven and cool for 5 minutes.

For the filling add the Splenda and Vanilla to the Sour Cream. Add a tsp. on top of each cupcake and return to the oven for 5 minutes.

Cool and then keep refrigerated. They can also be frozen.

For level two - add any fruit on top of the cupcakes or even shaved chocolate!!

I hope that you enjoy them!!!

I have to credit SSNewbie and Donna for the inspiration for this recipe. I wanted a way to convert my mom's petite cherry cheesecakes with cherry pie filling topping to SS. When I

tried the vanilla cookies from SSNewbie and the rhubarb sauce from Donna's breakfast cookie, I knew I found a way to convert the recipe! (I've bumped both the cookie recipes so you can find them if you want... the breakfast cookie is under Potpourri).

### **Petite Rhubarb Cheesecakes**

I have to credit SSNewbie and Donna for the inspiration for this recipe. I wanted a way to convert my mom's petite cherry cheesecakes with cherry pie filling topping to SS. When I tried the vanilla cookies from SSNewbie and the rhubarb sauce from Donna's breakfast cookie, I knew I found a way to convert the recipe! (I've bumped both the cookie recipes so you can find them if you want... the breakfast cookie is under Potpourri).

2 8oz packages cream cheese, softened  
2 eggs  
1/2 c. fructose (or 3/4 c. Splenda)  
1 t. vanilla  
1 T. lemon juice  
12 vanilla cookies (from SSNewbie's recipe)  
rhubarb sauce (from Donna's recipe)

With an electric mixer, whip cream cheese, eggs, sugar substitute, vanilla and lemon juice until smooth.

Line cupcake pan with cupcake cups.

Cut the vanilla cookies in half (or as thin as a Nilla Wafer) and place one piece in the bottom of each cupcake cup.

Fill each cupcake cup ~2/3 full with cheesecake mixture.

Bake at 375° for 15 minutes.

Meanwhile, cut up 2-3 rhubarb stalks into 1" pieces (or use frozen) and place in a saucepan with 2T. water. Cook until soft (~5-10 min). Add sugar substitute to taste. (I used ~1/4c. splenda).

When cheesecake cups are done, remove from oven and let sit ~5 min. They will fall a little. Top each one with a dollop of the rhubarb sauce. Chill.

Makes 18 cheesecakes.

The **Rhubarb sauce** is easy. Just cut rhubarb in 1-inch pieces and simmer with a tiny bit of water until tender. You don't need much water because the rhubarb is full of juice. (10 or 15 minutes depends on how much you make) Add sweetener to taste.

### **Strawberry Cheesecake**

Made this one day not paying attention to the recipe, and this is what I got after I added the jello.

12 oz. cream cheese, softened  
2 packets sugar sub ( 2 of different kinds or 3 of the same kind)  
1 teaspoon vanilla  
1 cup cream  
1 pkg. sugar free jello

Combine the cream cheese, sugar sub. and vanilla in a bowl and mix well. Add the cream and beat until smooth and creamy. In another bowl add jello to 1 cup boiling water. When dissolved add 2 cups ice cubes and stir until the jello is starting to set and is shivery. Take out the ice cubes that are left. Mix with the cream cheese until marbled. Spoon into dessert cups and let set in frig for a hour or two.

I put the cheese cake in small bowls with lids that are about 1/2 cup. I can't eat but 1/2 of that because the sugar subs. are seen as sugar in my body, so I eat very small portions. If there is an after taste cut back on the sugar sub. I have found that makes a lot of difference. Many things have to much sweetener to my liking. Hope you enjoy.

## **Creamy Cheesecake**

It was taken from "The Low Carb Cookbook"..

Butter for the pan  
2 lbs cream cheese, at room temp (906 grams)  
1 1/2 cups of Splenda  
4 large eggs, at room temp  
full zest of 1 lemon, minced, optional  
full zest of 1 orange, minced, optional  
2 tablespoons heavy cream  
1 teaspoon pure vanilla extract.

Notes on the above ingredients. I didn't mince the zest which I will try next time unless you don't mind the little bits which I didn't. I like vanilla so I used 1/2 tsp extra and will try an extra 1 tsp next time. and last I think I'll try adding an extra tbsp of the heavy cream. And I only used 1 1/4 cups vs. the suggested 1 1/2 (I thought it was sweet enough). These are just things I thought I'd try to see... unsure of what it will be like.

Preheat oven to 350°F. Butter a 9-inch spring form pan.

Using an electric mixer beat cream cheese well on medium speed - get absolutely smooth. Slowly beat in sweetener. Add the eggs one at a time and beat well after each addition. Add remaining ingredients, scrape down the bowl, and stir to combine.

Pour the cheesecake into the prepared pan and smooth the top (do not use wax paper).

Bake for 10 minutes on 350 and turn oven down to 275 and bake for 1 hour or until the edges are lightly brown. Turn oven off. (Water bath not necessary).

Take cheesecake out of oven and run a knife around the edge of the pan and return pan to the oven to cool slowly (I left mine in the oven for about 5-6 hrs) Don't worry if the center of the cheesecake looks wiggly; it will firm up in the oven.

Cover the cooled cheesecake with a plastic wrap and refrigerate overnight, or up to 3 days.

To serve, run a knife around the edges again and remove the sides of the pan. (After being in the fridge for about 8 hrs in the fridge.. I removed the sides, I then ran a knife under the cheesecake starting around the edges then to the center. Used a plate to flip upside down to get off my pan (as I didn't want knife marks to ruin it), once upside down on the plate use a 9in pie dish or other to flip right side up into....) Serve....

Hope you enjoy, would love to hear any responses to see how it turns out for you..

## **Rich Vanilla Cheesecake**

I love this cheesecake recipe. I make this once a week. I believe it was created by Deanie

4 x 8oz pkgs. Cream cheese (Armstrong, or Philly brand) at room temperature  
1 cup Splenda or 2 1/2 to 2 3/4 tbsp SS

Beat together until thoroughly mixed scraping sides and bottom of bowl.

5 eggs (at room temp)

Beat into cream cheese, one at a time scraping bowl after each addition. Stir into cream cheese mixture until thoroughly mixed:

1 Tbsp. pure vanilla extract  
1/4 cup heavy cream

The batter is basically ready at this point, but a few modifications can be made to your taste. Pour into buttered springform pan (9 or 10 inch size) and place into pre heated 350F oven for 15-min. Lower oven temperature to 200F and bake for 1 and 1/2 hrs. Cracks will form on the top of the cake, but don't worry. Place on wire cooling rack, and immediately run a knife around the edge of the cake to insure that the cake is released from the sides of the pan. If you have buttered the pan, the outside edges and bottom of the cake will be browned slightly and have the appearance of a crust. If you decide not to butter it, of course the finished product will be lighter in color, but just as delicious.

#### OPTIONS

"Almond"

Add 1 tsp almond extract for and light and pleasant almond flavor.

"Orange"

Add 1/2 tsp orange extract, and the zest of one orange to the basic batter.

"Marble"

For the "marble" reserve 1/2-3/4 c. of the basic batter. Beat into this, 2 Tbsp. each of caffeine-free cocoa and Splenda, until well mixed. This batter will be thicker than the basic. Drop the chocolate mixture in several dollops onto the batter in the springform pan, and using a metal spatula (or knife) create a marble effect throughout the cake batter. Try not to leave big blobs of the chocolate marble.

\*I tried a new version of this wonderfully delicious cheesecake. I added 1/3 cup Key Lime juice and 1/4 cup extra sugar equivalent (Splenda for this time). At the end of the baking time, I removed the cheesecake from the oven, turned the heat UP to 350F and added:

1 1/4 cup sour cream  
1/2 cup sugar equivalent  
1 teaspoon vanilla

Mix together and spread over the cake.

Return to oven for 5 minutes.

Remove, let cool and follow rest of original directions.

This turned out unbelievably delectable. Mollie

#### **Cuznvin's BUH BYE Cheesecake**

I think this cheesecake says BUH BYE to all the other cheesecake recipes!!

USE A TEN INCH SPRINGFORM PAN AND DONT FILL TO THE TOP....

1 lb whole milk ricotta ( I use Polly-O )  
24 oz. Philly regular cream cheese (at room temp)  
1 lb sour cream ( I use Daisy)  
4 Tbls plus 2 teaspoons somersweet  
4 eggs  
1 tbls vanilla ( I used a vanilla bean plus the tbls of vanilla)  
1 stick melted unsalted butter

Beat cream cheese and ricotta until light and fluffy. Add sweetener and mix well. Add eggs and vanilla. Mix well. Add sour cream and mix well. Add melted butter and mix well. Pour into greased ( I spray with Pam) 10" springform pan. Bake at 350 for 1 hr. ( i baked mine in my convection oven at 300 for one hour, it was browned on top) If your oven cooks fast ,

use 325 degrees. Turn off oven and let stay in oven for 2 more hours. Remove from oven and let cool. Refrigerate overnight. ENJOY!!!

## **The Most Fabulous Cheesecake**

10 inch springform pan, buttered and double layer of waxed paper on bottom. Then take foil and make an X with two big pieces, place springform in center of X and bring foil up over sides forming a tunnel and bring edges together. Place the foil wrapped springform pan in a large roasting pan. Oven at 350 degrees.

Four 8 ounce pkgs Philly cream cheese (Room Temperature)  
Beat and add 3 tablespoons Somersweet or 1 cup Sugar, Splenda or equivalent to 1 cup sugar.

Beat until very creamy.

Five Eggs (Room Temperature) add one egg at a time and beat until well blended.

Add

1 table spoon vanilla

1/4 cup heavy whipping cream

Beat

Can be ready at this point as a traditional cheesecake.

\*\* My Favorite Option is to now add 1/3 cup of lime juice and one more tablespoon of Somersweet or 1/4 cup Sugar, Splenda or equivalent sweetener.

\*\* Other Options, instead of lime juice, Add 1 tsp Almond Extract for a light and pleasant almond flavor.

\*\*\* Add 1/2 tsp orange extract, and the zest of one orange for an orange cheesecake.

\*\*\* Marble, Reserve 3/4 - 1 cup of basic batter, add 2 Tblsp Cocoa and mix well. Drizzle over the batter and cut through with knife to add the marble effect through the cheesecake.

Add the mixture to the springform pan. Place the roaster in oven, now pour water in the roasting pan about 1 - 2 inches high on the sides of springform. This will keep your Cheesecake from becoming dry and cracked, this is a must for delicious Cheesecake!!!

Bake Cheesecake at 350 for 15 minutes.

Turn oven down to 200 and bake for 1 hour 30 minutes more.

(With the Lime Juice version of this cheese cake I add this topping.) When this cooking time is done, mix together 1 1/2 cup sour cream, 1 table spoon vanilla, and 5 teaspoons somersweet and spread over top of baked Cheesecake.

Turn oven bake up to 350 and return to oven for an additional 15 minutes.

Remove from oven and remove from water bath.

I keep the cake in spring form until room temperature then I cover with tin foil and put in Frig. It keeps about a week and I leave in the springform pan and take out a the most delicate piece of Cheesecake when I want one.

Takes an afternoon to make it, but very worth every minute.

Make Purred Raspberries, by taking a bag of frozen Raspberries, and let thaw almost all the way, Dump in blender, blend, and sweeten to taste.

Drizzle Raspberries over piece of cheese cake and top with some homemade whipped cream. The berries are for Almost Level One.

## **Rich and Creamy Mascarpone Cheesecake**

Mascarpone cheese gives this cake a richer taste and even creamier texture than cheesecake made with all cream cheese. I've tested this recipe out on family, a

group of superbowl crazed men, my SS buddy brina, and they all gave it the thumbs up. I hope you enjoy it too!! I'm including an optional topping for the cake which I think is delicious.

16 ounces softened cream cheese  
16 ounces mascarpone cheese  
1/2 cup heavy cream  
4 eggs  
2 teaspoons vanilla extract  
2 teaspoons finely grated orange peel  
3-4 Tablespoons somersweet, sweetbalance, slimsweet, sugar not or whatever the heck else it's called these days!  
\*\*\*\*\*OR\*\*\*\*\*  
1 - 1 1/4 cups splenda

Preheat oven to 350. Beat the cream cheese with sweetener until fluffy. Add the mascarpone cheese and continue to beat until well combined. Add the eggs one at a time, beating after each addition. Add the vanilla, and cream and beat until fully combined. Stir in the orange peel. Pour into a greased springform pan and bake 15 minutes. Turn the temperature down to 225 and bake an hour and 10-20 minutes. The cake should be firm around the outside, but the center could be a little wiggly still. It will continue to cook a little after it is taken out of the oven. Run a knife around the pan, but dont open the pan. Chill uncovered overnight.

\*\*\*Ovens vary in temperature, so it may take a little longer than the recipe states. Start checking after an hour and 10 minutes. The center should have a little wiggle to it but it should not be wet.

#### Topping

1/2 cup heavy cream  
1/2 cup mascarpone cheese  
1/2 teaspoon vanilla extract  
sweetener of choice equivalent to 1/2 cup sugar.

Beat the heavy cream until soft peaks form. Add the vanilla and sweetener and continue beating until stiff peaks form. Add the mascarpone and beat until full combined and fluffy. Spoon over the chilled cheesecake and spread out evenly.

Enjoy!! sweetiepie @ SS site

#### **Caramel Cheesecake**

Tried making a cheesecake in a pressure cooker. Will never make cheesecake in the oven again. It came out very moist, lighter and about 2 inches high (so does not fall and is not so dense as oven baked). Everyone really loved it (could not believe that it was sugar free and made in a pressure cooker)...but of course adapt to your taste.

1. Follow the exact recipe in the back of the F&E cookbook (but leave out chocolate & mint). I also added only 3 tbsp of somersweet (instead of 1/4cup), but I don't like my cheesecakes too sweet. So add per taste.

2. Set up the separator pan (with 2 cups of water in the bottom of the PC pot, before adding the pan/carrier)

3. Into the buttered and wax papered separator pan I added half of the cheesecake batter, heated the caramel sauce (Suzanne's) and poured half (4 tbsp) on. Then I added the rest of the cheesecake mix, and then decoratively added the rest of the caramel mix (about 4 tbsp).

WHEN making that again, I probably would not worry about layering (as all the caramel did sink to the bottom....made a nice base..). Adding a some caramel on top for decoration works well, kind of made and caramel "indent".

After it cooked for 40 minutes (pressure I), let sit a room temperature for about 1 hour to cool, then 6 hours in refrigerator.

The wax paper did rip (got soggy), so I would probably use aluminum the next time. But the cake actually flipped nicely onto a plate without breaking up.

## Caramel Sauce

Pro/Fats - Level One - Makes 3/4 Cup

1/4 cup plus 2 tablespoons SomerSweet

1/4 cup plus 2 tablespoons water

2 tablespoons unsalted butter

3/4 cup heavy cream\*

Pinch of baking soda

Mix together SomerSweet and water in a heavy bottomed 1 1/2-quart saucepan. Place over medium heat and stir constantly until SomerSweet has dissolved. Bring mixture to a boil over high heat. Without stirring, let mixture boil. After 3 minutes of cooking, the mixture will be frothy. After 4 minutes of cooking, the mixture should start to darken on the outer edges. At 4 1/2 minutes, the mixture should become a dark brown. If an instant read or candy thermometer is inserted into the liquid at this time it will register between 200 and 220 degrees. Cooking the mixture for longer than this will burn the SomerSweet and cause it to be bitter.

Remove pan from the heat and stir in butter. Add cream and stir until smooth. (If caramel sauce "seizes" or forms lumps of caramel at this stage, return the pan to low heat and whisk constantly until the lumps melt and sauce becomes smooth.) Whisk in baking soda. Sauce will thicken as it cools. Refrigerate for at least 2 hours or overnight.

\*Heavy cream has more fat than whipping cream. Heavy cream has 6 grams of fat per tablespoon, whipping cream has only 4 grams of fat per tablespoon. To make sure you are buying the right cream, check the nutrition label on the side of the carton.

## Fool Proof Caramel Sauce (Pro/fat)

Because so many of us have had trouble with making Caramel Sauce, I wanted to share it with everyone. This sauce is great and is so easy to make.

1/2 cup butter (if you don't like salt, you can use unsalted)

1/3 cup pure crystalline fructose (Note: it won't work with Splenda or Sweet n Low)

1 cup heavy cream

1 teas. vanilla extract

In a saucepan, combine the butter, fructose and vanilla. Whisk over medium high heat until

sugar is dissolved (approx. 2-3 mins). Add cream slowly (be careful, as, can boil over). Lower heat to medium-low and heat until bubbly and caramel in color. Do not burn. Let it cool and store in the refrigerator. I poured it into a plastic squeeze bottle for convenience. It will harden in the fridge but only takes about 20-30 seconds to soften in the microwave. I absolutely love this, it tastes sooo good:)By Teri T.

**melmel325 said:**Teri, I made this last night and thought I was going to eat the whole pot myself! I'm not a big caramel fan, but this was SOOOOO good! Thank you for the great recipe!

Also, I decided to use it to make chocolate sauce today. I used the same ingredients, but added 4 or 5 tbs. cocoa and 1/4 cup extra fructose. Also added about 1/4 cup extra cream. It thickened up almost immediately. When it's warm, you get the consistency of a ganache and when it cools off, you get more of a pudding. Both textures have a fantastic taste! I guess this would make it Almost Level One?

Also, a good and quick way to cool this for fast use is to plunge the pot into a bowl filled with ice cubes and cold water. Make sure you stir it every now and then so it doesn't harden too quickly or develop a pudding like "skin."

## **Caramel Sauce**

This is the recipe I came up with. Works for me! kidsmom

1/2 cup water  
1/2 cup pure crystalline fructose  
4 T. unsalted butter  
2 cups heavy cream  
pinch of baking soda

Dissolve water & fructose. Boil over medium heat until thermometer reaches 200-220 degrees (about 8 minutes). Add 2 T. of butter and cream and slow boil for 15-20 minutes. You should boil this until the consistency is thick but still pourable as it will thicken as it cools. Remove from heat and add remaining butter and baking soda. Let cool and transfer to small jar and refrigerate. Hope you enjoy!!

## **Dulche de Leche**

4 cups cream  
4 tablespoon Somersweet  
1 teaspoon baking soda  
Vanilla extract  
Scald cream in heavy bottom sauce pan. Add all other ingredients, cook on medium low until it turns into caramel, about 1 hour.

JLL

## **Vanilla Cheesecake**

3 pks (8 oz each) cream cheese, at room temperature  
24 pkts Equal (I have not tried making this with Splenda because I love the way it tastes with Equal..no aftertaste)  
5 large eggs

Beat together cream cheese, sugar and eggs until smooth and fluffy (I beat on a medium speed). Spray springform pan with oil spray. Cover outside of pan with aluminum foil. Pour filling into pan. Bake for 50 minutes at about 200-250 degree depending on your oven. After baking, turn stove off and leave cheesecake in oven until completely cool. Remove sides of pan. Enjoy!

For those who can have nuts...to make a nut crust..take two cups of crushed pecans or walnuts. Mix with 5 tbsp butter and 1/4 cup of sugar substitute. The nut mixture will be just like graham cracker crust. Before pouring filling into pan, press nut mixture into bottom of springform pan.

For an added twist, melt 2 oz of unsweetened chocolate and mix with sugar substitute (to taste). Reserve half of cream cheese mixture. Stir chocolate into half of cream cheese mixture. Pour over cream cheese mixture in pan and then use butter knife to cut through and make swirls. Bake according to first instructions. by YDIXON713

## **Cheesecake**

This satisfies my husband's craving for banana cream pie. It is delicious. You can also add a single layer of sliced bananas between the crust and custard for a level 2 dessert, but we usually don't add the bananas. by akarnoff

### **CRUST**

6 oz. cream cheese  
2 eggs  
1 tsp. vanilla  
2 tsp. somersweet or Splenda equivalent

Pour in cake pan and bake at 400 degrees for 15 minutes or until the edges of the crust are golden brown. Cool and transfer to a pie plate.

### **FILLING**

16 oz. cream cheese softened  
5 tsp. somersweet or Splenda equivalent  
1 tsp. banana extract (some may like more banana flavor, but go easy as the extract is alcohol based and can have an aftertaste if not used sparingly)  
1 cup of heavy whipping cream

Whip the heavy cream until peaks form. Then whip the softened cream cheese, somersweet, and banana extract in a separate bowl. Then put the whipping cream in the bowl of cream cheese and continue whipping until smooth and mixed well. Pour into pie plate with crust. Chill in refrigerator for at least an hour. 2 would be better. We like to then top it off with a layer whipped cream sweetened with somersweet. We do that usually just before serving.

## **My Favorite Cheesecake**

I omitted the graham crust and used akarnoff's cream cheese crust from her Banana Cream Pie recipe above. Thanks, akarnoff, your crust works great! by ref-ved  
I apologize for any metric measurements. I live in Canada, but cooking is one thing that has never fully converted. So, just to make it confusing for everyone, we use both metric and standard measurements in our recipes!

#### CRUST

6 oz cream cheese  
2 eggs  
1 tsp vanilla  
2 tsp somersweet

The batter should just cover the bottom of a 9" spring-form pan. Bake at 400 degrees for 15 minutes or until the edges of the crust are golden brown. Turn down oven to 350.

#### FILLING

3 250 gram (big size) packs cream cheese, softened  
4 tbsp + 2 tsp somersweet  
4 eggs  
pinch of salt  
1 tsp vanilla

#### TOPPING

500 ml (big size) sour cream  
1 tsp vanilla  
1 tbsp + 2 tsp somersweet

Blend softened cream cheese until smooth and gradually add sugar. Add eggs one at a time and beat well. Add salt and vanilla. Pour onto cooked crust and bake at 350 degrees for 45 to 55 minutes.

Remove cake to counter for 12 minutes. Upon removal of cake, reset oven to 425 degrees. While cake is cooling, blend ingredients for topping. Add to top of cake and bake for 8 minutes.

Remove cake from oven and let stand to cool. Refrigerate for half-hour before removing spring-form pan.

Top with sauce when serving if desired. Suzanne's caramel or hot fudge would be good. I make my own blueberry sauce which makes it an Almost Level One.

#### BLUEBERRY SAUCE

frozen blueberries  
water  
cornstarch  
somersweet

I don't really measure, I just guess. If someone posts a reply wanting measurements, I can measure the next time I make it, if you like.

Put frozen blueberries in a saucepan. Add water, about 1/3 the amount of your blueberries. Cover and cook on medium heat until it boils gently and berries start to become mushy. Mix a heaping teaspoon or two of cornstarch (a little cheat - you can make without but it will be runny) with enough water to mix out lumps until smooth. Pour in blueberry mixture and stir. It will thicken quickly.

Add somersweet to taste, a couple of teaspoons will usually do it. If the texture gets a little too dense in the fridge after a day or two, my daughter nukes it just slightly and it's light again like when you first make it. :-)

You mentioned you used the **oreo cookie recipe for pie crust**. Did you make the cookies and then crumble them and mix with butter and press in the bottom of the pie pan or did you just spread the mix very thin? Sounds like a great idea - I just don't want to mess it up. Sorry it took so long to get back to you. Just saw your post. I spread the batter onto a pizza pan, baked for approx. 10 minutes or until no longer wet inside. I let it cool for a few minutes then lifted off the pizza pan (with the help of a spatula) just to loosen. After it cooled, I placed it in a pie plate. It fit perfectly. It was really fairly easy. The pie was wonderful. I am going to make another this week.

NancyD

## Meyer Lemon Cheesecake

I adapted this from Suzanne's dessert book and it is really good. Even my DH who isn't Somersizing loves it. Really good. Either use the glaze or drizzle a bit of sugar-free chocolate syrup over a slice. Makes it look prettier and is delicious.

\* Exported from MasterCook \*

unsalted butter -- for the pan  
3 8 oz pkg cream cheese -- softened  
3/4 cup Splenda Sweetener  
3 lg eggs -- at room temperature  
1 cup sour cream  
1 1/2 tbsp Meyer Lemon juice -- freshly squeezed  
1 tsp lemon zest, from Meyer Lemons -- approx. 1 whole  
1 tsp vanilla extract

Lemon Glaze:

1/2 cup Splenda Sweetener  
2 tsp nonfat plain yogurt (full fat sour cream)  
1 tsp grated zest from Meyer Lemons -- approx. 1 whole  
2 tsp Meyer Lemon juice

For cake:

In large standing mixer, put in mixing blade.

Preheat oven to 350 degrees F.

Butter the sides and bottom of a 9-inch spring form pan. Line the bottom with 2 sheets of wax paper. Lay two 24 inch long pieces of tin foil on a work surface to make an X.

Place the spring form pan in the center of the foil and fold up around the sides to form a waterproof jacket.

In mixer, place cream cheese and Splenda. Mix until light and fluffy, on slow speed. Add the eggs, one at a time, beating well after each addition. Add sour cream, lemon juice, lemon zest and vanilla and mix well until smooth.

Pour the batter into prepared pan and place in a large roasting pan. Pour in 1" worth of HOT water to surround pan. This will keep the cheesecake from cracking, and from curdling while baking.

Bake for 1 hour at 350 degrees F. Turn off the oven and let the cake sit in the oven, for an additional hour, without opening the door. Remove the cheesecake from the water bath and cook to room temperature. Cover with plastic wrap and refrigerate over night.

Run a warm knife around the edges before you release the pan. Transfer cheesecake to a serving dish.

Make glaze:

In small bowl, stir together Splenda, yogurt, lemon zest and juice, until smooth. Spread over top of cooled cake. Let cake stand, covered, until glaze is dry to the touch. Then cut into slices. For decoration, sprinkle on a bit of extra lemon zest.

### **Cheesecake from the Plaza**

The Plaza cheesecake recipe was posted back in August. It too is very good:

3 8oz. pkg. Philadelphia cream cheese  
3 Tablespoons Somersweet  
1/2 pt. sour cream  
4 eggs  
1 cup heavy whipping cream  
1 Tablespoon vanilla

Butter 9" pan. Beat cream cheese with sugar until smooth and fluffy. Add sour cream, incorporate 'till smooth. Add eggs one at a time @ low speed. Scrape down batter between additions. Add cream and vanilla. Pour into pan.

Place in water bath that comes at least 1/2 way up sides. Bake at 350 for 45 minutes or until knife inserted comes clean. Remove from water bath and immediately place in refrig. Wait overnight to eat.

Just a thought: The Plaza is a wonderful, old and famous hotel in New York City. This may be where this recipe emanated from.

### **Carole's Favorite Cheesecake**

1 1/2 cups vanilla cookie crumbs (use Christmas Cookie recipe. Takes about 9 cookies)  
1/4 cup melted butter

Mix together and press in the bottom of your pan. (Hint: Use a glass to form an even crust),

Mix well in food processor:

1 cup Splenda (I use Maltitol)  
3 8 oz packages cream cheese  
1 generous teaspoon vanilla  
4 eggs

Pour ingredients into springform pan (the crust is as yet unbaked) bake in a preheated 350 oven for about 50 minutes. Do not turn off oven. Remove cheesecake and spread top with one pint sour cream and return to oven for 5 minutes. Let cook Top with blueberry glaze. (you will recognize this from the Tar Heel Pie recipe.) Chill overnight.

**BLUEBERRY GLAZE** (almost level 1)

1 package frozen blueberries  
1 tablespoon somersweet (1/3 cup Splenda)

Combine in a saucepan and cook over low heat until thickened. Be careful not to break up the berries too much. Cool to room temperature. Spoon over cheese mixture and chill several hours more or overnight.

## **Authentic New York Cheesecake**

32 ounces of softened cream cheese

3 Tablespoons of sweetbalance

\*\*\*OR\*\*\*

1 cup of splenda

5 eggs

1/3 cup heavy cream

1 tsp. finely shredded orange peel

1 tsp. finely shredded lemon peel

1 1/2 teaspoons vanilla extract

1 cup of sour cream

1/2 teaspoon vanilla extract

1/2 teaspoon of sweetbalane

\*\*\*OR\*\*\*

2 Tablespoons of splenda

1 Tablespoon melted butter

Preheat oven to 350. In a large mixing bowl, beat the cream cheese and sweetener with an electric mixer until light and fluffy. Add eggs, one at a time...beating well after each addition. STIR in the heavy cream, orange, and lemon peel, and 1 1/2 teaspoons of vanilla. Grease a 9- inch spring form pan with melted butter. Making sure to coat the bottom and about half way up the sides of the pan. Pour cream cheese mixture into pan and bake for 15 minutes. Lower the temperature to 200 and bake for 1 hour and 15 minutes or until the center no longer looks wet. Remove cake from the oven. Stir together the sour cream, 1/2 teaspoon of vanilla, 1/2 teaspoon of sweetbalance OR 2 Tablespoons of splenda. Spread over warm cheesecake and return to the oven to bake 15 more minutes. After the 15 minutes, remove from the oven and run a knife around the inside of the pan. Cool to room temperature and then chill until you can't wait any longer :- ) by darkan

## **3-Step Key Lime Cheesecake**

I have the Philly Cream Cheese Cheesecake Book. It has every flavor cheesecake in this book. I thought that I might share some more ideas to the 3-Step Cheesecake recipe.

2 (8oz)pkgs. cream cheese, softened

5 tsp Somersweet or 1/2 cup Splenda

2 tbsp fresh lime juice

1 tsp grated lime peel

1/2 tsp vanilla

2 eggs

1. Mix cream cheese, sugar, juice, peel, and vanilla at med speed with mixer until well blended. Add eggs; mix until blended.

2. Pour into buttered pie pan.

3. Bake at 350, 40 minutes or until center is almost set.

## **3-Step Luscious Lemon Cheesecake**

Same as above, but omit the lime juice and lime peel. Add 1 tbsp fresh lemon juice and 1/2 tsp. grated lemon peel.

### **3-Step Peppermint Stick Cheesecake**

Same as the regular 3-step cheesecake. This requires 3/4 cup of finely crushed sugar free peppermint candy, divided. After 1st step of mixing in the eggs, stir in 1/2 cup of the peppermint candy. Pour into buttered pie pan. Sprinkle with remaining 1/4 cup of peppermint candy. Bake at 350, 40 minutes.

### **3-Step Creme de Menthe Cheesecake**

Same as regular recipe, but after mixing in the eggs, blend 4 tsp of green creme de menthe into the batter. Pour and bake like the regular 3-step cheesecake.

(For Mint Bon Bon Cheesecake: You can substitute the creme de menthe with 1/4 tsp peppermint extract and a few drops of food coloring. Then stir in 1/2 cup of chocolate chips-chopped up sugar free chocolate, or SS Chocolate) Oh yeah, the cheesecake will be light green. -Angela

### **Easiest Quickest Cheesecake**

This comes out all browned and lovely and can be eaten as soon as it comes out of the oven if you can't wait until it is chilled.

2 - 8 ounce packages Cream Cheese  
1/3 to 1/2 cup Splenda  
1/2 teaspoon Vanilla  
2 eggs

Mix softened cream cheese, Splenda and vanilla. Beat in eggs until very smooth. Put into a buttered 9 inch glass or ceramic pie plate and bake in preheated 350 degree oven for 35 minutes.

### **Quick Microwave Cheesecake**

3/4 Block of cream cheese  
2 Eggs  
1Tbsp. Lemon juice  
1 Drop of almond oil (can use extract and might need more than 1 drop oil)  
1 Tbsp. vanilla extract  
3 Tbsp. heavy cream  
1/4 Cup sour cream  
5 Packets Splenda

Soften cream cheese in microwave. Place all ingredients in mixer and mix well. Add additional sweetener to taste. Pour mixture into 2 microwaveable bowls. Microwave each bowl alone, 1 – 2 minutes each. Let cool. Centers will be creamy with outer edges more like crumbly cheesecake. PAMS

### **No Bake Cheesecake**

I got this recipe off the Knox brand plain gelatin.

1 cup boiling water  
1/2 cup sugar (5 tsp of Somersweet)  
1 gelatin packet

2 8oz packages of cream cheese  
1 tsp of vanilla

With one boiling water dissolve and mix gelatin and somersweet. In separate bowl mix SOFTEN cream cheese and vanilla smooth. Then add gelatin/ss/water mixture slowly until well blended. Pour in pie pan and refrigerate for 3-4 hours.

This is so EASY and yummy and totally level 1, Enjoy...

I suppose you can really alter this recipe with flavors if you have extracts, maybe strawberry, blueberry, lemon etc. by Cutie1987

### **Tiny No-Bake Cheesecake**

This tiny no-bake cheesecake has a very creamy texture. By twiggy88

3oz. cream cheese  
1/4 cup heavy cream, whipped to peaks  
1 TBSP splenda  
vanilla  
flavoring

Blend all ingredients, chill for 2 hours. Enjoy. Options use chocolate color/flavor.

### **Lime Cheesecake**

3 tablespoons butter  
1 envelope unflavored gelatin  
1/4 cup cold water  
1/2 cup Splenda  
2 packages (8 oz. each) cream cheese softened  
1/4 cup lime juice  
1 tablespoon grated lime peel  
green food coloring  
1 1/2 cup whipping cream, whipped  
Additional whipped cream

In saucepan, sprinkle gelatin over cold water; let stand for one minute. Stir in Splenda and cook over low heat until Splenda is dissolved. Remove from heat. In mixing bowl, beat cream cheese until smooth. Gradually beat in gelatin mixture. Add lime juice and peel, and beat until blended. Add enough food coloring to make mixture a pale colored green. Fold in whipped cream. Pour into greased 9-inch spring form pan or regular pie plate. Refrigerate for 6 hours or overnight.

Run a knife carefully around the edge of pan to loosen and remove sides of pan. Top with additional whipped cream as a garnish. by jeennie

### **Lemon Lime Topping**

You can enjoy this topping on your favourite cheesecake...or with ANYTHING you'd like to add some "kick" to! This is a Kraft recipe that I have somersized. by bb

2 eggs  
3/4 cup splenda  
1 tablespoon fructose (or more if you'd like it to be sweeter)  
1/4 cup lemon juice

2 tablespoons lime juice  
2 tablespoons butter

To make topping:

Whisk eggs until foamy. Combine with splenda, fructose, juices and butter in saucepan. Cook over low heat, stirring frequently (or whisking) until smooth and thickened, about 6 to 8 minutes. Remove from heat to cool. If making ahead, store in airtight container in the refrigerator. Spread over cheesecake...or whatever! Enjoy!!

\*Ohhhh...if you just wanted to have something "lemony" for a change, but not as heavy as cheesecake...try this:

2 cups heavy cream...Whip it up with some sweetener. (about 5 tbsp splenda) Fold the lemon lime topping into the whipped cream. This makes LOTS! (top with berries...for almost level one) Umm...umm...good!

## **Banana Cream Pie**

CRUST:

6 oz. Cream cheese  
2 eggs  
1 tsp. vanilla  
2 tsp. somersweet or Splenda equivalent

Pour in cake pan and bake at 400 degrees for 15 minutes or until the edges of the crust are golden brown. Cool and transfer to a Pie plate.

FILLING:

16 oz. Cream cheese softened  
5 tsp. somersweet or splenda equivalent  
1 tsp. Banana extract (some may like more Banana flavor, but go easy as the extract is alcohol based and can have an aftertaste if not used sparingly)  
1 cup of heavy whipping Cream

Whip the heavy Cream until peaks form. Then whip the softened Cream cheese, somersweet, and Banana extract in a separate bowl. Then put the whipping Cream in the bowl of Cream cheese and continue whipping until smooth and mixed well. Pour into Pie plate with crust. Chill in refrigerator for at least an hour. 2 would be better.

We like to then top it off with a layer whipped Cream sweetened with somersweet. We do that usually just before serving.

I hope you all enjoy it.

## **Eggnog Fudge and Balls**

In the words of my extraordinarily picky brother, "divine, simply divine." If this fudge can please someone as choosy as my brother, then for those of us who already love eggnog and fudge, this should bring tears of childlike delight. Truly, this fudge is filled with a sweet, eggnog flavor and can be prepared in two slightly different ways, resulting in a firm fudge or a slightly softer mixture which make elegant balls. If you are one of those people who can't get enough of that insanely delicious eggnog and fudge, then this should be a sure hit for you and your family come Christmas.

2 cups of condensed cream (see recipe for Condensed Cream)  
1 - 1 1/4 cup equivalent of sugar substitute (depending on personal tastes)  
1 tablespoon rum extract  
2 1/2 teaspoons brandy extract  
1/4 teaspoon plus a pinch of cinnamon  
1/4 teaspoon plus 1/8 teaspoon nutmeg  
1/2 cup heavy, whipping cream \*\*\*  
1 package Knox gelatin or 1 tablespoon gelatin powder \*\*\*

\*\*\* If you are making a firm fudge, you must use the heavy, whipping cream and gelatin. If you are making a mixture with a softer consistency, in which you will be forming balls omit the last amount of cream and gelatin. \*\*\*

Directions: Once you have prepared the condensed cream, allow it to cool for 20 minutes. Meanwhile, if making firm fudge, place 1/4 cup of the heavy, whipping cream in a small saucepan and sprinkle gelatin over the cream. Allow to soften for 3-5 minutes. Add remaining amount of heavy, whipping cream and place over medium heat on the stovetop. Stir until gelatin is completely dissolved, about 3-5 minutes. Add to the condensed cream and stir until completely mixed. Add remaining ingredients and mix until well blended. Pour into an 8X8 square, cake pan, lined with parchment or waxed paper. Chill for 3-4 hours, until set and firm. Remove from pan and gently peel off parchment or waxed paper. Fill a bowl with very hot water. Dip a sharp knife into the bowl of hot water and cut the fudge into desired sized pieces, dipping the knife in the hot water after every few cuts. This will prevent the fudge from sticking to the knife and make cutting it much easier. Store in an airtight container, lined with parchment or waxed paper, in the refrigerator for up to two weeks. Enjoy!

\*\*\*\*\* IF you are making the fudge balls, just pour the mixture into a medium bowl, which is not lined with parchment or waxed paper. Once the mixture has chilled, use a small, metal spoon to scoop out a small amount of the mixture and roll the mixture between your hands, forming a ball. You must work quickly because the heat from your hands will warm up and soften the fudge balls. Store in an airtight container, lined with parchment or waxed paper between each layer of fudge balls to prevent them from sticking to one another, in the refrigerator for up to two weeks. Enjoy

## **Ziploc Ice Cream**

1 qt. Zipper type plastic bag  
1 Gal. Zipper type plastic bag  
1 C. Heavy Cream  
1/2 tsp. Somersweet ( or = to 2 tsp sugar)  
1 tsp. Vanilla Extract  
\* Optional (3 Tbsp. heaping Cocoa )  
12 Tbsp. Salt  
Ice cubes to fill gallon bag

Place heavy cream, vanilla, somersweet and cocoa in quart zipper lock bag and seal shut. Place bag inside the gallon bag and fill with ice cubes adding the 12 Tbsp. of salt. Seal shut and shake for 5-8 minutes. (I wrap a towel around it to soak up the condensation).

Be careful to rinse the salt from the lip of the quart bag before opening. I have reused the gallon bag several times keeping it in the freezer for a few weeks.  
Enjoy

If it doesn't turn, leave it in freezer overnight. If it's too hard, let it sit or microwave it for a few seconds.

More Tips:

You can also use any kind of flavorings and food colors.

To you campers that want to make this. Wrap the bags or cans (2 sizes of coffee or I bought a pt/qt and gal NEW paint cans) in newspaper or towel to soak up the condensation and keep kids hand from freezing. We have tossing games with the bags, and "kick the can" soccer style games with the cans to "make " the ice cream. Sometimes we just have "dance contests" with the kids. They stay occupied while dinner is grilling and have fun to boot. We also use the can thing at our company picnics for the kids.

ok, I couldn't resist any longer---I made this today without the cocoa. I used just a drop or two of almond extract, vanilla, and splenda. I didn't have enough cream for the whole recipe--just under 3/4 cup--and I rinsed the box out with a small amount of water and added that to get a little more.

Shook it for 8 min. because I just knew it wasn't going to be hard... But it was very hard. It tasted good, and it's good I didn't have any more cream--cuz I might have made another batch. Later I decided to see if skim milk would freeze as fast. I shook it for 5 min. and it was frozen solid too. Will have 'ice milk' for breakfast in the morning. I'm thinking that rhubarb sauce in this might be good. Or berries? Anyone tried this?

Ok, thanks alot!! You've created an ice cream monster!! But I'm a happy monster!! I bought fresh strawberries today. They weren't as fresh as they looked after I opened them, so decided to make strawberry ice cream. I used the basic recipe again without the cocoa, with a few drops of the almond extract that I mentioned before. I blended the berries in the food processor and added them to the mix. The first batch turned out ok after 4 min. Decided to use up the strawberries and double the next batch. I also double bagged the quart size bag to hopefully keep the salt out and also keep the bag from bursting. It didn't freeze like the first batch. Took off that extra baggie, put the single bag back into the ice and shook again. That helped. This ice cream turns out very hard for me. I like a softer, creamier ice cream--since the FP was already dirty--put it in there and processed it. WOW!! That's what I wanted!! It is great. Now to see if it stays creamy after its been frozen in the frig.

Oh, and yes, I did have ice milk for breakfast after eating my grapenuts!!

It isn't as good as ice cream--but it sure hit the spot. Now I have to get some of those syrups/oils and make my favorite type of ice cream--it has to have chocolate and peanut butter!! Gosh the WOE is such torture!! LOL.

## **Granny's Ice Cream**

4 egg whites

2/3 cup sour cream or cream

1/2 cup white sugar ( 1/4 cup of splenda )

1 teaspoon vanilla

In a large glass or metal mixing bowl, beat egg whites until foamy. Gradually add white sugar and vanilla, continuing to beat until soft peaks form. Carefully fold in sour cream until well blended. Fold in any additional flavorings or goodies at this time.

Place the mixture into the freezer and stir every 30 minutes or so until frozen. This can be made without stirring, but the texture will be icy rather than creamy. If you have an ice cream maker, you can put the ice cream mixture in the maker, and follow the manufacturer's instructions.

Notes: For coffee flavor: 2 teaspoons instant coffee. You can really go wild, adding chocolate, spices... whatever you like. It's VERY versatile.

Makes 4 servings

### **Easy no machine ice cream**

I don't have an Ice cream maker so the other night I just put about 1 1/2 cup of cream in a bowl and whisked in somersweet (about 3 scoops), and strawberry extract (1 tsp), froze for about 2 hours, no more and stir it around and it is like soft ice cream!!!! How easy is that??  
by Sonja31

### **Easy "No cook" Scoopable Ice Cream**

(This ice cream absolutely, does not leave a filmy residue in your mouth and is a Level One Pro/Fat)

1 1/2 cups Egg Beaters  
1 1/2 cups Heavy Cream  
2/3 cup pure crystalline fructose  
1 teas. vanilla extract (or flavor of choice)

Pour everything into a blender and blend for 1/2 to 1 minutes - (Note: if you blend it too long, it will turn to butter). Pour into ice cream maker and follow manufacturer's directions.  
by - Teri T

### **No Film Ice Cream**

5 cups heavy cream  
2/3 cup Fructose  
8 egg yolks  
2 Tbsp. Vanilla

Heat 4 cups cream just until it starts to boil, stirring occasionally. At the same time, whip the egg yolks and sweetener until doubled in volume, very thick, and lemon in color. Put the mixer on low and slowly pour the cream in. Mix for a minute until fully incorporated. Pour into pan and stir on the stovetop until thick for 4 -5 minutes. Pour into container to refrigerate overnight. The next day or when ready to make whip the additional 1 cup cream and 2 tbsps. Vanilla until it holds soft peaks. Fold into custard and pour into your freezer container and process according to your manufacturers directions.

It is the best ice cream I have ever had and there is no gummy residue on your spoon or in your mouth.

### **Ice Cream – No Film**

I copied this recipe Dec 2001 off the boards. Hope this is the recipe you are looking for. One thing, not too sure about all that Splenda. I would try 1 cup, taste it then add more if you think you need it.

6 eggs  
2 T + 4t Sweetbalance or 2 cups splenda

2 cups cream  
2 t vanilla

Separate eggs into 2 small bowls. Beat egg whites in med. bowl until stiff, add 1 T and 2 t of Sweetbalance or desired sweetener. Set aside. Beat egg yolks in med. bowl until fluffy, add 1 T + 2 t sweetbalance. Set aside. In large bowl, whip cream until stiff. Fold by hand all mixtures together in large bowl and add 2 t vanilla. Pour into prechilled freezer can or prepared ice cream maker and make according to manufacturer's directions. Makes 2 quarts.

## **Nancilynn's Ice Cream**

2 1/2 C cream  
1/2 C sugarfree syrup (Torani)  
3/4 C Splenda  
1/4 C fructose  
2 T vanilla extract  
3 eggs

I just mix all with mixer and put in my Ultrex ice cream maker.

## **Somersized ROSETTE & PIZELLE BATTER!!!**

OK all you pizzelle cookie lovers out there! I just successfully found a way to keep my pizzelle iron going! How could I give up these things? Call me the sugar queen! Here is the recipe:

1 1/4C. vanilla whey protein powder  
3/4 C. Splenda  
1 tsp. baking powder  
6 T. melted butter  
1 1/2 tsp. vanilla or vanilla Torani/Da Vinci syrup  
2 eggs, slightly beaten

Grab your pizzelle iron and heat that baby up! (Spray it first with cooking spray). Mix the dry ingredients really well so the baking powder blends in. Add the rest and beat well. Using a melon scoop for uniformity, drop a scoop onto each cookie form of your pizzelle iron. Close the lid and let them cook for 25 seconds and no more! Remove with a spatula and keep going. My recipe yielded about 10 cookies.

For a Level II added bonus:

Top with sliced strawberries and your favorite whipping cream sweetened with your favorite sweetener. And voila! Strawberry shortcake!

## **Vanilla Cake**

It looks like several of us have been coming up with different "cake" recipes lately! Here is the one I came up with for Strawberry Shortcake on Easter. I made it by tweaking the Protein Bread recipe that was posted a few weeks ago by londyn. It is in the Potpourri forum. I used "Bioplex Nutrition 100% Whey Protein" (natural flavor) that I got from beyondmuscle.com

This cake turned out moist, and was delicious with the strawberries & whipped cream on it!! It's very easy to make. I baked mine in a glass pan...I haven't tried it in a metal pan. The cake bakes up nicely....mine was over 3" high! (It will deflate a little as it cools). This cake could be sliced in half horizontally to make two layers, and filled with chocolate or raspberry

mousse—or maybe a lemon curd. I've only tried it with the berries & whipped cream...but there are a lot of possibilities!

Whisk together in a bowl & set aside:

1 1/4 Cups plain whey protein powder  
2 Tablespoons Powdered egg whites ("Just Whites"- comes in a can in the baking aisle)  
1 1/2 Cups Splenda or sugar substitute to equal 1 1/2 cups sugar  
2 Teaspoons of baking powder  
Dash of salt (approx. 1/8 tsp.)

4 eggs - separated  
Dash of cream of tartar (approx. 1/8 tsp.)

1 cup Sour cream  
1/4 Cup of water  
1/2 Cup of melted butter  
2 tsp. Vanilla

Spray an 8" square glass baking pan with PAM.

Beat egg whites with the cream of tartar until stiff. Set aside.

In a separate bowl, combine egg yolks, sour cream, water, melted butter, and vanilla. Mix well with an electric mixer.

Add the dry ingredients to the egg yolk mixture, 1/2 at a time, mixing well with the mixer. Scrape down the sides of the bowl with a rubber spatula a couple of times during this mixing process.

Fold in the beaten egg whites with a spatula, & pour into the prepared pan.

Bake @ 325 degrees for 35-40 minutes or until golden brown and firm in the middle.

(It will deflate a little when cooling. If it deflates too much, that means you didn't bake it long enough.)

## **Heavenly Angel Food Cake**

I thought I would bring this one back. I believe its from the old boards.

1 cup vanilla protein powder- sifted  
2 teaspoons baking powder- sifted  
1/8 teaspoon salt- sifted  
5 large eggs (separated)  
2 teaspoons cream of tartar  
2 teaspoons vanilla extract  
1 tablespoon lemon peel finely grated  
1 teaspoon lemon extract  
1/2 cup heavy cream  
1/4 cup water  
10 packets Splenda (or somersweet equiv.)

GLAZE:

2 ounces heavy cream  
2 tablespoons softened butter  
3 ounces cream cheese softened  
1 teaspoon vanilla or lemon extract

Preheat oven to 350 degrees.

Spray a bundt pan GENEROUSLY with cooking spray.  
Sift protein powder, baking powder, and salt: set aside.  
In a large bowl, beat egg whites with cream of tartar until stiff.  
In another bowl, beat egg yolks, Splenda, extract and lemon peel. Beat in water and cream, then beat in dry sifted ingred.  
Fold into whites very carefully, then spoon into prepared bundt pan.  
Bake for 45 minutes, then let cool 10 minutes before inverting and removing>> this is the tricky part- just do your best:)  
For the frosting:  
Beat the cream, butter, cream cheese, and extract well.  
If this is too thick, add more cream 1 Tbls. @ a time till desired consistency.  
Drizzle over cooled cake. YUM!!  
\*\*\*\*\* Also, you can use any extracts flavors you like. ENJOY!!!\*\*\*\*\*

## **Apple Spice Cake**

This is more of a level two BUT level one if you leave out the apples.

1 1/2 tablespoons butter  
1 cup fructose  
1 egg  
1/4 teaspoon salt  
1 1/2 teaspoons cinnamon  
3/4 teaspoon nutmeg  
1/2 cup protein powder  
1 teaspoon baking soda  
4 ounces of cream cheese softened in microwave for 15 seconds  
OPTIONAL DEPENDING ON YOUR LEVEL CAUSE THIS WOULD MAKE IT LEVEL TWO  
1 cup of peeled and diced apples.

Mix ingredients until smooth and well-blended Pour into a pan, I poured mine into a 9 inch pie pan.  
Bake for 40 minutes at 350, I baked mine at 325 cause my oven is a little too hot. You want it to not be so soupy and it should look done in the center and it will turn a brown color.  
Take out and let cool and if you like frosting top it with the cream cheese frosting:

## **Cream Cheese Frosting**

4 ounces cream cheese softened in microwave for 15 seconds  
1/4 cup softened butter  
1/4 to 1/2 cup fructose (add 1/4 cup and then taste if you like it sweet like me you probably want the 1/2 cup)  
I added a teaspoon English toffee Davinci  
teaspoon vanilla  
Cream together and top the cake  
mmmm ...It was a treat to have this and I felt I was really splurging cause it was good, It wasn't like bakery moist but it was real easy to make and really was good for a snack and it is PRO/FAT!!!! DeLight

## **SomerSized Princess Tudy's POUNDless CAKE**

I was \*determined\* to try to help CAT53 by LEGALLY SomerSizing her husband's traditional Easter Lamb Cake...let's see if you like what I came up with!

6 eggs  
6 egg yolks  
1/2 cup Splenda + 1/3 cup fructose (or replacement of your choice = to 1 cup sugar)

3/4 cup whey protein (vanilla or plain), sifted together with  
2 tsp baking powder \*and\*  
1/2 tsp salt

1/2 cup melted butter, cooled  
1 tsp. vanilla extract (use 2 tsp. if whey protein is unflavored)

1. Preheat oven to 300 degrees.
2. Stir together eggs, yolks, and sugar replacement in a large mixing bowl.
3. Place the bowl in the top of a big soup kettle containing 2-3" hot water, but not enough to touch bottom of bowl. Place both over low heat; water should not boil.
4. With an electric mixer on low speed, beat the mixture continuously as it warms. Finger test the eggs for warmth—when you dip a fingertip and only a single drop “drips”, remove from heat.
5. Now beat at high speed for about 15 minutes (use this time to think about some wonderful memories of people you love!), or until the mixture cools and is very fluffy...it will be about triple in volume, with a whipped cream consistency.
6. Sprinkle sifted combo of whey protein, baking powder, & salt over the egg cream. Add vanilla and melted butter a little at a time, folding all very gently into egg mixture.
7. \*Generously\* grease/butter pan(s)--2 loaf, 2 small cake layers, or 1 Lambie!--this batter \*sticks\*!!! After lubricating, it's helpful to use 2 or 3 lifting strips of waxed paper (2" wide; length = width of your pan plus twice the depth plus an extra 2-3 inches), centering each in the bottom of the pan, bringing length of strip across the bottom, and up the sides of pan, with the ends folded over the outside top edges. Grease the top surface of these papers also, so they won't adhere to the cake bottom. If you're using a “form” pan (like the Lambie!), press & \*squosh\* the greased waxed paper strips gently to conform to the pan's contours.
8. Pour in the lovely batter.
9. Bake in a 300 degree oven about 25 minutes, or until cake is lightly browned and begins to pull away from the sides of the pan. Then get that puppy right out of the oven, lift out of the pan(s), and peel off lifting strips ASAP!!!

Each cake will be about 1-1 ½ inches high, with a pound cake's beautiful golden color, dense texture, and luxurious flavor—and it's a Pro/Fats \*LEGAL\* Treat!

ADDITIONAL NOTES (IMPORTANT!!! There is also a PART 3 to this, in a separate posting):

Imagine these lovely layers served with whipped cream & berries (perhaps some lemon curd?), or sliced crosswise and formed into ice cream sandwiches (topped with SF fudge or caramel sauces [oh, heck—have both!!!]...they can also be cubed and made into sumptuous trifles with SF fruit jams & SS Custard...\*or\*, how about crosswise sliced and stuffed with banana-flavored whipped cream, for a SS "BANANA FLIP"???--etc., etc., etc. (not to even \*mention\* the scads of varieties if you chose to flavor the batter with some cocoa or fruit extracts--WOW!!!!!!).

NOW...for the \*\*\*LAMB CAKE\*\*\*! ----->

This is especially for CAT53's LittleLambkin!!!!)

As I said, this li'l sucker (the cake, not your hubby!) \*really\* likes to stick to the pan!!! I don't know if a small cheat of pan-flouring would help...it could be that the flour would only adhere to the egg mixture (like the whey protein did when I "floured" my pans with it!!!) and make it stick even more. You've been baking with your pans for years, but this whey-baking-stuff is a whole different game! Anyway, I would think that by buttering/greasing your pan abundantly, using the waxed paper strips I suggested, and using the low oven temperature I listed, you just might come out in good shape...and if that Li'l Lambie comes out in \*not\* such good shape, I just figure that's why God made cream cheese icing-- to fill in all the holes, right?!?!?!?

Of course you'd use your favorite SS version of cream cheese icing. I haven't been able to locate a Jicama, but here's my plan---peel & grate a Jicama into your "coconut" flake-sized pieces...maybe a coupla cups' worth. Mix very well with 1/4 cup SF Coconut syrup (or sugar replacement equal to 2 T sugar dissolved into 1/4 cup water + 1 tsp coconut flavor) and allow to marinate for an hour or more. Then cover a large cookie sheet with parchment paper and spread out your "jicama -nut" as evenly as possible. Place in a pre-heated 200 degree oven and turn the heat down to "warm". Stir the pieces every half hour, testing for "done-ness"—you want it to be "dry" (like regular coconut), without being toasted.

As far as the nose/eyes facial jellybeans are concerned, you could use regular and give them away, or use SF (they're on sale at Walgreen's!)...OR, I was thinking you could use several nice, plump fresh blueberries—just polish their smooth "up" sides with a tiny bit of butter warmed on your fingertip!

SOME ADDITIONAL NOTES--

Non-stick pans would certainly be a good way to go! My instructions were for CAT53's specific situation, so I purposely baked my prototype in a regular ol' loaf pan, knowing that she'd be using a vintage lamb-pan that was either from a time before good non-stick surfaces, \*OR\* had been used so many times that there might not be any non-stick stuff remaining!

I'm thinking that this batter might be really neat to try in crown muffin pans as well, making nice-sized take-along treats--or to slice horizontally, gently fold in half while still warm, and then (once cooled) fill with lovely, thick, sweetened whipped cream &/or cream cheese (perhaps flavored--like a banana flip, or even "chocolating" the batter for one of those Hostess-type desserts whose particular name isn't coming to mind just now!)(\*\*\*AHHHH!!! 'Just remembered!!!-- \*\*\*Suzy-Qs\*\*\*, right???)...and, as I'm typing this, I've just enjoyed a coupla pieces, sliced crosswise and spread open-faced with real butter--then sprinkled with Splenda & cinnamon--OH, MY!!!

\*\*\*\*\*

## "Flan Pan Ice Cream Sundae Cake"

I'll bet the POUNDless CAKE would be \*super\* in my put-away-and-almost-forgotten flan pans! For pic/description, see

<http://www.cooking.com/products/shprodde.asp?SKU=117508>

Pre-SSing, I used to split a prepared cake mix between 2 pans and then, once the cakes were inverted onto serving plates and allowed to cool, I'd fill them with scoops of ice cream, drizzle hot fudge all over, and sprinkle with almonds or pecans...it looked fabulous, provided lots of servings, and took practically no time at all (and kept beautifully in the freezer,

wrapped with plastic once the fudge had firmed up), but people would "Ooh!" and "Aaahhh!" and scarf it right down.

So...hmmmm...I was imagining a "Flan Pan Ice Cream Sundae Cake", using a flan-pan-baked POUNDless CAKE (maybe flavor ZeeBatter with chocolate or a fruit oil/extract?) filled with scoops of homemade SSizeD ice cream and bedecked with some homemade SF hot fudge or caramel sauce--or \*both!--or maybe stuffed with homemade strawberry ice cream and drizzled with some of my Cranberry-Strawberry Jam (see Potpourri & Breakfast forums...and perhaps any of the above topped with a few frozen whole berries (MMmmmm! Pineapple Cake with lemon ice cream and Blueberry Jam topping!)...Whaddya think???)--We could be talking guilt-free \*RealDecadence\* here!!!

### **Choate's Bread Pudding**

10-12 cinnamon buns\*  
1 1/2 cups cream  
1/2 cup water  
10 squirts DaVinci Butter Rum syrup\*  
1 1/2 teaspoon cinnamon  
2 teaspoons vanilla  
4 eggs

3/4 cup Splenda (equal to 3/4 c sugar)

Tear the buns up and place in a large bowl. In a separate bowl, mix the rest of the ingredients with a whisk. Dump over the buns and mix well.

Bake in a buttered (or use spray Pam) casserole dish (uncovered) for 45 minutes on 325-350.

This may puff way up, and then drop as it cools. Basically this recipe is all "to taste". You may not like it this sweet, or wish to add more cinnamon, etc.

\* find the recipe for this posted under "Potpourri" - "Pro/Fat Sandwich Buns" (it's in the first post)

\* Use any flavor you'd like - or omit

### **Fluffy White Frosting**

I have seen many of you asking for frosting that isn't cream cheese. I finally decided it was time to let you all in on a little secret of mine :) I have an old cook book that had this recipe that I changed a little to make it legal level 1. I used fructose on this recipe because I had tried the splenda packages and it didn't turn out right, but I would love for someone to try this with pourable splenda and let me know if it turns out. Also I would think you could flavor this with just about any flavor you wanted. I would love to hear your comments on this one. by mtberrys

1 egg white  
1/4tsp. Cream of tartar  
1/2 cup fructose (this was 3/4 cup of sugar)  
1 tsp. vanilla  
1/4 cup boiling water

Mix ingredients in small deep bowl. Add boiling water and beat until stiff. This recipe makes fluffy frosting that will stay moist for 2 or 3 days. Hope you all enjoy this, I also thought this would go perfectly with the lambkin cake:)

## **Somersized Cream Cheese Frosting**

I take two 8 oz blocks of cream cheese (softened) and beat with 2 TBSP of softened butter. To that, I add about a 1/4 to a 1/3 cup of Splenda (same measurement as sugar) - or to taste and a few tsp. of legal vanilla (I use Spice Islands) and mix until smooth.

At this point, it's ready to eat if you want....but if you want more of a 'carrot cake' taste, like I do, you can add several generous shakes of 'pumpkin pie spices' (or a mixture of cinnamon/nutmeg/allspice, etc....)

I have some pure orange extract, so I like to add a few drops of that for interest. Mix this all together and spoon into a refrigerator container. I just take it out when I want a bit of something rich and sweet. I eat right out of the bowl, so I only mess up a spoon each time, lol.... Lasts 4 or 5 days, at least, probably....but mine are usually gone before then, lol..... by smatterchu

## **Gummi Worms**

2 small or 1 large pkges SF Jell-O  
2 envelopes of Knox unflavored gelatin  
1 cup boiling water

if sour gummies are desired, add one packet of unsweetened Kool-Aid in a flavor that goes well with your Jell-O flavor. The Kool-Aid really makes them sour (but good).

Stir all ingredients until dissolved. Pour the mixture onto a large dinner plate and refrigerate. It will set in about 20 min. You can either slice it into worms, or roll up the rubbery disk of gelatin and cut it every 1/4" with a large pair of scissors. You can also use tiny cutters to make little shapes.

## **Mango Sorbet**

My husband taught this to me and I HAD to share! Tastes like sorbet!

Put a few really ripe mangoes in the freezer and let freeze - 2 hours will do it but if you forget them (not saying I did \*wink) just pop 'em into the microwave for a few seconds.

slice on both sides of the pit, cut crosswise to make a harlequin design (not necessary, but it make it easier to eat. Spoon out and enjoy!

Realize though that these are a high sugar fruit.

## **Mango Fruit Slush**

I use about 1/2c fresh mango puree, 1/4c unsweetened orange juice, and probably 1c ice and a little bit of water. Blend it all and it makes a great fruit smoothie/slushie.

Of course, you will need to play with this to see how much ice or water you like. I make these so often, I never pay attention to the measurements! You could try a different flavor juice, or omit all together if you don't want the extra sugar.

Instead of a tart pan, I used a buttered glass pie plate. I poured the filling into the pie plate and skipped the crust. I think if I would have waited to eat some, it would have stayed together better, but the taste is the same as I remembered it. I also used fresh lemons from my tree.

## **Baked Apples**

For each serving, combining the following:

- 1 apple, cored and diced
- 1 Tbsp. raisins
- 1/2 tsp. cinnamon
- 1 tsp. Splenda (or equivalent of your favorite sweetener)
- 1/4 tsp. vanilla (or experiment: maple extract is good too!)
- 1 Tbsp. apple juice or water

Combine, cover with plastic wrap and microwave for a minute, checking and stirring after every 20 seconds or so. by carolmarol

## **Crustless Apple Pie**

Peel and core apples and cut into slices (Same amount as you would use for a pie.) Place in saucepan with a small amount (1/2 cup) of water, cover and bring to a boil then reduce heat and simmer until apple slices are tender, stirring occasionally and adding more water if needed. Remove from heat and stir in somersweet to taste, 1 tsp. cinnamon, dash of nutmeg, pinch of salt and 1 tsp vanilla. Mix well and allow to cool. Wonderful by itself or for a small cheat, top with a small amount of cream when served. Susan

## **Mock Apple Streusel**

Had this recipe emailed to me from a low carb message board I use. Not my recipe..was from someone named Barbara, but I wanted to share with everyone cuz ive heard nothing but rave reviews. Happy Cooking!

- 8 oz cream cheese
- 3 eggs
- 1/3 c cream
- 4 t cinnamon
- 1 t nutmeg
- 2 t vanilla
- 1 c splenda
- 1/2 t cream of tarter
- 1 t soda
- 1/2 to 3/4 c whey protein powder
- 1 medium eggplant peeled and diced
- 2 - 3 t apple or cherry flavoring
- 1 T splenda

Topping

- 6 T melted butter
- 4 t cinnamon
- 1 c splenda

Dice eggplant, place in a bowl. Sprinkle with flavoring and splenda. Set aside. Mix cream

cheese until soft then add eggs and cream- blending well. Add spices, vanilla, whey protein (I use about 1/2c plus 2 T--I live at high altitude so you may need to adjust the amount so it doesn't come out too dry) and blend well. It should be like a cake texture. Gently fold in eggplant. Pour into a greased baking dish about 10 X 15. Dot topping mixture (or pour if it is liquid) over top and bake at 350 degrees for 15 to 20 minutes checking with a toothpick. This cake is much best cold and gets better with time. It is the best about 3 days, but we don't wait! I eat this for breakfast most of the time and my husband eats it for a dessert. I hope you like it and change the spices to whatever you have--I don't measure so it is kind of hard to write it down.

I used a mixer and really mixed it for quite a while like a regular cake this time. It turned out the best of all! Very light.

## **Rhubarb Crisp**

4 cups fresh rhubarb, cut up (I used a food processor for smaller bits)  
1/2 teaspoon salt  
2 cups Splenda (or 6 Tablespoons Somersweet, or whatever sweetener you prefer that results in the equivalent of 2 cups of sugar)  
3/4 cup zero-carbohydrate protein powder (I used Bio-Plex brand whey protein isolate)  
1 teaspoon cinnamon  
1/3 cup butter

Heat oven to 350 degrees.

Place rhubarb in ungreased baking dish (about 8" x 8"). Sprinkle with salt.

Measure sweetener (Splenda, Somersweet, whatever), protein powder and cinnamon into a bowl. Add butter and mix thoroughly until mixture is crumbly. Sprinkle evenly over rhubarb. Bake for 40 to 50 minutes, until topping is a rich golden brown. Serve warm with cream or Level One ice cream.

## **Rhubarb Dessert**

September passed this on to me. I think it was originally on the old boards. It's a keeper!

2 cups diced rhubarb mixed with 3 tbs. ss  
8 oz package cream cheese, softened  
5 whole eggs  
1/2 cup cream mixed with 1 tsp. white vinegar  
2 tsp. cinnamon  
1 tsp. vanilla  
1 tbs. Somersweet

Place diced rhubarb with Somersweet in a small saucepan and cook over low heat until the Somersweet is dissolved and the rhubarb has softened.

In mixer, combine all other ingredients, then fold in the rhubarb mixture.

Pour into a greased 8X8-inch pan and cook at 325 for about 45 minutes. The center should spring back at the center when touched.

Cool to room temperature and serve with whipped cream - Yummy!!

## **Rhubarb Pie**

3 eggs beaten  
8 tbs cream  
3 tbs. somersweet  
4 tbs cream cheese  
1 tsp nutmeg  
Mix together  
Add 4 cups rhubarb  
Dab top with butter  
Bake 425 for 10 min  
350 until done

## **Rhubarb Recipe**

I use two pounds/two packages of frozen rhubarb. Fresh would also be fine. If you use fresh you will need to chop it into approximately one-inch pieces. I place the rhubarb in a pan on the stove and add one cup of water, two cups of Splenda, one teaspoon of cinnamon and one teaspoon of nutmeg. I cook the rhubarb until it is soft and in chunks or you may continue cooking it until it breaks down into more of a sauce consistency.

I eat it for breakfast as one of my veggies and we also have it after dinner for dessert with a dollop of legal sweetened whipped cream. It is a wonderful sweet and tart tasting vegetable that will make you think you are eating fruit for breakfast and having a yummy desert after dinner. Enjoy!! Cathy

## **Tina's Rhubarb Tangy Topping**

Tina posted this, giving credit to Lise for her Rhubarb Jam. The original version that Tina posted is as follows, but I substituted 1/4 tsp. of ginger instead of the 1/2-tsp. nutmeg and I liked it better. I use it to top a toasted whole-wheat bagel...

2 cups rhubarb (cubed)  
2 Tbl. water  
1 Tbl. butter  
1 cup Splenda (or equivalent sugar sub.)  
1/2 tsp. nutmeg  
1/4 tsp. cinnamon

Heat water and rhubarb in saucepan until rhubarb is soft. Mash with potato masher. Add remaining ingredients and stir until well combined

## **Rhubarb Jelly & Ice Cream Topper**

1 frozen bag of rhubarb (this is a legal veg.) I found the rhubarb at Kroger.  
1 cup water  
1/4 cup. pure crystalline fructose or 8-9 packages of Splenda

Cook in nonstick skillet until soft, mash with fork until the pieces break down into sauce. Good on toast, ice cream!

You can add strawberry extract for added flavor!! Merrilee Wagner @ SS site

## **Rhubarb Preserves**

Legal Preserves!!!

1 frozen bag of rhubarb (this a legal veg. for carb, and pro/fat.  
1 cup water  
1/2 cup fructose or 8-9 pack. of Splenda (I use about 15 packs of Splenda)  
I added 8 squirts of raspberry DV syrup - next time I'll try strawberry

Cook in nonstick skillet until soft, mush with fork until pieces break down into sauce. You can add Strawberry extract or any SF flavored strawberry syrup to this for Strawberry-rhubarb preserves. (Maybe you have an idea of how to make jelly, or refrig. jelly) Let me know! So good on toast. Merrilee Wagner @ SS site

## **Baked Jicama Dessert**

3 cups jicama -- very thinly sliced  
4 packets artificial sweetener  
1/2 teaspoon ground cinnamon  
6 tablespoons butter -- cut into small pieces  
1/2 teaspoon apple pie spice

Preheat oven to 350. Spray a small (8 or 9") pie pan liberally with butter flavored cooking spray. Arrange 1/3 of the jicama slices in the bottom of the pie tin. Sprinkle with 1pkt sweetener and 1/3 of the spices. Top w/2T of the butter pieces. Repeat for 2 more layers. Cover with foil and nuke for 15 minutes. Uncover and bake 15 minutes more. Serve warm with low-carb ice cream! (cinnamon in the ice cream is wonderful on this). If you have the DaVincis s/f caramel syrup -drizzle 1T over each layer of the 'tart' as you assemble it -delish!

## **Poached Pears in Raspberry Sauce**

4 Fresh, Bartlett, Red, or Bosc pears.  
4 teaspoons of Splenda  
2 teaspoons of cinnamon  
1 teaspoon of ground cloves  
4 Tablespoons maple syrup

Raspberry Sauce

Maple Syrup:

1/2 cup water  
1/2 teaspoon maple flavoring  
1/4 cup Splenda, more or less, depending on desired sweetness

Maple Syrup instructions:

Mix all ingredients together and bring to a boil in a small saucepan on Medium heat. Lower

heat and simmer for 2 minutes. Remove from heat and set aside.

Raspberry Sauce:

1 cup raspberries

1 Tablespoon (or to taste) sweetener of choice

Raspberry Sauce instructions:

Puree raspberries in a blender and run through sieve to remove seeds. Add sweetener and place in small saucepan on medium heat and stir until mixture boils. Lower heat and simmer for 3-4 minutes. Remove from stove and set aside. Mixture will thicken some as it cools.

Instructions for cooking and serving pears:

Peel pears but leave stem on and slice off bottom so that pear will sit flat and stand up straight in microwave dish. Pour 1 Tablespoon of maple syrup over each pear. Sprinkle 1 teaspoon of sugar, 1/2 teaspoon cinnamon, and 1/4 teaspoon ground cloves, over each pear. Cover dish tightly with plastic wrap and cook on high in microwave for 10 minutes. Turn dish 1/4 and cook another 10 minutes. Unwrap pears and carefully place on individual serving dishes. Spoon 1 teaspoon of juice from bowl over each pear. Slightly drizzle raspberry sauce over pear and onto serving plate. Garnish with a few berries. The red color of the raspberry sauce is quite elegant when served on a white dish.

This dish is simple and easy to prepare. Pears have very thin skins and pare nicely with a potato peeler. I have also made this dish without putting the berries through a sieve. The little seeds are so small they don't bother me. So if you like you can omit this step. Of course that pure transparent red sauce without the seeds is quite beautiful. earthmother

## Easy Grilled Fruit

This is an easy one I invented with my sister using our George Foreman Grill. And it is Fruit level 1.

2-3 apples

2-3 pears

(any fruit)

Ziploc bag

1 tablespn cinnamon

1 tablespn pumpkin pie spice

1 tsp vanilla

dash of somersweet (optional)

Slice the fruit into thin slices. Toss in bag and add spices and flavorings. Shake, and place on an electric grill and set for 3-4 minutes. Eat and enjoy for a warm level 1 dessert or snack.

I have also used oranges, bananas, jicama. Just adjust cooking times. In addition, I have used orange extract and rum extract to make a Grand Marnier flavoring. I also use almond extract with 1 tsp powdered ginger to give apples a spicier taste. I also use butter extract with rum extract to give apples a hot toddy/buttered rum taste. You can experiment as much as you want. -Martha2

## **Fresh Fruit Dip**

This recipe itself is level 1, but when combined with fruit, becomes an almost level 1 or level 2 by Sooz123

2 8 oz pkg cream cheese, at room temp  
8 oz sour cream  
3/4 cup Splenda  
1 tsp vanilla  
1 tsp cinnamon

Mix all ingredients together until smooth. Serve with strawberries and other favorite fruits. Also nice as a filling for dessert crepes.

## Desserts – Almost Level One

### Fudgelike Brownies

1 stick butter  
2 ounces of unsweetened chocolate (use 6 TB of wondercocoa to make this a almost level one treat. Unsweetened chocolate would be a level 2).  
8 ounces of cream cheese  
1 3/4 cup fructose (do fructose/splenda combo)  
2 teaspoons vanilla extract  
2 eggs  
1/2 cup protein powder

Soften cream cheese for about 25 seconds in microwave and put in mixing bowl. Melt butter and chocolate in pan stirring frequently so it doesn't burn and when it is done melting take off burner and set aside.

Beat cream cheese mixture in bowl and add fructose, vanilla extract, and eggs and beat til blended. Next add chocolate til blended . Then add protein powder , mix and then pour into a 13 x 9 inch baking dish (I used glass) and bake at 325 for 20 minutes depending on your oven. You want them to look glossy on the top and when you pull them out they should not be soupy but should have sort of a sponge feel to them. Let cool and cut. I prefer to stick mine in the fridge and then eat them ...MMMM.

Also I bought my protein powder offline and it was much better than my health stores, it was more like a powder than a granule. It seems to make a difference in cooking too. Enjoy :)by DeLight

### Starlite's Best Ever Brownies

8oz- cream cheese  
5-whole eggs  
2tsp vanilla extract  
1/2c of heavy cream  
1/2c wondercocoa  
2tbl melted butter  
1/4 tsp baking soda  
1 tsp black walnut extract (optional)  
1 tbl somersweet or more to taste

Soften cream cheese in microwave for 10-15 seconds. Stir to eliminate hot spots. Add other ingredients and blend well with wire whisk. Pour into buttered 8 inch square pan. With a bowl of hot water below, bake at 325 for 1/2 hr or until firm. Cool to room temp and frost with cool ganache (see dessert book) if desired. Refrigerate until served

### Angel2u's Brownies

4 eggs  
2 cups Splenda  
2 sticks unsalted butter, melted  
8 oz. softened cream cheese  
1/2 to 3/4 cup Wondercocoa, sifted

3 tsp. vanilla  
1/2 cup whey protein powder  
1/2 tsp. Salt

Preheat oven to 325 degrees. Grease 8 x 8 pan.

Use an electric mixer to blend eggs, sweetener, vanilla, melted butter & softened cream cheese. Sift in Wondercocoa & when well blended add whey protein powder & salt.

Bake at 325 degrees for 30 min. in 8 x 8 inch pan.

I used an electric mixer to blend eggs, sweetener, vanilla, melted butter & softened cream cheese. Sift in Wondercocoa & when well blended add whey protein powder & salt.

\*\*\*NOTE: Mix the whey powder in with a wooden spoon, and only go about 50 strokes. The brownies will get tough and chewy if you over mix.

### **One Bowl Brownies**

I somersized this recipe that I recently found. By Krissey

Line 8" x 8" pain with aluminum foil & grease foil (I used Pam).

Microwave 4 squares unsweetened baking chocolate and 3/4 cup butter on high for 2 minutes & stir until completely melted.

Stir in 2 cups Splenda (or Somersweet equivalent to 2 cups).

Add 3 eggs & 1 tsp. of vanilla. Then stir in 1 tsp. of whey protein powder.

Bake at 350 for 30-35 minutes.

For me, these came out like fudgy/cake-like brownies. Hope you like them.

### **Moist Chocolate Brownies**

This is my recipe for delicious brownies. Mdastrup

1/2-3/4 cup wondercocoa (depending how chocolatey you want them)

1/2 cup protein powder (I use chocolate)

5 Tablespoons of sommersweet or 1 cup Splenda

2 eggs

2 teaspoons of vanilla extract

1/2 butter-1 cube

First mix wet ingredients, then gradually add in dry ingredients. pour and scrape mixture in a 8x8 baking pan. Bake at 350 for 12-15 minutes.

For an added treat- add 1/2 cup of chopped dark chocolate 60% or more.

### **Fudgy Chocolate Cream Cheese Brownies**

Rich and fudgy..these brownies come very close to the taste and texture of real brownies. Enjoy!

Brownie Ingredients

8 ounces softened cream cheese

3/4 cup loosely measured, sifted wondercocoa\*

4 eggs

1 and 1/2 sticks unsalted butter (3/4 cup)\*\*

1 tablespoon vanilla

4 - 5 tablespoons Slimsweet/Sugarnot, Somersweet\*\*\*

## Frosting

5 tablespoons unsalted butter  
5 tablespoons wondercocoa  
1/3 cup heavy cream  
1 and 1/2 tablespoons sweet balance/sugarnot, somersweet

Preheat oven to 350. In a small saucepan, over very low heat, or in double boiler over simmering water, melt the butter. Slowly whisk in cocoa a little at a time until it is completely incorporated. Remove from heat and set aside. In large bowl, beat softened cream cheese and sweetener for 1-2 minutes. Add eggs and vanilla and beat until well combined. Slowly beat in your chocolate mixture and beat until well combined. Pour into a greased 8x8 inch square pan and bake for approximately 25-35 minutes. Oven temperatures vary, so it may take slightly more or less time. A knife should come out almost clean. Remove from oven and let come to room temperature.

For frosting...in a saucepan over very low heat or in double boiler, melt butter, and whisk in sweetener. Slowly whisk in cocoa and stir until well combined. Whisk in the heavy cream and stir until you have a smooth chocolate mixture. Remove from heat and let sit a few minutes. Then pour it over your pan of brownies. Chill in the refrigerator for several hours. Enjoy!

For lighter chocolate brownies make the following changes:

- \*reduce Wondercocoa to 1/2 cup
- \*\*use one stick of butter (1/2 cup)
- \*\*\*use 3-4 tablespoons of Slimsweet, Sugarnot, or Somersweet

## SSweet's Chocolate Frosting

1 stick unsalted butter softened to room temperature  
1/3 cup unsweetened cocoa  
2 Tbls somersweet (2/3 cup sugar)  
1 tsp vanilla

Beat butter until soft and creamy. Add remaining ingredients and beat until well blended. Store unused frosting in refrig.

Of course, you can adjust the cocoa and sweetener to your own preference but I find this easier than trying to melt chocolate, adding cream, etc.

## Chocolate Ganache Sauce

Makes about 1/2 cup, can be doubled  
1/2 cup heavy cream  
1 tablespoon Sweet Balance,  
or sweetener equivalent of 1/2 cup sugar

2 tablespoons Wondercocoa  
4 tablespoons (1/2 stick) UNSALTED butter, SOFTENED

Stir cream and Sweet Balance together in regular saucepan and bring just to boil. Remove from heat and stir or whisk in cocoa, blending until smooth. Add butter and stir until melted. \*\*Do not return mixture to heat if butter isn't melting - cocoa will burn. Instead just be patient, keep stirring and it will melt. Sauce should be smooth. Chill.

Use with Chocolate Truffle Torte recipe below.

## **Somersize Dipping & Coating Fudge Sauce**

PRO/FATS - ALMOST LEVEL ONE

Makes 1 1/4 cups

*This recipe appears in my Fast and Easy book. Now it's even easier with my SomerSweet Chocolate. Choose Milk, Dark or White and create the Fudge Sauce of your dreams!*

6 ounces (38 squares) SomerSweet Chocolate (Milk, Dark or White), chopped into 1/4-inch pieces  
3/4 cup heavy cream  
1/4 cup sour cream  
1 teaspoon vanilla extract

Place chocolate in a small bowl and set aside.

Place cream in a small saucepan. Heat on medium until small bubbles appear around the edges of the pan. Remove from heat and pour over chocolate. Allow mixture to stand for 30 seconds. Stir until chocolate is smooth and mixture is smooth.

Stir in sour cream and vanilla.

## **Chocolate Truffle Torte**

1 teaspoon vanilla  
2 sticks (1/2 pound) UNSALTED butter  
3 tablespoons Sweet Balance  
or sweetener equivalent of 1 - 1/2 cup sugar  
4 tablespoons Wondercocoa  
5 eggs, separated

Preheat oven to 375 degrees. Generously butter a spring form pan, or 9" square brownie pan.

Melt butter in microwave or on stove. Remove from heat. Stir in vanilla, Sweet Balance and Wondercocoa. Set aside.

In mixing bowl, beat egg yolks until fluffy, add butter-cocoa mixture and beat for one minute at medium speed. Set aside.

In another very clean, cold bowl and with clean beater - any trace of oil or fat will keep egg whites from beating up - beat egg whites until stiff peaks form.

Gently and gradually fold egg whites into cocoa mixture. It can be a little lumpy. Pour into spring form and bake for 20 minutes. Use your timer.

The cake will puff up around the sides but have a depression in the center. Cool slowly. You can take it out of the oven or leave it in and open the door slightly to let out all the heat. Cooling too fast makes the cake drop too much. The cake will fall but should be about an inch high. After it is cool enough, you can put it in the fridge. To serve, remove the outer ring of the spring form, leaving cake on the bottom of the pan. Or you can gently run a long thin knife under it to loosen from the pan and transfer it to a flat serving dish. Garnish with fresh whipped cream. I've never made either recipe. So please let me know how they are.

I had someone request these recipe's and I thought I would share them with everyone. They were from the old threads and I'm not sure who the originator was but I thank them they have got me through many PMS days:)

### **Chocolate Cake is Back!**

YES, CAKE, CAKE, CAKE!!! This is updated PMS cake (Layered Cake, other flavors of dark cakes, red velvet cake, layered torte, elegant French Gateau torte, cookies, cupcakes) Also I have included a couple of frosting ideas. I've been trying to come up with a birthday cake, not using cream cheese, pork rinds, or protein whey. This is so amazing. I LOVE this cake. It is so beautiful and so tasty. It has the texture of a Duncan Hinds rich moisture cake, or "cake like" brownie. This is not a cheesecake, even though made with cheese crackers, it is not a mouse type brownie like on the sites. It has actual cake texture. The cheese crackers totally disappear into the batter, so you don't taste or see them. You would never know that there are cheese crackers in the cake. It doesn't even have a cheese color, it is dark luscious chocolate. Rich cake made with SS buttermilk and wondercocoa with flour made of cheese cracker crumbs. Believe me, it works. I made a two layer cake yesterday and it was unbelievably yummy. Once you make this cake it will seem so easy. The only time consuming task is doing the cheese crackers. Once you have that done (have your kids do this part) you are good to go.

**\*\*FLOUR** –2 cups of cheese cracker crumbs

Prepare approx 10-14 slices of WHITE AMERICAN CHEESE from the Deli as micro-waved cheese crackers. (Kroger brand will be more rubbery and speckled, Wal-Mart brand will be more fluffy) (When having it sliced at Deli, ask to have cheese sliced the same as individual slices in the pre-wrapped cheese counter area).

Fold each slice into 4ths and lay on parchment or freezer paper and microwave for 60 seconds to 2 minutes depending on your wattage of microwave and thickness of slices. If you have a large microwave you can do more than one slice at a time. You want these to be nicely speckled on top, but they don't need to be dark brown. They can still be a little "rubbery", it will work just fine. Let cool and process in food processor until they are fine crumbs. You need cracker crumbs to measure 2 cups. This is your "flour". Set aside

**\*\*BUTTERMILK "WET MIXTURE"**

Mix in small bowl the following to create "buttermilk"

3/4 C. HEAVY CREAM (I used Land-o-Lakes)

2 TSP. WHITE VINEGAR

Let sit for about 10 min. This will curdle some and that is ok. It is souring and making your buttermilk.

ADD 2 TSP. VANILLA EXTRACT

**\*\* DRY MIXTURE**

I use a large piece of wax paper or freezer paper for my dry mixtures. Sift approximately 1 CUP OF WONDERCOCOA onto paper and THEN MEASURE again lightly lifting the wondercocoa and spooning it back into a one cup measure. You will find you have left over to put back into wondercocoa can. Pour cup of wondercocoa back onto paper.

\*\*You can decrease the wondercocoa to 3/4 cup if you want it less chocolately.

Add

2 TSP. BAKING SODA

2 TSP. DOUBLE ACTING BAKING POWDER.

1 TSP. CINNAMON

2 TSP. INSTANT DECAF. COFFEE GRANULES

1 ½ CUP POURABLE SPLENDA PLUS ¼ CUP FRUCTOSE or if using Somersweet Sugar

Substitute 7 Tbsp Somersweet- \*\*make sure you mix it in well if using Somersweet to get rid of lumps.

NOTE –DO NOT ADD “FLOUR” TO THIS PROCESS. You will add it later.

\*\*IN FOOD PROCESSOR OR MIXER BLEND

-6 EGGS

-buttermilk “wet mixture” (see above)

-add dry mixture-NOT “CHEESE FLOUR” MIXTURE

-PROCESS FOR 1 MIN. IN FOOD PROCESSOR OR MIXER

IF USING FOOD PROCESSOR MOVE MIXTURE TO BOWL, AND IF USING MIXER JUST CONTINUE

- With spoon very lightly STIR in the 2 cups of white American cheese cracker crumbs

-LET SIT FOR 30 MIN (I’ve even let it go over an hour) to allow crackers “flour” and cocoa mixture to soak together. It will become the consistency of airy pancake batter.

\*Preheat oven to 350F

Lightly spray OR butter pan and line bottom of pan with Parchment Paper

OPTIONS FOR CAKE PANS:

-springform pan ...lightly buttered with parchment paper on the bottom

-2 non stick 8 or 9 inch cake pans

-3 non stick 8 or 9 inch cake pans for torte layers or use parchment lined cookie sheet for torte layers-depending on the size of layer you want you can get three 8 inch torte layers or 5-6 layers of 5 inch torte size.

-bundt pan (even flexible bundt is fine)

-LARGE quiche pan

-Cupcake pans

\*\*POURING BATTER INTO THE PAN

The batter will fill one springform cake, two cake pans or three torte layers. Bake in preheated 350-degree oven for 25-30 min. or until knife inserted comes out clean.

\*\* Note- cake batter will be thick enough you can gently mound batter into the center. The batter will then cook, rising and then slightly falling and will end up pretty flat for layer cakes.

\*\*CHOCOLATE GANACHE TOPPING- make sure this is cooled

\*This is adapted from the Refrigerator Fudge Recipe posted by Just Me on Suzanne Somers.com Forums.

NOTE: I make up the Refrigerator Fudge Recipe and freeze 2-3 recipes of the “bark” for later use. I make the bark in a parchment lined 11x7 pan and let set then freeze. When the slabs of bark are hard, I peel off the parchment paper, wrap in saran wrap and freeze two to three per large Ziploc Freezer bag. Then whether I want to snitch a bite or make ganache

etc., I just take out what I want. This way, my icing is already made up, it just needs to be melted to pour over my cake.

~In a double boiler over simmering water, melt 3/4 cup Butter (cut into smaller pieces so it will melt faster)

~While the butter is melting: Loosely measure Wondercocoa and Sugar Substitute and whisk together.

3/4 cup Wondercocoa (stir with a whisk before measuring to loosen up cocoa)

5 Tablespoons Somersweet

~The minute the butter is melted, stir in (using a whisk) the cocoa and sweetener until well blended and smooth. Heat this for 5 minutes whisking occasionally.

~Take off of heat.

~Measure together and add to above mixture:

3/4 cup Cream

1 teaspoon vanilla

approx. 1/2 teaspoon Peppermint Extract\* (depending on potency of extract)

~Blend together with whisk and pour into prepared pan to put into freezer to set or let the mixture cool while still stirring occasionally if pouring directly onto cake. You will want the ganache to set up a little before pouring over cake, as it is quite runny while hot. Gently glide spreader evenly over cake to glaze all over. I like to use a whole recipe for one cake as you want it to be well covered. The peppermint icing really finishes the cake.

You can garnish top of cake with a few raspberries or maybe a few tiny pansies (or edible flowers) and or mint leaves. This is a very pretty GATEAU or torte (flat, round chocolate cake with ganache covering). When you have iced the cake, set in the refrigerator to finish setting up before serving.

Note: If you selected to freeze the bark before icing the cake, to prepare, re-melt over double boiler just enough to melt chocolate (do not let pan get to hot), continually stirring until chocolate has melted. Then let cool enough so that as the chocolate cools, it begins to "thicken" slightly to glaze consistency.

Rendalane note: (I have served this to company of non-somersizers along with ice cream on the side and it went over well. The peppermint in the icing is what really makes this special.

#### \*\*\*\*OPTIONS FOR CAKE

##### RED VELVET CAKE

Cut the buttermilk to 3/4 c. heavy cream

Cut Wondercocoa to 1/2 cup.

ADD:

2 T. additional vinegar (total 4 T.)

1 oz. Red Food Coloring

#### \*\*\*\*\*NEED BUTTER CREAM FROSTING\*\*\*\*\*

##### MINT CHOCOLATE

Mint extract, maybe a whipped cream topping with mint and green food coloring.

PEANUT CHOCOLATE-Add peanut butter extract or add any extract of any loved flavors you choose (Raspberry etc.)

CHOCOLATE MACADAMIA –I tried this and didn't care for it.

GERMAN CHOCOLATE CAKE- just thinking through this because I've not tried it but use the mock shredded "Jicama" coconut with a caramel Sauce using SS. (Decrease the wondercocoa to 1/2 cup, and cream to 3/4 c.)

CHOCOLATE ICE CREAM CAKE WITH SYRUP-Use chocolate layers with SS icecream in between and refridg. fudge poured over top.

COOKIES- These are good, but slightly fragile. Just dollop to desired size on buttered cookie

sheet. (I tried Macadamia chunks in these too and didn't like them. Bake for about 5-8 min in 350-degree oven.

TORTE-Bake large cookies about 8 inches round on a parchment lined cookie sheet (you will get 5-6 torte layers out of this recipe.) Bake at 350 for just about 5 –8 min. Fill inside with cannoli filling or even sweetened whipped cream.

CUP CAKES- Lightly spray or butter non stick or flexible cup cake pans.

Pour batter into the cup cakes about 2/3rd full. Bake for 5-8 min in 350-degree oven. Just a thought any icing but also could split them open after cooking and insert SS recipe of marshmallows found on the recipe threads. Merrilee Wagner @ SS site

## **Cake**

I have made this cake several times and enjoy it:

1 tea. vanilla  
2 sticks unsalted butter  
3 tbl. Sweetbalance or equivalent of 1 1/2 cups sugar  
4 - 5 tbl. Wondercocoa  
5 eggs separated

Preheat oven to 350. Generously butter spring form pan.

Melt butter in micro or stovetop. Remove from heat. Stir in vanilla, sugar and wondercocoa. Set aside. Beat egg yolks until fluffy. Add butter/cocoa mixture and beat for 1 minute at medium speed. Set aside.

In another clean (& cold) bowl and with clean beaters, beat egg whites until stiff peaks form. Gently and gradually fold egg whites into cocoa mixture (It can be a little lumpy) Pour into spring form pan and bake 20 minutes. Cool cake slowly (cake will fall but should be about 1 inch high)

After it is cool enough, you can put in fridge. Can serve with chocolate mousse or make chocolate ganache sauce.

## **Flourless Chocolate Mousse Cake**

Here is one of my favorite flour less cake recipes. I don't remember exactly where I got it, but I make it often and even non-ssers love it! By ljdrgon

6 Eggs  
1/2 c Splenda (or more if you like it sweeter)  
1 lb unsweetened chocolate; melted  
1/4 c Strong coffee  
1 cup whipping cream  
1 tsp Vanilla extract

Preheat the oven to 350 F.

In a medium bowl place the eggs and sugar, and beat them together for 3 to 4 minutes, or until eggs are light in color. Add the melted chocolate and coffee, and stir them in until the mixture is smooth.

In another medium bowl place the heavy cream and whip it until it is stiff. Add the vanilla and stir it in. Gently fold the whipped cream into the chocolate mixture.

Pour the mixture into a buttered 9" spring form pan or a cake pan lined with buttered parchment paper. Place the pan in a baking dish that is half filled with hot water. Bake the

mousse cake in the water bath for 1 hour. Turn off the heat and let the cake sit in the oven for another 15 minutes.

Remove the cake from the oven and let it cool for 30 minutes.

This is a wonderful, dense, almost brownie-like cake. Sprinkle on some powdered sugar and serve it with ss vanilla ice cream.

## **Chocolate Roulade**

In case anyone's interested, here's the recipe for the chocolate roulade that I make. It makes a thicker cake that is easier to work with (at least in my opinion). ssweet

Melt 1/2-cup (8 tbs) butter in a small saucepan.

Add 1 cup of loosely packed wondercocoa and stir until well blended.

Add 1 tbs instant coffee granules while the cocoa/butter mixture is still warm.

Add 2 tbs brandy to the above (optional).

Transfer to a bigger bowl and set aside.

Separate 7 eggs that have been brought to room temperature.

Beat the egg whites with 1/8-tsp salt until they hold stiff peaks.

Beat the egg yolks with 3 tbs somersweet (or the equivalent of 1 cup sugar).

Note: If you beat the egg whites first, you don't have to wash the beaters before you beat the egg yolks.

Add the chocolate mixture to the egg yolks and stir until well blended.

Fold 1/3 of the egg whites into the chocolate mixture to "lighten" it.

Repeat with another 1/3 egg whites and then fold in the last 1/3 until well blended.

Pour the batter into a 15 x 10-cookie sheet that has been prepared as in Suzanne's book.

Bake at 350 degrees for 15 minutes.

Follow the rest of the instructions in Suzanne's book for completing the roulade.

## **Chocolate Raspberry Trifle**

I made this trifle for some non-SSers this weekend and they loved it! It takes alot of prep work, but it is so worth it!

I didn't give the directions for making whipped cream since everyone uses different amounts of sweetener and vanilla depending on their tastes. Start with 1 1/2 cups of cream and add desired amounts of sweetener and vanilla.

1 recipe Fudgy Cream Cheese Brownies (from boards)

1 recipe Chocolate Custard (from Fast & Easy)

1 pkg frozen raspberries

1 batch Whipped Cream

2 tbl Splenda or 2 tsp SS

1 tbl Wondercocoa

In a bowl, sprinkle sweetener over raspberries and allow to thaw. Stir occasionally until berries are room temperature and juicy.

Cut brownie into bite sized squares.

In a trifle dish or large bowl layer half of the brownies, half of the berries, and half of the custard. Repeat, then add all of the whipped cream to the top.

Sprinkle cocoa on top and serve. Enjoy!!!

## Chocolate Cannoli Cake

Delicate chocolate cake with a hint of orange ...layered with creamy cannoli filling..what else can I say but YUM!!! I hope you enjoy this dessert as much as I did. Thanks so much to my sweetie Peter for giving it a test run(kisses)

### Cannoli Cream

15 ounces whole milk ricotta cheese  
8 ounces mascarpone cheese  
1 cup heavy cream  
2 1/2 Tablespoons Somersweet, slmsweet/sugarnot  
\*\*\*OR\*\*\*  
1 1/3 cups Splenda  
1 teaspoon vanilla  
1/2 teaspoon cinnamon  
1/2 teaspoon finely grated orange peel

### Chocolate Cake

2 sticks unsalted butter (1 cup)  
9 tablespoons Wondercocoa  
1 Tablespoon somersweet, slimsweet/sugarnot  
\*\*\*OR\*\*\*  
1/2 cup splenda  
1 teaspoon vanilla  
8 egg yolks  
4 egg whites  
2 Tablespoons Somersweet, slimsweet/sugarnot  
\*\*\*OR\*\*\*  
1 1/4 cups Splenda  
1 teaspoon finely grated orange peel

To make the filling...Beat heavy cream until soft peaks form. Set aside. Mix ricotta cheese, mascarpone cheese, cinnamon, vanilla, and sweetener until smooth and creamy. This is best done in a processor. Combine with whipped cream and fold in orange peel. Chill until needed.

For the Cake... Preheat oven to 350. In top of double boiler over simmering NOT boiling water...Melt the 2 sticks butter. Add the 1 Tablespoon Somersweet \*\*OR\*\* 1/2 cup splenda. Stir until dissolved. Then slowly add the wondercocoa while stirring. Stir constantly until butter is completely melted and you have a smooth chocolate mixture. Remove from heat and keep at room temperature. In a large bowl...beat the egg yolks with the 2 Tablespoons Sweetbalance \*\*OR\*\* 1 1/4 cups splenda for 4 minutes. Scrape down sides of bowl and beat for an additional 2 minutes. Stir 1 teaspoon vanilla into the chocolate mixture, and then fold the chocolate into your beaten egg yolks. In a medium mixing bowl...beat the 4 egg whites until stiff peaks form. Stir about 1/4 of the beaten egg whites into the chocolate/yolk mixture to lighten it. Then, add in the remaining whites and gently fold them in until completely combined and no spots of white are visible. Fold in orange peel. Equally divide the batter into three 8 1/2 inch buttered round cake pans. Bake for 10-15 minutes or until a knife comes out clean. Remove cake from the oven and run a knife around the edge of the pans. Immediately invert cake onto 3 separate dishes (I used paper plates...less cleanup!!) The cake will be very delicate, but will firm up very nicely when chilled. Refrigerate for about 30 minutes. After 30 minutes, the cake is ready to be assembled. Place one layer of cake on serving plate, spread a layer of cannoli cream. Top

with second layer of cake and another layer of cannoli cream. Place 3rd layer on top and frost the top of cake with more cannoli cream. Chill for 1 -2 hours. I found that I didn't need the entire amount of cream...so, if you have some leftover...it's yummy on its own too!!!

## **Decadent White Chocolate Cake**

PRO/FATS - ALMOST LEVEL ONE

Serves 8-10

*When I first published this recipe in Get Skinny, I received several letters from people who had runny results. This is due to the variance of white chocolate; many are made with cheap oils instead of real cocoa butter. I have now re-done the recipe with my SomerSweet White Chocolate Bars and it works better than ever. Plus, there's no refined sugar! Yeah!*

Butter for greasing pan  
12 ounces (75 squares) SomerSweet White Chocolate  
5 ounces unsalted butter  
6 large whole eggs  
4 large egg yolks  
1 tablespoon SomerSweet

Preheat oven to 425 degrees.

Line a 9-inch springform pan with a double layer of wax paper. Butter sides and bottom of pan. Set aside.

Melt chocolate and butter in a double boiler (or in a bowl or smaller saucepan placed over a bigger saucepan of gently boiling water). Stir until chocolate is melted and mixture is smooth. Set aside.

With an electric mixer, beat eggs, extra yolks and SomerSweet until tripled in volume, about 7 minutes. Fold a third of the melted chocolate into egg mixture. Fold in remaining chocolate carefully.

Pour batter into prepared pan. Bake for 20 minutes. Allow cake to cool completely before refrigerating. Refrigerate for at least 3 hours or overnight. Run a knife around edge of pan to loosen cake. Carefully unmold onto a serving plate and serve.

## **White Chocolate Torta**

PRO/FATS - ALMOST LEVEL ONE

Serves 10-12

*When I first created this dessert I was frustrated because I couldn't find white chocolate without sugar. Now, with my SomerSweet White Chocolate Bars, I make it often and enjoy it guilt-free.*

Butter for greasing the pan  
4 ounces (1/2 stick) butter, softened  
6 large eggs, at room temperature  
1½ teaspoons SomerSweet

1 teaspoon vanilla  
1 pound (100 squares) SomerSweet White Chocolate, roughly chopped

Preheat oven to 350 degrees.

Line the bottom of a 6-inch springform pan with two layers of wax paper. Butter the sides of the pan and the wax paper. Place softened butter in a mixing bowl and beat on high speed with an electric mixer for about 5 minutes, or until light and fluffy. Add eggs one at a time and continue beating until combined. The mixture will not be smooth at this stage. Add SomerSweet and vanilla. Beat for another minute. In a double boiler on very low heat, melt the white chocolate, stirring constantly until smooth. Slowly pour the melted chocolate into the egg mixture, stirring constantly until a thick batter forms. Pour batter into prepared pan and bake for 25 minutes. Cool to room temperature and refrigerate for at least 3 hours or overnight. Run a warm knife around the edge of the torta to loosen it before releasing the springform.

### **Button's English Toffee**

OK HERE IT IS !!!!! I didn't want to use Maltitol but it is the only thing that will take the heat. I tried all the others and they would not work.

To start with you will need a cookie sheet lined with aluminum foil. Next you can use a aluminum pan or a non stick pan. NON STICK WORKS BEST.

1 cup butter  
2 cups Maltitol crystals (granulated)  
1 Tablespoon vanilla

1/2 cup sugar free milk chocolate chips for topping or whatever chocolate you prefer.

Melt butter then add the maltitol and vanilla. Cook and stir constantly on med heat until mixture turns golden. It will separate and then it will blend together again. Give it time for the color to turn golden but do not overcook or it will burn. When you drop it in water if it gets hard and brittle then it is ready.

Then quickly pour onto cookie sheet. Be careful not to burn. When making this there comes to a point as it is turning golden that there is a wonderful toffee smell. That is the time to remove it and pour on the cookie sheet. This is very time sensitive and everyone's stove is different.

I use a Belgian milk chocolate bar made with Maltitol and cut it into tiny pieces and sprinkle it on the toffee after it has cooled about 5 minutes. Then spread the chocolate. I chill the cookie sheet in the fridge until the chocolate hardens again.

Then break into pieces and enjoy. I used the handle of my butter knife and just tapped the toffee and it broke into pieces.

Store in an air tight container.

Level 2: You may add some ground almonds on the cookie sheet before you pour the toffee on. Then more almonds on top of the chocolate.

Notes: The problem with all of the other substitute sweeteners is that they burn way to quickly because of the heat for a sustained amount of time to get it to the toffee stage. I even noticed with the splenda that it separates and only the splenda cooks and burns. Fructose does not separate but the mixture burns and is bitter tasting.

I still have not perfected this recipe but I wanted to give it to all of you in case there were some of you who would enjoy a challenge.

Remember the maltitol can be like a laxative so eat this very sparingly. There is a lot of maltitol in this recipe so be careful, DO NOT over indulge but enjoy it a little at a time.

Button @ SS site

## **Sweet Milk Chocolate Kisses**

8 oz Neufchatel Cheese\*  
1 Cube Butter  
2 Tbsp. (unsweetened) Cocoa  
8 Tbsp. Splenda  
4 Tbsp. Heavy Cream  
1 Tbsp. Vanilla

Melt Butter (just until liquid). Add Cocoa, and whisk with a fork to blend. Add Cream, and whisk to blend.

In Cuisinart add the Neufchatel Cheese, then add the Butter & Cocoa mixture, Vanilla and Splenda. Blend until smooth. Put creamed mixture into a frosting tube and squeeze out onto shiny side of butcher paper, making little "kisses", and freeze.

## **Chocolate Mints**

2 cups heavy cream  
8 squares of unsweetened "bakers" choc.  
3-4 TB of somersweet  
1-2 TB of Peppermint extract.  
pinch of backing soda  
8oz of cream cheese room temp.

Cut chocolate into small pieces and place in a large mixing bowl.

Sprinkle somersweet over choc also peppermint, and baking soda BRING CREAM to a boil and take off heat immediately be careful it doesn't boil over.

Pour over choc let melt for 1 min than mix thoroughly and slowly with electric mixer beat several minutes than add cream cheese and mix in thoroughly.

Refrigerate 2-4 hrs. Mmm TASTE them....

## **Table Cream Fudge**

For those of you that can find cans of Nestle Table Cream (found in the Mexican food section of the grocery store), here is a recipe for fudge that is really very good! I took Peter Neuman's fudge recipe, (thanks Peter!) and adapted it to the table cream. Peter's recipe is great, but I had trouble condensing my cream. Timing was critical, and the cream would separate if I cooked it too long. In this recipe, the cream will not separate. There is no cooling time required before adding the chocolate, and there is no gelatin. It works up very fast! Just make sure you chill the cans of cream first. By Cindi

\*\*A special thanks to DebB who helped me test this recipe, and gave me important feedback!! I hope you will enjoy it!!

2 cans (7.6 oz each) Nestle Table Cream (found in the Mexican food section)---chilled  
5 Tbsp Sugar/Not (Sweet Balance) or sugar substitute to equal 2 ½ cups sugar.  
3 oz Sugar- free Milk Chocolate—broken into pieces  
4 Tbsp sifted Wondercocoa  
2 tsp vanilla

Chill the cans of cream in the refrigerator for several hours or overnight.  
Carefully drain the liquid from each of the cans of chilled table cream. Put the remaining solid cream in a heavy stainless steel sauce pan. Add the sweetener and stir.  
Over medium heat, bring to a rolling boil.  
Boil, stirring constantly, for 7 minutes. You may need to lower heat during cooking. Just stir continually to prevent scorching.

Remove from heat and immediately add:  
Milk chocolate pieces. (You can use Suzanne's, but I didn't have any, so I used Hauser's.)  
Stir until melted.  
Add the "sifted" Wondercocoa, 1 tablespoon at a time, stirring until incorporated after each addition.  
Stir in vanilla.

Pour into a wax paper lined dish. (I use a Pyrex dish that is approximately 5"x7").  
Chill for 3 or 4 hours. Peel off the wax paper, and place the fudge back in the same dish.  
Store, covered, in refrigerator.

Variations:

Use 7-9 Tbsp sifted Wondercocoa only, and increase the sugar substitute to equal 3 ½ cups sugar.

Or

Use 5 ½ oz of sugar-free milk chocolate (for milk chocolate fudge). Reduce sugar substitute to equal ¾ cup sugar.

or

Use 5 ½ oz of semi sweet sugar-free chocolate (for a dark chocolate fudge). Reduce sugar substitute to equal ¾ cup sugar.

or

Use a combination of sugar-free milk chocolate & sugar-free semi sweet chocolate to your taste. Reduce sugar substitute to equal ¾ cup sugar.

LEVEL 2:

Add some chopped almonds, walnuts or macadamia nuts.

NOTE:

This recipe was developed using the 7.6 oz cans of Nestle Table Cream. This cream also comes in an 8 oz can. If you use the 8 oz. size can, you may get a softer fudge. Just make sure that you boil it for at least the full 7 minutes.

## **Fudge**

I found this fudge recipe included with my Light and Tasty magazine. I'm sure it's level two so I'm saving it for the hopefully near distant future. By cdodger

2 8oz. packages cream cheese  
2 squares (1 oz. each) unsweetened chocolate, melted and cooled  
Sugar substitute equivalent to 1 cup sugar

1 tsp. vanilla extract  
1/2 cup chopped pecans (leave out for almost level 1 treat)

In a small mixing bowl, beat the cream cheese, chocolate, sugar sub. and vanilla until smooth. Stir in pecans. Pour into an 8-inch baking pan lined with foil. Cover and refrigerate overnight. Cut into 16 squares. Serve chilled. Yield: 16 servings

## JustMe's Refrigerator Fudge Recipe

In a double boiler over simmering water melt  
3/4 cup butter.

While the butter is melting LOOSELY measure  
1 cup Wondercocoa

(If using Splenda use only 3/4 cup)

and 3TBLS Slimsweet OR 1 3/4 cups Splenda (but be aware there WILL be an aftertaste using Splenda)

OR whatever sweetener you are using to equal 1 1/2 cups sugar

When the butter is melted stir-in (using a whisk) the cocoa and sweetener until well blended and smooth.

Heat this for 5 minutes or more...whisking occasionally.

Measure together 3/4 cup cream (I add a couple tbs more for a softer texture)

and 2 1/2 tsp. vanilla and add to the cocoa mixture and whisk until well blended.

Pour into a pan sprayed w/PAM.

Use, as is, for a hot fudge sauce for ice cream, or refrigerate (or put in freezer if you can't wait) for fudge candy (it will thicken as it cools).

I think this is really good and use it all the time on my ice cream. I also use 3/4-cup fructose as my sweetener. Enjoy!!

\*\*\*\*HOT FUDGE SAUCE\*\*\*\*

Use the fudge recipe above immediately over ice cream!

\*\*\*\*\*

\*\*\*\*FUDGE FROSTING\*\*\*\*

Add 1/4cup more cream to the above fudge recipe and chill for a spreadable frosting or as is for a nice thick ganache.

\*\*\*\*\*

\*\*\*\*FUDGESICLES\*\*\*\*

In a saucepan, melt 1/2cup butter

Add 2cups heavy cream and heat until quite warm.

Turn off heat and add slowly, mixing well with a wire whisk until well blended

1/2cup(sifted) Wondercocoa

Sweetener equal to 1 1/2cups sugar

2tsp vanilla

Pour into 2 ice cube trays that have been sprayed with butter flavored PAM.

Freeze for an hour and insert toothpicks and continue freezing until frozen solid.

\*\*\*\*Berrysicles\*\*\*\* can also be made by substituting 2cups of simmered and pureed berries for the wondercocoa and adjusting the sweetener to taste.

## Peppermint Melt Away Fudge

These are so good you have to try them a friend from work gave this to me don't know where she got it but oh my, its wonderful! Let me know your thoughts on this thanks. by Sherrie69

2 cups heavy cream  
8 squares of unsweetened "bakers" choc.  
3-4 TB of somersweet  
1-2 TB of Peppermint extract.  
pinch of backing soda  
8oz of cream cheese room temp.

Cut chocolate into small pieces and place in a large mixing bowl.  
Sprinkle somersweet over choc also peppermint, and baking soda BRING CREAM to a boil and take off heat immediately be careful it doesn't boil over.  
Pour over choc let melt for 1 min than mix thoroughly and slowly with electric mixer beat several minutes than add cream cheese and mix in thoroughly.  
Refrigerate 2-4 hrs mmmmmmmmmmmmmmmmmmmmm TASTE them.... Would be good with other extracts too.

### **Chocolate Candy**

I revised this from a frosting recipe I found on this website. I came up with the idea one day when I was really craving something sweet.

3/4 cup unsalted butter  
3/4 cup wondercocoa  
2/3 cup heavy cream  
2-2 1/2 T. sweetbalance/Somersweet  
\*\*\*OR\*\*\*  
Approximately 6 T. Splenda

In a microwavable deep dish, melt butter, and whisk in sweetener. Slowly whisk in cocoa and stir until well combined. Whisk in the heavy cream and stir until you have a smooth fluffy chocolate mixture. Pour and spread into an 8x8" buttered pan. Chill in the refrigerator for at least an hour. Cut into squares and serve. It's a cross between fudge and a chocolate bar.

### **Dessert Chocolate Mousse, Pie filling or Frosting**

I found this recipe on this site several years ago and thought I had lost it. It is a favorite of mine and so easy to make. ccmall

1 8oz package of cream cheese  
1.5 cups heavy whipping cream  
4 TBS of Splenda to taste (or 2 TB Sweet Balance or equivalent sweetener)  
1 tsp. vanilla  
4 TBS Wondercocoa

Bring cheese to room temp (or heat cheese in the microwave for 30 seconds - 1 minute until soft).

In a separate bowl, whip cream until peaks form. Beat cheese, sweetener, vanilla, and cocoa. Fold in whipped cream into cheese mixture. Whip with mixer for 30 seconds until creamy. Refrigerate for 30 minutes.

Variations:

Mocha: Dissolve 1 ½ tsp. instant decaf coffee in a tiny amount of water. Add coffee to

cheese mixture.

Lemon: Replace Wondercocoa with 2-3 TBS of lemon juice

## **Chocolate Pudding**

3-1/2 cups Cream

6 Tbsp Wonder cocoa or Rapunzel Kocoa (both 99% caffeine free)

3 Tsp Vanilla Extract (or your favorite flavor w/chocolate..orange...peppermint etc)

1/2 cup water

1 Cup Splenda

3 – Eggs

Mix 1 cup of cream with eggs until well blended. (You don't want egg bits once it starts to cook). Then Mix all ingredients in saucepan and cook on medium heat until mixture thickens. Pour into a large bowl or individual serving bowls and refrigerate for about 3 hours or over night.

It also says you can pour it into Popsicle molds at make fudgesicles.

## **Yummy Chocolate Pudding**

My daughter has been wanting pudding, "The kind you get at the store Mom!", and tonight I made it! No "weird texture", no "too sweet". She actually likes it!! So, here it is, kid approved chocolate pudding.

1 c. "sugar" (I used 2/3c. fructose)

1/4 t. salt

1 1/3 c. cream

2/3 c. water, reserve 3 Tbsp

2 oz. unsweetened chocolate, chopped

1 well-beaten egg

1 packet gelatin

2 Tbsp butter

1 t. vanilla

Put reserved 3 Tlbs water in a small bowl and set aside. In a sauce pan, mix sweetener, salt, cream, water and chocolate together. Cook over medium heat 'til boiling. Allow to boil for 3 minutes. Remove pudding from heat. Gradually add 2/3 c. pudding to beaten egg. Return egg-chocolate mixture to pudding. Dissolve gelatin in water and add to pudding. Return pudding to heat and boil for 2 to 3 minutes. Remove from heat and add vanilla and butter. Pour into cups to cool or enjoy warm.

I hope you like this as much as we do.

## **Classic Chocolate Creme (Pudding)**

2 eggs\*

1 1/2 c cream

6 pkts Splenda

1 Tbsp. Wondercocoa

2 oz Torani chocolate syrup (or use any other syrups, like Atkins or Davinci)

1/2 tsp. vanilla extract

1 envelope Knox unflavored gelatin  
1/4 c water

Place water in small saucepan and sprinkle gelatin over it; let sit one min. Crack eggs into blender; add all other ingredients except gelatin. Place burner with gelatin over low heat and stir till dissolved. Blend or process ingredients in blender for 2 min, no more, no less. While processing, slowly drizzle dissolved gelatin into mixture. Pour into parfait dishes or ramekins and chill. This is sooo delicious! CARMA

\* To reduce risk of salmonella, I either wash the eggs in warm, soapy water or I coddle them.

\*\* There has been debate whether Wondercocoa is level 1 or almost level 1. I've been using Wondercocoa with no problems, myself, but everyone is different. I posted this recipe here since I haven't seen a definite quotation stating Wondercocoa is not level 1.

## **Chocolate Mousse**

If you order somersweet you will have this recipe but I altered it a little bit and I love it. By Amy8794

2 cups heavy cream  
2 tablespoons somersweet  
2 tablespoons unsweetened cocoa  
1 tsp. of vanilla

Whip cream with an electric mixer or whisk. As cream starts to become fluffy add the remaining ingredients. Mix until cream forms into soft peaks. The ingredient I took out was 3 squares unsweetened chocolate and 2 tbsp. unsalted butter. If you want to add these you melt them separately in microwave or double boiler until smooth and then fold into the mousse after you are done mixing.

A few spoonfuls was all I needed and I was satisfied so hopefully it won't hurt me too bad on the scale.

## **Dark Chocolate Mousse**

I love Suzanne's chocolate mousse mix and I also like the **Dark Chocolate Mousse** recipe in the dessert book. But, I recently made this version and really enjoyed it. erika9473

1 oz. of unsweetened chocolate  
3 tbl of cream

In a microwave safe dish combine cream and chocolate. Microwave for 1-2 minutes and stir. Or in a small saucepan on the stove, melt chocolate with the cream and mix until smooth. You could also first heat the cream and then add broken pieces of the chocolate and mix until melted and smooth. Be sure to let this cool.

Take 2 cups of cream, 1 tsp. of Somersweet and 1 tsp. of vanilla and begin to whip. Before it's done, mix in the chocolate and continue to whip. Taste and add more Somersweet. I don't have an exact measurement as I just taste and add scoops as I go. I prefer a more of a milk chocolate taste, which is sweeter.

For dark chocolate fans, you'd probably want to use more than a 1-oz. square of chocolate. For me, it's just right. Plus, I feel that's a small amount of chocolate, which decreases the amount of the imbalance

Angelique said: I was in such a panic for something sweet and this was a perfect fix. I did it a little differently though. I just heated up 3 Tbs. of cream in the microwave and then added 2 Tbs. of Wonder cocoa and sweetener...stir well and voila...chocolate yumminess!! For a fudge-like consistency...put in freezer for 10 minutes until cool.

kidsmom said: Erika-just loved this. I made this yesterday with a few changes for my tastes. I used 2 oz. chocolate w/6 tbs. Cream and 1/4 cup fructose. After I had semi-whipped the cream I added a couple of tablespoons to the chocolate mixture to lighten and smooth out the texture and then added the chocolate to the cream and continued to whip. It was so excellent. Thanks for the post.

## **White Chocolate Mousse**

I have been experimenting with a SSed version of a white chocolate mousse and I decided it was good enough to post. I found the white chocolate in my local health food store in a 3 oz. bar. It was called Doctor's CarbRite Diet SugarFree Bar. I would consider this almost level 1 because of the small amount of carbs in the white chocolate.

1 3/4 Cups chilled whipping cream, divided  
1/4 C SF Davinci white chocolate syrup  
1 envelope unflavored gelatin  
3-oz. SF white chocolate, broken into small pieces  
2 egg whites, at room temperature  
4 T Splenda, divided (or appropriate amount of Somersweet)

In large microwave safe bowl, place 3/4 Cup whipping cream and 1/4 C Davinci syrup; slowly stir in gelatin. Allow to soften at least 5 minutes; stir in white chocolate pieces. Microwave at HIGH (100% power) 1 – 1 1/2 minutes or until chocolate is melted and mixture is smooth when stirred. (Stir with wire whisk, if needed, to melt chocolate completely.) Chill 15 minutes or just until mixture is lukewarm.

In small bowl, beat egg whites until foamy; gradually beat in 2 T Splenda (I used 1 T pure crystalline fructose) until stiff peaks form. Fold into white chocolate mixture.

In small bowl beat remaining 1 Cup whipping cream until it starts to thicken. Add 2 T Splenda (I used 1 T pure crystalline fructose) and continue beating until stiff. Fold into egg white/white chocolate mixture.

Spoon into individual serving dishes; cover and chill until firm.  
Almost Level 1 – Makes 5-6 servings.

## **Quick and Easy Mocha Dream**

My mother and I were experimenting yesterday with the tiramisu recipe and came up with this nice alternative to the cream. Eat it alone (very rich) or use it as a filling for the chocolate cookies posted elsewhere. tutu

1/2-3/4 cup heavy cream  
8 oz. container marscapone cheese  
1 Tbl instant coffee  
1 tsp. vanilla extract  
2 Tbl sugarNOT (use more or less, to taste equals one cup of sugar)  
2 Tbl. Wondercocoa

Using a hand mixer, mix all together until nice and creamy.

### **Mocha Ricotta Creme**

Taken from new book, "The South Beach Diet" (2003)

1/2 cup part-skim ricotta cheese  
1/2 teaspoon unsweetened cocoa powder  
1/4 teaspoon vanilla extract  
1 package sugar substitute  
Dash decaf espresso powder  
5 mini chocolate chips

Mix together the ricotta, cocoa powder, vanilla extract, and sugar substitute in a dessert bowl. Serve chilled with a dusting of espresso powder and sprinkled with the mini chocolate chips.

Serves 1

Substitute full fat ricotta, cream, etc for the low fat for almost level 1.

### **Chocolate Soufflé**

1/2 c. Splenda  
1 1/2 tsp. guar gum  
1/4 tsp. salt  
2/3 c. cream  
3 T. water  
2 squares chocolate (I prefer half of this)  
3 T. butter  
4 eggs, separated  
1 tsp. vanilla extract  
1/4 tsp. cream of tartar

In a saucepan, combine Splenda, guar gum and salt. Add liquids and bring to a boil, cooking until smooth and thick. Add chocolate and butter, heating until melted and smooth. Remove from heat. Add 1/3 to beaten yolks, then stir into the rest of the chocolate and add vanilla. Beat whites with cream with of tartar until stiff. Fold into the chocolate mixture with a whisk. Bake in greased 2-qt. soufflé pan or straight-sided casserole dish 45-50 min. at 350.  
Jenita @ THSite

### **Chocolate Soufflé with Hot Chocolate Sauce & Whipped Cream**

PRO/FATS - ALMOST LEVEL ONE

Serves 4-6

*The key to a successful soufflé is light, fluffy egg whites. You may either beat them by hand or you can use an electric mixer.*

*Soufflé:*

Butter for greasing the pan

1 bar (4.9 ounces) SomerSweet Dark Chocolate, chopped  
5 large egg whites  
3 large egg yolks  
2 tablespoons SomerSweet

*Hot Chocolate Sauce:*

6 ounces (38 squares) SomerSweet Dark Chocolate, chopped  
3/4 cup heavy cream

*Whipped Cream:*

1 cup heavy cream  
1 teaspoon vanilla extract  
2 teaspoons SomerSweet, optional

Preheat oven to 400 degrees. Butter a 1-quart soufflé dish. Set aside.

*For the soufflé:* Melt chocolate in a double boiler (or in a bowl or smaller saucepan placed over a bigger saucepan of gently boiling water). Stir until smooth.

In another bowl, beat egg whites until stiff with an electric mixer, about 5 minutes. Set aside.

In a separate bowl, beat egg yolks and SomerSweet until they are pale yellow, about 5 minutes. Slowly add the chocolate to the egg mixture, beating constantly to prevent the yolks from cooking. Pour chocolate mixture into egg whites and fold in gently. Pour mixture into prepared soufflé dish. Bake for 15 minutes. Let cool for at least 15 minutes on a wire rack before serving.

*For the chocolate sauce:* Place chocolate in a medium bowl. Set aside.

Put cream in a medium saucepan. Bring to a boil. Remove from heat and pour over the chopped chocolate. Stir until chocolate is completely melted.

*For the whipped cream:* Combine cream and vanilla in a large bowl, adding SomerSweet if you desire a sweetened whipped cream. Whip with an electric mixer until soft peaks form, 2-3 minutes.

Spoon the hot chocolate sauce and whipped cream over servings of chocolate soufflé before serving.

## **Chocolate Fluff**

1 pkg gelatin (or 1 tbsp)  
1/2 cup cream  
1/4 cup Boiling Water  
2-1/4 cups Cream  
1-1/2 cups Splenda  
1/4 cup Cocoa (caffeine free)  
1 Tbsp Vanilla Extract  
1 Tbsp Orange extract (optional)(if not using double the amount of vanilla extract)

Chill large bowl & beater in freezer for 15 minutes. Place first amount of cream in a small bowl and stir in gelatin. Allow to soften for 3-5 minutes. Add boiling water and stir until

gelatin is dissolved. Set Aside. Beat second amount of cream with an electric mixer on low speed until thickened (about 2-3 minutes). Add sweetener, cocoa and extracts. Continue beating on low speed until just thoroughly blended. Increase speed of electric mixer to medium and slowly pour in dissolved gelatin while beating cream mixture. Beat until the chocolate cream has thickened to the consistency of a thick milkshake (about 2-4 minutes) DON'T OVERBEAT OR YOU WILL HAVE CHOCOLATE BUTTER, not as good as it sounds. Pour into bowl or individual serving dishes. Cover with plastic wrap and chill in refrigerator for 3 hours or until set.

## **Chocolate Fondue**

PRO/FATS - ALMOST LEVEL ONE

Serves 8-10

*Pull out your bell bottoms; fondue parties are back! Add some groovy music and your evening will be a sure hit. Use Dark, White or Milk SomerSweet Chocolate for this recipe... your choice!*

3 (4.9 ounce) bars SomerSweet Chocolate (Milk, Dark or White)  
2 cups heavy cream  
1 pint strawberries  
1 pint blackberries  
1 pint raspberries

Chop chocolate into small pieces and place in a heatproof bowl. Set aside.

Heat the cream in a small saucepan over medium heat just until it reaches a boil. Pour the hot cream over the chopped chocolate. Stir until mixture is smooth and chocolate is melted.

Transfer immediately to a fondue pot and serve with fresh berries.

## **Cindi's Pie Crust**

Here is a "crust" that I came up with to use when making cheesecakes, and other deserts where you might want a crust on the bottom. You don't roll this out...so it wouldn't work for a top crust. (Even though this is posted under "almost level 1"---I believe that this is a "level 1 crust").

Mix together:

1/2 cup (rounded) vanilla flavored whey protein powder-- (I just scoop it out of the can with the measuring cup and I don't level it off with a knife.)

2-tsp. Splenda

pinch of salt

Add:

1/4 cup melted butter ---or a little more if you need it.

Blend together with a fork.

Press into the bottom of a buttered glass pie plate.

To use under a baked cheesecake or dessert:

Bake @ 350 degrees for about 10 minutes or until "set" but not browned. Pour the filling on top and bake as directed.

For unbaked desserts:

Bake @ 350 degrees for 12 to 15 min until lightly browned. (It will brown fast...so watch closely.) Cool. Pour in the filling. Refrigerate.

\*Ovens will bake differently, so really watch the baking time carefully. You may need to lower the temp, and shorten the baking time, if your oven bakes too hot. If you use this crust under a cheesecake that needs to bake 45 min to an hour....raise the rack in the oven to keep the pie plate from being too close to the heat source. I have found that even if the crust bakes to a color that resembles graham crackers---it will taste like a graham cracker crust! Just don't let it burn!

\*\*This is enough for the "bottom" of a pie pan. If you want the crust to go up the sides, you'll need to double the recipe.

\*\*\*I find that after I have refrigerated the pie or dessert.... If I take it out of the refrigerator and leave it at room temp for 20 min or so before serving.... The slice of pie lifts out easier, and the crust stays in tact.

Some other ideas for crust:

On the spice cookie thread someone mentioned crumbling them up and adding butter and pressing into the bottom of a pie plate and baking 7 minutes. This sounded good to me as I don't care for the eggy or soft crusts. You might try that with either the cheesecake or even an ice cream filling.

Melted chocolate, that has been hardened.

## **Decadent Brownie Cheesecake**

This is a real delicious treat. As Emeril would say I am kickin it up a notch with this wonderful cheese cake desert. Enjoy! by Mdastrup

This is my recipe for delicious brownies

1/2-3/4 cup wondercocoa (depending how chocolatey you want them)

1/2 cup protein powder (I use chocolate)

5 Tablespoons of sommersweet or 1 cup Splenda

2 eggs

2 teaspoons of vanilla extract

1/2 cup butter-1 cube

First mix wet ingredients, then gradually add in dry ingredients. Pour and scrape mixture in a 8x8 baking pan. Bake at 350 for 12-15 minutes.

Then take half the Pan of brownies, crumble and press into 9inch-spring form pan.

Then for the cheesecake part, beat these ingredients together-

4 8ounce packages of cream cheese

1 1/2 cups Splenda

1 tablespoon vanilla extract

1/4 teaspoon salt

3 eggs

Then stir in 1/2 cup of dark chocolate 60% or more.

Pour half of cheesecake mixture on top of brownie crust in spring form pan, then crumble the rest of the brownie over cheese cake mixture evenly(you can make the brownie chunks as big as you want them)then pour the rest of the cheesecake mixture over the brownies.

Then bake at 300 for 40 min. then turn of oven, open door to oven and let sit for 40mins in

oven, then take out and cool to room temperature. Last cover and chill for 8 hours. Enjoy!  
Maryann

### **Chocolate Peanut Butter Pie**

1-1/2 8 ounces packages cream cheese  
2 Tablespoons Wondercocoa  
3/4 teaspoon vanilla extract  
1/2 teaspoon peanut butter flavoring  
1-1/2 cups heavy cream  
sweetener to equal 3/4 cup sugar

Soften cream cheese to room temperature or soften in microwave. Combine cream cheese, vanilla extract, and peanut butter flavoring, in food processor and process until smooth and creamy, stopping processor occasionally to scrape the sides of the container. Set aside. With electric mixer, beat 1-1/2 cups of heavy cream in a medium bowl until almost stiff. Add sweetener and beat until stiff. Add one cup of the whipped cream to the chocolate mixture and process, scraping container occasionally until well blended, 2-3 minutes. Refrigerate the remaining whipped cream. Fill buttered pie plate with blended mixture and put into freezer for two hours. Serve with dollop of whipped cream.  
Serving idea! This would look quite impressive with pie piece served on a white dish and chocolate sauce drizzled over the pie with whipped cream dollop and onto dish.  
earthmother @ SS site

### **Chocolate Covered Peanut Butter Cheesecake Balls**

This is something I came up with this morning and they are pretty good. The measurements are not exact as I was just using what I had. kdee

8oz cream cheese  
half stick of butter (more or less)  
2 Tbl fructose  
peanut butter flavoring to taste  
chocolate sauce  
half stick butter  
half cup of fructose  
2T wondercocoa

Mix together butter and cream cheese and peanut butter flavoring. Mix fructose with teaspoon hot water and add to the cheese mixture. Blend then cover and place in freezer. Melt butter in pan over low and stir in fructose and cocoa. Stir until smooth, remove from heat.

When cream cheese mixture is firm, dampen hands and roll into balls. Dip into the chocolate sauce and place back into freezer.

I didn't have the ingredients for Suzanne's dipping sauce and it would probably be better than what I came up with. The sauce got really thick and fudgy and I had to heat it up a little to coat all of the balls. But I tried using the "thick" fudge and wrapping it around the balls and they turned out really good, so just experiment. I am sure other flavors would be good in the cream cheese, maybe cherry or peppermint.

## Double Chocolate Cheesecake

PRO/FATS - ALMOST LEVEL ONE

Serves 8-10

*I take a short-cut with this cheesecake by using my Somersize Hot Fudge Sauce. Swirl the fudge sauce into the batter for double chocolate flavor.*

Butter for greasing pan

1 (4.9 ounce) bar SomerSweet Milk Chocolate, chopped into ¼-inch pieces

¼ cup heavy cream

3 (8 ounce) packages cream cheese, room temperature

3 tablespoons SomerSweet

4 large eggs, room temperature

2 teaspoons vanilla extract

1 cup sour cream

1 jar Somersize Hot Fudge Sauce, warm

Preheat oven to 350 degrees.

Line bottom of a 9-inch springform pan (2½ inches deep) with wax paper. Grease bottom and sides with butter. Wrap the outside with a double layer of foil to prevent seepage. Set aside.

Put chopped chocolate in a medium bowl. Set aside. Place cream in a small saucepan and bring to a boil. Remove from heat and pour over chocolate. Stir until chocolate has melted and mixture is smooth.

In a large bowl beat cream cheese and SomerSweet until light and fluffy using an electric mixer, about 3 minutes. Add eggs one at a time, beating well to combine. Add vanilla extract and sour cream and beat until well blended. Pour batter into prepared pan. Spoon Somersize Hot Fudge Sauce over batter and swirl with a butter knife to create a marbled effect. Set pan inside a large roasting pan. Place in oven and pour very hot water to reach half-way up springform pan. Bake for 1 hour. Turn off oven without opening door and allow cake to cool in oven for 1 hour. Cover cheesecake with plastic wrap and refrigerate overnight. To unmold, run a warm knife around the edge of the cheesecake and transfer to a serving dish.

## Decadent Chocolate Mint Cheesecake

Ingredients for Chocolate Crumb Crust:

1 ¼ cups Pork Rind flour\*\*\* (approximately 100grams of Pork Rinds. I use Old Dutch Brand)

¼ cup Wondercocoa

3 tablespoons Sweetbalance or ¾ cup-1 cup Splenda (depending on personal tastes.)

4 tablespoons butter, melted

Ingredients for Cheesecake:

3 (250g) packages of full fat cream cheese (softened)

1/2 sour cream  
1/2 cup ricotta, soft, unripened cheese  
4-6 tablespoons Sweetbalance or 2-3 cups Splenda (depending on personal tastes. Also, cheesecake will lose some of its sweetness after being cooked.)  
1/2 cup plus 2 tablespoons Wondercocoa  
1 tablespoon plus 1/2 teaspoon vanilla extract  
1 1/2 teaspoons peppermint extract  
3 eggs  
9-10 1/2 inch spring form pan

\*\*\* To make Pork Rind flour: Using a blender, food processor, or rolling pin and bag, grind pork rinds, one at a time, until pork rinds are ground into a substance similar to brown sugar or graham crumbs. By grinding or crushing pork rinds one at a time, the finest possible powder will be produced, without any small pieces of pork rinds. \*\*\*  
Directions: In a medium bowl, add pork rind flour, Wondercocoa, sweetener, and melted butter. Stir with a large spoon until thoroughly mixed. Press evenly into bottom of spring form pan. Set aside.

#### DECADENT CHOCOLATE MINT CHEESECAKE

Preheat oven to 350 Degrees Fahrenheit, and place rack in bottom of oven. To soften cream cheese, microwave cream cheese 30 seconds on HIGH heat for each package of cream cheese used, or let sit at room temperature for 2-3 hours. Beat cream cheese on HIGH speed with electric mixer for 5 minutes in a large bowl, until light and fluffy and no lumps remain. Add sour cream and ricotta cheese. Beat until blended and smooth. Add Wondercocoa and extracts, beating until mixed. Add sweetener (to taste) and beat until just blended. Beat in eggs, ONE at a time until JUST incorporated into the cheesecake batter. Pour cheesecake batter over chocolate crumb crust and smooth top. Place cheesecake in oven and bake 40-50 minutes\*\*\*\*\*, no longer or else the cheesecake will become dry and crumbly. Cheesecake should appear dry on top and will have puffed up somewhat. Take cheesecake out of oven. Run thin knife around the outside edge of the cheesecake, and let cool for 1/2 hour. Remove sides of spring form pan, and continue cooling until room temperature, about 2 hours. Cover and refrigerate overnight. Serve with a dollop of freshly whipped cream and enjoy! by sweetypie1118

\*\*\*\*\* 40 minutes for a softer cheesecake. 50 minutes for a firmer cheesecake. \*\*\*\*\*  
Serving Suggestion: Allow cheesecake to soften on the counter, at room temperature, 30-45 minutes before serving. This will result in the cheesecake being even more creamy and delicious.

### Chocolate Chip Cheesecake

To make chocolate chips:

In microwave safe bowl put 2 squares unsweetened chocolate, 4 TBL. heavy cream and 2 TBL sugarNOT (more or less, to taste). Heat for 45 sec. on high. Stir until melted. DO NOT overheat, will separate!! On a parchment lined pan smooth to desired thickness, about 1/4 ". Freeze for 15 minutes and then score into bit size pieces. Return to freezer for 30 minutes.

FILLING:

16 oz. cream cheese, softened  
2 TBL sugarNOT  
2 cups sour cream  
3 large eggs

1 TBL vanilla extract  
broken up chocolate bits, divided (after they have been frozen)

Beat cream cheese until smooth. Add sugarNOT and sour cream and blend until smooth. Add the eggs and vanilla and mix till smooth. Stir in 3/4 of the chocolate bits. Pour into greased/buttered 9" spring form pan. Sprinkle remaining bits evenly over top. Bake 40 minutes in 350 degree oven.. Turn off oven and leave cake inside for one hour. Remove and chill in refrigerator until firm. about 3-4 hours. tutu  
2 Tbl sugarNOT is equal to 1 cup of sugar, which equals 10-tsp. somersweet.

## **Cappuccino Chocolate Chunk Cheesecake**

PRO/FATS - ALMOST LEVEL ONE

Serves 8

*I am a huge fan of chocolate and coffee flavored desserts. I use milk chocolate in this yummy cheesecake but you can use the dark chocolate if you prefer.*

Butter for greasing the pan  
2 (8 ounce) packages cream cheese  
3 tablespoons SomerSweet  
5 large eggs, at room temperature  
1½ teaspoons vanilla extract  
¼ cup decaf espresso or strong decaf coffee  
3 cups sour cream  
1 bar (4.9 ounces) SomerSweet Milk Chocolate, chopped into ¼ inch pieces

Preheat oven to 350 degrees.

Line the bottom of a 9-inch springform pan (2½ inches deep) with wax paper. Grease bottom and sides with butter. Wrap the outside with a double layer of foil to prevent seepage. Set aside.

In a large bowl beat cream cheese and SomerSweet until smooth using an electric mixer, about 3 minutes. Add eggs one at a time, beating well to combine. Add vanilla extract and espresso. Beat in the sour cream until just blended. Pour batter into prepared pan. Sprinkle broken chocolate bits on top of batter. Gently stir chocolate into batter. Set pan inside a large roasting pan. Place in oven and pour very hot water to reach half-way up springform pan. Bake for 45 minutes. Turn off oven without opening door and allow cake to cool in oven for 1 hour. Remove from oven and place on cooling rack. Allow to cool for 1 hour. Cover with plastic wrap and refrigerate overnight. Unmold onto a plate before serving.

## **Mocha Mousse Cheesecake**

My family loved this dessert that I created and served for Thanksgiving. It is very rich and you can tone it down by adding less cocoa. This is almost level one because of the unsweetened chocolate. Enjoy. Suzanne

Preheat oven to 350 degrees.

Filling:

Three 8 OZ packages cream cheese, softened

3 TBL sugarNOT or somersweet  
1 cup sour cream  
3 large eggs  
6 oz. unsweetened chocolate, melted with 3 tbl. sugarNOT (you can use less chocolate if you want)  
1/2 cup freshly brewed decaf coffee  
1 TBL. Vanilla extract

To make the filling: With an electric mixer, beat the cream cheese until very smooth. Add the sugar and sour cream and blend. Add eggs and beat until smooth. While mixing slowly add melted chocolate, coffee and vanilla and blend until smooth. Pour filling into greased/buttered 9" spring form pan and bake in middle of oven for 1 hour. Turn off oven and crack door 1 inch. Leave cheesecake for 1 hour. Remove and cool to room temperature.

Glaze:

5 1/2 TBL sugarNOT  
4-5 oz. unsweetened chocolate  
1/4-cup butter

In saucepan, melt all three ingredients and stir until smooth. Pour glaze over top of cheesecake and smooth. Refrigerate for 3-4 hours or until firm.

Can add whipped cream to the top for added enjoyment

NOTE: Someone on the old boards had mentioned forgetting to add the butter to the cake and it still tasted good, so I only use one stick of butter instead of 2. I also add an extra tea. of vanilla.

## White Chocolate Cheesecake

PRO/FATS - ALMOST LEVEL ONE

Serves 8

*I'm a freak for white chocolate. Now that I have the SomerSweet kind, I can treat myself frequently! This cheesecake has the smooth, sweet taste of my beloved white chocolate without refined sugars! I love it.*

Butter for greasing pan  
2 (4.9 ounce) bars SomerSweet White Chocolate, cut into 1/2-inch pieces  
3 (8 ounce) packages cream cheese, room temperature  
3 tablespoons SomerSweet  
4 large eggs, room temperature  
1 cup sour cream  
2 teaspoons vanilla extract

Preheat oven to 350 degrees.

Line bottom of a 9-inch springform pan (2 1/2 inches deep) with wax paper. Grease bottom and sides with butter. Wrap the outside with a double layer of foil to prevent seepage. Set aside.

Melt chocolate on top of a double boiler (or in a bowl or smaller saucepan placed over a bigger saucepan of gently boiling water). Stir until chocolate is melted and smooth. Set aside.

In a large bowl beat cream cheese and SomerSweet until smooth using an electric mixer, about 3 minutes. Add eggs one at a time, beating well to combine. Fold melted chocolate into cream cheese mixture. Add the vanilla extract. Beat in the sour cream until just blended. Pour batter into prepared pan. Sprinkle broken chocolate bits on top of batter. Gently stir in chocolate. Set pan inside a large roasting pan. Place in oven and pour very hot water to reach half-way up springform pan. Bake for 45 minutes. Turn off oven without opening door and allow cake to cool in oven for 1 hour. Remove from oven and place on cooling rack. Allow to cool for 1 hour. Cover with plastic wrap and refrigerate overnight. Unmold onto a plate before serving.

## Raspberry Cheesecake

This is an old recipe I sommersized. I think it is very good. Hope you like it. by Jeennie

2 packages of 8 oz cream cheese, softened  
1 cup small curd cottage cheese  
2 1/2 tablespoons cream  
1/2 Splenda  
1/4 teaspoon vanilla extract  
3 eggs  
1 1/2 cup fresh raspberries (or blueberries)  
1 cup whipping cream, whipped

Using a blender, combine cottage cheese, cream; cover and process until smooth. Add vanilla to cottage cheese mixture. Beat in eggs until blended. Pour mixture into 8inch pie plate. Sprinkle with 1/2 cup berries, gently press into filing with back of spoon. Bake at 350 degrees for 30 to 35 minutes or until center is almost set. If the edges are browning too quickly, cover the edges with foil to keep from browning too quickly.) Cool on wire rack for about 1 hours. Top with whipped cream and remaining berries. Keep in refrigerator to keep cold.

## Chocolate Waffles

Hi, Hope this helps. I think these are great and so easy. zoomzoom

Into a blender put it:

6 eggs  
1 tsp. oil  
1/4 cup cream  
1/4 tsp. baking powder  
1/8 tsp. baking soda  
1 tsp. vanilla  
1 TBS Splenda  
pinch of salt  
1 heaping TBS. of protein powder (you need this so that they will hold up, but you don't taste it at all)  
4 Tbs Wonder Cocoa

Blend till smooth (it's okay if there are still some granules of protein powder). Pour into each waffle cavity till you just see the tops of the squares) Bake for 5-6 minutes till golden brown. The recipe makes 8 perfect waffles.

marie172 said: Adding 1/2 c protein powder to this recipe makes them taste \*right\*. They lose that eggy taste and are absolutely terrific with whipped cream and strawberries. You'll think you are cheating!

## **Chocolate Cookies**

I had a craving for cookies and threw this together. I think it fits into the almost level one category. vsorensen

1/2 cup butter  
1 egg  
1/2 cup Splenda  
1/2 tsp. Vanilla  
4 tbsp. Wondercocoa  
3 tbsp. whey protein  
1/2 tsp. baking powder

Beat butter, egg and Splenda until smooth. Gradually mix in cocoa and whey protein and baking powder. Drop by tsp. onto baking sheet and bake at 350 for 10 minutes.

## **Oreo Cookies**

9 Tbs Wondercocoa  
8 Tbs Unsalted Butter  
3 eggs, room temperature  
1/4 Cup Somersweet  
1 Tsp Vanilla  
1/8 tsp Baking Soda

Melt butter in microwave. Stir in Wondercocoa until mixture is smooth. In separate bowl beat eggs for 7-8 minutes or until tripled in size. Add Somersweet, Vanilla, and Baking Soda to eggs and beat for 1 minute until completely mixed. Add chocolate mixture to egg mixture and beat until smooth (about 1 minute).

Place on greased cookie sheet by heaping spoonfuls (the batter spreads easily so don't flatten out). Bake at 400 degrees for 5-10 minutes depending on oven.

### **Oreo Filling**

1 package unflavored gelatin  
1/4 Cup Cold Water  
1 Cup Shortening (use nonhydrogenated shortening)  
1 tsp Vanilla  
9 Tablespoons Somersweet (or sweetener equal to 3 cups sugar)

Soften gelatin in cold water. Put the bowl of gelatin in a pan of hot water until gelatin is transparent. Remove and cool but do not let it set up. Beat shortening until fluffy. Add Vanilla and sugar gradually. Beat in the cooled gelatin. Spread cooled filling mixture onto the cooled chocolate cookies. Enjoy!!!

I hope you enjoy these cookies. I know I do. Using nonhydrogenated shortening will make these cookies trans-fat free!

## **Mocha Madness Ice Cream**

1 Quart Recipe

2-1/4 cups heavy cream  
1-1/4 cups Splenda  
1/8 tsp. salt  
1 egg, beaten  
1-1/2 tsp. vanilla extract  
1 Tbsp. instant decaf coffee  
1 Tbsp. WONDERCOCOA

Simmer cream, Splenda, and salt. When warm, add coffee and cocoa. When it begins to simmer, slowly add a couple of ladels-ful of the hot cream to the beaten eggs. When eggs are tempered add to cream and cook for 1 minute. Add vanilla and refrigerate for 2 hours. Use in your ice cream machine as per your own machine's instructions.

## **Texasjellybean's Ice Cream**

### **CHOCOLATE ICE CREAM**

Blend for 1 minute in blender:

4 eggs ( I used 1 carton of Better 'n Eggs)  
2 cups heavy whipping cream  
2 Tablespoons Somersweet  
1- 1 1/2 Tablespoons alcohol free vanilla  
3/4 cup wondercocoa

Put in ice cream maker for 10 minutes on high then 5-10 minutes on low (or until done)

## **Strawberry Shortcake**

I just made a strawberry shortcake for DH. I used 3 of my pro/fat spice cookies ( see level 1 desserts) soaked in cream topped with sliced berries sweetened with a sprinkle of somersweet and covered in whipped cream. If you wanted to you could "kick it up" by adding a scoop of ss ice cream. The berries are low in sugar and high in fiber and suzannes says most people can handle the minor cheat of berries with cream. Enjoy in moderation. starlite

## **Mixed Berry Terrine**

This is a great, refreshing and simple dessert or fruit snack. If you like, you can serve it with Whipped cream, but it really does not need it.

Mixed berry terrine:

1 cups water  
4 1/2 teaspoons gelatin, mixed in  
1/2 cup cold water  
1/2 cup lime juice (I love fresh squeezed)  
1/2 cup "simple syrup" (equal amounts of water and Splenda or your favorite sweetener properly measured, boiled and then cooled)  
5 1/2 cups mixed berries

In a saucepan, warm the water with the gelatin to dissolve it. Whisk in the lime juice and simple syrup. Taste for sweetness, and adjust if needed. Stir in the berries and pour into a loaf pan 8 1/2 by 4 1/2. Chill at least 4 hours. Dip in hot water for 10 seconds to loosen, then flip terrine out onto a serving platter. Keep chilled until ready to serve. Slice and enjoy! zoomzoom @ SS site

## **Blueberry Custard 'Muffins'**

1 1/2 teaspoons ground cinnamon  
1/2 teaspoon ground mace  
1/2 cup Splenda -- divided  
1 1/2 cups blueberries  
6 whole large egg -- slightly beaten  
1 tablespoon vanilla extract  
1 1/2 cups Whipping Cream  
1 1/2 cups water  
3/8 teaspoon ground nutmeg

Combine spices and half of sweetener, sprinkle over blueberries, toss lightly to blend. Spoon into a buttered or pan sprayed muffin pan, distributing evenly.

Combine egg, vanilla, cream, water and remaining sweetener; beat for 1 minute; Pour over blueberries; sprinkle with nutmeg. Bake uncovered at 325°F-160°C for about up to 45 minutes, until set (need to watch the timing, dependent on oven).

## **Blueberry Mousse**

8 oz. cream cheese  
1 cup blueberries  
1/8 cup water (can make without to make it thicker)  
1 cup heavy cream  
1/2 cup splenda

In a medium bowl, beat cream cheese until fluffy. Place blueberries & water in a blender and puree (or mash well with fork) and then add to cream cheese and beat until well blended.

In a separate bowl, beat heavy cream and splenda until stiff peaks; then add to cream cheese/fruit mixture and then beat on low speed until well blended. Enjoy!!

Variations:

3/4 cup blueberries plus 6 or so strawberries

or

13 or so strawberries (you don't have to, but if you want a little more flavor without more strawberries, I also add 1/2 tsp. strawberry extract)

or

1 cup raspberries

or

Instead of any fruit, just add 1 tsp. orange extract to heavy cream (or 1 tsp. almond extract or even mint extract, banana extract, whatever extract you like)

Also, lately, instead of using 1 cup heavy cream, I've been just using 2- 8 oz. packages of cream cheese. Just beat both packages of cream cheese with splenda, and add the pureed fruit/water.

## Raspberry Mousse

This is my first food post and I'm so excited that I have found a homemade raspberry mousse similar to the SS mix!

1/2 pkg (4oz) Philly cream cheese (softened-I like Philly because there are no additives)  
2 T Somersweet -or- 2/3 cup splenda (more if you like things sweeter)  
1 cup frozen raspberries, measured frozen, then thawed  
1 cup heavy cream

Puree the raspberries. I like to leave the seeds in, I think the fiber helps keep this almost level one. With mixer, blend the softened cream cheese, SomerSweet, raspberry puree until light.

In a separate bowl, whip the heavy cream until soft peaks form. Fold the raspberry cream cheese mixture into the whipped cream.

Chill for a couple hours until firm. Garnish with fresh berries and Somersweetened whip cream. I could not keep my spoon out of the bowl! DominoCat @ SS site

DebB's notes: I doubled this and used a 12oz bag of frozen raspberries. I used a total of 1 2/3 cups splenda, making it sweeter than the recipe states.

Update on this recipe from last year. What I do now so I can change the berry flavor on a whim.....

1 8 oz package of Philly cream cheese, softened and whipped in one bowl  
2 cups heavy cream, whipped with 2 Tablespoons Somersweet (or more to taste)in another bowl.

Fold the cream cheese into the whipped cream. (I just use the mixer at a slow speed until combined.

Add your favorite fresh berries - the amount is up to you! Yummy and perfect for summer!

## Floo La Flay

I have seen some similar, but not quite like this. You won't believe how easy it is!! The name Floo La Flay comes from my grandfather, who has been gone for almost 20 years (I am 28). The first time my grandmother made this, at Christmas, no less, my grandfather was expecting pie, of course, and out came grandma with this 'Floo La Flay!!' Nonetheless, we all ate it up, and request it every year. Using sugar-free Jell-O (instead of regular, which was the original recipe) works out quite well. Tangy, and creamy! Looks fantastic in a parfait glass for a fancy dinner. Saves well for the next day, if you have leftovers.  
knottykitty

1 package sugar-free raspberry Jell-O  
1 pint frozen raspberries, drained well, liquid reserved  
1 cup whipping cream

Drain raspberries well, and reserve liquid. Make Jell-O as per package instructions, using the reserved raspberry juice as part of the cold water. Place in freezer for 45 minutes; you

want this to start to thicken, but NOT to set. (You can put it in the fridge, but it will take considerably longer to reach proper thickness.)

Take Jell-O out of freezer, and beat with electric mixer until frothy. In a separate bowl, beat whipped cream with electric mixer until stiff peak form. Gently fold whipped cream into Jell-O. Gently combine raspberries into mixture. Spoon into parfait cups or into large bowl and refrigerate for at least two hours. Serve as is, or perhaps with a little dollop of whipped cream.

As a variation (that would be Almost Level One for sure) sometimes grandma made it with lime Jell-O and crushed pineapple.

Hope you try it, please let me know if you like it!

## **Maddie's Strawberry Alla Crema**

I was soooo sick of Cheesecake type heavy dessert. I invented this and named it after my daughter. Cause she loves it so.. :- ) by cybelle

1 envelope of Unflavoured Gelatin (knox) (about 1 tablespoon)

1/2 cup of Splenda

1 cup of cream

2 eggs beaten

1 tsp Vanilla

2 cups of strawberries mixed in the blender with 1/4 cup of water to be purred until you get

1 cup of liquid strawberries.

In a small saucepan, combine gelatin, splenda, 1/2 cup of cream, vanilla, 1/2 cup of strawberry puree and the eggs. Stir over low heat until gelatin is completely dissolved and mixture is slightly thickened. Chill, stirring occasionally, until mixture is consistency of unbeaten egg whites; about 30 minutes. In a blender container, process mixture until smooth. With machine running, gradually add remaining cream and liquid strawberries through the feed cap; process until well blended. Pour into 4 individual mugs or small serving dishes. Refrigerate until set, about 2 hours. Garnish with whipping cream and add a few sliced strawberries.

We love this fresh tasting, not too heavy dessert. YUM! Hope you like it. Its worth the time to make.

I think you could definitely use frozen berries just blend enough to make one cup of liquid. If you would like to use non-sugar syrup strawberry flavor you will have to experiment with the quantity but I would try 1/3 cup of syrup plus 2/3 cup of water. You might have to adjust the splenda so its not so sweet?

## **Blackberry Cremesicles**

After thoroughly enjoying JUSTME's heavenly fudgesicles for several weeks, (which if you havent tried yet..you must!!) I felt like having something fruity. So, this is what I came up with. Of course you can use any berry you choose.

2 cups fresh or frozen berries. (I used frozen blackberries)

1 cup water

sweetener of choice equal to 1/2 cup sugar

1 teaspoon vanilla

1 and 1/2 cups cream

In a medium sized saucepan over low heat, combine the berries, water, and sweetener and cook for several minutes until the berries are soft and have released their juices. This will take longer if using frozen berries. Remove from heat and allow to cool a few minutes. Press through a fine mesh strainer into a large mixing bowl, and continue to cool to room temperature. Add vanilla, and cream and beat with a mixer for 1-2 minutes. Pour into popsicle molds or ice cube trays and freeze several hours. To unmold..just run a little hot water on the outside of the mold or ice cube tray. Enjoy!

## **Tar Heel Pie**

12 ounces cream cheese, softened  
5 teaspoons somersweet(1/2 cup sugar)  
1/2 pint whipping cream  
fresh strawberries

Using a electric mixer; mix soft cream cheese and somersweet until sweetener is dissolved. In another bowl, whip the cream until stiff peaks form. Gently fold the cream into the cream cheese; blend well. Slice strawberries in half and place on the bottom and sides of a 9 inch deep- dish pie plate. Pour cheese mixture over top and chill until firm.

## **BLUEBERRY GLAZE**

1 package frozen blueberries or 1 package fresh  
1 tablespoon somersweet(1/3 cup sugar)

Combine in a saucepan and cook over low heat until thickened. Be careful not to break up the berries to much. Cool to room temperature. Spoon over cheese mixture and chill several hours more or overnight.

The glaze won't be real thick and it goes down into the cream cheese mixture.

## **Bumbleberry Black Bottom Pie**

Got this from an old Sunset magazine:

### **CRUST:**

4 oz bittersweet chocolate  
2 tbs water  
drop of orange flavoring  
4 eggs, separated  
1/2 cup sweetener  
1/2 tsp cinnamon  
pinch salt

1 cup each blueberries, blackberries, raspberries (or combination)  
3 tbs. sweetener  
1 cup heavy cream whipped  
shaved chocolate

Preheat oven to 300 degrees. Mix chocolate with water and flavoring in a small heavy saucepan or double boiler over low heat. Stir until smooth and cool. Butter a 10-inch pie plate.

Beat yolks with sweetener in a bowl until very thick and pale in color. Add cinnamon and melted chocolate, beating slowly until blended. Beat whites with salt until stiff. Add whites one third at a time to mixture, folding in gently with a spatula. Pour mixture into the pie plate, level with spatula and bake for about 25 minutes. Allow to cool. As crust cools, it will

sink in the center, forming a shell.

In large bowl, toss berries with sweetener. Fill cooked pie shell with berry mixture. Spread with whipped cream and sprinkle with shaved chocolate.

I was so thrilled when my sister-in-law served this at our July 4th celebration.

## **Strawberry Chiffon Pie**

1 pint Fresh strawberries, washed and sliced in halves  
1/2 C sugar equivalent of your favorite sweetener (I used fructose)  
1 Envelope of unflavored gelatin (1 tablespoon)  
3/4 C Cold water  
1 T Fresh lemon juice  
Dash of salt  
2 Egg whites (works with powdered whites)  
1/4 C Sugar equivalent  
1/2 C Whipping cream, whipped  
1 9-inch pie shell (from the new Fast & Easy book)

In a medium bowl, roughly mash the strawberries with a potato masher. Add 1/2 cup sugar to the berries, stir, and set aside for 1 hour.

In a small saucepan, stir together the gelatin and cold water. Turn heat to low to dissolve. Allow to cool.

Combine strawberries, lemon juice and salt in medium bowl. Add cooled gelatin mixture to strawberry mixture and stir. Chill, stirring occasionally, until mixture is partially set.

Beat egg whites until soft peaks form. Gradually add the 1/4 cup sugar, a tablespoon at a time, and beat until stiff peaks form.

Fold the egg whites into the strawberry mixture; then, fold in the whipped cream.

Refrigerate until mixture is set enough to mound. Pile into a baked and cooled crust.

Return pie to refrigerator and chill until filling is firm, about 5 hours. Garnish with additional whipped cream, if desired. Maggie

## **Berry sorbet/ice cream**

You must have a heavy-duty food processor for this one. I have the bravetti platinum pro. I saw this recipe demonstrated on HSN with the Bravetti 4 blade processor, but I made it last night with blackberries with no problems. By Jenn

1 bag berries of your choice  
cream  
sweetener to taste

Place berries, sweetener and a bit of cream in processor bowl and pulse until a creamy frozen mixture. Adjust sweetener as needed and add more cream if needed. Serve immediately.

## **Cranberry Ice**

Serves 12

Almost level one

4 cups fresh cranberries  
2 cup water

Combine in a saucepan. When water comes to a boil, boil for 8 minutes. Using a sieve/food mill over a bowl, pour the cranberries and juice into the sieve. Grind the cranberries with 2 additional cups of water. Add in;  
sweetener to equal 2 cups of sugar (6 tablespoons somersweet)  
1 or 2 tablespoons lemon juice

Pour into a flat dish and freeze until slushy and soft.  
Beat 1 or 2 egg whites until stiff, and fold into soft frozen cranberries.  
Freeze until hard.  
DO NOT use food processor, because you don't want any skins in the ice.  
**by mjlibbey** (editing: recipe doubles nicely)

## Desserts - Level Two

### Chocolate Peanut Butter Cups

2 baking choc. squares  
4 T. Butter  
2 T. heavy cream  
1/2 teas. van.  
8 teas. Sugar twin

#### Filling

4 ounces peanut butter  
2 ounces cream cheese  
2 T. heavy cream  
2 teas. sugar twin

Melt chocolate and butter together over low heat. Remove from heat add cream, vanilla and sweetener. Set aside. Peanut butter filling: Mix all ingredients until creamy and set aside. Line a small pan with saran wrap. Pour half of the chocolate mixture into the pan and cool until firm (10 min.) Top with peanut butter filling and remaining chocolate. Chill and cut into squares.

### Peanut Butter Chocolate Fudge

8 oz cream cheese  
6 pkt Splenda®, or other sweetener - or a mix  
1 oz. unsweetened baker's chocolate  
1/4 Cup heavy cream  
1 tsp. peanut butter

Melt the cream cheese and peanut butter in microwave for approx. 2 minutes (stopping and stirring at 1-minute intervals.) Melt chocolate in separate bowl until creamy. Combine chocolate with cream cheese mixture and whisk in sweetener and cream. Pour into buttered (or PAM'Ed) glass pan and chill at least 4 hours. Cut in squares and enjoy. (This recipe yields more "gooey" fudge than traditional fudge, but if you want more uniform squares, place pan in freezer for 30 minutes before cutting.)  
Cut into 16 pieces - 2.5 carbs per pieces.

### Chocolate Peanut Butter Blobs

1 oz unsweetened baking square  
1/2 cup peanut butter, unsweetened  
2 Tbs butter  
2 Tbs cream cheese  
1 cup sweetener equivalent

2-3 Tbs chopped nuts or coconut (optional)

Melt first five ingredients over low heat until melted and smooth. Remove from heat and add nuts. Drop as blobs onto wax paper and refrigerate until firm, about 1 hour.

You can also use it as a sauce warm from the pan.

## **Peanut Butter Cup Cheesecake**

32 ounces Cream cheese (4 8-ounce packages)  
1 cup Splenda  
1 teaspoon Vanilla extract  
 $\frac{3}{4}$  cup SF peanut butter (smooth or chunky, your choice)  
4 Eggs, plus 1 Egg yolk  
2 tablespoons heavy cream  
3 Squares Semi-Sweet Chocolate (baking bar), melted on Dutch oven

Bring all cold ingredients to room temperature. With an electric mixer, combine the cream cheese and splenda at slow to medium speed, scraping sides often. Add the vanilla and cream. When completely mixed (with no lumps), add the eggs and egg yolk, one at a time, beating very slowly. When eggs are incorporated separate out one cup of batter then add the peanut butter into the rest of the batter. When peanut butter is blended in, don't mix any more. Over-mixing the batter is a contributing cause of cracked cheesecakes. (The leading cause of cracking is over-cooking, so don't believe any one who tells you it is normal for a cheesecake to be cracked; it isn't.) Always treat the batter gently. To the one cup of separated batter, add the three squares of melted chocolate and blend. Add half of the chocolate batter to the bottom of a well-greased springform pan. Gently add the peanut butter batter, and then cover with remaining chocolate batter and spread to cover the top (no peanut butter batter should show through). The idea is to create a "peanut butter cup" look to the cheesecake with the chocolate batter at the top and bottom.

Place the pan on a very large piece of aluminum foil, and fold the foil up around the pan to create a watertight barrier around the cheesecake. Then place the spring form pan in an even larger pan and fill the larger pan halfway with water. This is called a water bath. It is a gentler way to cook the cheesecake.

Place the entire water bath containing the cheesecake in a 300-degree preheated oven. Cook for 1 hour and reduce heat to 200 degrees for 1 more hour. Turn oven off and leave cheesecake in until the oven is completely cool. The cheesecake can even be left overnight at this point. Cracks can also occur when a cheesecake cools too quickly, so don't rush this process. Let it set up for several hours in the fridge, preferably overnight.

Garnish with Russell Stovers SF Peanut Butter cups cut into quarters and placed on top so that each slice gets one. Beachgirl @ LCF

## **Orange-Lime Cooler Pie (Margarita Pie)**

\* note ~ on the recipe below, the  $\frac{1}{4}$  cup of orange juice makes this a level two treat.

A few minutes ahead of time prepare heavy whipped cream  
2  $\frac{1}{2}$  cups heavy whipping cream (you will need 5 cups of sweetened whipped cream for pie)  
6 heaping Tbls. or more of splenda. Whip together. Make sure it is good and sweet. Set aside in fridge to keep cold.

Then mix together:

$\frac{1}{4}$  cup orange juice (pre-made or made from concentrate). Fresh squeezed is too sweet

tasting unless you have sour oranges

1/4 cup lime juice (bottled)

4 heaping Tbls. splenda (or more)

2 cans Nestles Table Cream chilled for 1 hour in your fridge (not freezer)

Stir together with whisk till smooth

Next: Fold in sweetened whipped cream until mixed well. Lightly butter pie plate (just light enough so the salt will stick).

Sprinkle about 1/2 teaspoon table salt on pie plate

I KNOW THE SALT SOUNDS CRAZY BUT IT DOES THE TRICK (remember this used to be called Margarita pie). The salt is there for a reason.

Pour into pie plate. (I used a glass pie plate). Cover with plastic wrap or wax paper. Freeze for 3 1/2 to 4 hours until set. Remove from freezer and slice and serve. You can let it sit for about 5 minutes before slicing. Refrigerate leftover pie. Button @ SS site

## **Rhubarb Berry Crunch**

4 cups diced rhubarb

1 small flat of Rasperrys/Blackberrys or both rinsed well

1 cup Strawberrries sliced

3/4 cup Wheylo D + 3-5 packets of Splenda

3 Tbl spoons Oat Flour (to thicken - may omit if you don't mind it runny)

3/4 cup Wheylo Gold (brown sugar sooo good)

1 cup Quick Cooking Oats

1 Cup Whole Wheat Pastry Flour

1 cup butter

Preheat Oven to 375. In a medium bow, combine rhubarb and berries w/ Wheylo/Splenda. If desired 1 Tbl spoon of lemon juice add oat flour.

In separate bowl combine Wheylo Gold w/ flour and oatmeal. Cut in the butter. Use fingers if necessary to work it all in.

In a lightly greased 9X13 inch pan add the berry mixture spreading evenly. Now place the Flour Mixture on top. Bake in oven for approx 40 minutes.

Wheylo does bake faster and I have seen it take 30 an hour to the full 40 minutes, so just keep an eye on it.

## **Pecan Sandies**

Pro/Fat Level Two with "funky Food" Pecans

I can eat these and still lose weight fine. If you are having trouble losing weight, I would not eat them because of the nuts. I can eat nuts and still lose weight. Good Luck! If I use no nuts but add the sugar free maple syrup maybe they will be level one cookies? thanks for the tip. Eliz

1 cup butter, at room temperature

1 cup Splenda

1 egg

1 1/2 cups vanilla-flavored whey protein powder (I use Naturade 100% Whey Protein

Booster powder, vanilla flavor)

1 1/2 cups chopped pecans (funky food, only use if you can lose weight eating nuts)

1/2 tsp salt

1. Preheat oven to 325 degrees F.
2. Beat the butter and Splenda together until light and creamy. Beat in the egg, mixing well. Then beat in the protein powder, pecans and salt.
3. Spray a cookie sheet with nonstick cooking spray. Form the dough into balls about the size of a marble, and flatten them slightly on the cookie sheet. Bake for 10 to 15 minutes, or until golden.

Yield: 4 1/2 dozen cookies, each with 2 grams of carbohydrates, a trace of fiber, and 5 grams protein. This is from a low carb cookbook.

### **Peanut Butter Cookies**

Believe it or not these cookies have no flour and sooo good. I have made them many many times and never fail to amaze me how good these are.

1 Cup peanut butter

1 egg

1 Cup splenda (or to taste) 1 tsp vanilla

Optional add SF mini semi sweet chocolate chips (recipe from SS cookbook)

Mix really well. Will seem dry but the more you mix the creamier it gets and becomes like cookie dough. Using measuring teaspoon, scoop dough into rounded mound (small jawbreaker size) place on cookie sheet about 2 inches apart and bake in preheated oven for 13 to 15 minutes at 325 degrees. Great for Thanksgiving and Christmas or gee whiz anytime!

### **Chocolate Chip Cookies**

These are so wonderful- I like them just as much as the real thing-even better cause I dont feel guilty when I eat them cause they are better for me!

1 1/4 cup of whole wheat pastry flour

1/2 teaspoon baking powder

1/2 teaspoon salt

1/2 cup butter (softened)

1 cup of fructose or 2 cups of sugar equivalent.

1 teaspoon vanilla

1 egg

1/2-3/4 cup chocolate chips ( you can cut of chips of dark chocolate, I use grain-sweetened chocolate chips.)

- 1) mix butter, sugar, vanilla, egg.
- 2) then add baking powder, salt
- 3) and slowly add flour till all mixed in.
- 4) stir in chocolate chips
- 5) form little cookie shapes and place on cookie sheet.
- 6) bake at 375 for 9-15minutes till done.
- 7) enjoy!!

## **Butter Pecan Ice Cream**

For all of you lovers of butter pecan, I think I came up with a winner. I used a modified version of nancilynn's ice cream recipe, but if you have a favorite vanilla base you could use that.

3 eggs  
2/3 cup fructose  
2 1/2 cups heavy cream  
1/2 cup sugar free syrup (I used davinci's vanilla)  
2 T. vanilla  
2 T. unsalted butter (melted)  
4-6 drops pecan flavor (I used lorann oils)  
1 1/2 cups pecans

In a large bowl beat the eggs and fructose. Then combine all ingredients except pecans and beat until well blended. Put in ice cream maker and freeze according to manufacturer's directions. Approx. 5 minutes before ice cream is done add the pecans.

\*\*You should taste the mixture as you go as you may not like as much sweetener. Same goes for the pecan flavor. Enjoy!!

## **Dan's Flourless Chocolate Cake**

this is so good I'm not sure about the level but anyway here it is:

6 eggs at room temperature  
1/4 cup of sugar, I used splenda  
16 ounces of semisweet chocolate or unsweetened chocolate (your choice)  
melt chocolate over hot water just till melted  
1 cup heavy cream

whip some of the eggs then add sugar then whip all the eggs till triple in volume  
whip 1 cup of heavy cream to soft peaks  
Quickly and gently fold all ingredients together, the chocolate, eggs and cream  
bake in a greased and lined spring form pan set in a water bath bake at 325-350 oven for almost an hour the center will be almost done (check with a knife in center), the knife should have a little chocolate on it.

## **Pumpkin Cheesecake using real pumpkin**

I have been experimenting with an alternative to traditional pumpkin pie. But I don't care for the spaghetti squash version. This will definitely be a level2 dessert, but it is delicious and even your most finicky guests will love it and not think it "diet" food.

Crust:  
6 oz. softened cream cheese  
2 eggs  
2 tsp. somersweet  
1 tsp. vanilla

Preheat oven to 400 degrees. Mix ingredients until smooth and pour into a greased cake pan. Bake for 12 minutes until solid but not brown. Let cool and put into pie plate.

#### Pumpkin Filling:

1/2 of a small, 15 oz. can of pumpkin  
4-5 tsp. of somersweet  
1/4 tsp. salt  
1/2 tsp. cinnamon  
1/4 tsp. ground ginger  
1/8 tsp. ground cloves  
1 large egg  
4 oz. heavy cream

Mix ss, salt, cinnamon, ginger, cloves, in a small bowl. Beat the egg in a larger bowl and stir in the pumpkin and then spice mixture. Gradually whip in the cream. Pour into the pie crust and bake in a preheated 425 oven for 15 minutes. Then reduce temp to 350 and bake for another 20 minutes or so. This mixture will not fill the pie tin. This is just a thin layer of pumpkin for the pumpkin pie feeling without making it quite as funky.

#### Cheesecake Filling:

10 oz. cream cheese  
1 cup of heavy whipping cream whipped to peaks  
4-5 Tbls. of Somersweet  
1 tsp. vanilla  
1/4 tsp. cinnamon  
1/4 tsp. nutmeg

Mix ss, vanilla, and spices into cream cheese. Then whip in the previously whipped cream until smooth and combined. Pour and smooth over the baked pumpkin pie. Put in the refrigerator to harden at least an hour, preferably 2.

This will be fabulous for anyone who can have the occasional level 2 cheat at Thanksgiving.

## **Crustless Pumpkin Pie**

Someone in the chat room said they were looking for a crustless pumpkin pie. I found a recipe and I think it is considered Level 2 because it has some graham cracker crumbs in it.

I just began on Somersizing (the last couple of weeks) and have lost a few pounds. So not too sure of what makes this Level 1 or Level 2. Anyway, here is the recipe:

#### CRUSTLESS PUMPKIN PIE

1 can (15 ounces) pumpkin  
1 can (12 ounces) evaporated skim milk  
Egg substitute equivalent to 2 eggs  
2 egg whites  
Artificial sweetener equivalent to 3/4 cup sugar\*  
1 teaspoon ground cinnamon  
1/4 teaspoon ground allspice  
1/4 teaspoon ground ginger  
1/8 teaspoon salt  
1/2 cup reduced-fat graham cracker crumbs  
Light whipped topping and additional cinnamon, optional

In a mixing bowl, combine the pumpkin, milk, egg substitute, egg whites and sweetener; beat until smooth. Add the spices and salt; beat until well mixed. Stir in graham cracker crumbs. Pour into a 9-in. pie plate that has been coated with nonstick cooking spray. Bake at 325 degrees for 50-55 minutes or until a knife inserted near the center comes out clean. Cool. If desired, garnish with a dollop of whipped topping and sprinkling of cinnamon. Store in the refrigerator. \*Sweet N Low or Sweet Since this is already a L2 recipe, if you did want a crust, you can use Suzanne's whole wheat crust from EGLW. That crust is delicious & flaky!

### **Pumpkin Pudding**

I saw this recipe in the Washington Post this week and tried making it this weekend. It gets two thumbs up from me. I realize that pumpkin is a combo carb and protein, and is therefore not "legal" but the rest of the ingredients are legal and, for a once a year treat, may be allowed as a special treat.

1 cup splenda  
6 large eggs  
29 oz can pumpkin  
1/2 tsp salt  
1/2 tsp ginger  
1/2 tsp cinnamon  
1/2 tsp cloves  
3 cups heavy cream

Preheat oven to 350.

In large bowl, whisk eggs and splenda. Add spices and 2 cups of cream. Add pumpkin and whisk until smooth. Pour into soufflé dish or other baking dish. Place dish in roasting pan and add hot water to roasting pan. Water should come at least to 1/3 of the way up the side of the pan.

Bake 1 hour, 15 minutes or until tester comes out clean. Cool to room temp. Loosen with knife. Refrigerate overnight.

Whip remaining cream to topping consistency. Add to top of pudding and enjoy.

(I add a splash of vanilla and 1/3 cup splenda to my cream when I whip it and use as topping.)

If we substituted the old spaghetti squash, this could be level one. What I do is cook the squash, puree it in the food processor and then drain it in a fine mesh strainer. I let it drain (stirring occasionally) for several hours. I will get 1-2 cups of liquid off the squash and when it's done - it's very dense, almost as dense as canned pumpkin.

### **Instant creamy banana pudding**

I made this up in my kitchen today and it is to die for. so delicious! You can use the recipe for instant banana pudding or nobake creamy banana pie!

8 teaspoons of somersweet

1 banana  
12 Oz cream cheese  
1 teaspoon vanilla extract  
2 cups of whipped cream (sweetened to your liking)

Blend softened cream cheese and somersweet. Then add vanilla extract and banana blend till well blended. Fold in sweetened cream. done! That's it!

If you want it for pudding-scoop in bowls if you want if for pie put in a pie pan and chill for hour or 2. add slices of banana for garnish! Enjoy! Maryann

## **Chocolate Dipped Pretzels**

Suzanne's recipe for chocolate topping (in Fast and Easy)  
Whole wheat pretzels

We dipped them and then froze them. They are quite good. The girls are so pleased with them.

## **Apple Dumplings**

I'm that 14 year old somersizer "chef, wanta be". But don't let that scare you my parents are good critics on judging my recipes and this is truly our family favorite. And the easiest thing possible.

Serves 4+  
2-3 apples depending on size  
Splenda Somersweet, etc.  
Cinnamon.  
1/3 stick of butter  
Wonton skins.  
Vanilla Ice Cream, optional

Place cut apples in microwave safe bowl. The smaller you cut them the quicker they will cook and they will stack better also.

Sprinkle splenda over the top. I would say a 1/4 cup.

Sprinkle a generous helping of Cinnamon. You can't ruin it by too much so go all out. slice the butter and layer over top.

Place in microwave till apples are tender. According to what size you cut the apples will depend on how long it takes to cook. So I can't give an exact time.

Fry 12 wonton skins, till lightly golden.

When apples are tender layer between three wonton skins. (look in Suzanne's dessert book at the asian napoleons and that will give you an idea on how to stack them.

To make it even more level 2 dollop vanilla ice cream on top. No sugar of course.

Blue bunny makes ice cream with splenda and the vanilla is really good.

Take the drippings on bottom of bowl and drizzle over top.

This is so wonderful everyone that i make it for raves.

I would love any feedback on any of these recipes.

## **Apple Wonderful!**

This is a delicious level 2 dessert I created. Its a cross between apple cake and apple crisp.

5 Granny smith apples - any apple will do but granny smith are the best.  
2 teaspoons of cinnamon  
1/4 cup butter  
1/4 cup applesauce

1 cup of fructose (or equivalent to 2 cups sugar.)  
1 cup of whole wheat pastry flour  
1/4 cup water

- 1) Butter baking dish- I used 8x11.5
- 2) peel and slice apples into baking dish
- 3) mix butter, applesauce, flour, cinnamon, sweetener and water together.
- 4) pour over apples.
- 5) bake at 375 for 50-60 minutes
- 6) you can serve this with legal vanilla ice cream or sweetened cream

## **Vanilla Pecan Fudge**

2 pkgs (8 oz each) Philadelphia Cream Cheese  
1 pkt unflavored gelatin  
1 tsp Vanilla flavor  
4 tbsp water

1/2 cup chopped nuts (pecan, walnut, etc) (optional)

Splenda or Nutrasweet to taste. I think it's better to add a little at a time so that it doesn't turn out too sweet.

Put water in a small bowl. Sprinkle gelatin over water and set aside. In a mixing bowl, beat cream cheese, sugar substitute, and vanilla in a bowl until blended and smooth. With a spoon, stir in gelatin and nuts (if used) until blended. Line an 8x8 square pan with parchment paper or wax paper. Press fudge mixture into pan. Refrigerate overnight to set (4 hours or more might be good but I find it sets better if left overnight).

To make this a chocolate fudge, add 2 oz of unsweetened, melted and completely cooled, chocolate.

## **Chocolate Brownies**

This is the brownie recipe Debra made for me on HSN. They taste fabulous, but they have sugar in the chocolate and also some flour. Don't overdo it! These are definitely Level Two.

4 ounces unsweetened chocolate -- finely chopped  
8 tablespoons unsalted butter -- softened  
12 packages saccharin  
4 large egg yolk  
8 large egg whites  
1 pinch salt  
2 ounces white chocolate -- chopped into fine pieces  
2 ounces bittersweet chocolate chip  
2 ounces milk chocolate -- chopped into 1/4 inch  
1/4 cup whole wheat pastry flour -- sifted  
2 tablespoons cocoa powder  
9 inch square pan buttered and dusted with cocoa powder

Preheat oven to 325 °F.

Melt the unsweetened chocolate in a double boiler until smooth.

Cream together saccharin and butter. Add egg yolks one at a time and beat until fully

incorporated. Add melted, unsweetened chocolate until combined.

In a separate bowl, whip the egg whites until frothy. Add salt and continue to mix until stiff, shiny peaks form. Add chopped chocolate and vanilla to the chocolate egg mixture. Then mix in Flour, stirring until flour disappears.

Gently fold egg whites into the chocolate batter in three parts. Be careful not to deflate the whites. Spread the batter into the prepared pan. Bake for 35 - 40 minutes. The middle will be moist.

## **Decadent Chocolate Cake**

**Serves 6-8**

*The original recipe for this cake appeared in my first cookbook, Eat Great, Lose Weight. It's the mascot of all Somersize cakes! Now I've re-tested it with my SomerSweet Dark Chocolate and it's better than ever.*

Butter for greasing pan  
7½ ounces (47 squares) SomerSweet Dark Chocolate, chopped  
11 tablespoons unsalted butter  
4 large eggs, separated  
2 tablespoons SomerSweet  
1/3 cup white whole wheat flour

*For Ganache:*

6 ounces (38 squares) SomerSweet Dark Chocolate, chopped  
¾ cup heavy cream

Preheat oven to 350 degrees. Butter and flour a 10-inch round cake pan.

Melt the 7½ ounces chocolate and the butter in a double boiler (or in a bowl or smaller saucepan placed over a bigger saucepan of gently boiling water). Stir until chocolate is melted and mixture is smooth. Set aside.

In a large bowl, beat egg yolks with an electric mixer until light and fluffy, about 5 minutes. Slowly add SomerSweet and continue to beat until mixture is pale yellow. Fold in the chocolate mixture. Sift flour over the top and beat just until it disappears. Set aside.

In a separate bowl, whisk the egg whites until soft peaks form. Fold half of the egg whites into the chocolate mixture. Gently fold in the remaining half. Pour batter into prepared pan. Tap pan a few times on counter to remove air bubbles. Bake for 20-25 minutes or until a toothpick inserted into the center comes out clean.

*For the Ganache:* Place the remaining chopped chocolate in a small mixing bowl and set aside. Place cream in a small saucepan and bring to a boil. Remove from heat and pour over chocolate. Stir until chocolate has melted and mixture is smooth. Let stand for 10 minutes. Pour over cooled cake.

## **Molten Chocolate Cakes**

**Serves 6**

*Sinful, decadent, rich, and delicious. These divine little cakes ooze with melted chocolate in the center.*

Butter for greasing custard cups

6 ounces (38 squares) + 3 ounces (19 squares) SomerSweet Dark Chocolate

11 tablespoons unsalted butter

3 large eggs

3 large egg yolks

1 tablespoon + 1 teaspoon SomerSweet

¼ cup white whole wheat flour

Whipped cream for garnish

Fresh raspberries for garnish

Preheat oven to 325 degrees. Butter 6 small glass custard cups (3-4 ounces each).

In a double boiler, heat 6 ounces of chocolate and all of the butter, stirring until smooth.

Set aside. Place eggs, egg yolks and SomerSweet in a large bowl. Beat with an electric mixer until pale and thickened, about 10 minutes. Add melted chocolate and flour and beat for 5 more minutes. Pour mixture into custard cups, filling them nearly halfway. Divide the remainder of the chopped chocolate among the custard cups, placing it in the center of the batter. Pour the rest of the batter on top. Place cups in the oven and bake for about 12 minutes, or until sides seem stiff but center jiggles when touched. Let cool for a few minutes before sliding a knife around the sides of the cups to loosen. Invert each onto a dessert plate. Prick the center with a fork and the melted chocolate in the center will ooze out. Garnish with whipped cream and fresh raspberries before serving.

# Drinks

## Berry Yogurt Smoothie

Carbo (Almost Level One)

1-2 Servings

6 oz. nonfat plain yogurt

6 oz. nonfat milk

1 cup frozen mixed berries (no sugar added)

1-2 TBSP. Davinci Sugar-Free Vanilla Syrup or any other Sugar-Free Vanilla Syrup (preferably sweetened with Somersweet or Splenda) I use the Davinci S.F. French Vanilla Syrup.

Mix all ingredients in blender. Enjoy.

Something quick and easy you might enjoy: I put frozen strawberries in the blender with unsweetened pineapple juice a little past the top of the strawberries, add a shot of sugar free coconut syrup and a packet of Splenda and blend. It reminds me of a strawberry daiquiri.

## Sparkling Lemonade

It tastes just like the real thing!

1. Plain Sparkling Water (maybe a cup?)(be sure it's fresh & really effervescent!) over
2. Lotsa ice (in a glass!), added
3. 1-2 Tbsp of lemon juice (right out of the bottle, but you could use fresh if you're so inclined, have the lemon \*and\* the time!), and
4. 2 pkts. Splenda (or more, to suit taste preference) (if you use SomerSweet, remember to sprinkle lightly over surface of cold liquid, or you could end up with MajorClumping!).

PS: To keep recipes intact for copying, I'll add this here: the juice from one little KeyLime gives you \*Sparkling\* KeyLimeAde---and it tastes soooooo brilliant & goood!

## Fruity Creamsicle Protein Shake

(Level One—Pro-Fats)

(This will make a \*delicious\* "fruity" shake, in \*your\* choice of flavor!—Mandarin Orange? Tropical Punch?? Lemon-Lime??? Cherry???? Grape?????)

2-3 Tbsp Heavy Whipping Cream

2 Tbsp "Just Whites" (powdered egg whites) (= 9gr protein)

1/2 tsp Unsweetened Kool-Aid powder (packets---\*not\* SF Kool-Aid)

1&1/2 tsp Vanilla Extract

3-4 pkts Splenda

1 Tbsp Warm Water

1 scoop BioPlex Whey Protein Powder, unflavored (= 20gr protein)

1 & 1 /2 cups Crushed Ice (about 6 full-sized cubes)

\*\*\*\*\*

1. Place first 6 ingredients in blender; allow to "sit" for 2 minutes (while you get Zeelce ready!)
2. Add Whey Protein Powder and mix on LOW speed until evenly moistened.
3. Add Crushed Ice and blend on HIGH speed until no visible ice pieces remain and shake is beautifully whipped, thick, and creamy.

RENDERS 1 SERVING--about 16 Fluid Ounces in volume--All for \*YOU\*!  
 PROTEIN: 29 grams

Note: Add 2-3 drops flavor-extract (almond, orange, etc.) for additional tongue-thrills!

## **Divinely Vanilla Protein Shake**

(Level One—Pro-Fats)

(For a French Vanilla "take" on this, add a few drops of rum extract...or add a few drops of LorAnn flavor-oil for whatever \*delight\* you wish!)

- 2-3 Tbsp Heavy Whipping Cream
- 2 Tbsp "Just Whites" (powdered egg whites) (= 9gr protein)
- 2 Tbsp Vanilla Sugar-Free Syrup (I use Torani)
- 2 tsp Vanilla Extract
- 1-2 pkts Splenda

1 scoop BioPlex Whey Protein Powder, unflavored (= 20gr protein)

1 & ½ cups Crushed Ice (about 6 full-sized cubes)

\*\*\*\*\*

1. Place first 5 ingredients in blender; allow to "sit" for 2 minutes (while you get Zeelce ready!)
2. Add Whey Protein Powder and mix on LOW speed until evenly moistened.
3. Add Crushed Ice and blend on HIGH speed until no visible ice pieces remain and shake is beautifully whipped, thick, and creamy.

RENDERS 1 SERVING--about 16 Fluid Ounces in volume--All for \*YOU\*!  
 PROTEIN: 29 grams

## **Rich Milk Chocolate Protein Shake**

(Pro-Fats---- \*\*\*Level One\*\*\* Version)

Note: For additional \*decadence\*, add 1/2 tsp. flavor-extract (raspberry, rum...whatever richness you dream up!) You're welcome to "UP" the chocolate amount for extra-fudge flavor, too!

- 2-3 Tbsp Heavy Whipping Cream
- 2 Tbsp "Just Whites" (powdered egg whites) (= 9gr protein)
- 2 Tbsp CHOCOLATE Sugar-Free Syrup (I use Torani)
- 1 Tbsp VANILLA Sugar-Free Syrup
- 1/2 tsp Vanilla Extract

1 scoop BioPlex Whey Protein (= 20gr protein; 2gr carbs)

1 & 1/2 cups Crushed Ice (about 6 full-sized cubes)

\*\*\*\*\*

1. Place first 5 ingredients in blender; allow to "sit" for 2 minutes (while you get the ice ready!)

2. Add Whey Protein Powder and mix on LOW speed until evenly moistened.

3. Add Crushed Ice and blend on HIGH speed until no visible ice pieces remain and shake is beautifully whipped, thick, and creamy.

RENDERS 1 SERVING--about 16 Fluid Ounces in volume—All for \*YOU\*!

PROTEIN: 29 grams

## Nearly Naughty Milk Chocolate Protein Shake

(Pro-Fats----\*\*\*Almost Level One\*\*\* Version)

2-3 Tbsp Heavy Whipping Cream

2 Tbsp "Just Whites" (powdered egg whites) (= 9gr protein)

1&½ tsp Unsweetened Cocoa Powder

1&½ tsp Vanilla Extract

3-4 pkts Splenda

Few Grains Salt

1 Tbsp Warm Water

1 scoop BioPlex Whey Protein (= 20gr protein; 2gr carbs)

1 & ½ cups Crushed Ice (about 6 full-sized cubes)

1. Place first 7 ingredients in blender; allow to "sit" for 2 minutes (while you get the ice ready!)

2. Add Whey Protein Powder and mix on LOW speed until evenly moistened.

3. Add Crushed Ice and blend on HIGH speed until no visible ice pieces remain and shake is beautifully whipped, thick, and creamy.

RENDERS 1 SERVING--about 16 Fluid Ounces in volume—All for \*YOU\*!

PROTEIN: 29 grams

Hey there! If you've already copied-and-pasted the original recipes, you might like to re-check the postings for a \*slight\* revision...in addition to numbering the steps for making ZeesBabies (and having to add a "PART 3", due to space limitations), I've added a 2- minute "let-sit" directive that allows ZeePowderedEggWhites to absorb the liquid (before adding ZeeWheyProtein) in order to get the greatest \*loft\* possible...'also designated 1 Tbsp \*warm\* water in a couple of the lesser-liquid recipes in order to help ZeeWhites dissolve.

## Chocolate Milkshake

I saw this recipe, used it and it turned out very yummy. Twinkle Posted

2 cups heavy cream

2TbIs. Wondercocoa

5 ice cubes  
3 packets Splenda

Place ingredients in blender and whirl till dissolved. Pour into glass and ENJOY.  
If a thicker consistency is desired, add a few more cubes.

### **Chocolate Shake**

1 cup cream (I use light cream for this one)  
3 Tablespoons of Wondercocoa  
1 teaspoon vanilla  
2 1/2 - 3 teaspoons of Somersweet  
8-10 ice cubes

Blend until thick and creamy and all of the ice has been crushed. I use the liquefy setting on my blender. Enjoy! by momoftwins

### **Cream Shake**

2 oz whipping cream  
1/2 tsp flavoring  
1 even Tbsp whey protein powder  
6 oz water

Blend all ingredients. Chill. Enjoy. Twiggy88

### **Strawberry Milkshake**

This fantastic shake can be in your hands in minutes. Okie-dokie

2 cups fresh ripe strawberries.  
1/2 cup cream  
ss to taste, about one or two tsp.  
1 cup crushed ice

Put into blender and blend till smooth. You will love this, and according to Suzanne berries can even be added to foods for level one, providing you are losing steadily and don't indulge too often. Enjoy

### **Banana Milkshake**

1 tray ice cubes  
1 1/2 c. heavy cream  
3 tbs. Splenda  
1 tsp. banana extract

Put the ice cubes in a plastic bag and smash them with a hammer. Blend ice chips with remaining ingredients to desired consistency in the blender. Pour into a frosty mug and enjoy!

## **7-Eleven Cherry Slurpee**

It's gettin' hot, baby! Time to cool off and put on a big red smile with this special summer recipe. Now you can make your own version of the popular convenience store slush we know from the excruciating brain freeze that follows a big 'ol gulp. You must have a blender to make this clone of 7-Eleven's Slurpee, and enough room to stick that blender into your freezer to get it nice and thick. This recipe gets close to the original with Kool-Aid mix and a little help from cherry extract, but you can make this drink with any flavor Kool-Aid mix (if you decide to make some variations, don't worry about adding extract). This recipe makes enough to fill one of those giant-size 32-ounce cups you find at the convenience store. Now if we could just figure out how to make those funky spoon-straws.

2 cups cold club soda  
1/2 cup sugar (use substitute)  
1/4 teaspoon plus 1/8 teaspoon Cherry flavored unsweetened Kool-Aid Mix  
1/2 teaspoon cherry extract  
2 1/2 cups crushed ice

1. Pour 1 cup of the club soda into a blender. Add the sugar, Kool-Aid mix, and cherry extract. Blend this until all of the sugar is dissolved.
2. Add the crushed ice and blend on high speed until the drink is a slushy, smooth consistency, with no remaining chunks of ice.
3. Add the remaining club soda and blend briefly until mixed. You may have to stop the blender and use a long spoon to stir up the contents.
4. If necessary, put the blender into your freezer for 1/2-hour. This will help thicken it up. After 1/2-hour remove blender from freezer and, again, blend briefly to mix.

Makes one 32-ounce drink (or two 16-ouncers).

## **Kool Kubes**

1 envelope KOOL-AID SUGAR FREE Soft Drink Mix  
2 cups water

MIX soft drink mix and water in glass measuring cup; stir until drink mix is dissolved. Pour evenly into plastic ice cube trays lightly sprayed with no stick cooking spray.

FREEZE 3 to 5 hours or until firm. Remove from ice cube trays onto plate or plastic tray.

ADD 2 cubes to each glass of your favorite flavor of prepared KOOL-AID.

## **Perfect Hot Chocolate**

Everyone's tastes are different, but I have come up with my perfect hot chocolate.

2 heaping tablespoon wondercocoa  
2 scant tablespoon Splenda  
1/3-cup water

Whisk these all together in a small pan and bring just to boiling. Add:

2/3 cup whipping cream  
2 tablespoons Davinci chocolate syrup

2 tablespoons of an additional Davinci syrup - your choice of flavors (optional)  
pinch of salt (optional)

Whisk and bring just to boiling again.

Some of my favorite second flavors:  
toasted marshmallow, peppermint paddy, creme de mint, macadamia nut, raspberry,  
french vanilla

### **Hershey's Hot Cocoa Recipe (pro/fat)**

Hi everyone, now is the season for hot drinks so I adapted this recipe from the Hershey's 1937 cookbook. It is really delicious!!

3 tablespoons Splenda (or other sweetener)  
2 tablespoons Wondercocoa  
1/4 c. water  
1 1/2 c. cream

Put Splenda, Wondercocoa and water in a medium saucepan and heat until boiling. You must stir it constantly or the cocoa will burn. Add cream and stir occasionally until hot. Do not boil. Pour into mug and drink up!  
Kim @ SS site

### **Whole Bunch of Hot Cocoa Recipes**

\*\*\*\*\*

Hear is another **Hot Cocoa recipe** that my husband loves. By Crystal

3/4 cup whipping cream  
1/4 cup water  
1 Tbsp wondercocoa  
2 tsp. Somersweet  
dash salt  
1/4 tsp vanilla

Microwave method: Mix cream and water together. Heat in microwave until hot. Mix wondercocoa, Somersweet and salt in large mug. Gradually add cream to cocoa and stir well. Add vanilla and serve.

Stovetop method: Mix cream and water. Stir wondercocoa, Somersweet and salt together in a saucepan. Add 1/3 cup of the cream to cocoa mixture to make a smooth paste. Stir in remaining cream. Cook over medium heat stirring constantly until hot. Remove from heat and stir in vanilla. Serve.

\*\*\*\*\*

I do a really quick and easy one. By rwhiteh1

8oz skim milk for a carb treat  
OR  
1/2 cup cream plus 1/2 cup water for pro/fats

1 T Wondercocoa  
2 pkts Splenda

Microwave milk OR cream mixture in a mug for 2 mins. Add Wondercocoa and Splenda and stir. Easy! To make it mocha, add 1 tsp instant decaf coffee and a sprinkle of cinnamon. Yum!

\*\*\*\*\*

Here's what I do: By rhondaunicorn

1/4 cup hot water  
1 tablespoon Somersweet  
1 teaspoon vanilla  
1 1/2 tablespoons unsweetened cocoa powder

Mix in a mug until cocoa powder is dissolved, then fill the mug with heavy cream. Nuke in microwave for about 1 minute 30 seconds. Yummy!

\*\*\*\*\*

Parisian Hot Chocolate

1 c heavy cream  
1 T Splenda  
1/4 c water  
1 pinch cinnamon  
1 t any extract  
1 pinch nutmeg  
1 level T Wondercocoa

Put all ingredients in a saucepan and whisk until hot over medium high heat. Do not boil. I am pretty sure I got this from another web site, so I don't know who to credit

\*\*\*\*\*

Another one...By Gena

I mix this up dry and keep it in a Tupperware or air tight container.  
1/4 cup unsweetened cocoa  
2 tbsp. Somersweet  
Heat 3/4-c. heavy cream and 3/4 c. water. Wisk in 3 tsp. of dry mix.  
If I want a mocha drink I add 1-tsp. decaf instant crystals.  
It makes enough for 2. Usually I drink about half and then put the other half in the fridge for Chocolate milk for the next day.  
Enjoy with the cold and snow!

\*\*\*\*\*

I finally found the right combination for me for hot chocolate (I don't like milk all that much- I'd rather have a packet mix made with water, so this is closer to that than one made with milk): jaidesmom

1/4 cup cream  
1 cup water  
2 tbs wondercocoa  
1 tbs Splenda

Heat liquid and then mix in cocoa and Splenda. You have to mix it really well. I use a Tupperware shaker- I heat the water and cream in it, add the cocoa and Splenda and shake.

### **Starlite's Egg Nog**

Oneontheway made a special request for this. So here is your Christmas present early dear. :). This is very rich and thick so I recommend small servings. Since this recipe is cooked, have no fear of food poisoning! This is a legal level 1 treat. This recipe makes approximately

6 - 1/2-cup servings  
1 cup of heavy whipping cream  
2 cups of water  
4 large eggs  
1 tbs somersweet  
2 tsp vanilla  
1 tsp ground nutmeg  
1 tsp of rum extract (optional)

Crack the eggs into a saucepan. Whisk until very well blended. Slowly add cream while whisking. Add the water while slowly whisking as well. Over low heat while stirring bring to low boil for 1 minute. Remove from heat and cool to room temp. Add somersweet, vanilla extract, nutmeg, rum extract (optional) and stir in. Taste at this time and feel free to add more somersweet, vanilla extract, nutmeg, or rum extract, as you desire. This cup of holiday cheer maybe served warm or chilled. It thickens even more with chilling! Add whipped cream and/or a dash of ground nutmeg to garnish. Happy Holidays to you all!

### **Peter's Egnog**

This is Peter's recipe for his **delicious egnog**. I promised the ladies in the chatroom I would post it for them. Thank you Peter for sharing your recipes with us.

Serving size: 3 liters (about 11 cups)

Ingredients:

11 egg yolks (room temperature)  
sweetener equivalent to 3 cups of sugar  
1/2 cup melted butter  
1 tbs + 1 1/2tspn brandy extract(optional)  
1 tbs + 2 1/2 tsp. rum extract  
1 tsp. vanilla extract  
15-30 drops of yellow food coloring (depending how yellow you want the color)  
6 cups heavy whipping cream  
2-3 cups cold water (2 for extra thick egnog)\*check notation on bottom  
3/4 or 1 1/4 tsp. ground nutmeg (3/4 for slight flavor 1 1/4 for traditional)  
1/2 or 1 tsp. ground cinnamon (again to your liking of cinnamon)

To bring eggs to room temperature, you can place the yolks in a bowl of hot water.

The brandy is optional, if you prefer not to have the brandy extract you can replace it with 1 additional tbs of rum extract.

Personally the brandy and rum together make a delicious blend.

\*If you want an extra thick eggnog use the 2 cups of cold water \* but then reduce the brandy extract 1/2 tsp. and reduce the rum extract 3/4 tsp. \* Also reduce the amount of sweetener by 1/2 a cup (so it would be equivalent to 2 1/2 cups sugar)

Directions:

Place eggs in a bowl or blender. Beat on high until the yolks have become thick. Add sweetener and melted butter mix until blended. Add remaining ingredients, mix until completely combined. Pour in pitcher, can be kept in refrigerator 10-14 days.